

# Breakfast

## Winter Fruit Kefir Salad



### INGREDIENTS

- 2 1/2 cups organic coconut-flavored whole-milk kefir
- 1 bunch mint, 1/2 roughly chopped, 1/2 picked leaves
- Juice of 2 limes
- 1 cup bite-size cantaloupe pieces
- 1 cup bite-size honeydew pieces
- 1/2 cup finely diced persimmon
- Seeds (arils) of 1 medium pomegranate
- 2 medium kiwi, peeled and sliced
- 1 medium mango, pitted, peeled, and diced
- 1/4 cup plus 2 tablespoons toasted sesame oil
- Pinch of Maldon sea salt

### PREPARATION

1. In a bowl, mix together the kefir, chopped mint, and lime juice. Pour the kefir mixture onto a large platter with a slight lip. In the same bowl, mix all of the fruit, 1/4 cup of the sesame oil, and any leftover kefir clinging to the bowl. Loosely arrange the fruit on top of the kefir mixture. Drizzle the fruit with the remaining 2 tablespoons sesame oil, sprinkle with the picked mint leaves, and sprinkle evenly with the salt.

# Super Green Smoothie Bowl with Matcha and Ginger



## INGREDIENTS

- 1/2 cup old-fashioned oats
- 2 teaspoons chia seeds
- 1 cup coconut-milk beverage or almond milk
- 1/2 ripe avocado
- 1 (1-inch) piece fresh ginger, peeled, roughly chopped
- 1 cup frozen mango cubes
- 1 cup loosely packed baby spinach
- 1 tablespoon unsweetened almond butter
- 1/2 teaspoon matcha (green tea powder)
- Unsweetened coconut flakes, granola, and/or raspberries (for serving)

## PREPARATION

1. Soak oats and chia seeds in coconut milk in a small bowl at least 10 minutes and up to overnight. Transfer to a blender and add avocado, ginger, mango, spinach, almond butter, and matcha. Puree until smooth, then divide among 2 bowls. Top with coconut, granola, and/or raspberries and serve.

# Protein Bars



## INGREDIENTS

1.
  - 1 cup cashews, raw and unsalted
  - 1 cup almonds, raw and unsalted
  - 1/2 cup dried cranberries or chocolate chips
  - 2 1/4 cup dates (about 20)
  - 3/4 cup rolled oats
  - 1 tablespoon vanilla
  - 1 tablespoon honey or agave

## PREPARATION

1.
  1. Preheat oven to 170 degrees (or put your oven on it's lowest setting and adjust the cooking time).
  2. Place the nuts in a bowl and cover with COOL water and soak for 1 hour.
  3. Cover the dates with HOT water and soak for 30 minutes. After soaking, drain off the water and pit the dates.
  4. Place the oats in a food processor and grind to a powder. Place in a separate large bowl.
  5. Drain the water off the nuts, place on a towel to remove excess water. Place the nuts in a food processor with the dried cranberries (chocolate chips) and pulse until nuts are in small pieces (the nuts will be uneven pieces which is fine. Just make sure they are all chopped).
  6. Place the nuts in the bowl with the oats.
  7. Place the dates, vanilla and honey (agave) in food processor and pulse until it makes a puree. Place the date mixture with the oat mixture and thoroughly combine all the ingredients (mixture will be thick and sticky).

8. Place the date nut mixture on a silpat on a cookie sheet. Spread out using a spatula or even your hands.
9. Shape into a long rectangle about 1/2 inch thick and measuring about 10X13 inches. Make sure the rectangle is flat and even.\*
10. Bake for 4.5-5 hours or until the log is firm, but not hard (If the lowest setting on your oven is 200 degrees, cook for 4 hours).
11. Cool, cut into bars and wrap individually.
12. Note: If using a dehydrator, heat at 135 degrees and dehydrate for 6-8 hours



# Lunch

## Farro and Tomato Salad with Fish-Sauce Vinaigrette



### INGREDIENTS

1. **For the vinaigrette:**

- 1 garlic clove, grated
- 3 tablespoons fish sauce (such as nam pla or nuoc nam)
- 2 tablespoons white wine vinegar
- 1 tablespoon sugar

2. **Farro and assembly:**

- 1 cup semi-pearled farro
- Kosher salt
- 1 tablespoon olive oil
- 1 bunch scallions, trimmed
- 8 ounces small tomatoes, preferably heirloom, cut into 1/2" wedges
- 8 ounces cherry and/or pear tomatoes, halved
- 2 Persian cucumbers, thinly sliced
- 1/2 cup parsley leaves
- 1/2 cup tarragon leaves
- Freshly ground black pepper

## PREPARATION

### **Vinaigrette:**

1. Whisk garlic, fish sauce, vinegar, sugar, and 1 tablespoon water in a small bowl until sugar dissolves.
2. **Farro and assembly:**
  1. Cook farro in a medium pot of boiling salted water, stirring occasionally, until tender, 20–25 minutes. Drain; transfer to a large bowl.
  2. Heat oil in a large skillet over medium-high. Cook scallions, turning occasionally, until charred all over, about 4 minutes. Transfer to bowl with farro. Add both types of tomatoes, cucumbers, parsley, and tarragon and toss to combine. Add vinaigrette and toss again to coat; season with pepper.

# Chopped BLT Salad



## INGREDIENTS

- 8 bacon slices, cooked and diced (about 1/2 cup)
- 2 1/2 cups chopped purple cabbage (about 8 ounces)
- 1 large bunch hearts of romaine, chopped (about 6 cups)
- 1/4 cup chopped onion
- 1/4 cup extra-virgin olive oil
- 1 medium tomato, chopped (about 3/4 cup)
- 1 teaspoon celery salt, sea salt, or pink Himalayan sea salt to taste
- Black pepper to taste (if tolerated)

## PREPARATION

1. In a large bowl, combine all ingredients.
2. Serve immediately.

# Zucchini Salad With Ajo Blanco Dressing & Spiced Nut



## INGREDIENTS

- 3 to 4 slices white bread, crusts removed
- 3/4 cup blanched almonds, roughly chopped
- 1 garlic clove, peeled
- 1 teaspoon sherry vinegar
- 1 cup extra-virgin olive oil
- 1/3 cup ice-cold water
- 3 medium zucchinis, cut into random pieces
- 1/2 ounce hazelnuts, chopped
- 1/2 ounce blanched almonds, chopped
- 1/2 ounce walnuts, chopped
- Pinch of smoked paprika
- 1 small handful flat-leaf (Italian) parsley, washed and chopped
- 1 small handful mint, washed and chopped
- Freshly ground black pepper
- Salt to taste



## PREPARATION

1. For the dressing, first soak the bread in water for 5 minutes. Drain the bread, then place in a blender with the almonds, garlic, vinegar, and 1/2 cup of the olive oil. Gradually add the cold water and blend on high for 30 seconds, or until a smooth purée forms. Add salt to taste, then set aside in a bowl until serving time.
2. Preheat the oven to 350°F
3. On the stove, heat a ridged grill pan or grill to high, until slightly smoky.
4. Coat the cut sides of the zucchini pieces with 1/3 cup of the olive oil. Place them on the ridged grill pan and cook them, turning now and then, until they are branded all over. Place on a baking tray and finish in the oven for another 3–5 minutes-you want to cook them through, but leave a bit of texture and crunch to the zucchini. Once cooked, set aside and keep warm.
5. Place the nuts and remaining olive oil in a small saucepan over medium heat and warm through until fragrant. Transfer the nuts to a bowl, then season with the paprika and salt to taste.
6. To assemble the dish, place the warm zucchini in a large mixing bowl, along with the herbs and nuts, and stir gently to combine. Season with salt to taste and freshly ground black pepper if needed.
7. Dollop most of the dressing around the bottom of your serving dish, then arrange the zucchini salad on top. If desired, drizzle some more dressing on top for that creamy, nutty flavor and texture.

## Dinner

# Black Bass with Warm Rosemary-Olive Vinaigrette



## INGREDIENTS

- 2 tablespoons olive oil
- 4 (4–5-ounce) black bass fillets, skin lightly scored
- Kosher salt, freshly ground pepper
- 2 garlic cloves, thinly sliced
- 3 tablespoons black oil-cured olives, pitted, coarsely chopped
- 1 tablespoon fresh rosemary leaves
- 1/2 cup fresh orange juice
- 1 small or 1/2 medium head radicchio, leaves torn into 1 1/2" pieces (about 3 cups)

## PREPARATION

1. Heat oil in a large nonstick skillet over medium-high heat. Season fish with salt and pepper and cook, skin side down, until skin is golden brown and crisp, about 5 minutes. Turn fish and add garlic, olives, and rosemary to skillet. Cook, stirring garlic, olives, and rosemary occasionally, until fish is opaque throughout, about 3 minutes.
2. Add orange juice to pan and swirl to combine. Divide radicchio and fish among plates and spoon warm vinaigrette over top.

# Hanger Steak with Tangy Tomato Relish



## INGREDIENTS

- 1 1/4 pounds hanger steak (about 2 pieces), center membrane removed, or flank steak
- Fine sea salt and freshly ground black pepper, to taste
- 2 teaspoons canola or vegetable oil
- Flaky sea salt (optional)
- Fresh flat-leaf parsley leaves, for garnish
- Tangy tomato relish, recipe follows

## Tangy Tomato Relish

- 2 14-ounce cans cherry tomatoes, drained, or three cups fresh
- 2 tablespoons olive oil
- Fine sea salt and freshly ground black pepper to taste
- 1 teaspoon yellow mustard seeds
- 1 medium red onion, chopped
- 2 garlic cloves, minced
- 1/8 teaspoon red pepper flakes, such as Aleppo or Marash
- 1 1/2 tablespoons fresh ginger, peeled and minced
- 1/4 cup fresh orange juice
- 1 tablespoon Worcestershire sauce

## PREPARATION

### **For the Steak**

1. Season the hanger steak with fine sea salt and pepper. Let steak sit at room temperature for at least 20 minutes before cooking.
2. Heat the oil in a heavy 9-or 10-inch skillet over high heat. Working in batches if necessary, add the steak to the pan and cook, turning once, until browned on both sides and an instant-read thermometer registers 130°F for medium-rare, 7 to 8 minutes total.
3. Let the steak rest at least 10 minutes, then slice it on a diagonal. Season with flaky sea salt, if desired, and serve with parsley leaves and tomato relish.

### **For the Tangy Tomato Relish**

4. Preheat the oven to 425°F.
5. Toss the tomatoes with 1 tablespoon of the olive oil and spread them in a single layer in a baking dish. Season with salt and black pepper to taste and roast until the tomatoes are crinkled and browned and any liquid in the pan is reduced, 18 to 20 minutes. Let cool.
6. In a wide nonreactive saucepan, heat the remaining 1 tablespoon oil over medium- high heat. Add the mustard seeds and cook until they pop, about 30 seconds. Add the onion, garlic, red pepper flakes, ginger, and a pinch of salt. Cook, stirring frequently, until the onion has softened, about 3 minutes. Add the roasted tomatoes and stir to combine, but take care to keep the tomatoes intact. Add the orange juice and Worcestershire sauce. Cook, stirring gently, until the juices have thickened to a jammy consistency, about 5 minutes. Taste and season with salt and black pepper.



# Lentil, Beetroot and Hazelnut Salad with a Ginger Dressing



## INGREDIENTS

### 1. For the salad:

- 1 cup Puy lentils, rinsed
- 2 3/4 cup filtered water
- Sea salt
- 3 cooked beetroot, cut into small cubes
- 2 spring onions, finely sliced
- 2 tablespoons hazelnuts, roughly chopped
- A handful of fresh mint, roughly chopped
- A handful of fresh parsley, roughly chopped

### 2. For the ginger dressing:

- 3/4-inch cube of fresh ginger, peeled and roughly chopped
- 6 tablespoons olive oil
- 1 teaspoon Dijon mustard
- 1 tablespoon apple cider vinegar
- Pinch of sea salt and freshly ground black pepper

## PREPARATION

1. 1. For the lentils, put them in a saucepan, cover with water, bring to a boil then reduce the heat and simmer for about 15–20 minutes, or until all the liquid has evaporated and the lentils are not mushy and still with a bite.
2. 2. As soon as the lentils are cooked transfer them to a large bowl and leave to cool.
3. 3. Once the lentils are cool, add the beetroot, spring onions, hazelnuts and herbs and stir until everything is combined.
4. 4. For the dressing, put the ginger, mustard, oil and vinegar in a bowl and, using a hand-held blender, blend until combined.
5. 5. Drizzle the dressing over the salad and serve.