

A smiling blonde woman with long, wavy hair is shown from the chest up. She is wearing a white, sleeveless top with fringe detailing. She is holding a yellow lemon in her right hand, appearing to be in a kitchen setting. The background is slightly blurred, showing white cabinetry and a window.

*30 day
meal plan*

CATEGORIZED

DANETTE MAY

♡ · ♡ · ♡ · ♡ · ♡ · *Congratulations* · ♡ · ♡ · ♡ · ♡ · ♡ ·

Congratulations, you did it! You have stepped into the beginning of your ultimate health and happiness by following this plan. The 30 Day NEW YOU Challenge was designed to give you hope, hope that you, in this moment of your life, can see positive changes and self love. I want you to continue to be a part of this amazing sisterhood, rising to your fullest potential of happiness and health. I'd like to officially invite you to my Fit Rise Personal Training Community! Here, you will progress further by receiving new daily workouts with me, new delicious recipes and powerful meditations.

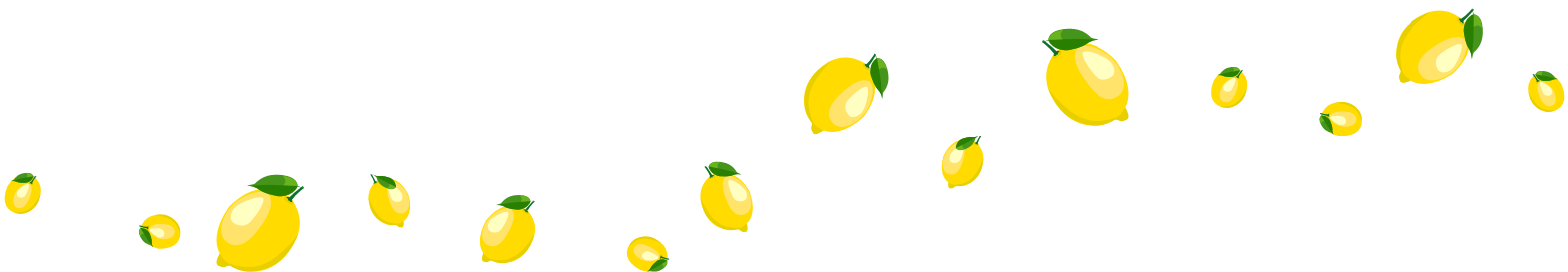
The group of women in Fit Rise are powerful, loving and very accepting and they are waiting for you to join them! They will wrap you up in love and help you step *fully* in to your highest potential and happiness! I hope you had an amazing journey this far and hope you continue to strive to meet your goals not only in health, but in life. If you are unable to join Fit Rise right now, you will always be welcome at any time in the future.

See you in Fit Rise-My Tribe!

Love,

Danette

If you are ready to join the sisterhood in Fit Rise, [Click Here Now to Sign Up.](#)



Disclaimers

Risks Of Product Use:

This content is not a substitute for direct, personal, professional medical care and diagnosis. None of the diet plans or exercises (including products and services) mentioned by Mindful Health LLC or from Danette May should be performed or otherwise used without clearance from your physician or health care provider. The information contained within is not intended to provide specific physical or mental health advice, or any other advice whatsoever, for any individual or company and should not be relied upon in that regard. We are not medical professionals and nothing herein should be misconstrued to mean otherwise.

There may be risks associated with participating in activities contained herein for people in poor health or with pre-existing physical or mental health conditions. Because these risks exist, you will not participate in such diet plans if you are in poor health or have a pre-existing mental or physical condition. If you choose to participate in these risks, you do so of your own free will and accord, knowingly and voluntarily assuming all risks associated with such dietary activities. These risks may also exist for those who are currently in good health right now.

In addition, many of our programs include training on how to perform bodyweight exercises. This activity is inherently risky, and especially so if done with poor form. You may experience muscle tears, pulls, sprains, dislocations, or other undesirable health consequences from such activities. Meal plans are also included in most of our programs. Users assume all risks inherent with cooking and preparing the foods.

Generally Expected Results From Mindful Health Llc And Other Danette May Products:

We work very hard to make sure our customers achieve the best results possible. However as with most things, results are determined by the amount of effort put in. We've given you a clear blueprint to getting the best results possible, but in order to see results, you must follow the plan we give you each week. This program is designed to show you how to live a healthy lifestyle, and it's our goal to help you not only look better, but feel better on a daily basis. Results can't be guaranteed, because everyone is different and responds in a different way.

Testimonials Disclaimer:

Testimonials found on a Mindful Health LLC web site are results that have been forwarded to us by users of Danette May's programs, and may not reflect the typical purchaser's experience, may not apply to the average person and are not intended to represent or guarantee that anyone will achieve the same or similar results. If we have disclosed typical results based on information provided to us by a manufacturer or other reputable third party source, you should presume that the typical results as stated are more reliable than the testimonials and other examples found on our web sites. However, you should always perform due diligence and not take such results at face value. We are not responsible for any errors or omissions in typical results information supplied to us by manufacturers or other reputable third parties. If a product or service is new, you understand that it may not have been available for purchase long enough to provide an accurate results history. Again, it is possible that even with perfect use of the program, you will not achieve the results

described in testimonials. They are meant to be a showcase of the best results the program has produced, and should not be taken as the results a typical user will get.

[Full Health Disclaimer](#)



FAQ's

Getting Accepted in the Private Facebook Group?

If you have not been accepted in the private Facebook group and it has been over 24 hours since your request, please email our team at support@danettemay.com.

- Introduce yourself in the private group! The more involved you are, the more successful you will feel. Say hi, where you're from, and your deep "why" that made you sign up for the 30 Day New You Challenge!
- Read all your emails! I will be emailing you 2-3x/week, helping you stay successful. Every Friday, you will receive your new meal plan, workout and meditation for the week. Check spam, junk or even promotional folders for these emails.
- Here are the health disclaimers for this program: [Click Here](#)

What are the Rules to Be in the Private Facebook Group?

There are a few community guidelines to honor the intention and safety of the space for every member. Joining the Facebook group means that you agree to these guidelines. Read them [here](#).

Who Can I Tag Or Reach Out To For Help Within This Group?

Please review the PDF in full, including the FAQs. If you still can't find your answer, search the Facebook group to see if someone else has already asked this question during a previous challenge. If you still need some help, write your question and tag #help in a new post. Please note, we're unable to review food labels to approve/reject foods. Use your approved foods and foods to avoid checklists within this document.

What Products Are Used And Recommended?

I personally use Earth Echo [Collagen Peptides](#) in place of protein powder. It has no taste, so you can put it in anything you'd like to. However, if you prefer a protein powder, these are some options that are good. Please use the list of recommended foods and foods to avoid to determine if the protein powder you prefer is on plan if it is not listed below.

Organifi Protein (Only Ships in the US): [Click Here](#)

Organifi Green Juice (Only Ships in the US): [Click Here](#)

Thrive Market for Other Ingredients: [Click Here](#)

For International Orders Only: Spring of Life Whey Protein Powder: [Click Here](#)

For International Orders Only: Spring of Life Plant Based Protein Powder: [Click Here](#)

For International Orders Only: Spring of Life Greens Powder packed with 70 superfoods: [Click Here](#)

OTHER SOURCES OF CLEAN PROTEIN: Collagen Peptides [Click Here](#), Jay Robb, Nutiva, Dr. Axe Bone Broth, and Tera's Whey. If you aren't using one of these approved brands you'll want to check the ingredients on the product to make sure it is using clean/compliant ingredients. You can refer to the Ingredients to avoid portion of this document for reference. Additional research on products you wish to use that are not considered "recommended" is up to your discretion as the consumer. As Danette reviews and makes additional recommendations in the future, those recommendations will be added into the program.

I strongly encourage you to follow the program as I've laid it out, but if you find that you're just unable to tolerate your morning ACV and Lemon drink, you can use this brand of [ACV Capsules](#).

Ingredients You Want To Avoid In Products Are

- Artificial colors/flavors, aspartame, canola oil, carrageenan, dextrose, fructose, maltodextrin, rapeseed oil, *soy, soy lecithin, Splenda, sucralose, sugar, sugar substitutes/fillers, vegetable oil, *wheat, basically any chemical looking name (if you can't pronounce it it's probably not real, feel free to google it to make sure.)
- NOTE: sprouted grains such as wheat, soy and barley are okay in products as they are in their raw and vulnerable form preventing inflammation in the gut. (You'll typically find these in sprouted bread products such as Ezekiel bread, tortillas, etc..) Danette's blog and nutritional articles: Danette's website: <http://danettemay.com/>

Why Don't I Have Any Emails From Danette?

Make sure to check your Spam/Junk email folders.

You can also star or mark Danette's emails as "important" (so you don't miss anything). If you are a Gmail user or any other web-based email user, "drag" any emails from "Danette May" into your Priority Inbox.

How to whitelist your emails: <http://www.eatdrinkshrinkplan.com/email-whitelist.html>

If you are still having issues email support@danettemay.com

Who Can I Reach Out To For Technical Or Support Issues?

Please email one of our Client Happiness Specialists at support@danettemay.com

Below Are The Top FAQ's And Links Full Of Information For You:

ACV (Apple Cider Vinegar): What is the "mother" in ACV?

<http://danettemay.com/apple-cider-vinegar-and-the-big-deal-about-the-mother/>

Will ACV give me heartburn?

<http://danettemay.com/2-acidic-foods-that-are-actually-good-for-heartburn/>

Why do we drink dandelion tea?

<http://danettemay.com/4-reasons-to-sip-dandelion-tea/>

Why do we put cayenne with our ACV?

<http://danettemay.com/heat-up-your-health-and-weight-loss-with-cayenne-pepper>

Why do we drink so much water and is it safe?

<http://danettemay.com/how-much-water-should-you-really-drink-every-day/>

What can I do if I'm bloated?

<https://www.facebook.com/TheDanetteMay/videos/1371278342946777/>

What exactly is "clean" eating?

<http://danettemay.com/what-exactly-is-clean-eating/>

Why don't we count calories in this lifestyle?

<http://danettemay.com/forget-counting-calories-count-these-instead/>

If I can't buy everything organic what are the best foods to get organic?

<http://www.organic.org/articles/showarticle/article-214>

Why are we to avoid soy/tofu?

<http://danettemay.com/4-reasons-why-i-wont-touch-tofu/>

Why can't we have carbonated drinks?

<http://danettemay.com/avoid-this-common-drink/>

What kinds of sweeteners can I use and what's the difference between sugars?

<http://danettemay.com/honey-sugar-or-agave-heres-the-scoop-on-sweeteners/>

What is the difference between whole wheat and sprouted wheat/grain bread?

<http://danettemay.com/sprouted-grains-versus-whole-wheat/>

What If I can't find Ezekiel/sprouted grain bread or tortillas?

Make your own sandwich rounds: <http://danettemay.com/sandwich-rounds/>

Make your own tortillas: <http://danettemay.com/tasty-trim-tortillas/>

Make your own bread: <http://danettemay.com/6-simple-steps-to-make-your-own-bread/>

What do I do if I overindulge?

<https://www.youtube.com/watch?v=WJGC7Wg8Fw4>

What do you suggest if I'm traveling?

<http://danettemay.com/tips-for-eating-healthy-while-on-vacation-what-not-to-do/>

<http://danettemay.com/5-tips-for-making-smoothies-on-the-go/>

Now that I've cleaned my system from the inside what products do you recommend for my skin?

<https://www.annmariegianni.com/danette>

Is This Program Safe If I Am Breastfeeding OR Pregnant?

Always consult your doctor if you have concerns. If you are pregnant or breastfeeding, skip the detox and start on day 4 and repeat days 4-7 until the next week starts.

Can Men Do This Program?

Yes, men can do this program with great success. Men should double their serving for breakfast and dinner each day. Lunch and snacks will remain the same. *If the doubled portions are too much to begin with, he doesn't need to finish the entire meal. He can follow the meal plan as laid out and once his metabolism kicks in and he feels he needs to add more nutrients he can begin doubling the breakfast and dinner portions.

Can I Drink Coffee And Wine On This Program?

You can drink 1 cup of organic coffee or my Super Healthy Coffee starting on Day 4, but I recommend waiting until day 7. Super Healthy Coffee is a snack replacement.

Here's the link: <https://www.youtube.com/watch?v=1YC9hAhCfhM>

You can drink 1 glass of wine per week starting after Day 7.

Why Am I Drinking Dandelion Tea And Is It Safe To Drink After The 30 Day Challenge?

<http://danettemay.com/4-reasons-to-sip-dandelion-tea/>

Is Maca Powder/Cacao Powder And Other "Health Foods" Safe Even If They Have A Warning Label?

[https://en.wikipedia.org/wiki/California_Proposition_65_\(1986\)](https://en.wikipedia.org/wiki/California_Proposition_65_(1986))

How Do I Order Danette's Shirts?

www.sunfrog.com/danettemay



Before You Begin

Take your weight and measurements and then we're going to ditch the scale. I don't encourage using a scale as it doesn't accurately measure what's truly going on with your body and can get in your head. Weigh yourself today and then get off the scale (maybe even hide it) until Day 30. Be sure that you take your before photos now and save them. This is something that you'll regret if you skip it. Take a full body, front facing photo, a full body side facing photo, and a full body back view photo. You may want to share these later so I encourage you to take the photo in snug fitting clothing or workout gear - not your underwear! It's best to wear the same outfit in your before and after pictures and keep the backdrop the same, with a blank or light colored wall or door behind you when possible. Use a soft measuring tape to measure your arms, waist, hips, and thighs. Record these in a journal where you won't lose them. Remember, [ditch the scale](#).

Recommended Food

“What you put in your mouth is 80% of how you are going to look and feel.”

*This is a broad shopping list and gives you an idea of foods that you can exchange with, order at restaurants or buy at the grocery store.

You do NOT have to buy everything on this list at one time.

Protein*

- Chicken
- Turkey
- Extra lean ground turkey
- Lean hamburger
- Lean steak
- Beef filet
- Buffalo
- Tuna
- Egg whites
- Whole eggs
- Salmon
- Cod or any white fish
- Shrimp
- Scallops
- Cottage cheese – look for one without a lot of fillers and added ingredients
- Protein powder (serving size listed on back of container)
- Lobster
- Venison
- Plain greek yogurt (full fat recommended)
- Kefir
- Chia seeds
- Hemp seeds
- [Collagen Peptides](#)

* Be sure to only buy wild caught fish and organic, grass fed meat with no added antibiotics or hormones.

Carbohydrates

- Slow cooked oatmeal
- Lentils
- Beans (kidney, red, black, cannellini)
- Sweet potatoes
- White potatoes
- Red potatoes
- Quinoa
- Millet
- Amaranth
- Buckwheat
- Slow cooked brown rice
- Pumpkin
- Winter squash: butternut, acorn, spaghetti, etc.
- Ezekiel bread (may contain gluten)
- Gluten free bread
- Hummus (preferably homemade)

*Most rices and grains come in flour form at the grocery store for baking. Good flours to use for baking pancakes, muffins, waffles, and other desserts are: coconut flour, buckwheat flour, brown rice flour, and almond meal/flour.

**Coconut flour is very absorbent so you will want to be sure to use $\frac{1}{3}$ - $\frac{1}{2}$ the amount of other flours.

Cheese

- Feta
- Cottage
- Goat

* Cheese should be eaten in moderation.

Fruits & Veggies

All are acceptable, but go for a variety and lots of color.

Good Fats

- Avocado
- Coconut oil
- Flax oil
- Grape seed oil
- Hummus
- Olives
- Olive oil
- Nut butter
- Almonds
- Pecans
- Walnuts

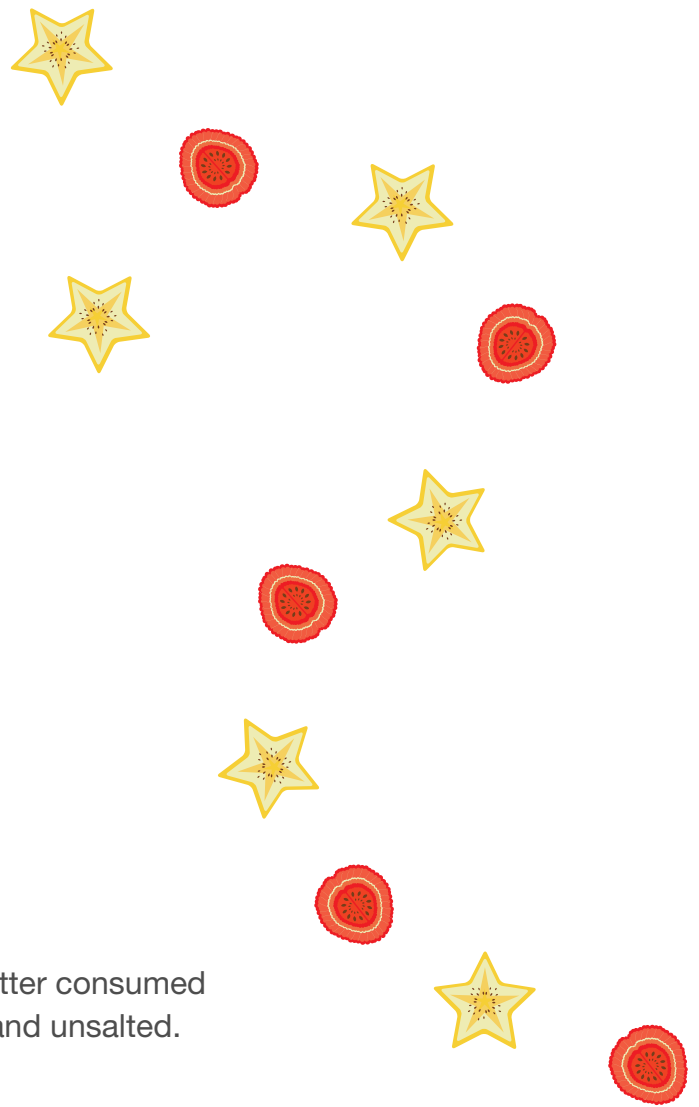
*All nuts/nut-butter consumed should be raw and unsalted.

Condiments, Herbs & Spices

- Mustard
- Chili peppers
- Chives
- Cilantro
- Dill
- Ginger
- Garlic
- Lemon verbena
- Mint
- Orange mint
- Oregano
- Parsley
- Rosemary
- Sweet basil
- Tarragon
- Thyme
- Turmeric

The above lists of herbs are the ones I like using when I cook. They also have many healing properties and are considered FREE FOODS!

NOTE: If you love ketchup on everything, find ketchup that uses maple syrup, honey or stevia, as opposed to high fructose corn syrup. Always use sparingly.



Random Foods

- Almond milk
- Coconut milk
- Rice milk
- Stevia for sweetener without dextrose
- [Raw, unfiltered honey](#)
- Maple syrup (100%)
- Ground flax seed
- Teas (try to choose mainly decaffeinated)
- Mushrooms (free food)
- [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)
- Unsweetened coconut flakes
- [Golden Superfood Bliss](#)

Fluids

- Drink $\frac{3}{4}$ of a gallon to a gallon of water per day. Does not include smoothies or teas.

Supplements

- [Probiotic](#)
- [Turmeric + Ginger](#)
- Multivitamins
- Fish oil (must be USP certified or pharmaceutical grade quality)
- [ACV capsules](#) (Use only if you are unable to tolerate the ACV + lemon water drink)

Foods to Avoid

- Diet soda
- Carbonated drinks
- Creamy based salad dressings
- Deli meats
- Processed soy products
- Alcohol
- Cheesy products
- Frozen food dinners
- Cream in coffee (use almond or coconut milk)
- Artificial sweeteners



Food Exchanges

You can use this to exchange certain foods in the recipes that you may not love for foods that you do love. This will give you an idea of how much of what food you can exchange to stay in correct portions of fats, proteins, veggies, fruits, and carbs.

Carbs

- ½ Gluten Free Pita
- 1 Sprouted Grain or Gluten Free Tortilla
- 1 Slice Ezekiel Bread (whole grain bread product) or 1 Slice Gluten Free Whole Grain Bread
- ½ Cup Cooked Oatmeal, All Variety Rice, Amaranth, Beans, Quinoa
- ¼ Cup Hummus (hummus will also be added as a fat)

Fats

- 1 Handful Of Raw Unsalted Nuts (Approx. 2 tbsp.)
- 1 Tbsp. Almond/Peanut Butter
- 1 Tbsp. Oil
- ½ Avocado
- 1 Tbsp. Hummus

Fruits & Veggies

- ¼ cup fruit
- ½ cup Vegetables

Proteins

- Approximately One Deck of Cards Worth of Meat
- 1 Serving of Protein powder (Serving size on back of protein container.) or [Collagen Peptides](#)

- ½ Cup of Cottage Cheese, Kefir or Greek Yogurt (Full Fat Recommended)
- 3 Egg Whites or 2 Whole Eggs
- 2-3 Tbsp Of Chia/Hemp/Ground Flax Seeds

NOTE: I would go sparingly on the sugars and milks. 2 tsp. per day on sugars and ⅛ - ¼ cup of almond or coconut milk per day. These are in addition to what is already called for in your meal plan.

Recipes should stay within their categories, except lunch and dinner are interchangeable.

Free Foods

- Mustard
- Mushrooms
- Salsa (Homemade Preferably)

Mustard and Salsa can be added as condiments to your dishes as often as you want (not to be consumed in large amounts). Mushrooms can be eaten whenever you want.



3 Day Detox

phase one goal

The first 3 days are about specific foods that detox, renew and regenerate cells, and reset the metabolism. Most foods are superfoods that renew cells and build trust within the body, mind, and spirit. These foods are non-inflammatory and will create a hormonal balance; which can be summed up as more unwanted, stubborn body fat gone!



- If you are drinking all of your water and tea and still having trouble having a bowel movement, you can take 'Smooth Move Tea'. You can get this at most grocery stores.
- Please follow days 1-3 as closely as possible. If you are allergic or simply cannot have an item in the recipe, please refer to your recommended food and exchange list.
- It is very important to drink $\frac{3}{4}$ -1 gallon (3.7 L) of water per day! (Does not include smoothies or teas)
- Every day for 30 days straight, you will start your day with warm lemon water, apple cider vinegar, and cayenne pepper.
- Drink 2 cups of dandelion tea each day.
- Optional: If you are feeling low on energy and need an afternoon pick-me-up on days 2 and 3 of the detox, you can make a cup of "Sacred Hot Chocolate". This recipe calls for [Cacao Bliss](#), [click here](#) to order yours today.
- Additional liquid can be added to any smoothie to get a more desired consistency or ice to make it colder.
- This first week involves detoxifying the body, no strenuous exercise is advised as you release toxins which can be taxing on your energy. You know your body and fitness level and can add more movement at your discretion.

Overall Guidelines

- You can swap out any meals you want from day 4 throughout the rest of the 30 days.
- You can swap breakfast for breakfast, snack for snack, lunch and dinner are interchangeable.
- Do what works for you, your schedule and food preference. I do encourage you to try new recipes, you will surprise yourself.
- Drink $\frac{3}{4}$ -1 gallon (3.7L) of water per day. (Does not include smoothies or teas)
- Do not skip your daily meditations. The meditations help with cravings and sticking to your deeper WHY!
- When referring to 1 serving of protein powder or [Collagen Peptides](#) or greens, understand that all powder scoops are different. Please refer to the back of the container for 1 serving size. Also note that not all protein powders or Collagen Peptides bake the same.

- Drink 2 cups of Dandelion Tea per day.
- Liquid can be added to any recipe to get a more desired consistency or ice can be added to any smoothie to make it colder.

For the remainder of the 27 days on this program, I recommend continuing to start your day with the detox drink, this morning drink is perfect for starting each and every day.

Lemon Water with Cayenne Pepper & Bragg's Apple Cider Vinegar

Ingredients:

- 1 c. (240ml) Warm Water
- Juice from $\frac{1}{2}$ of Organic Lemon
- 1 tsp. Apple Cider Vinegar with the "Mother" Root
- Pinch of Cayenne Pepper

Squeeze $\frac{1}{2}$ fresh lemon in 1 c. (240ml) warm water with the apple cider vinegar and a pinch of cayenne pepper.



Breakfast

smoothies

Wake Me Up & Shrink Me Down Smoothie

Ingredients:

- ½ c. (120g) Plain Kefir (if you can't get plain Kefir, use Plain Greek Yogurt (Full Fat Recommended) or 1 Serving protein powder* or [Collagen Peptides](#))
- ½ c. (120ml) Water
- ¼ c. (37g) Organic Berries
- ¼ c. (17g) Organic Spinach or Kale or 1 scoop Organifi Greens
- 1 tbsp. Chia Seeds (optional)

Put all together in the blender.

*For protein powder, I recommend using Organifi Protein brand.

Refreshing Mint Drink

Ingredients:

- 2 c. (480ml) Water
- Juice from 1 Organic Lemon
- ½ c. (115g) Organic Cucumber
- Juice from 1 Organic Lime
- 1 tbsp. Fresh Ginger, grated
- 10-15 Leaves Fresh Mint

Blend all together. Enjoy!

Green Goddess Smoothie

Ingredients:

- ½ c. (34g) Organic Kale leaves, chopped or 1 scoop Organifi Greens
- ½ c. (74g) Organic Berries (Fresh or Frozen)
- 1 c. (240ml) Water or Coconut Water
- ¼ c. (6g) Flat Leaf Parsley, chopped
- ¼ c. (6g) Fresh Mint, chopped
- 2 tbsp. Chia Seeds

Combine all ingredients in blender.

Smoothie with a Side of Oatmeal

Smoothie:

- 2 Stalks of Celery
- ½ c. (115g) Organic Cucumber
- ¼ c. (17g) Kale or 1 scoop of Organifi Greens
- Juice from ½ an Organic Lime
- ½ c. (120ml) Almond Milk or Water
- ½ c. (115g) Organic Pineapple

Blend all together with ice.

Oatmeal:

Prepare ¼ c. (25g) raw uncooked oats with ½ c. (120ml) water on stove. Cook for approximately 5 minutes on medium heat. Add 2 tbsp. (20g) raisins or cut up banana and sprinkle with cinnamon.

Berry Milkshake

Ingredients:

- ½ c. (120ml) Almond Milk
- ½ c. (120ml) Water
- ½ c. (120g) Plain Greek Yogurt (Full Fat Recommended) or Plain Kefir or 1 Serving Protein powder or [Collagen Peptides](#)
- ¼ c. (37g) Organic Blueberries
- ½ Organic Banana
- ¼ c. (17g) Spinach or Kale or 1 scoop Organifi Greens

Mix all together in blender and enjoy!

Chocolate Delight Smoothie

Ingredients:

- ¼ c. (17g) Organic Spinach or Kale Leaves or 1 scoop Organifi Greens
- 1 tbsp. [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)
- ½ Organic Avocado
- ½ Organic Banana
- ½ c. (120g) Plain Kefir or Plain Greek Yogurt (Full Fat Recommended) or 1 Serving of Protein powder or [Collagen Peptides](#)
- ½ c. (120ml) Water
- ¼ c. (25g) Raw Uncooked Oats
- Handful of Ice.

Mix all together in the blender. This smoothie may be thicker than others. You can add more water to get a consistency that you prefer.

Vanilla Chai Smoothie

Ingredients:

- ½ inch- 1 inch (1.25cm-2.5cm) Fresh Ginger (depending on how much you love ginger)
- ½ c. (34g) Organic Kale or Spinach or 1 Scoop Organifi Greens
- ½ c (120ml) Almond Milk
- ½ c. (120ml) Water
- 1 tsp. Almond Butter
- ½ Banana
- 1 Serving Vanilla Protein powder
- ½ tsp. each Cinnamon, Nutmeg & Clove
- Handful of Ice

Blend all together and enjoy!

hot recipes

Veggie Scramble

Ingredients:

- 1 Whole Egg or 2 Egg Whites
- Handful of Spinach
- Handful of Mushrooms, sliced
- ¼ of a Red Onion, diced
- ¼ of an Avocado
- Salt & Pepper to taste
- 1 tbsp. Butter or Coconut Oil

Add a tablespoon of butter or coconut oil to a pan and let melt on low heat. Add diced red onion and mushrooms, cook until soft (about 3-4 minutes).

While onions are cooking, crack 1 whole egg or 2 egg whites into a small bowl and whisk until fully mixed.

When onions are ready, add egg mixture and stir. As the egg starts to cook, add in the handful of spinach. Continue to stir all ingredients until eggs are fully cooked.

Top with salt and pepper. Serve with ¼ of an avocado.

Option: Add your favorite salsa or hot sauce on top for an extra kick!



Egg Scramble with Oatmeal

Ingredients:

- 3 Eggs, scrambled
- 1 tbsp. Coconut Oil
- ¼ c. (17g) Organic Spinach
- 1 tbsp. Chopped Onion or Leek
- Fresh Basil to taste
- ¼ c. (25g) Raw Uncooked Oats
- ½ c. (120ml) Water
- 1 tsp. Cinnamon
- ¼ c. (37g) Fruit of Choice

Place coconut oil, spinach and onion in skillet, cook until wilted, then add eggs. Cook until done and top with fresh basil.

Place ¼ c. (25g) oats with ½ c. water. Cook on stove top for approximately 7 minutes. If you like creamier oats, add water to desired consistency. Top with ¼ c. (25g) blueberries (or fruit of choice). Sprinkle with 1 tsp. cinnamon.

Southwest Scramble

Ingredients:

- 2 Eggs or 3 Egg Whites
- ¼ c. (45g) Organic Peppers, chopped
- ¼ c. (40g) Onions, diced
- A Pinch of Cayenne Pepper or Habanero Pepper
- ¼ c. (30g) Black Beans, rinsed and drained
- ¼ c. (17g) Organic Spinach
- ¼ c. (6g) Cilantro (optional)
- ¼ c. (37g) Strawberries
- Dollop of Plain Greek Yogurt (Full Fat Recommended) (Optional).

Spray skillet with coconut oil. Put veggies, peppers, onion, and spinach in skillet. Cook on medium heat until spinach is wilted, add eggs and beans. Cook until eggs are done. Top with cilantro and Plain Greek Yogurt (Full Fat Recommended).

Enjoy a ¼ c. (37g) strawberries.



Banana Pancakes

Ingredients:

- 2 Egg Whites
- 2 tsp. Coconut Oil (For Skillet)
- ½ Organic Banana, mashed
- 1 tsp. Cinnamon
- 2 tbsp. Water
- 4 tbsp. Almond Flour
- ¼ c. (45g) Veggie of Choice

Mix together. Heat skillet with coconut oil to medium-low and pour mix. Heat and brown on both sides. Eat ¼ c. (45g) veggies of choice on the side (cucumbers or carrots are my favorite). You can drizzle 1 tbsp. of 100% pure maple syrup (optional).

Banana Walnut Quinoa with a Side of Yogurt or Egg Whites with Salsa

Ingredients:

- 2 tbsp. (16.25g) Walnuts
- ¼ c. (37g) Sliced Organic Banana
- 1 tsp. Stevia or Raw Honey for sweetness
- ½ c. (92.5g) Pre-cooked Quinoa (follow the instructions on the package). You can heat this up on the stove with all ingredients

- ½ c. (120g) Plain Greek Yogurt (Full Fat Recommended) or 3 Egg Whites with Salsa

In the cooked quinoa, add banana, walnuts, sweetener. For your protein either top your quinoa with greek yogurt (full fat recommended) or eat on the side or eat 3 egg whites on the side.

Vegetarian option: Eliminate the egg white option.

Chocolate Power Waffles

Makes 2 servings. Enjoy half of the recipe now and share or freeze the other half.

Ingredients:

- 1 Serving Chocolate Protein powder
- 2 Eggs
- ½ c. (60g) Brown Rice Flour or Oat Flour
- 1 tsp. [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)
- 1 tsp. Baking Powder (Optional)
- Up to 1 c. (240ml) Water Until Mixture Is Correct Consistency (Not Too Thin)
- ½ Sliced Banana (Optional)



Place mixture on greased hot griddle for pancakes or on a greased hot waffle maker for waffles.

NOTE: I top waffles with fresh sliced banana and 1 tsp. 100% pure maple syrup. Yum!

Maple-Pecan Quinoa

Ingredients:

- ¼ c. (46.25g) Dry Quinoa
- ¼ c. (60ml) Almond, Rice or Coconut Milk
- ¼ c. (60ml) Water
- ¼ tsp. Vanilla Extract
- 1 tsp. 100% Maple Syrup
- 2 tbsp. Chopped Pecans
- ½ c. (74g) Fresh or Frozen Organic Berries



Cook ¼ c. (46.25g) dry quinoa with ¼ c. (60ml) almond/rice/coconut milk and ¼ c. (60ml) water. Top with ¼ tsp. vanilla extract, 1 tsp. 100% maple syrup, 2 tbsp. chopped pecans, & ½ c. (74g) fresh or frozen organic berries. If you need some sweetness add 1 tbsp. 100% maple syrup (optional).

Toast with Egg & Tomato

Ingredients:

- 2 Eggs, cooked as preferred (Fried, scrambled etc.)
- 1 Slice Ezekiel Bread, toasted
- 1 Organic Tomato, sliced
- Fresh Basil
- Balsamic Vinaigrette

Stack all ingredients on top of toast and top with fresh basil and drizzle on balsamic vinaigrette.

Bacon & Egg with Toast

Ingredients:

- 2 Slices of Turkey Bacon, cooked
- 1 Egg, cooked how you prefer
- 1 Slice of Ezekiel Bread, toasted
- 1 Organic Tomato, sliced

You can either eat individually and or stack on top of your toast.

Vegetarian Option: Instead of bacon, add 1 more egg.



Herb and Onion Frittata

Ingredients:

- 1 c. (160g) Onion, diced
- ¼ c. (60ml) Water
- 1 tbsp. Water (For melting cheese)
- 1 tsp. Extra-Virgin Olive Oil
- ½ c. (120ml) Liquid Egg Substitute or 4 Egg Whites Whisked
- 2 tsp. Chopped Fresh Herbs, or ½ tsp. Dried
- ⅛ tsp. Sea Salt
- Freshly Ground Black Pepper
- 2 tbsp. Cottage Cheese



Bring onion and ¼ c. (60ml) water to a boil in a small nonstick skillet over medium-high heat. Cover and cook until the onion is slightly softened, about 2 minutes. Uncover and continue cooking until the water has evaporated, 1 to 2 minutes. Drizzle in oil and stir until coated. Continue cooking, stirring often, until the onion is beginning to brown, 1 to 2 minutes more.

Pour in egg whites, reduce heat to medium-low and continue cooking, stirring constantly with a heatproof rubber spatula, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.

Reduce heat to low. Sprinkle herbs, sea salt and black pepper over the frittata. Spoon cheese on top. Lift up an edge of the frittata and drizzle the remaining 1 tbsp. of water under it. Cover and cook until the egg is completely set and the cheese is hot, about 2 minutes. Slide the frittata out of the pan using the spatula and serve.

Filling Protein Pancakes

Makes 1 large pancake

Ingredients:

- 2 Egg Whites
- 1 Serving Vanilla Protein powder
- 3 tbsp. Raw Uncooked Oats
- ½ Organic Banana, mashed
- 1 tsp. Cinnamon
- 2 tbsp. Water
- 1 tsp. Unrefined Coconut Oil (for skillet)
- 1 tsp. Maple Syrup (Optional as a topping)

Mix all, except last two ingredients, together by hand.

Add 1 tsp. of coconut oil to skillet and heat. Pour in batter, cook until lightly brown on both sides. Top with 1 tsp. 100% pure maple syrup or eat plain. Delicious!



Hearty French Toast

Ingredients:

- 1 Egg
- 1 Slice of Ezekiel Bread
- 1 tsp. Vanilla Extract
- 2 tsp. Cinnamon
- ½ Organic Banana, sliced
- 1 tbsp. Walnuts
- 1 tsp. 100% Pure Maple Syrup

Whisk together egg, 1 tsp. vanilla, and 2 tsp. cinnamon. Heat skillet. Dip the bread in egg mixture, turning to coat both sides evenly. Place bread face down in skillet and cook on medium heat for approximately 30 seconds each side or until lightly browned.

Top french toast with ½ of a sliced organic banana, 1 tbsp. of walnuts, and 1 tsp. of 100% pure maple syrup.

Spinach Scramble

Ingredients:

- 3 Eggs or 2 Eggs and 1 Egg White
- ½ c. (34g) Organic Spinach
- 2 tbsp. Chopped Onion
- ½ Organic Avocado or 1 tbsp. Feta Cheese
- ¼ c. (25g) Raw Uncooked Oats or 1 Slice of Ezekiel Bread or ¼ c. Fruit of Choice

Place spinach & onion in skillet, cook until spinach wilts and onions are translucent. Add in eggs and scramble until fully cooked. Top with ½ of an avocado or 1 tbsp. of feta cheese. Eat with a side of Oatmeal, Ezekiel Toast or ¼ cup fruit of your choice.

Ranchero Breakfast

Ingredients:

- 2 Eggs
- ¼ c. (62.5g) Cottage Cheese
- ½ c. (90g) Chopped Organic Veggies of Choice (Tomatoes, Green Pepper and Onion are good)
- ¼ c. (30g) Black Beans, drained and rinsed
- Handful of Cilantro
- Dash of Red Pepper Flakes, to taste

In a skillet, combine eggs, cottage cheese, veggies, and beans. Cook and stir together, add in cilantro and red pepper flakes, to taste. Place in a bowl and enjoy.

Banana Coconut Crepes

Makes 2 servings. Eat half now and freeze or refrigerate the other half for another meal.

Ingredients:

- 5 Eggs (3 Whole and 2 Egg Whites)
- 1 c. (240ml) Canned Coconut Milk
- 1 c. (120g) Brown Rice Flour (Or any Flour You Prefer) *Note: Coconut Flour is more absorbent so use ½ c. (60g)
- ½ Organic Banana
- 1 tbsp. Plain Greek Yogurt (Full Fat Recommended) (Optional)
- 1 tsp. 100% Maple Syrup (Optional)
- 1 tbsp. Unsweetened Coconut Flakes (Optional)

Mix eggs, coconut milk and flour and pour a thin layer into skillet, once almost cooked, put sliced bananas and unsweetened coconut flakes (optional) in and fold in half, cook fully.

Top with any favorite toppings as long as they are pure/natural/clean. I love adding 1 tbsp. Plain Greek Yogurt (Full Fat Recommended) and 1 tsp. 100% maple syrup.



cold recipes

Chia Bowl with BERRIES

Base:

- 3 tbsp. Chia Seeds
- ½ c. (120ml) Coconut or Almond Milk
- 1 Serving Protein powder or [Collagen Peptides](#) (optional)

Mix chia seeds with the milk and protein powder. Let it sit for 15 minutes or you can make it the night before and store it in the refrigerator.

Toppings:

(Optional - You can choose all or just the ones you like. Have fun with these!)

- 1 tbsp. Raw Coconut Flakes
- 1 tbsp. Raw Nuts
- You can sprinkle Hemp Seeds, Goji Berries, Cacao Nibs & Cinnamon
- ¼ c. of either Blueberries, Strawberries, Blackberries

Quick On The Go Kefir

Ingredients:

- ½ c. (120g) Plain Kefir
- ¼ c. (37g) Fruit of Choice
- 2 tbsp. Raw Nuts of Choice
- 1 tsp. Stevia (Optional)

Mix all together and enjoy!



Lunch



smoothies

Detox Pina Colada Smoothie

Ingredients:

- ½ c. (34g) Organic Kale or 1 scoop Organifi Greens
- 1 c. (240ml) Water or Coconut Water
- Juice from 1 Organic Lime
- ½ c. (115g) Organic Cucumber
- ½ c. (115g) Fresh Organic Pineapple
- 1 tsp. Coconut Oil

Mix all together in the blender.

Love Smoothie

Ingredients:

- ½ Organic Pear
- ½ Organic Avocado
- ½ c. (115g) Organic Cucumber
- Juice from ½ Organic Lemon
- Handful of Cilantro
- ½ c. (34g) Organic Kale or 1 scoop Organifi Greens
- ½ in. (1.25cm) Organic Ginger
- ½ c. (120ml) Water or Coconut Water
- ½ c. (120g) Plain Greek Yogurt (Full Fat Recommended)/ Plain Kefir or 2 tbsp. Chia Seeds/Hemp Seeds or 1 Serving Protein powder or [Collagen Peptides](#)

You can add more water or coconut water if you need to thin it out. Blend all ingredients.

hot recipes

Belly Bliss Meal

Ingredients:

- ½ c. (82.5g) Organic Papaya or Mango
- 1 c. (68g) Organic Kale
- 2 tsp. Coconut Oil
- 1 c. (185g) Pre-made Quinoa
- ½ c. (120ml) Pure Canned Coconut Milk (optional) If you don't like coconut milk, use almond milk

Cook quinoa according to package directions. Sauté coconut oil, quinoa, kale and coconut milk (if used) together in skillet until kale starts to wilt. Top with fresh papaya or mango. Sprinkle black pepper to taste.

Chicken Basil Stir-Fry

Ingredients:

- 1 tsp. Extra Virgin Olive Oil
- 3 oz. (85g) Chicken, cubed
- 1 Small Serrano Pepper, minced
- 2 tbsp. Pad Thai Sauce (recipe below)
- ¼ c. (45g) Organic Zucchini, cubed
- ¼ c. (45g) Organic Red Bell Pepper
- ½ c. (74g) Fruit of Your Choice
- Handful of Fresh Basil (Optional)

In pan, add 1 tsp. extra-virgin olive oil, zucchini, red bell pepper, chicken and minced Serrano pepper. Cook until chicken browns and is fully cooked. Add 2 tbsp. of pad thai sauce. You can top with fresh basil for a fresh kick.

Eat with ½ c. (74g) fruit.

Pad Thai Sauce Ingredients:

Serving size is 2 tbsp. Can be frozen to save for later.

- 1 c. (240ml) Coconut Milk (Best From the Can)
- 2 tbsp. Red Curry Paste
- 1-2 tsp. Bragg's Liquid Aminos (Soy Sauce) or Tamari
- 1 inch Fresh Grated Ginger

In a bowl combine all ingredients and set aside until needed for your stir fry. **Vegetarian Option:** Instead of using chicken, replace with ½ of a 15oz. (400g) can of red kidney beans

Turkey Salad with Warm Fruit

Ingredients:

- 3oz. (85g) Ground Turkey Meat
- Taco Seasoning Spice
- ½ c. (40g) Lettuce of Choice
- Fresh Cilantro, to taste
- 1 Pear or Apple

Take 3 oz. (85g) ground turkey, cook in a skillet until fully cooked and add taco seasoning spice. Place turkey meat on lettuce and top with fresh cilantro.

Preheat oven to 350°F (175°C). Slice an apple or pear, sprinkle with cinnamon or nutmeg. Place in oven safe dish and bake for 15 minutes.



Chicken Artichoke Pizza

Ingredients:

- 1 Sprouted Grain or Gluten Free Tortilla
- 3 oz. (85g) Cooked Chicken
- ½ c. (75g) Artichoke Hearts
- 2 tbsp. (15g) Kalamata Olives
- 2 tbsp. (15g) Feta Cheese
- 1 tbsp. Plain Greek Yogurt (Full Fat Recommended) With Oregano, Chili Powder or whatever sounds good.

Pre-bake your tortilla for a couple of minutes. Then top with greek yogurt sauce, artichoke, olives and chicken. Sprinkle feta cheese on top and bake it on 375°F (190°C) degrees for approximately 8 minutes (until cheese melts and sauce is warm).

Vegetarian option: Instead of Chicken, use ½ c. (60g) kidney or black beans



Salmon Burger

Makes 2 burgers. Eat 1, share the other or save for a later meal.

Ingredients:

- 6 oz. (170g) Canned Wild Alaskan Salmon
- 1 Large Egg White
- ½ - 1 c. (34g - 68g) Organic Spinach Per Burger
- 1 tbsp. Coconut Oil
- Sea Salt and Black Pepper, to taste

Mix together the egg and salmon into a patty. Add 1 tbsp. of coconut oil to pan. Cook thoroughly on both sides using medium heat approximately 7 minutes on each side then lay burger on a bed of greens.



Vegetarian Option: Broiled Tomato Sandwich

Ingredients:

- 1 tbsp. Extra-Virgin Olive Oil
- 1 tbsp. Balsamic Vinegar
- 2 Ripe Organic Tomatoes, sliced
- 1 tbsp. Plain Greek Yogurt (Full Fat Recommended)
- Pinch Dried Parsley, Oregano, and Black Pepper
- 1 Slice Ezekiel or Gluten Free Bread, lightly toasted

Turn oven on to broil. Marinate the sliced tomatoes in extra-virgin olive oil and vinegar. In small bowl combine yogurt, and spices. Spread mixture on toasted bread. Place marinated tomatoes on bread. Place on baking sheet and broil for 5 minutes. YUM!

Grilled Chicken and Pineapple

Ingredients:

- 3 oz. (85g) Boneless Skinless Chicken Breast, cooked
- 1 Large Slice of Pineapple
- ¼ of an Organic Jalapeno, sliced
- ¼ of a Red Onion, thinly sliced
- ½ c. (40g) Lettuce of Your Choice

Grill chicken breast until cooked through. Grill pineapple ring approx. 2 minutes per side. Top chicken with pineapple, jalapeno and onions.

Lay chicken on ½ cup (40g) of lettuce.

Vegetarian Option: Use 1 large Portobello mushroom in place of chicken breast.

Summer Squash & Chicken

Ingredients:

- 3 oz. (85g) Cooked Chicken, chopped
- ½ c. (62g) Sliced Organic Squash and Zucchini

Sauté, ½ c. (62g) sliced organic squash and zucchini, and 3 oz. (85g) chicken chunks until fully cooked. Approximately 10 min. Top with desired spices (my go-to spices are curry or fresh rosemary with mustard).

Creative Pizza

Ingredients:

- 1 Sprouted Grain or Gluten Free Tortilla
- ¼ c. (60g) Tomato Sauce
- ½ c. (90g) Favorite Organic Veggies
- 3 oz. (85g) Ground Spicy Turkey Meat, cooked (Optional)
- 2 tbsp. Feta

Layer ingredients on desired tortilla. Sprinkle 2 tbsp. of feta. Bake at 350°F (175°C) for 7-15 minutes. To cook turkey meat, take ground up turkey and cook in skillet approx. 7 minutes. Sprinkle with ½ tsp. chili powder.

Vegetarian Option: In place of turkey meat, use meatless taco meat recipe (located in Week 2 on page 21) or ½ c. (60g) kidney beans or beans of choice.

Ground Beef and Buttery Zucchini

Makes 3 servings. Serving size is ⅓ - share or save the rest for later.

Ingredients:

- 1 lb. (450g) Lean Grass-Fed Beef
- Juice of 1 Fresh Organic Lemon
- 4 Small or 2 Medium Organic Zucchini, cubed
- 1-2 tsp. Chili Powder (Optional but I like the kick)
- 1 tbsp. Organic Coconut Oil

In a frying pan add 1 tbsp. coconut oil and beef. Sauté beef, until browned (about 10 minutes) and then add in cut zucchini pieces. Cook until zucchini is soft and buttery and meat is cooked through. Add chili powder and any other fresh spices you like, squeeze lemon juice on top. Sprinkle sea salt and black pepper to taste.

Marmalade Recipe

Ingredients:

- 3 tbsp. Raw Honey or 100% Maple Syrup
- 1 tbsp. Mustard
- 1-2 tsp. Variety of fresh herbs, minced.

Herb suggestions: rosemary, thyme, basil, sage, dill.

Mix all ingredients together. Enjoy!

Pesto Pizza

Ingredients:

- ½ of a Gluten Free Pita or 1 Gluten Free Tortilla
- 2 tsp. Pesto
- ½ c. (10g) Arugula
- ¼ c. (50g) Chopped Organic Tomato
- 1 tbsp. Pine Nuts
- 1 tsp. Freshly Squeezed Lemon Juice
- Black Pepper, to taste



Place 2 tsp. of pesto on pita and broil in oven until edges are crispy. Approx. 2-5 minutes. Take out and top with remaining ingredients. Sprinkle black pepper to taste.

Asparagus and Chicken

Ingredients:

- 3 oz. (85g) Chicken
- ½ c. (90g) Organic Asparagus, chopped
- 1 tbsp. Extra-Virgin Olive Oil
- Black Pepper and Sea Salt, to taste

Place asparagus on baking sheet and drizzle with extra-virgin olive oil and sprinkle with black pepper and sea salt. Place in oven on broil for 10 minutes, rotating them at 5 minutes.

Season your chicken, try to find an all-natural all spice that is not loaded with salt. Once seasoned, cook chicken until done and serve with a side of asparagus.

Vegetarian Option: Portobello Mushroom Burger

Ingredients:

- 1 Large Portobello Mushroom Cap
- 2 tsp. Balsamic Vinegar
- 2 tsp. Extra-Virgin Olive Oil
- Dash Dried Basil
- 1 Minced Garlic Clove
- Sea Salt and Black Pepper to taste
- 1 tbsp. Hemp Seeds



Mix all (except mushroom cap and hemp seeds) together and dip portobello mushroom in sauce-let sit for a bit and then place on grill for approx. 5 min on each side or until tender. Sprinkle 1 tbsp. of hemp seeds on top.

Vegetarian Option: Creamy Broccoli Pasta Dish

Ingredients:

- ½ c. (100g) Cooked Brown Rice or Quinoa Pasta
- ½ c. (90g) Organic Broccoli, trimmed and cut into pieces
- ⅓ c. (80ml) Vegetarian Chicken Flavored Broth
- 1 tsp. Brown Rice Flour or Gluten Free Flour
- 1 tsp. Extra-Virgin Olive Oil
- 1 Garlic Clove, minced
- ½ c. (100g) Chickpeas, drained
- 1 tsp. Red Wine Vinegar
- Sea Salt and Black Pepper to Taste



Cook pasta according to packaging and add the broccoli into pot for the last 4-5 minutes of the pasta cooking time (this will ensure the broccoli doesn't over cook). When done, drain water. In a separate sauce pan, mix oil and garlic and heat for 30 seconds. Be careful not to burn the garlic. Slowly add the broth and flour and whisk together constantly until it thickens. Once the sauce has thickened, add chickpeas, red wine vinegar, sea salt, black pepper, pasta and broccoli to the sauce and toss together, stirring constantly until heated through and coated with the sauce (approx. 2 minutes).

cold recipes

Hummus Beet Wrap

Ingredients:

- 1 tbsp. Hummus (See below for recipe)
- 1 6-inch Sprouted Grain Tortilla or Gluten Free Tortilla
- ½ c. (75g) Peeled and Grated Organic Beet (Tip: Cut beet into 3 or 4 big chunks and grate using the grating disk for a food processor or large holes of box grater.)
- 2 tbsp. Feta (½ oz.) (15g)
- ¼ c. Packed (5g) Arugula, roughly chopped

Spread hummus on tortilla leaving 1½ inch (4cm) border. Sprinkle evenly with beets, feta, and arugula. To roll up, fold in 2 opposite sides of the tortilla and roll, starting with the end closest to you. Wrap tightly in foil or parchment paper and refrigerate in an airtight container or zip-top bag. (Make ahead: May be made up to 1 day in advance.)

Hummus Ingredients:

- 1½ c. (300g) Cooked or Canned Chickpeas
- ½ c. (120ml) Bean Liquid or Water
- 3 Garlic Cloves
- ¼ c. (34g) Sesame Tahini (Available at health food stores or in the natural food section of most supermarkets or Google an easy way to make your own)
- 2 tbsp. Extra Virgin Olive Oil
- Juice from 1 Organic Lemon
- 1 tsp. Sea Salt
- Pinch of Cayenne Pepper

Put all ingredients into a blender or food processor and pulse together. Hummus can be stored in the refrigerator for snacking the rest of the week or can be frozen for later.

Ginger Chicken

Ingredients:

- 1 c. (140g) Chopped, Cooked Chicken Breast
- 2 tbsp. (20g) Chopped Organic Red Onion
- ¼ c. (30g) Celery, chopped
- ⅛ tsp. Fresh or Dried Ginger
- 1 tsp. Extra Virgin Olive Oil
- ½ c. (60g) Red or Green Apple, chopped
- 1 tbsp. Fresh Lemon Juice
- 1 c. (68g) Organic Spinach or (75g) Romaine Lettuce

Mix all together.

Vegetarian Option: Meatless Taco Salad

Meatless Taco Ingredients:

- ½ c. (100g) Chickpeas
- ½ c. (65g) Raw Walnuts
- ½ tsp. Coriander
- ½ tsp. Chili Powder
- ½ tsp. Garlic Powder or Fresh Garlic
- ½ tsp. Onion Powder
- ½ tsp. Paprika

Pulse all ingredients in a food processor. Don't over process, you want it to have a chunky texture.

Chili Lime Dressing Ingredients:

- 1 tsp. Fresh Lime Juice
- Pinch of Garlic, Chili, Onion and Parsley Powder
- 1 tbsp. Plain Greek Yogurt (Full Fat Recommended)
- ½ tsp. Coriander

Mix all together.

Additional Ingredients:

- 1 c. (75g) Romaine, chopped
- ¼-½ c. (65-130g) Fresh Salsa
- ½ c. (75g) Organic Avocado

Place 1 c. (75g) chopped romaine lettuce in a bowl. Top with ¼-½ c. (65-130g) fresh salsa. Add chickpea taco meat, ½ c. (75g) of organic avocado and drizzle chili lime dressing over the salad. Mix together and enjoy!

Vegetarian Option: Creamy Avocado & White Bean Wrap

Ingredients:

- 2 tsp. Apple Cider Vinegar
- 1 tsp. Extra Virgin Olive Oil
- Dash of Sea Salt
- ½ c. (60g) Shredded Red Cabbage
- 2 tbsp. (3g) Chopped Fresh Cilantro
- ¼ c. (30g) White Beans, rinsed
- ½ of a Ripe Organic Avocado
- 1 tbsp. Minced Red Onion
- 1 8-10-inch (20-25cm) Sprouted Grain or a Gluten Free Wrap or Tortilla (You can also use a green like collard, kale or lettuce leaf to wrap)

Mash together the avocado and white beans with a fork or potato masher. Mix the remaining ingredients together in a bowl. Scoop mixture on to wrap, roll it up and cut it in half. Enjoy!



Chicken or Shrimp Pear Salad

Ingredients:

- ½ c. (34g) Organic Spinach or Kale
- 1 tsp. of Extra-Virgin Olive Oil
- Juice from 1 Organic Lemon
- 1 Organic Pear, Diced
- ½ c. (70g) Chopped Chicken or ½ c. (162.5g) Shrimp



Vegetarian Option: Instead of chicken, use 2 tbsp. hemp or chia seeds.

Tuna Sandwich

Ingredients:

- 1 Romaine Lettuce Leaf
- 3 oz. (85g) Canned Tuna in Waterpad, drained
- 2½ tbsp. Plain Greek Yogurt (Full Fat Recommended)
- 1 tsp. Dijon Mustard or Regular
- 1 tsp. Fresh Chives
- 2 tbsp. (10g) Diced Fresh Fennel or a Pinch of Dried Fennel Seeds

Mix ingredients and place in Romaine Lettuce Leaf and eat with ½ c. (74g) of fruit.

Vegetarian option: Instead of 3 oz. (85g) tuna, use ½ of a 15oz. (400g) can of red kidney, chickpea or black beans.

Grapefruit Summer Salad

Ingredients:

- ½ c. (40g) Lettuce of Any Kind
- ½ Organic Avocado, sliced
- ¼ c. (57.5g) Organic Grapefruit, cut into sections
- ¼ c. (37g) Fresh Organic Strawberries
- 1 tsp. Sweet Vinegar (Balsamic, Rice, Red Wine)
- 1 tsp. Grape Seed Oil
- 3 oz. (85g) Cooked Chicken or any meat source that sounds good from the Recommended Food List.



Line your salad plate with lettuce. Lay avocado, grapefruit, and strawberries over salad and sprinkle lightly with dressing.

NOTE: This great salad is perfect on those hot summer days when everything sounds heavy and cooking sounds hot. Try this out and stay on track with your goals.

Vegetarian option: add 2 tbsp. chia seeds/hemp seeds or raw nuts.

Greek Yogurt Chicken Salad

Ingredients:

- 3 tbsp. Plain Greek Yogurt (Full Fat Recommended)
- ½ tsp. Mustard
- 2 tbsp. Celery, chopped
- 2.5 oz. (70g) Cooked Chicken, chopped
- 1 tbsp. Parsley chopped
- 1 tbsp Chives, chopped
- Add whatever spices you want - Cumin, curry, etc. are good.
- ½ c. (40g) Romaine Lettuce, chopped

Mix all together and lay on ½ c. (40g) chopped romaine lettuce.

Vegetarian Option: Use ½ c. (100g) chickpeas in place of chicken.



Tuna Pita Sandwich

Ingredients:

- 1-2 Iceberg Lettuce Leaves or ½ of a Gluten Free Pita
- 3 oz. (85g) Tuna in Water
- ½ c. Plain Greek Yogurt (Full Fat Recommended)
- 1 tsp. Dijon Mustard or Regular Mustard
- 1 tsp. Fresh Chives
- ¼ c. (20g) Diced Fresh Fennel or a Pinch of Dried Fennel Seeds

Mix ingredients and place inside ½ of a gluten free pita or 1-2 lettuce leaves.

Vegetarian Option: In place of tuna, mash up ½ c. (100g) chickpeas.

Turkey Pitas

Makes 4 servings, eat 1 serving and save for future lunch or dinners.

Ingredients:

- 4 Iceberg Lettuce Leaves or 4 Sprouted Grain/Gluten Free Tortillas or 2 Gluten Free Pitas
- 1 lb. (453g) Extra Lean Turkey Meat
- 1 Organic Green Bell Pepper, chopped
- ½ of an Onion, diced
- 1 c. (260g) Salsa (Store bought or homemade recipe)

Sauce Ingredients:

- 1 tbsp. Apple Cider Vinegar
- 1 tbsp. Extra-Virgin Olive Oil

- 1 tsp. Cumin Powder
- 1 tsp. Chili Powder

Cook turkey meat, bell pepper and onion in skillet until meat is fully cooked. Approx. 10 minutes. While turkey meat and vegetables are cooking, mix the sauce ingredients together in a separate bowl. Once turkey is fully cooked, mix in the sauce. Place in a Lettuce leaf or a Sprouted Grain/ Gluten Free Tortilla or ½ of a Gluten Free Pita and top with ¼ c. (65g) of salsa.

NOTE: You can have a side of ½ c. (60g) legumes or beans as your carb source instead of using a pita or tortilla.

Vegetarian Option: In place of turkey meat, use 2 c. (240g) white navy beans.

Tuscan Tuna Sandwich

Makes 2 sandwiches: Eat 1 serving and either share or save for tomorrow or for dinner.

Perfect for a summer! No-fuss, no-cook and big taste. You can even make it ahead and store it covered in the refrigerator for several days. If you do, use it as a wrap filling for the next day's lunch.

Ingredients:

- 1 6-oz. (170g) Can Chunk Light Tuna, drained
- 1 15-oz. (400g) Can Small White Beans, such as Cannellini or Great Northern, rinsed
- 5 Organic Cherry Tomatoes, quartered
- 1 Gluten Free Pita or 2-4 Lettuce Leaves
- 2 Organic Scallions, trimmed and sliced
- 1 tbsp. Extra-Virgin Olive Oil
- 1 tbsp. Fresh squeezed Organic Lemon Juice
- ¼ tsp. Sea Salt
- Freshly Ground Black Pepper, to taste

Combine tuna, beans, tomatoes, scallions, oil, lemon juice, sea salt and black pepper in a medium bowl. Stir gently. Refrigerate until ready to serve. Serve in 1-2 lettuce leaves or ½ of a gluten free pita per serving.

Vegetarian Option: Omit tuna.

Delicious Apple Salad

Salad Ingredients:

- ½ c. (34g) Dark Mixed Greens of your choice
- 1 tbsp. Chopped Cashews (or any Raw Unsalted Nut of your choice)
- 3 oz. (85g) Chicken Breast, cubed
- ½ of an Organic Green Apple, sliced

Dressing Ingredients:

- 1 tbsp. Bragg's Apple Cider Vinegar
- ½ tsp. Extra-Virgin Olive Oil
- ½ tsp. Freshly Squeezed Lemon Juice

Combine salad ingredients in a bowl. In a separate small bowl, mix together dressing ingredients and pour over salad. Toss to coat evenly and enjoy!



Sensual Warrior Drink

Ingredients:

- 1-2 tbsp. [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)
- 1 Organic Banana
- 2 tbsp. Hemp Seeds (or 1 Serving of Chocolate Protein powder)
- 1 c. (240ml) Water or Coconut Water (can substitute coconut milk for creamier texture)
- 1 tsp. Maca Powder (optional)
- Handful of Ice

Blend all together in blender.

Energy Boosting Smoothie

Ingredients:

- 1 tbsp. [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)
- 1 tbsp. Peanut Butter
- 1 Organic Banana
- 4 oz. (113g) Plain Greek Yogurt (Full Fat Recommended) or 1 Serving Protein powder or [Collagen Peptides](#)
- ¼ c. (17g) Fresh Organic Spinach or Kale or 1 scoop Organifi Greens
- Cinnamon to taste
- Dash Cayenne Pepper

Blend all together in blender. This smoothie can be fairly thick. You can eat with a spoon or use water or almond milk to thin it out to your preferred consistency.

Chocolate Banana Smoothie

For those nights when you just don't have the time.

Ingredients:

- ½ c. (34g) Organic Spinach or Kale or 1 scoop Organifi Greens
- 1 tbsp. [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)
- ½ c. (120g) Plain Kefir or 1 Serving Protein powder or [Collagen Peptides](#)
- ½ Large or 1 Small Organic Banana (you can substitute for ¼-½ c. (37- 74g) frozen cherries or blueberries)
- ½ c. (50g) Raw Uncooked Oats
- Handful of Ice

Mix all together for a delicious dinner on-the-go. If you would like a thinner consistency you can add some water.

hot recipes

Coconut Kale

Ingredients:

- 2 tsp. Coconut Oil or Flaxseed or Extra-Virgin Olive Oil
- 1½ c. (102g) Fresh Organic Kale
- 1 c. (185g) Quinoa, cooked
- 2-3 tsp. Bragg's Apple Cider Vinegar
- ¼ tsp. Cumin Powder
- Black Pepper, Sea Salt and Red Pepper Flakes to taste

Cook quinoa according to package directions. Saute coconut oil, kale and quinoa on medium-high heat in skillet until kale starts to wilt. Approximately 5 minutes.

Mix together 2-3 tsp. Bragg's apple cider vinegar, ¼ tsp. cumin powder, black pepper, red pepper flakes and sea salt. Drizzle on top.



Turkey Bacon & Bok Choy Salad

Ingredients:

- 1 Organic Carrot, thinly sliced
- 1 Bunch Baby Bok Choy (3 stalks of regular Bok Choy) stem cut into thin ½ in. long slices, leaves cut into 1 in. pieces
- 3 oz. (85g) cooked Turkey Bacon (approximately 3-4 slices)
- ½ c. (60g) Canned Cannellini (aka White Kidney) or Navy Beans, drained and rinsed
- ¼ c. (50g) Organic Grape Tomatoes, halved
- 1 tbsp. Chopped Fresh Basil

Vegetarian Option: Leave out the bacon or add 1 tbsp. hemp seeds

Dressing:

- 1 Garlic Clove
- ½ tbsp. Balsamic Vinegar
- ½ tbsp. Extra Virgin Olive Oil
- 1 tbsp. Chopped Fresh Basil
- 1 tsp. Fresh Lemon Juice
- ¼ tsp. Ground Black Pepper



In a large steamer basket set over the top of a pot of gently simmering water, add carrots and steam for 4 minutes. Add bok choy stem and leaves for 1 minute.

Meanwhile, mist a nonstick skillet with coconut oil spray and heat on medium-high. Add bacon and cook, turning once, until lightly browned, about 1 minute per side. When cool enough to handle, slice thinly.

Prepare dressing in a blender. Blend ingredients or whisk and add up to ¼ c. (60ml) of water until smooth.

Toss all ingredients together for an amazing salad!

Lemon Infused Salmon and Veggies

Ingredients:

- 3 oz. Salmon
- ½ c. (90g) Steamed Veggies
- ½ c. (125g) Cooked Brown Rice
- Juice from ½ an Organic Lemon
- 1 tsp. Extra Virgin Olive Oil
- Black Pepper, to taste



Preheat oven to 350°F (175°C). Take 3 oz. (85g) salmon and place in foil. Squeeze the lemon juice over salmon and top with black pepper. Secure in the tin foil and bake for 30 minutes.

Cook brown rice according to the package directions. Add any spices you'd like. My favorite is curry spice!

Steam ½ cup (90g) of your favorite veggies, top with black pepper and 1 tsp. of Extra Virgin Olive Oil.

Salmon with Rice & Sugar Snap Peas

Ingredients:

- 3 oz. Salmon
- ½ c. (125g) Cooked Brown Rice
- ½ c. (75g) Organic Sugar Snap Peas
- Sea Salt, to taste
- Black Pepper, to taste

Cook brown rice according to the package directions.

Sprinkle fish with black pepper and sea salt. In a skillet, heat up 1 tsp. Extra Virgin Olive Oil. Cook salmon 3 minutes on each side. When the salmon is done cooking, remove from pan. Add sugar snap peas to the same skillet and cook for about 3 minutes.

Vegetarian Option: Lemon Quinoa with Cilantro, Dried Fruit & Almonds

Ingredients:

- 1 tbsp. Extra Virgin Olive Oil
- 1 Garlic Clove, minced
- ¼ tsp. Turmeric Spice
- 1 c. (185g) Quinoa, cooked
- 1 tsp. Finely Grated Lemon Peel
- 2 tbsp. (3g) Fresh Cilantro, chopped
- 1 tbsp. Fresh Lemon Juice
- 1 tbsp. Raisins or Dried Fruit of Choice
- 1 tbsp. Crushed Raw Almonds

Mix all spices and wet ingredients together. Stir in the quinoa. Top with dried fruit and almonds.

Pasta Dish

Ingredients:

- ½ c. (100g) Cooked Brown Rice Pasta or ½ c. (92.5g) Cooked Quinoa (prepared as instructed on package)
- 3 oz. (85g) Cooked Chicken, sliced or cubed
- 2 tbsp. Fresh squeezed Lemon Juice
- ½ tsp. Extra-Virgin Olive Oil
- ½ c. (12g) Chopped Organic Basil
- ½ c. (35g) Organic Mushrooms.

Sauté mushrooms, extra-virgin olive oil and chicken together until mushrooms are lightly browned and chicken is cooked. Place on top of cooked pasta and top with fresh basil and lemon juice.

Salmon Teriyaki

(Also can replace salmon with chicken)

Ingredients:

- 3 oz. (85g) Salmon
- ½ c. (90g) Asparagus
- ½ c. (99g) Lentils (Cooked)
- 1 tbsp. Fresh Ginger (can use 1 tsp. powder instead)
- 2 Cloves of Garlic

Sauce Ingredients:

- ¼ c. (60ml) Tamari
- ¼ c. (60ml) Dry Sherry
- 1 tbsp. Coconut Oil, melted

Mix all sauce ingredients together in a glass container. Place 3 oz. (85g) salmon in marinade. Cover and place in fridge for 2 hours. NOTE: The coconut oil will become solid again when cooled in the fridge. Grill the fish in the oven under broil for 3-4 minutes on each side. Serve with asparagus and lentils.

Lemon Chicken with Bean and Veggie Salad

Ingredients:

- 1 tsp. Sea Salt
- ¼ tsp. Black Pepper
- ½ c. (65g) Ground Up Walnuts
- 3 oz. (85g) Chicken Breast
- 3 tbsp. Extra-Virgin Olive Oil
- ¼ c. (60ml) Fresh squeezed Organic Lemon Juice
- 1 tbsp. Fresh Parsley, minced



Mix sea salt and black pepper in with the crushed walnuts. Put the chicken in nuts and coat both sides. Put 3 tbsp. extra-virgin olive oil in the skillet and sauté chicken breast on medium-low heat so they do not burn. About 3 minutes on each side or until lightly brown and cooked thoroughly.

Pour the lemon juice into the skillet, bring to a boil. Let the chicken simmer in the liquid for 5 minutes. Garnish with lemon and parsley.

Bean & Veggie Salad Ingredients:

1 serving = ½ cup (125g) (put the leftovers in the fridge for later)

- 2 15 oz. (400g) cans Chickpeas
- 3 Organic Red Bell Peppers, diced
- 1 c. (24g) Organic Cilantro, chopped
- 1 c. (24g) Flat Leaf Parsley, chopped
- 3 Cloves of Garlic
- 1 tbsp. Extra-Virgin Olive Oil



Mix all ingredients and add lemon and sea salt to taste. This can be made ahead of time to marry the flavors.

Coconut Pumpkin Soup

Makes 4 servings. 1 serving is approximately 1⅓ cups (320ml) of soup before chicken is added.

Ingredients:

- 1 15 oz. (400g) Can Chicken or Vegetable Broth
- 1 15 oz. (400g) Can Lite Coconut Milk
- 1 15 oz. (400g) Can Pumpkin
- 1 Organic Onion
- ½ tsp. Cumin
- 2 tsp. Curry

- 2 tbsp. (12g) Fresh Ginger
- 12 oz (340g) Cooked Chicken Breasts, chopped (added into soup after, for correct portioning)

Combine all ingredients, except chicken, in a pot. Cook for 10 minutes. Add in 3 oz. (85g) of cooked chicken to each bowl. Pour 1⅓ cup (320ml) of soup over chicken and enjoy!

Vegetarian Option: You can leave chicken breast out and add ½ c. (100g) warmed chickpeas to each bowl.

Southwestern Grilled Tuna

Ingredients:

- ¼ tsp. Chili Powder
- ¼ tsp. Ground Cumin
- 4 oz. (115g) Yellow Fin Tuna Fillet
- ¼ tsp. Pepper
- 1 tsp. Extra-Virgin Olive Oil
- 1 Cantaloupe Wedge

Brush yellow fin tuna with extra-virgin olive oil, chili powder, ground cumin, and pepper. Grill until desired doneness. Can be lightly seared or cooked well. Top with ¼ c. (65g) fresh salsa (recipe below) and serve with a cantaloupe wedge.

Vegetarian option: Use 1 large organic Portobello mushroom. Brush with all ingredients listed above and cook on grill or skillet for 5 minutes on each side. Top with fresh salsa.

Spicy Salsa Fresca Ingredients:

- 1½ lbs. (680g) of Organic Roma Tomatoes, chopped
- 1 Organic Jalapeño
- 1 Medium Organic Onion
- 2 Cloves of Garlic
- ¼ c. Fresh Squeezed Lime Juice
- ½ c. (12g) Fresh Cilantro
- Sea Salt and Black Pepper, to taste

In a blender or finely chopped mix together jalapeño and onion. Once chopped add tomato, garlic, lime juice, cilantro and sea salt/black pepper.

Vegetarian Option: Chipotle Bean Burritos

Ingredients:

- 1 tsp. Extra-Virgin Olive Oil
- 1 Garlic Clove Minced or ½ tsp. Garlic Powder
- Pinch of Chili Powder
- ½ c. (60g) Black Beans
- 1 tbsp. Fresh Salsa
- 1 tbsp. Plain Greek Yogurt (Full Fat Recommended)

Sweet Potato Antioxidant Salad

Ingredients:

- ¼ c. (50g) Pomegranate Seeds
- 1 tbsp. Sunflower Seeds (Or any nuts of your choice)
- ½ c. (100g) Baked Sweet Potato, diced
- ¼ of a Red Onion, diced
- Salt and Pepper, to taste
- 1 c. (68g) Spinach
- 3 oz (85g) Cooked Chicken, cubed

Dressing Ingredients:

- 1 tbsp. Extra-Virgin Olive Oil
- ½ tsp. Dijon Mustard
- 1 tsp. Fresh Squeezed Lemon Juice
- 1 tsp. Balsamic Vinegar

Preheat oven to 400°F (204°C). Peel sweet potato and dice into small cubes. Place on a baking sheet in a single layer, and roast for 45 minutes, then allow to cool.

In a large bowl combine chicken, spinach, pomegranate seeds, sunflower seeds and onion. Add ½ c. (100g) cooled diced baked sweet potato.

Whisk all dressing ingredients in a small bowl, adjusting to desired taste.

Add dressing to salad, mix everything together and serve.

Vegetarian option: Leave out chicken and add ¼ c. (46.25g) cooked quinoa or 1 tbsp. chia seeds.



- ½ c. (40g) Shredded Lettuce

In a large skillet, add oil and garlic over medium heat. Add chili powder and beans. Slightly mash beans with a fork. Place heated bean mixture on top of greens. Top with salsa and Plain Greek Yogurt (Full Fat Recommended).

Shrimp and Veggies

Ingredients:

- 2 Spears of Organic Asparagus
- ½ c. (90g) Organic Broccoli
- 1 Minced Garlic Clove
- 1 tsp. Extra-Virgin Olive Oil
- 2 tsp. Fresh squeezed Lemon Juice
- 4 oz. (113g) Pre-Cooked Shrimp (If shrimp is frozen, thaw first)



Sprinkle asparagus and broccoli with 1 tsp. Extra-Virgin Olive Oil, minced garlic, sea salt and black pepper. Roast in the oven at 400°F (204°C) until they get a little crispy. Take them out and top with shrimp. Drizzle with 2 tsp. of lemon juice. Enjoy!

Vegetarian Option: In place of shrimp, you can boil 2 eggs for 9 minutes and either eat on the side or slice in with the asparagus dish.

Pea and Bacon Dish

Don't be fooled, this is delicious!

Ingredients:

- 4 Slices Turkey Bacon, diced
- 1 c. (150g) Frozen Organic Peas
- ¼ c. (6g) Fresh Mint Leaves
- 3 tbsp. Sherry Vinegar or Fresh Squeezed Lemon Juice
- 1 Medium Sized Lettuce Leaf, chopped
- 2 tbsp. Extra-Virgin Olive Oil

Heat 1 tbsp. extra-virgin olive oil in a large frying pan. Add in turkey bacon, stirring occasionally for a few minutes or until crisp. Remove bacon from the pan and dab off the grease with a paper towel.

Add peas to the same pan and stir for a few minutes or until the peas start to shrivel. Stir in mint leaves and 1 tbsp. of sherry vinegar or fresh squeezed lemon juice. Remove from the heat. Taste and season to your liking with any seasonings you prefer.

Meanwhile, in a large bowl, whisk to combine the remaining 2 tbsp. of vinegar or lemon juice with 1 tbsp. extra-virgin olive oil. Add chopped up lettuce leaves, cooked pea mixture and turkey bacon to the bowl and toss gently. Enjoy!

Chicken and Veggies

Ingredients:

- 2 Spears of Organic Asparagus
- ½ c. (90g) Organic Broccoli
- 1 Clove of Garlic, minced
- 1 tsp. Extra-Virgin Olive Oil
- 2 tsp. Freshly squeezed Lemon Juice
- 3 oz. (85g) Chicken, cooked



Drizzle 1 tsp. of extra-virgin olive oil over asparagus and broccoli. Add minced garlic, sea salt and black pepper to taste and roast the vegetables in the oven at 400°F (204°C) until they get a little crispy. Take them out and drizzle with 2 tsp. of lemon juice.

Serve with 3 oz. (85g) chicken breast.

Vegetarian Option: Replace Chicken with one of the following

- 2 Eggs, on the side
- 1 c. (240g) Plain Greek Yogurt (Full Fat Recommended)
- Sprinkle ¼ c. (43g) of Hemp or Chia Seeds on top of cooked asparagus and broccoli.

Vegetarian Option: Luscious Chickpea Wrap

Makes 2 servings. Eat 1 and share the other or save for later.

Ingredients:

- 1 Shallot, sliced
- 2 Garlic Cloves, sliced
- 1 Pinch of Red Pepper Flakes
- 1 Bunch Swiss Chard, coarsely chopped without the stem
- ⅓ c. (80ml) White Wine Vinegar or Regular White Wine
- 2 Ezekiel or Gluten Free Tortillas or Wraps
- ¼ c. (85g) Cottage Cheese
- 1 tbsp. Extra Virgin Olive Oil
- 1 15 oz. (400g) Can Chickpeas, just a bit of the liquid poured out
- Sea Salt, to taste
- Black Pepper, to taste

In a medium skillet over medium heat, sauté the shallots and garlic in the oil until translucent and fragrant, about 2 minutes. Stir in red pepper flakes. Add the chard, stems removed and coarsely chopped, to the skillet, tossing to coat.

Turn the heat up and add the white wine bringing it to a quick boil. Turn the heat down to medium and simmer, stirring occasionally, until the chard is wilted, about 4 minutes.

Add the chickpeas and most of their liquid to keep the mixture moist. Continue to cook until the chard is tender, another minute or so. Season with sea salt and black pepper to taste.

To serve as an easy meal, slather each tortilla or wrap with 2 tablespoons of cottage cheese. Top each with a big portion of the chard and chickpea mixture.

cold recipes

Savory Hummus and Veggie Wrap

Ingredients:

- 1 Large Romaine Lettuce Leaf to make a lettuce wrap
- ¼ c. (62.5g) Hummus
- ⅓ c. (23g) Baby Greens
- 4 slices Organic Cucumber
- ½ c. (92.5g) Cooked Quinoa
- 4 strips of sliced bell pepper, color of your choice

Mix all together and place in lettuce wrap.

Cabbage Salad

Makes 2 servings. Eat 1 serving, and save for later, share, or halve the recipe

Salad Ingredients:

- ½ c. (34g) Green Cabbage, shredded
- ½ c. (60g) Purple Cabbage (optional)
- ½ Red Bell Pepper, sliced
- ½ Orange Bell Pepper, sliced
- 1 Green Onion (Spring Onion), finely chopped
- ½ c. (12g) Cilantro, finely chopped
- Handful of Almond Slivers
- 6 oz. (170g) Cooked Chicken Breast, cubed

Dressing Ingredients:

- 2 tbsp. Sesame Seed Oil/Avocado Oil or Extra-Virgin Olive Oil
- 2 tbsp. Coconut Aminos (Soy sauce alternative, optional)

Add all salad ingredients in a large mixing bowl, top with dressing and toss. Serve cold.

Vegetarian Protein Choice: Leave out the chicken and add 2 tbsp. chia seeds per serving.

Fiesta Salad

Ingredients:

- ½ c. (40g) Romaine Lettuce (Or any salad greens you prefer)
- 3 oz. (85g) Cooked Chicken Breast
- ¼ c. (30g) Canned Black Beans, rinsed and drained
- ½ of an Organic Avocado, chopped
- 2 tbsp. (25g) Organic Tomatoes, chopped
- ½ Fresh Lime, squeezed

Mix all together and enjoy!

Vegetarian Option: Leave out chicken

Shrimp Cobb Salad Recipe

Ingredients:

- 1 c. (75g) Romaine Lettuce, chopped
- 5 Organic Grape or Cherry Tomatoes
- ¼ c. (57.5g) Sliced Organic Cucumber
- 1 Hardboiled Egg, sliced
- 5 Medium-Large Shrimp, peeled and cooked
- Black Pepper, to taste

Place all ingredients on top of Romaine lettuce. You can dress this salad with lemon juice and a drizzle of Balsamic Vinegar if you like.



Vegetarian Option: Mixed Sprout and Avocado Salad

Try adding sprouts to your cooking. They are usually in the produce section. I like sprouted chickpea, pea, and lentil sprouts. It adds a nice texture and flavor, not a beany, earthy flavor like you may think.

Ingredients:

- 3.5 oz. (100g) Fresh Organic Sprouts
- Juice from 1 Organic Lemon
- 1 Small Organic Avocado
- 1 Handful of Brazil Nuts
- 1 tbsp. Hemp Seeds

Rinse sprouts and pour lemon juice over them. Add avocado chunks to the sprouts and mix together. Place evenly in avocado shells and top with Brazil nuts and hemp seeds.

Southwest Wrap

Ingredients:

- 1 Large Romaine Lettuce Leaf or 1 Gluten Free Tortilla
- ½ c. (40g) Shredded Lettuce
- ⅓ c. (40g) Black Beans
- ½ c. (70g) Cubed Cooked Chicken (Optional)
- 2 tbsp. (20g) Diced Red Onion
- 2 tbsp. (3g) Cilantro (optional)
- 1 tbsp. Salsa
- Lime juice, to taste
- Fruit of Choice, on the side

Place all ingredients, except fruit, in Romaine Lettuce Leaf or Gluten Free Tortilla and enjoy with 1 fruit of choice on the side.

Stuffed Avocados

Forget the bread; next time you're serving chicken, seafood or tuna salad, try serving it in an avocado half instead.

Ingredients:

- 3 oz. (85g) Cooked Chicken Breast, cubed or 4 oz. (113g) Cooked Shrimp
- 2 tbsp. Plain Greek Yogurt (Full Fat Recommended)
- ¼ c. (30g) Organic Celery, thinly sliced
- Pinch of Sea Salt and Black Pepper
- ⅛ tsp. of Curry or Turmeric Spice
- 1 Organic Avocado

Mix all ingredients together and place in both halves of avocado. Scoop out and enjoy!

Vegetarian Option: Instead of chicken, use ½ c. (100g) chickpeas.



Delicious Healthy Egg Salad

Ingredients:

- 3 Hardboiled Eggs, peeled and chopped
- 2 tbsp. Finely Diced Celery
- 1 tbsp. Plain Greek Yogurt (Full Fat Recommended)
- 2 tsp. Dijon Mustard
- 1 tsp. Minced Scallion Greens
- Freshly Ground Black Pepper, to taste
- 2 Lettuce Wraps

Mix all ingredients together. Place in 2 lettuce wraps.



smoothies

Power Smoothie

Ingredients:

- 1 c. (240ml) Water
- 1 tbsp. Flax Seeds or Chia Seeds (or 1 Serving Vanilla Protein powder)
- ½ c. (74g) Organic Raspberries or Any Other Berry
- ½ Organic Banana
- ¼ c. (17g) Organic Spinach or 1 scoop Organifi Greens
- ½ tbsp. Almond Butter
- 2 tsp. Fresh Squeezed Lemon Juice

Blend all together. Enjoy!

Vital Nutrients Smoothie

Ingredients:

- ½ c. (82.5g) Organic Papaya (You can use mango or leave it out if you can't get it)
- ¼ c. (17g) Organic Kale or 1 scoop Organifi Greens
- ¼ c. (17g) Organic Spinach
- ½ Organic Banana
- ½ Organic Green Apple
- ⅛ tsp. Turmeric Spice

Mix all together in juicer or blender (ice optional). If using a blender, add ½-1 c. (120-240ml) water.

Flush Out Fat Smoothie

Ingredients:

- | | |
|---|---|
| • ½ c. (34g) Chopped Organic Kale Leaves or 1 scoop Organifi Greens | • 2 tbsp. (3g) Chopped Flat-Leaf Parsley |
| • ½ c. (82.5g) Fresh or Frozen Organic Mango | • 2 tbsp. (3g) Chopped Fresh Mint |
| • 1 Celery Stalk, chopped | • Handful Ice (Optional, but I love cold smoothies) |
| • ½ c. (120ml) Fresh Orange Juice or Coconut Water | Blend all together in blender. |

Mint Chocolate Chip Smoothie

Ingredients:

- 1 Serving Protein powder or [Collagen Peptides](#)
- 2 tbsp. [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)
- ½ Frozen Banana (Or ½ Regular Banana plus handful of ice)
- Handful Of Mint Leaves
- ½ c. (120ml) Unsweetened Almond or Coconut Milk.
- ½ c. (120ml) Water.

Blend together and enjoy!



Mango Smoothie

Ingredients:

- ½ c. (120g) Plain Greek Yogurt (Full Fat Recommended), Plain Kefir, or 1 Serving Protein powder or [Collagen Peptides](#)
- ¼ c. (41.25g) Organic Mango
- ½ c. (120ml) Water
- ½ c. (120ml) Coconut Water
- Pinch of Cayenne Pepper
- A Handful of Ice

Mix all together in the blender.

Anti-Aging Smoothie

Ingredients:

- ⅓ c. (80ml) Unsweetened Almond Milk
- ⅔ c. (160ml) Water
- ½ c. (34g) Organic Kale or 1 scoop Organifi Greens
- 1 Serving Chocolate Protein powder
- ¼ c. (37g) Frozen Organic Cherries or Blueberries
- 6 Ice Cubes

Blend and enjoy!

Mango Coconut Smoothie

Ingredients:

- 2-3 tbsp. Fresh squeezed Lime Juice
- ¼ c. (17g) Organic Spinach or 1 scoop Organifi Greens
- 1 c. (240ml) Unsweetened Coconut Water
- Pinch of Cayenne Powder
- ½ c. (82.5g) Ripe Organic Mango Chunks
- 1 Serving Vanilla Protein powder or 1 tbsp. Hemp Seeds
- Handful of Ice

Combine all ingredients in a blender and blend until smooth.

Nectarine Smoothie

Ingredients:

- 1 Chilled Organic Nectarine
- 1 Serving Vanilla Protein powder
- ½ c. (34g) Organic Kale or Spinach or 1 Scoop Organifi Greens
- Handful of Ice
- 1 c. (240ml) Water

Remove pit of nectarine and add all ingredients to blender. Blend well and enjoy!

Green Smoothie

Ingredients:

- ½ c. (34g) Organic Kale or Collard Greens, firmly packed, stems removed, coarsely chopped or 1 Scoop Organifi Greens
- ½ Organic Granny Smith Apple, coarsely chopped
- 1 Ripe Organic Banana
- ¼ c. (6g) Loosely Packed Fresh Flat-Leaf Parsley Leaves
- 1 c. (240ml) Water

Combine all ingredients in a blender, and blend until smooth. If the mixture is too thick, add a little more water.

Chocolate Delight Smoothie

Ingredients:

- ¼ c. (17g) Organic Spinach or Kale or 1 Scoop Organifi Greens
- 1 tbsp. [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)
- ½ Organic Avocado
- ½ Organic Banana
- ½ c. (120g) Plain Kefir or Plain Greek Yogurt (Full Fat Recommended) or 1 Serving of Protein powder or [Collagen Peptides](#)
- ½ c. (120ml) Water
- ¼ c. (25g) Raw Uncooked Oats
- Handful of Ice.

Blend all together for your on-the-go energy drink!

Have [Golden Superfood Bliss](#) on hand? You can make a Golden Delight Smoothie by swapping out the Cacao Bliss for 1 1/2 scoops of Golden Superfood Bliss.

Powered Up Chocolate Avocado Dream

Makes 2 drinks

Ingredients:

- 1 c. (240ml) Almond Milk /Coconut Milk
- 2 tbsp. [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)
- 1 Serving Chocolate Protein powder
- ¼ c. (57.5g) Organic Cucumber
- ½ c. (34g) Organic Spinach or 1 Scoop Organifi Greens
- 1 Ripe Organic Banana
- 1 Organic Avocado
- 3 Organic Figs (Optional)
- 1 c. (80g) Ice

Blend all together. Enjoy! It will sometimes come out like chocolate pudding. Yum!

Green Magic Smoothie

Makes 2, Drink 1 and share or save for later.

Ingredients:

- 1 c. (240ml) Water
- Handful Organic Kale
- Handful Organic Spinach or 1 Scoop Organifi Greens
- ½ in. (1.25cm) Fresh Ginger
- ¼ c. (57.5g) Organic Cucumber
- 1 tbsp. Hemp or Chia Seeds
- ½ Organic Pear or Apple

Blend together and enjoy!



Antioxidant Smoothie

Ingredients:

- ½ c. (115g) Fresh or Frozen Pineapple
- ½ c. (34g) Organic Dark Greens (Spinach, Kale or Spring Mix) or 1 Scoop of Organifi Greens
- 1 Serving Protein powder
- ½ of a Fresh Organic Lemon, squeezed
- 1 c. (240ml) Water
- Handful of Ice (Optional)

Blend together and enjoy!

Rejuvenating Juice

Ingredients:

- ¼ c. (17g) Organic Spinach or 1 scoop Organifi Greens
- 1 Medium Organic Carrot
- 1 Organic Apple
- ½ of a Large Lemon, freshly squeezed
- ½ inch (1.25cm) Ginger, peeled
- ¼-½ c. (60-120ml) Water
- Handful of Ice (Optional)

Blend together and enjoy! Note: You can add more water to get to a consistency you like.

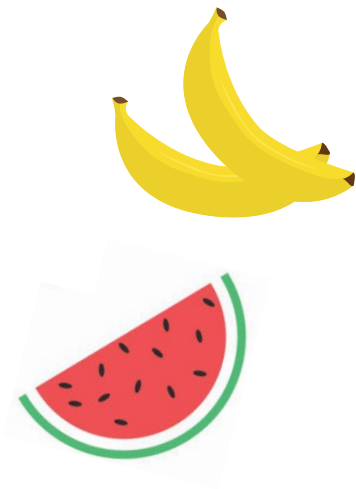


Watermelon Banana Booster

Ingredients:

- ¼ c. (57.5g) Seedless Organic Watermelon
- ¼ c. (37g) Organic Banana
- 1 c. (240ml) Plain Almond Milk or Half Milk/Half Water or all Water
- 1 Serving Vanilla Protein powder
- Handful of Ice Cubes

Blend together and enjoy!



Green Protein Power

Ingredients:

- 2 Organic Kiwi Fruit
- 1 Med. Organic Banana
- ½ c. (34g) Organic Spinach or 1 scoop Organifi Greens
- 1 Serving Vanilla Protein powder
- 1 tbsp. Flaxseed (Optional)
- 1 c. (240ml) Water
- Handful of Ice

Blend together and enjoy!

Protein Shake

- 1 Serving Chocolate or Vanilla Protein powder
- 1 c. (240 ml) Water
- Handful of Ice

Can be blended together for a frothy cool blast or shaken in a bottle for ease and convenience. Enjoy!



hot recipes

Savory Chicken Quinoa

Ingredients:

- ¼ c. (46.25g) Quinoa (Cooked)
- 3 oz. (85g) Cooked Cubed Chicken
- 1 tbsp. Extra Virgin Olive Oil
- Top with Desired Spices and Herbs



Prepare a batch of quinoa as the package states. Place in refrigerator and take out ¼-½ cup (46.25-92.5g) for a snack on the go. Add in 3 oz. cooked cubed chicken breasts. Drizzle 1 tbsp. of Extra Virgin Olive Oil and fresh spices and herbs.

Vegetarian Option: Leave out the chicken and add 3 oz. cooked artichoke hearts, cut or diced.

Eggs and Toast

Ingredients:

- 2 Hard Boiled Eggs
- 1 slice Ezekiel bread
- 1 tbsp. of Almond or Peanut Butter
- Cinnamon

Toast or leave plain Ezekiel bread. Top with Peanut or Almond butter and cinnamon and eat with the side of egg.

Sacred Hot Chocolate

Ingredients:

- ½ c. (82.5g) Boiling Water
- ¼ c. (68g) Unsweetened Almond or Coconut Milk
- 1 tsp. Coconut Oil
- 1 scoop [Cacao Bliss](#) or 2 tbsp. Raw Unprocessed Cacao (Not Hersheys's, Not Cocoa)
- 1 tsp. Raw Unfiltered Honey OR 100% Maple Syrup OR Stevia (optional)

Whisk together or blend for a more frothy brew. Enjoy!

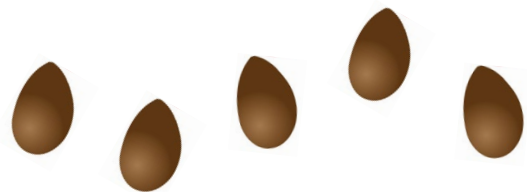
Chocolate - Covered Almonds

Eat 5 of them

Ingredients:

- 1 c. Unsalted Almonds
- ¼ c. Dark Chocolate 70% or Higher Dark Chocolate
- 1 tsp. Coconut Oil

Heat up the dark chocolate and coconut oil until soft on low heat. Stir constantly. Add almonds and mix around until the almonds are coated with chocolate. Place on parchment paper until dried. Makes for a very yummy and quick treat!



4 Minute Chocolate Mug Cake

Ingredients:

- 3 tbsp. Almond Meal
- 3 tbsp. [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)
- 2 tbsp. Raw Honey
- 1 tsp. Vanilla Extract
- 1 Egg
- A Few Dashes of Sea Salt
- A Few Dashes of Cinnamon

Mix all together in your favorite cup/mug and cook in the microwave in 30 sec. increments until done to perfection. Careful taking it out of microwave-very hot, and oh so good!

Have [Golden Superfood Bliss](#) on hand? You can swap out the Cacao Bliss for 1 1/2 scoops of Golden Superfood Bliss and an additional tablespoon of almond flour.

Baked Sweet Potato

This is a great snack to use up leftover cooked sweet potato

Ingredients:

- ½ c. (100g) Sweet Potato, baked
- Sea salt, to taste
- Cinnamon, to taste
- 1 tsp. Coconut Oil or Grass Fed Butter
- ½ c. (125g) Cottage Cheese

Preheat oven to 400°F (204°C).

Place sweet potato on a baking sheet then softly puncture holes on the top with a fork.

Bake for 40-45 minutes, or until softened.

Measure ½ cup (100g) of sweet potato and top with cinnamon and coconut oil or grass fed butter.

Serve with a side of Cottage Cheese.

Enjoy hot or cold!

Soft -Boiled Egg Salad

Ingredients:

- ¼ c. (5g) Arugula
- 1 tbsp. Balsamic vinegar
- 1 tbsp. Goat Cheese
- 2 Soft Boiled Eggs
- Handful of Shredded Basil
- ½ c. (50g) Cooked Oats or 1 Slice of Ezekiel Bread, toasted
- ¼ c. (37g) Organic Fruit of Choice

Toss arugula with 1 tbsp. balsamic vinegar.

Place 2 soft-boiled eggs on top of arugula, add cheese and basil. Eat with a side of Ezekiel Bread or Oats and ¼ c. (37g) of organic fruit of your choice.

Note: Cooking tip on the soft-boiled eggs, boil them for 9 minutes, take out immediately, and run cold water over them and then peel.

Warm Apple

Ingredients:

- 1 Organic Apple, sliced
- Cinnamon, to taste
- 1 tsp. Stevia

Broil or boil for 1 minute, drain and sprinkle with cinnamon and stevia.

Nacho Cheese Kale Chips with a Side of Fruit

Serving Size is 1 cup

Ingredients:

- 1-2 Large Bunches of Organic Kale
- ½ c. (125g) Cashew Butter or 1 c. (150g) Raw Cashews
- 1 Organic Red Bell Pepper, chopped
- ¼ c.- ½ c. (10-20g) Nutritional Yeast
- Juice from 1 Lemon
- ½ tsp. Sea Salt
- ½ tsp. Garlic Powder



Mix together all ingredients, except for kale, in a blender or food processor until creamy. Toss together with kale in a bowl. Lay on a baking sheet lined with aluminum foil and cook on 300°F (150°C) for 20 minutes until nice and crunchy. Save the rest in an airtight container.

Chocolate Strawberry Skewers

Makes 2 skewers. Serving is 1 skewer.

Ingredients:

- 10 Fresh Strawberries
- ¼ c. (33g) Dark Chocolate Squares (70% Dark Chocolate or Higher)
- 4 tsp. Coconut Oil
- 2 Skewer Sticks

Wash strawberries and remove stems. Place 5 strawberries on each skewer stick. Melt the chocolate and coconut oil in a pan on the stove over medium heat until completely melted. Drizzle chocolate over strawberries. Lay your chocolate-covered strawberry skewer sticks on a parchment paper-covered cookie sheet and place into the refrigerator until chilled (about 10 minutes, but can take up to 30 minutes). Amazing treat! Enjoy one skewer now and save the other for another snack.

Curried Cauliflower Bites

Makes 4 servings, eat 1 serving and save the rest for another day

Ingredients:

- 1 Medium Sized Head of Cauliflower, cut into florets
- 2-3 tsp. Curry Powder
- 1 tsp. Cumin Powder
- Sea Salt & Black Pepper, to taste

- 1 tbsp. Extra-Virgin Olive Oil
- Handful of Cilantro, to garnish (Optional)

Preheat oven to 425°F (218°C). Cut stem off cauliflower and separate florets. Add florets into a large mixing bowl, coat with olive oil, cumin, and curry powder. Lay cauliflower evenly on a baking tray. Sprinkle with salt and pepper. Bake for 35-40 minutes until golden brown on top. Enjoy warm or cold. Garnish with cilantro (optional).

cold recipes

Flavorful Yogurt

Ingredients:

- ½ c. (120g) Plain Greek Yogurt (Full Fat Recommended)
- ¼ c. (37g) Fresh or Frozen Organic Berries
- 1 tbsp. Hemp Seeds or Crushed Raw Nuts, sprinkled on top



Veggies & Dip

Ingredients:

- ½ c. (120g) Plain Greek Yogurt (Full Fat Recommended) with Crushed Red Pepper, Rosemary and Dill
- ½ c. (90g) Sliced Organic Red Pepper or Veggie of Choice

Mix plain Greek yogurt (full fat recommended), crushed red pepper, rosemary and dill together in a bowl. Eat with ½ c. (90g) of sliced organic red pepper or any other veggie of your choice.

Fruit Delight

Ingredients:

- ½ c. (120g) Plain Greek Yogurt (Full Fat Recommended)
- ¼ c. (37g) Fruit of Choice
- Cinnamon, to taste
- 1 tsp. Stevia



Top Greek yogurt with your fruit of choice. Sprinkle cinnamon and stevia on top. Enjoy!

Hardboiled Eggs & Cherry Tomatoes

Ingredients:

- 2 Hardboiled Eggs
- Sea Salt
- Black Pepper
- A Pinch of Cayenne Pepper
- 4 Cherry Tomatoes

Place all ingredients together for a tasty snack!

Chocolate Chip Cookie Dough

Ingredients:

- 1 tbsp. Protein powder or [Collagen Peptides](#)
- 1 tbsp. Almond or Peanut Butter
- ¼ tsp. Vanilla Extract
- 1 tsp. Stevia
- Handful of Raw Nuts or Raw Cacao Nibs

Mix all together for a very yummy treat. Sprinkle with nuts or cacao nibs. You can add a little bit of water for a creamier texture.

Berry Delight

Ingredients:

- ½ c. (120g) Plain Greek Yogurt (Full Fat Recommended)
- ¼ c. (37g) Organic Berries
- 1 tsp. Stevia (Optional)

Mix all together for a delicious treat.

Cucumbers and Cottage Cheese

Ingredients:

- ½ c. (125g) Cottage Cheese
- ¼ c. (57.5g) Organic Cucumber, sliced

You can mix the cucumber in the cottage cheese or you can eat them separately.

Peanut Butter Bites

Makes 12. Eat 2 balls per serving.

Ingredients:

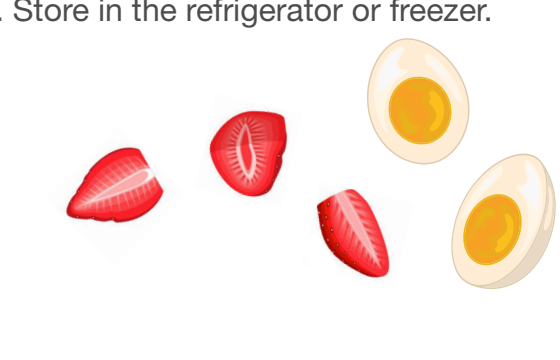
- ½ c. (125g) Peanut or Almond Butter
- ¼ c. (85g) Raw Honey
- 1-2 Servings Protein powder or [Collagen Peptides](#)
- ¼ c. (60ml) Water
- 2 c. (200g) Raw Uncooked Oats

Mix all together and make into ping-pong ball sized balls. Additional water can be added if necessary. You can add a handful of raw cacao nibs (optional). Store in the refrigerator or freezer.

Eggs & Berries

- 2 Hard Boiled or Scrambled Eggs
- ¼ c. (37g) Organic Strawberries

Vegetarian Option: 1c. (240g) Plain Greek Yogurt (Full Fat Recommended) with 3 strawberries diced on top.



Veggie Dip

Ingredients:

- ½ c. (120g) Plain Greek Yogurt (Full Fat Recommended)
- Handful of Fresh Basil
- Handful Cilantro
- Pinch of Cayenne Pepper
- ¼ c. (30g) Sliced Organic Celery

Mix together in a bowl: Plain Greek Yogurt (Full Fat Recommended), basil, cilantro, and a pinch of cayenne pepper. Dip with sliced celery. Enjoy!



Guacamole with Celery Sticks

This makes 1 serving.

Ingredients:

- 1 Medium Organic Avocado
- 1 Firm Tomato, finely diced
- ¼ of a White Onion, finely chopped
- ¼ c. (6g) Cilantro, chopped
- 2 tsp. Fresh Lime Juice
- Salt and Pepper, to taste (Optional)
- 1 c. (120g) Organic Celery

Combine guacamole and eat with 1 c. (120g) celery sticks (2 full sticks cut up).



Hummus Dip

1 serving = ½ cup (125g) (Store in fridge for snacking the rest of the week. Can be frozen for later as well)

Ingredients:

- 1 ½ c. (300g) Cooked or Canned Chickpeas
- ½ c. (120ml) of the Bean Liquid or Water
- 3 Cloves of Garlic
- ¼ c. (34g) Sesame Tahini (Available at health food stores or in the natural food section of most supermarkets or Google an easy way to make your own)
- 2 tbsp. Extra-Virgin Olive Oil
- Juice from 1 Organic Lemon
- 1 tsp. Sea Salt
- Pinch of Cayenne Pepper.
- ½ c. (90g) Veggies of Choice

Put all ingredients (except veggies of choice) into a blender or food processor and pulse together. 1 serving = ½ c. (125g) hummus with ½ c. (90g) veggies of choice for dipping.

Cottage Cheese and Spice Pears

Ingredients:

- ½ c. (125g) Cottage Cheese
- ¼ c. (37g) Organic Pears, sliced
- Cinnamon, to taste

Place all in a bowl and enjoy.

Eggs & Veggies

- 2 Hard Boiled or Scrambled Eggs
- ½ c. (90g) Organic Veggies of Choice, chopped
- Sea Salt & Black Pepper, to taste

Tip: To boil the eggs, place a pot on the stove filled with eggs and water. Be sure to have the water covering all of the eggs. Bring pot to a boil. Once boiling, turn off the heat, cover and let it sit for 9-12 minutes. (9 minutes will be closer to a soft-medium boil). For perfect peelable egg shells, add 2-3 tbsp. of white vinegar to boiling water.

Acai Bowl

Makes 2 bowls. Serving is 1 bowl. Share with a friend, save for later or halve the recipe.

Ingredients:

- ½ Small Organic Banana
- 1 3.5 oz (100g) Pack Frozen Unsweetened Acai Berry Pulp (Try: Sambazon Unsweetened Acai Smoothie Pack; Before Opening Your Acai Pack, Run Pack Under Water For 5 Seconds To Thaw And Break The Frozen Pulp Into Smaller Pieces.)
- ½ c. (74g) Frozen Or Raw Berries
- 1 Serving Protein powder
- ½ c. (34g) Dark Greens
- ½ c. (120ml) Unsweetened Vanilla Almond Milk

Optional Toppings:

- 1 tsp. Raw Unsweetened Coconut Flakes
- 1 tsp. Raw Cacao Nibs
- Cinnamon, to taste



Blend all together in a blender. Try adding wet ingredients first and then your frozen items. Start blending slowly until you've added all your ingredients. Once blended, add the optional toppings.

Chocolate Peanut Butter Bites

Eat 2. Makes approximately 25 balls

Ingredients:

- 1 c. (250g) Natural Peanut Butter or Almond Butter
- ¼ c. (85g) Raw Honey
- 3 c. (300g) Raw Uncooked Oats
(You can ground this up in a blender if you want a cookie dough texture. Do not use quick oats)
- 1-2 Servings of Vanilla or Chocolate Protein powder (I love chocolate!)
- ⅓ c. (80ml) Water

Mix, roll into ping-pong ball sized balls, eat or freeze. Enjoy!
Optional: You can roll in a handful unsweetened coconut or add a handful of raw cacao nibs.



Cookie Dough Balls

Eat 2 balls

Ingredients:

- Pulse or Puree $\frac{2}{3}$ c. (133g) Garbanzo Beans
- $\frac{2}{3}$ c. (87g) Walnuts
- $\frac{1}{4}$ c. (25g) Raw Uncooked Oats
- Add to Mixture $\frac{1}{4}$ c. (85g) Raw Honey or 100% Pure Maple Syrup
- 1 tsp. Cinnamon
- 1 tsp. Vanilla Extract
- Handful of Cacao Nibs or 70% or higher chocolate chips

Mix all above ingredients. Make into ping-pong ball sized balls. Add a little water if needed for consistency.



Spinach Ice Cream

NOTE: You will need a Blendtec blender or Vitamix to make this recipe because of their ice cream making function. If you do not have one of these blenders, this recipe may come out as smoothie consistency. Freeze for a little bit if you would like to have it more frozen.

Makes 4 servings. Eat 1 c.

Ingredients:

- $\frac{3}{4}$ c. (180ml) Almond or Coconut Milk
- $\frac{1}{4}$ c. (85g) Raw Honey
- $\frac{1}{2}$ Organic Banana
- $\frac{1}{2}$ c. (60g) Vanilla Protein powder
- 2 c. (48g) Organic Spinach, Lightly Packed
- $1\frac{1}{2}$ tbsp. Vanilla Extract
- $2\frac{1}{2}$ c. (200g) Ice Cubes

Blend and enjoy! You and your toughest critics will love this!



Banana Nice Cream

Ingredients:

- 1 Frozen Organic Banana
- 1 c. (240ml) Unsweetened Almond Milk
- 1 Serving Vanilla Protein powder

Blend. Enjoy!

Avocado Hummus

Ingredients:

- 2 tbsp. Organic Avocado, pureed
- 2 tbsp. Hummus (Recipe in Week 2, page 24)
- $\frac{1}{2}$ tsp. Fresh squeezed Lemon Juice
- $\frac{1}{2}$ c. (90g) Organic Red or Yellow Bell Pepper, sliced

Serve as a dip with $\frac{1}{2}$ cup (90g) sliced red or yellow bell pepper.

Spicy Salsa Fresca

Ingredients:

- 1½ lbs. (680g) of Organic Roma Tomatoes, chopped
- 1 Organic Jalapeno
- 1 Medium Organic Onion
- 2 Cloves of Garlic
- ¼ c. Fresh Squeezed Lime Juice
- ½ c. (12g) Fresh Organic Cilantro
- Sea Salt and Black Pepper to taste



In a blender or finely chopped, mix together jalapeno and onion. Once chopped add tomato, garlic, lime juice, cilantro sea salt and black pepper.

Eat 1 c. (260g) with ½ c. (90g) cut organic veggies of choice.

Chocolate Power Pudding

Makes 2 servings. Eat 1 and share or save for later.

Ingredients:

- 1 Serving of Chocolate Protein powder or 2 tbsp. Hemp or Chia Seeds
- 1 c. (240g) Plain Greek Yogurt (Full Fat Recommended)
- 2 tsp. [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)
- 1 Packet of Stevia (1 tsp.)
- 6 Organic Raspberries

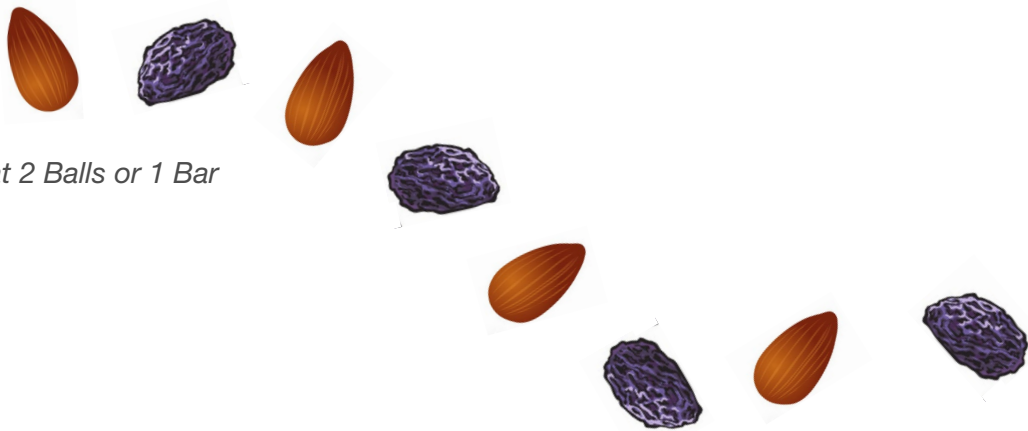
Mix and eat.

Fruit & Nut Energy Bars

Makes Approx. 5 Bars or 10 Balls, Eat 2 Balls or 1 Bar

Ingredients:

- 8 Organic Prunes
- 5 Dried Figs (Optional)
- ¼ c. (35g) of Almonds
- 1 c. (90g) Raw Uncooked Oats, blended into powder
- 1 Serving of Chocolate Protein powder



Add in small amounts of water if needed to bind. Blend/pulse in blender - prunes, figs and almonds. Then add oats and protein powder. NOTE: Very sticky consistency and the nuts are not evenly chopped. Roll into balls or bars, wrap individual bars in plastic wrap, and place in freezer until ready to eat.

Peppermint Protein Ice Cream

Ingredients:

- 1 c. (240ml) Almond Milk
- 1 Serving Vanilla Protein powder
- ¼ tsp. Peppermint Extract (Or any flavor you prefer)
- ¼ c. (60g) Plain Greek Yogurt (Full Recommended)



Fat

Mix everything together in a blender; pour in sandwich-sized bag. Fill a gallon-size bag half way with ice and add ½ c. (146g) sea salt. Place the small bag into the large bag and seal (be sure your small bag is securely sealed or the salt will get inside your ice cream.) Shake the bag vigorously for 5 minutes.

This is super fun for family and kids. Remove bag, rinse sea salt off bag and serve. You can serve with crushed peppermint candy.

Simple Cinnamon Kefir

Ingredients:

- 3 oz (85g) Plain Kefir
- 1 tsp. Cinnamon
- 1 tsp. Raw Stevia or Raw Honey
- ¼ c. (37g) Organic Berries of Your Choice

Mix all together and enjoy!



Quick On The Go Kefir

Ingredients:

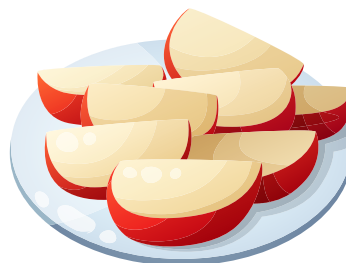
- ½ c. (120g) Plain Kefir
- ¼ c. (37g) Fruit of Choice
- 2 tbsp. Raw Nuts of Choice
- 1 tsp. Stevia (Optional)

Mix all together and enjoy!

Apple with Almond Butter

Ingredients:

- ½ Organic Apple, Sliced
- Add 2 tsp. Almond Butter or Peanut Butter

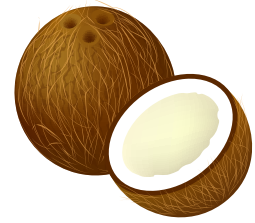


Coconut Covered Treat

Ingredients:

- ½ c. (115g) Organic Pineapple or Mixed Melon
- 2 tsp. Shredded Unsweetened Coconut Flakes

Top fresh organic pineapple or melon with coconut flakes and enjoy this sweet, tropical treat!



Apple Sandwiches

Ingredients:

- 1 Organic Apple, thinly sliced horizontally
- 2 tbsp. Almond Butter
- 2 tbsp. Granola (Containing No Refined Sugar)

Spread the apple slices with the almond butter and sprinkle half of them with the granola. Close the sandwiches and eat right away.

Simple Orange Yogurt

Ingredients:

- 3 oz. (85g) Plain Greek Yogurt (Full Fat Recommended)
- ½ c. (115g) Organic Orange Segments (To be placed on top)
- 1 tsp. Raw Honey

Place everything in a bowl and enjoy.

Key Lime Pie

Ingredients:

- ½ c. (120g) Plain Greek Yogurt (Full Fat Recommended)
- ½ of a Fresh Lime, juiced
- 1 tsp. Stevia

Mix together and enjoy!

Simple Chocolate

1 square of 70% or higher dark chocolate.

Shop Supplements & Superfoods

These are the products I use and recommend:

- [Cacao Bliss](#)
- [Golden Superfood Bliss](#)
- [Collagen Peptides](#)
- [Turmeric + Ginger](#)
- [Probiotics](#)

Outside of the USA?

You can find Earth Echo Products here:

- [Cacao Bliss](#)
- [Golden Superfood Bliss](#)
- [Collagen Peptides](#)
- [Turmeric + Ginger](#)
- [Probiotics](#)

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