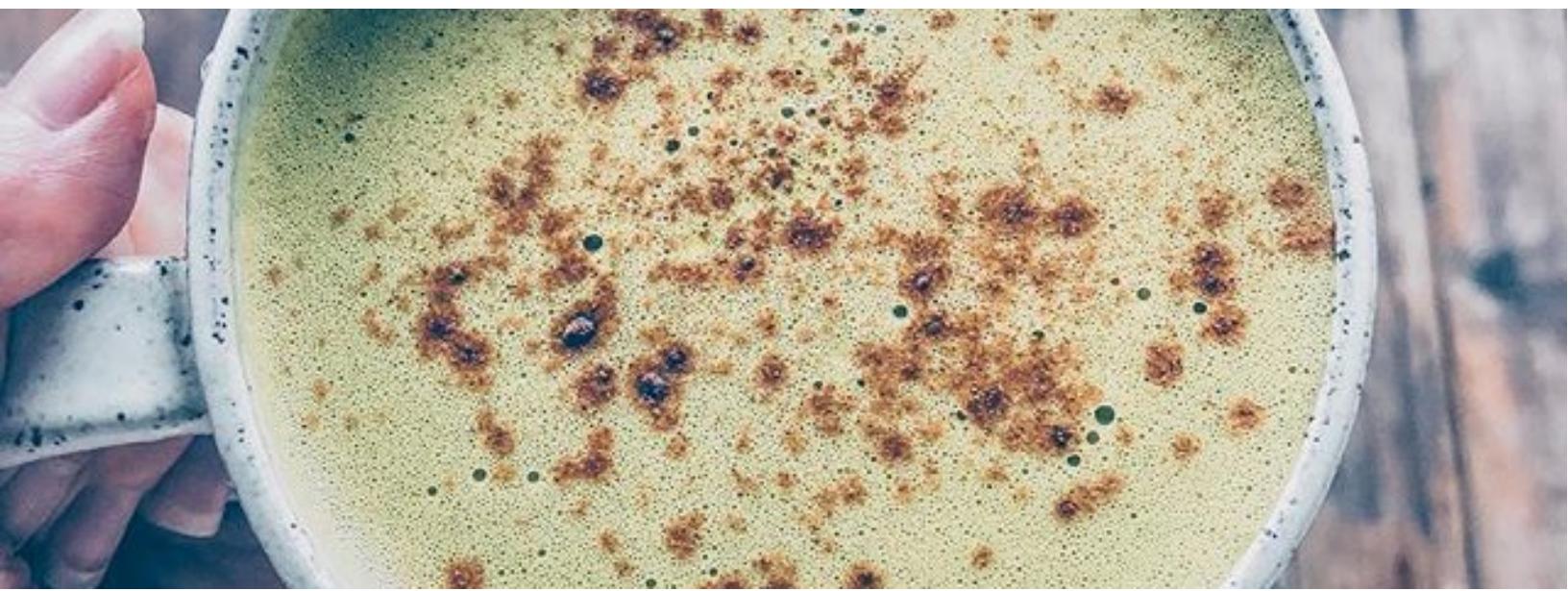


Pumpkin Spice Matcha Latte

8 ingredients · 5 minutes · 1 serving



Directions

1. Blend all ingredients together and top with cinnamon!

Ingredients

- 1 tsp Wild Foodsco Matcha
- 1 scoop Vital Protein Collagen
- 1 tsp Vanilla Ghee
- 1 tbsp Pureed Pumpkin
- 1 tsp Pumpkin Pie Spice
- 1 tsp Maca Powder
- 1 tsp Coconut Oil
- 1 cup Water

Nutrition

Amount per serving

Calories	184	Cholesterol	10mg
Fat	9g	Sodium	117mg
Carbs	6g	Vitamin A	2387IU
Fiber	4g	Vitamin C	1mg
Sugar	3g	Calcium	53mg
Protein	19g	Iron	1mg

Easy Gluten Free Chicken Noodle Soup

14 ingredients · 45 minutes · 6 servings



Directions

1. In a large pot add olive oil, onions, and celery. Saute on medium-high until translucent.
2. Add remaining veggies, chicken, oregano, thyme, salt and pepper. Saute for ~5 more minutes.
3. Add coconut milk and water. Leave on medium-high until comes to a boil and reduce heat to medium-low.
4. Allow to simmer with a low boil for ~30 minutes. Chicken will cook & you can pull apart to shred.
5. Add collagen. Stir in pasta cook through. (Adding pasta at the end ensures it will not be overdone).
6. Stir in spinach (will wilt pretty quickly)
7. You can continue simmering on low for several hours. You can also try this in a crock pot.

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion
- 6 stalks Celery
- 1 cup Carrot
- 1 cup Turnip
- 2 cups Russet Potato
- 2 breasts Chicken Breasts
- 1 can Organic Coconut Milk
- 6 cups Water
- 1 tbsp Oregano
- 3 ozs Thyme Sprigs
- 2 scoops Collagen Peptides
- 1 package Chickpea Pasta
- 3 cups Baby Spinach

Nutrition

Amount per serving

Calories	427	Cholesterol	35mg
Fat	18g	Sodium	212mg
Carbs	43g	Vitamin A	5866IU
Fiber	11g	Vitamin C	39mg
Sugar	8g	Calcium	166mg
Protein	29g	Iron	4mg

Chocolate Blueberry Oats

8 ingredients · 10 minutes · 1 serving



Directions

1. Combine all ingredients in a small saucepan and heat over medium heat. Stir in almond butter last.
2. Add toppings: frozen blueberries, pumpkin seeds, sunflower seeds.

Ingredients

1/2 cup Oats
1/4 cup Vanilla Protein Powder (1 scoop)
1 tsp Cocoa Powder
1 cup Water
1 tsp Almond Butter
1/2 cup Frozen Blueberries
1 tbsp Pumpkin Seeds
1 tbsp Sunflower Seeds

Nutrition

Amount per serving

Calories	399	Cholesterol	4mg
Fat	14g	Sodium	49mg
Carbs	44g	Vitamin A	36IU
Fiber	10g	Vitamin C	2mg
Sugar	7g	Calcium	196mg
Protein	29g	Iron	4mg

Chocolate Banana Olive Oil Pancakes

9 ingredients · 20 minutes · 4 servings



Directions

1. Grease and heat a skillet over medium high heat.
2. Scoop $\frac{1}{2}$ cup batter per pancake.
3. Flip when batter starts to bubble.
4. Top with your favorite toppings. Recommended: almond butter, unsweetened coconut flakes, & pomegranate seeds

Ingredients

- 1/2 cup** All Purpose Gluten Free Flour
- 1/3 cup** Coconut Flour
- 1 tsp** Ground Flax Seed
- 1 tbsp** Extra Virgin Olive Oil
- 1 tbsp** Cacao Powder
- 1/2 Banana** (Mashed with fork)
- 2 Egg**
- 1 tsp** Baking Soda
- 1/2 cup** Water (Add to desired consistency)

Nutrition

Amount per serving

Calories	201	Cholesterol	93mg
Fat	8g	Sodium	371mg
Carbs	26g	Vitamin A	145IU
Fiber	7g	Vitamin C	1mg
Sugar	3g	Calcium	21mg
Protein	6g	Iron	2mg

Grinch Tea

6 ingredients · 10 minutes · 1 serving



Directions

1. Add everything to a blender and blend to combine.

Ingredients

- 1 tsp Matcha
- 1/2 cup Organic Coffee (Doesn't need to be organic)
- 1 scoop Mocha Collagen Creamer
- 1 tsp Maca Powder
- 1 tsp Coconut Oil
- 1 cup Water

Nutrition

Amount per serving

Calories	146	Cholesterol	0mg
Fat	9g	Sodium	8mg
Carbs	8g	Vitamin A	0IU
Fiber	2g	Vitamin C	0mg
Sugar	2g	Calcium	40mg
Protein	6g	Iron	0mg

Chocolate Peppermint Holiday Oats

8 ingredients · 10 minutes · 1 serving



Directions

1. Put ingredients in a pot with water and heat to a bowl, then simmer until the oats are cooked.
2. Add desired toppings

Ingredients

- 1/2 cup** Oats
- 1/2 scoop** Vanilla Protein Powder
- 1 tbsp** Cacao Powder
- 1 drop** Peppermint Extract
- 1/4 cup** Pomegranate Seeds (Optional topping)
- 1/4 cup** Unsweetened Coconut Flakes (Optional Topping)
- 1/4 cup** Pumpkin Seeds (Optional Topping)
- 1 cup** Water (Add for desired consistency)

Nutrition

Amount per serving

Calories	557	Cholesterol	0mg
Fat	33g	Sodium	20mg
Carbs	48g	Vitamin A	0IU
Fiber	14g	Vitamin C	4mg
Sugar	6g	Calcium	80mg
Protein	26g	Iron	8mg

Pumpkin Chocolate Chip Waffle

15 ingredients · 20 minutes · 2 servings



Directions

1. Mix all ingredients together in a large mixing bowl until batter consistency.
2. Heat waffle iron + spray with coconut oil.
3. Scoop $\frac{1}{4}$ - $\frac{1}{2}$ cup batter per waffle. Sprinkle with chocolate chips before closing iron. Cook according to waffle iron instructions.
4. Top with: almond butter drizzle, frozen blueberries, pecans, unsweetened coconut flakes, chocolate chips, sunflower seeds, and maple syrup (optional).

Notes

Homemade Cashew Milk

Blend 1/4 cup cashews with 1 cup water for 1-2 minutes. Use a 1:4 ratio for more or less.

Ingredients

- 1/2 cup All Purpose Gluten Free Flour
- 1/4 cup Coconut Flour
- 1/4 cup Ground Flax Seed
- 1/4 cup Oats
- 1 tbsp Cacao Powder
- 1 tsp Baking Powder
- 1/4 cup Pureed Pumpkin
- 1 Egg
- 3/4 cup Unsweetened Cashew Milk
- 1 tbsp Almond Butter
- 1/4 cup Frozen Blueberries
- 1 tbsp Pecans
- 1 tbsp Unsweetened Coconut Flakes
- 1 tbsp Organic Dark Chocolate Chips
- 1 tbsp Sunflower Seeds

Nutrition

Amount per serving

Calories	553	Cholesterol	93mg
Fat	25g	Sodium	731mg
Carbs	65g	Vitamin A	5099IU
Fiber	19g	Vitamin C	2mg
Sugar	8g	Calcium	125mg
Protein	16g	Iron	5mg

Stovetop Berry Vanilla Cinnamon Oats

9 ingredients · 10 minutes · 1 serving



Directions

1. Add oats, cashew milk, protein powder, and cinnamon to a small saucepan and heat over medium until cooked, stirring occasionally
2. Add more water/cashew milk for creamier oats.
3. Top with toppings: almond butter, pecans, pumpkin seeds, sunflower seeds, frozen raspberries, granola

Notes

Overnight Oats

Combine oats, cashew milk, protein powder, and cinnamon in a small glass container, top with toppings, and store in the fridge overnight. Grab & go for a quick breakfast!

Homemade Cashew Milk

Blend 1/4 cup cashews and 1 cup water for 1-2 minutes until smooth. Use a 1:4 ratio to make more or less.

Ingredients

- | | |
|-------------------|------------------------------------|
| 1/2 cup | Oats |
| 3/4 cup | Unsweetened Cashew Milk (Homemade) |
| 1/2 scoop | Vanilla Protein Powder |
| 2 tsps | Cinnamon |
| 1 1/2 tsps | Almond Butter |
| 1 tbsp | Pecans |
| 1 tbsp | Sunflower Seeds |
| 1/2 cup | Frozen Raspberries |
| 2 tbsps | Granola |

Nutrition

Amount per serving

Calories	559	Cholesterol	0mg
Fat	25g	Sodium	253mg
Carbs	56g	Vitamin A	450IU
Fiber	14g	Vitamin C	13mg
Sugar	9g	Calcium	216mg
Protein	34g	Iron	4mg

Easy Tomato Chicken Soup

15 ingredients · 45 minutes · 10 servings



Directions

1. In a large pot heat 1 Tbsp olive oil and onions over medium-high and sauté until translucent
2. Add carrots and potatoes, sauté for 3-5 minutes.
3. Add chicken thighs, salt, pepper, basil, oregano, additional olive oil, and ghee. Sauté for about 5 minutes.
4. Add tomato paste, coconut milk, and water. Stir to combine. Add collagen peptides and stir.
5. Cover and bring to a boil. When chicken is cooked through, shred with two forks. Stir in spinach last (it wilts quickly).

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 serving Red Onion
- 1 cup White Onion
- 4 Carrot
- 4 Russet Potato
- 3 lbs Chicken Thighs (No bones)
- 1 tbsp Ghee
- 2 tsps Dried Basil
- 2 tsps Oregano
- 1 tsp Cayenne Pepper
- 3/4 cup Tomato Paste
- 2 cups Organic Coconut Milk (full fat (1 15 ounce can))
- 4 cups Water
- 3 cups Baby Spinach
- 2 scoops Collagen Peptides

Nutrition

Amount per serving

Calories	389	Cholesterol	131mg
Fat	16g	Sodium	195mg
Carbs	26g	Vitamin A	5186IU
Fiber	4g	Vitamin C	23mg
Sugar	7g	Calcium	62mg

Protein

32g Iron

3mg

Gluten Free Strawberry Banana Pancakes

10 ingredients · 30 minutes · 10 servings



Directions

1. Grind the almonds and coconut flakes into a flour in a blender
2. Blend strawberries in a blender until smooth
3. Mix all ingredients in a bowl and whisk
4. Add water if consistency is too thick.
5. Grease a skillet on medium heat and use a 1/4 measuring cup for each pancake.
6. Flip when bubbles start to form. Cook until golden brown on both sides.
7. Add your favorite toppings. Enjoy!

Ingredients

- 1 Banana
- 1 Egg
- 2 tbsps Ground Flax Seed
- 3/4 cup All Purpose Gluten Free Flour
- 1 scoop Collagen Peptides
- 1/4 cup Almonds
- 1/4 cup Unsweetened Coconut Flakes
- 1/2 cup Oats
- 1/2 cup Strawberries
- 2 tbsps Coconut Oil

Nutrition

	Amount per serving		
Calories	147	Cholesterol	19mg
Fat	7g	Sodium	12mg
Carbs	17g	Vitamin A	36IU
Fiber	4g	Vitamin C	6mg
Sugar	2g	Calcium	18mg
Protein	4g	Iron	1mg

Chocolate Berry Muffins

11 ingredients · 1 hour · 12 servings



Directions

1. Preheat oven to 375 degrees F. Lightly grease a 12 cup muffin tin with coconut oil spray.
2. In a small bowl combine flax seed and water and set aside to form flax egg.
3. Add whole almonds and coconut flakes to a blender and blend briefly until ground and flour-like.
4. In a large mixing bowl combine dry ingredients: almond + coconut blend, gluten-free flour, oats, collagen peptides, and baking soda.
5. In a small bowl combine flax egg, mashed banana, vanilla ghee, and vanilla extract. Add wet ingredients to dry ingredients and stir to combine. Add 1/3 cup water (if needed). Stir in raspberries to muffin batter.
6. Divide batter evenly among 9 muffin cups (about 1/3 cup - 1/2 cup each)
7. Bake for 15-20 minutes or until lightly browned on top and a toothpick comes out clean. Remove from oven and allow to cool for at least 15 minutes before removing from muffin tin.

Ingredients

- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 1/2 cup Almonds
- 3/4 cup All Purpose Gluten Free Flour
- 1/2 cup Unsweetened Coconut Flakes
- 1/2 cup Oats
- 2 scoops Chocolate Blackberry Collagen Peptides
- 1/2 tsp Baking Soda
- 1/3 cup Water
- 1 1/2 Banana
- 1 tbsp Ghee
- 1 cup Raspberries

Nutrition

Amount per serving

Calories	158	Cholesterol	3mg
Fat	7g	Sodium	81mg
Carbs	19g	Vitamin A	63IU
Fiber	4g	Vitamin C	4mg
Sugar	4g	Calcium	24mg
Protein	3g	Iron	1mg

Green Bean Casserole

10 ingredients · 1 hour 20 minutes · 4 servings



Directions

1. Preheat oven to 400 degrees F.
2. Add 1 Tbsp ghee and garlic to a large skillet and heat over medium. Add mushrooms and sauté until soft. Add green beans, salt, pepper, and another Tbsp of ghee and sauté for 5-7 minutes. Add cashew milk and stir to combine. Allow to thicken for 2-3 minutes.
3. Meanwhile, in a small bowl combine almond flour, remaining Tbsp of ghee, salt, pepper, garlic powder, and dried thyme for topping.
4. Transfer green beans and mushrooms to an 8x8 casserole dish and top with topping.
5. Bake for 15-20 minutes, or until topping is golden brown. Remove from oven and top with cayenne (optional).

Notes

Vegan

Sub olive or coconut oil for ghee.

Ingredients

3 tbsps Ghee (Divided)
3 Garlic (Cloves Diced)
2 cups Mushrooms (sliced)
2 1/2 cups Green Beans (Trimmed)
1 Sea Salt & Black Pepper (To Taste)
1/2 cup Unsweetened Cashew Milk
1/2 cup Almond Flour
1/2 tsp Garlic Powder
1/2 tsp Dried Thyme
1/2 tsp Cayenne Pepper (Optional)

Nutrition

Amount per serving

Calories	218	Cholesterol	23mg
Fat	19g	Sodium	94mg
Carbs	10g	Vitamin A	1042IU
Fiber	4g	Vitamin C	9mg
Sugar	3g	Calcium	74mg
Protein	5g	Iron	2mg

Spiced Cranberry Sauce

10 ingredients · 20 minutes · 6 servings



Directions

1. In a small sauce pan, combine the water, maple syrup, lemon zest, lemon juice, pumpkin pie spice, and cinnamon over medium-high heat. Bring to a boil, then reduce to a simmer for 5 minutes.
2. Add the cranberries and cook for 5-10 minutes. The cranberries should burst and the sauce will thicken. Add in apples, oranges, and the gelatin packet and stir to combine.
3. Remove from the heat and allow to cool for 5 minutes before transferring to a mold, or storage jar. Allow to chill for at least 2-3 hours before serving.

Notes

Cranberries

Do not cook the cranberries longer than 15 minutes, or pectin will start to break down and the sauce will not set as well.

Vegan

Do not add gelatin packet.

Ingredients

1/3 cup Water
2 tbsps Maple Syrup
1 tsp Lemon Zest
1/2 Lemon (Juice)
1 tsp Pumpkin Pie Spice
1/2 tsp Cinnamon
2 cups Frozen Cranberries (or Fresh)
1/2 Apple (Red, Chopped)
1/2 Navel Orange (Chopped)
1 package Gelatin

Nutrition

	Amount per serving		
Calories	54	Cholesterol	0mg
Fat	0g	Sodium	4mg
Carbs	13g	Vitamin A	62IU
Fiber	2g	Vitamin C	15mg
Sugar	8g	Calcium	23mg
Protein	1g	Iron	0mg

	Amount per serving		
Calories	54	Cholesterol	0mg
Fat	0g	Sodium	4mg
Carbs	13g	Vitamin A	62IU
Fiber	2g	Vitamin C	15mg
Sugar	8g	Calcium	23mg
Protein	1g	Iron	0mg

Creamy Garlic Thyme Mashed Potatoes

7 ingredients · 20 minutes · 4 servings



Directions

1. Add potatoes to a large pot and cover with water. Place lid on pot and bring to a boil, then reduce heat to low. Cook for 10-15 minutes or until fork tender.
2. Drain water and transfer potatoes back to the pot or to a large bowl. Mash potatoes and mix in ghee, broth, cashew milk, garlic powder, thyme, and salt and pepper to taste.

Notes

No Potatoes

Use sweet potatoes or cauliflower instead.

Leftovers

Store in the fridge and reheat in the oven, or in a skillet with a bit of oil.

Vegan

Sub olive or coconut oil for ghee.

Ingredients

- 4 Yellow Potato (Skin On, Chopped into 1 Inch Pieces)
- 2 tbsps Ghee
- 1/2 cup Organic Vegetable Broth (or Bone Broth)
- 1/4 cup Unsweetened Cashew Milk (Optional - Added Creaminess)
- 2 tsps Garlic Powder
- 1 tbsp Thyme (Fresh)
- Sea Salt & Black Pepper (to taste)

Nutrition

	Amount per serving		
Calories	187	Cholesterol	15mg
Fat	8g	Sodium	139mg
Carbs	28g	Vitamin A	425IU
Fiber	2g	Vitamin C	28mg
Sugar	1g	Calcium	31mg
Protein	3g	Iron	1mg

Pumpkin Sage Vegan Mac & Cheese

8 ingredients · 20 minutes · 6 servings



Directions

1. Bring a large pot of water to a boil and cook pasta per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, blend together cashew (or coconut) milk, garlic powder, nutritional yeast, pureed pumpkin, sage, salt, and pepper until smooth. Transfer to a small saucepan and heat over medium heat. Once steaming whisk in gluten-free flour 1 Tbsp at a time until clumps are gone.
3. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
4. Pour the pumpkin sauce over the pasta and mix well. Divide into bowls, garnish with additional sage, and enjoy!

Notes

Leftovers

Store in an air-tight container in the fridge for up to 5 days.

Spice Lover

Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

More Protein

Add cooked diced chicken, chickpeas or lentils.

More Vegetables

Add wilted spinach, kale and/or sauteed mushrooms.

No Cashew Milk

Used canned coconut milk.

Ingredients

- 1 lb Chickpea Pasta (1 Box)
- 1 cup Unsweetened Cashew Milk
- 1 tsp Garlic Powder
- 1/4 cup Nutritional Yeast
- 1 tbsp Fresh Sage
- 1/2 cup Pureed Pumpkin
- Sea Salt & Black Pepper (to taste)
- 3 tbsps All Purpose Gluten Free Flour

Nutrition

Amount per serving

Calories	298	Cholesterol	0mg
Fat	5g	Sodium	101mg
Carbs	50g	Vitamin A	3280IU
Fiber	13g	Vitamin C	1mg
Sugar	7g	Calcium	81mg
Protein	20g	Iron	8mg

Sweet Potato Casserole

8 ingredients · 50 minutes · 6 servings



Directions

1. Preheat oven to 400 degrees F. Poke holes in sweet potatoes and bake for 40-45 minutes, or until soft.
2. Allow to cool and carefully peel skin and mash sweet potatoes in a large mixing bowl. Mix in 2 Tbsp ghee, cashew milk, and flaxseed.
3. Reduce oven to 350 degrees F.
4. For topping mix together oats, pecans, 2 Tbsp ghee, cinnamon, and maple syrup.
5. Grease an 8x8 baking dish with coconut oil. Transfer sweet potato mixture to baking dish and top with topping.
6. Bake for 25-30 minutes, until topping has lightly browned.

Notes

No Cashew Milk

Use canned coconut milk.

Vegan

Sub coconut oil for ghee.

Ingredients

- 4 Sweet Potato (Washed)
- 1/4 cup Ghee
- 1/4 cup Unsweetened Cashew Milk
- 2 tbsps Ground Flax Seed
- 1/2 cup Oats
- 1 cup Pecans
- 1 tsp Cinnamon
- 2 tbsps Maple Syrup

Nutrition

	Amount per serving		
Calories	347	Cholesterol	20mg
Fat	24g	Sodium	121mg
Carbs	30g	Vitamin A	12728IU
Fiber	6g	Vitamin C	2mg
Sugar	8g	Calcium	61mg
Protein	4g	Iron	1mg

Gluten-Free Chestnut Skillet Stuffing

11 ingredients · 1 hour 20 minutes · 8 servings



Directions

1. Prepare Simple Mills Artisan Bread according to package instructions. Once prepared leave out overnight to dry out.
2. Preheat oven to 250 degrees F. Cut bread into 1-inch cube pieces and spread out on baking sheet. Bake for 30-40 minutes until dried out.
3. Preheat oven to 400 degrees F.
4. Heat a 12-inch cast iron skillet over medium-high heat and add ghee and garlic. Add onion, apple, celery, chestnuts, salt, and pepper and sauté until soft. Add rosemary and thyme and stir to combine.
5. In a large mixing bowl add bread cubes and veggie mixture. Add broth and carefully combine. Wait until broth soaks bread through and transfer mixture back to the cast iron skillet.
6. Transfer skillet to oven and bake for 30-40 minutes or until lightly browned on top.

Notes

Vegan

Sub olive or coconut oil for ghee.

Ingredients

- 1 Simple Mills Artisan Bread Mix (Package)
- 1 **tbsp** Ghee
- 3 Garlic (Cloves Diced)
- 1 White Onion (Chopped)
- 1 Apple (Chopped)
- 4 **stalks** Celery (Chopped)
- 2 **cups** Chestnuts (Roasted + Peeled + Chopped)
- 1 Sea Salt & Black Pepper (To Taste)
- 1 **tbsp** Rosemary (Fresh)
- 1 **tbsp** Thyme (Fresh)
- 2 **cups** Organic Vegetable Broth (Or Bone Broth)

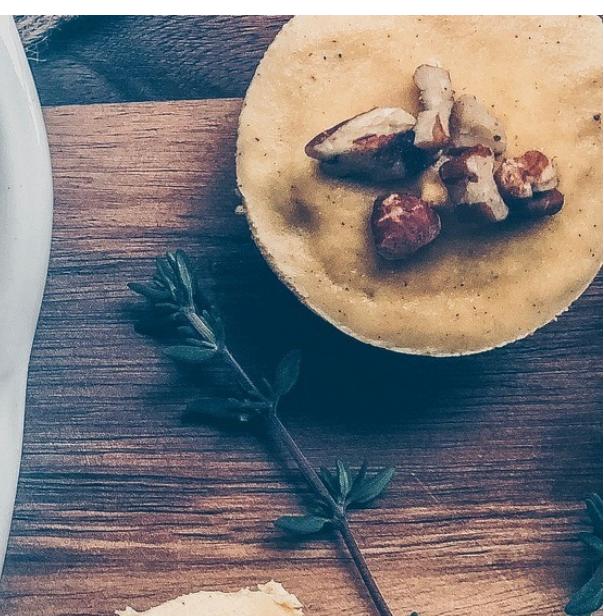
Nutrition

Amount per serving

Calories	207	Cholesterol	4mg
Fat	11g	Sodium	493mg
Carbs	24g	Vitamin A	330IU
Fiber	4g	Vitamin C	4mg
Sugar	4g	Calcium	18mg
Protein	5g	Iron	0mg

Pumpkin Pie Cheesecake Bites

12 ingredients · 15 minutes · 24 servings



Directions

1. Spray 2 12-cup mini muffin tins with coconut oil.
2. In a blender or food processor blend together dates, almonds, 1/4 cup pecans, coconut flakes, and cinnamon to form crust.
3. Roll crust into 24 balls and press each into the muffin tin.
4. In a blender blend cashews, pumpkin puree, coconut oil, coconut milk, lemon juice, maple syrup, and pumpkin pie spice. Spoon on top of crust (2-3 spoonfuls each). Top each with a pecan.
5. Place in the freezer and freeze for at least an hour. Let thaw for 5-10 minutes before removing from tin.

Ingredients

8 Dates (Pitted)
3/4 cup Almonds
1/2 cup Pecans
1/2 cup Unsweetened Coconut Flakes
1 tsp Cinnamon
2 cups Cashews (Soaked)
1/4 cup Pureed Pumpkin
2 1/2 tbsps Coconut Oil
1/2 cup Organic Coconut Milk
2 tbsps Lemon Juice
1/4 cup Maple Syrup
1 tsp Pumpkin Pie Spice

Nutrition

	Amount per serving		
Calories	164	Cholesterol	0mg
Fat	13g	Sodium	6mg
Carbs	12g	Vitamin A	399IU
Fiber	2g	Vitamin C	1mg
Sugar	6g	Calcium	26mg
Protein	3g	Iron	1mg

Calories	164	Cholesterol	0mg
Fat	13g	Sodium	6mg
Carbs	12g	Vitamin A	399IU
Fiber	2g	Vitamin C	1mg
Sugar	6g	Calcium	26mg
Protein	3g	Iron	1mg

Veggie Egg Muffins

9 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 12-cup muffin tin with coconut oil spray.
2. In a medium bowl combine chopped spinach and zucchini. Fill each muffin cup with veggie mixture (should be about 2/3 full).
3. In a separate bowl whisk together eggs, egg whites, cashew milk, salt, pepper, basil, and cayenne. Evenly divide among the 12 muffin cups (about 1/3 cup each).
4. Place in the oven and bake for 25-30 minutes until lightly browned on top.

Notes

Store Leftovers

Store in an airtight container in the fridge for up to 5 days or individually wrap and freeze for up to 3 months

Reheat

In the toaster oven or microwave for ~30 seconds or ~1 minute from frozen

Toppings

Add your favorite toppings: salsa, avocado, cilantro or parsley, hot sauce

No Cashew Milk

Use another unsweetened non-dairy milk like almond or coconut milk or you can leave out

Ingredients

- | | |
|----------------|------------------------------------|
| 1 tsp | Coconut Oil (Spray) |
| 2 cups | Baby Spinach (Roughly Chopped) |
| 1 | Zucchini (Chopped) |
| 6 | Egg |
| 1 cup | Egg Whites |
| 1/4 cup | Unsweetened Cashew Milk (Optional) |
| 1 | Sea Salt & Black Pepper (Tsp Each) |
| 2 tsps | Dried Basil |
| 1 tsp | Cayenne Pepper (Optional) |

Nutrition

Amount per serving

Calories	166	Cholesterol	279mg
Fat	9g	Sodium	229mg
Carbs	4g	Vitamin A	2131IU
Fiber	1g	Vitamin C	13mg
Sugar	2g	Calcium	84mg
Protein	17g	Iron	2mg

Meal Prep Salad

8 ingredients · 5 minutes · 1 serving



Directions

1. Assemble all ingredients in an airtight container and store in the fridge for up to 5 days.

Notes

Greens

Use Kale Caesar Salad, Meal Prep Kale Salad, or greens of choice like spinach or arugula

Protein

Use favorite protein of choice instead of eggs: canned tuna or salmon, smoked salmon, trout, or mackerel, grilled chicken or turkey, tofu, beans, or lentils

Fermented Veggies

Use any fermented veggies instead of sauerkraut

Ingredients

1 cup Kale Leaves

1 Persian Cucumber (Chopped)

1/2 cup Quinoa

1/4 Avocado

2 Egg (Hard Boiled)

1 tbsp Pumpkin Seeds

1 tbsp Ground Flax Seed

2 tbsps Sauerkraut

Nutrition

Amount per serving

Calories	476	Cholesterol	372mg
Fat	24g	Sodium	326mg
Carbs	42g	Vitamin A	7121IU
Fiber	12g	Vitamin C	17mg
Sugar	5g	Calcium	178mg
Protein	24g	Iron	7mg

Hard Boiled Eggs

1 ingredient · 15 minutes · 1 serving



Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
2. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
3. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers

Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel

Add salt to the water while boiling.

Ingredients

1 Egg

Nutrition	Amount per serving		
Calories	72	Cholesterol	186mg
Fat	5g	Sodium	71mg
Carbs	0g	Vitamin A	270IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	28mg
Protein	6g	Iron	1mg

Tahini Sunflower Seed Bombs

9 ingredients · 10 minutes · 11 servings



Directions

1. Place all ingredients in blender or food processor. Pulse until roughly combined and begins to form a dough. Do not over blend!
2. Roll into balls and lay flat into an airtight container. Make sure they do not touch so they do not stick together.
3. Store in the freezer for 3-4 months. Let thaw for ~5 minutes before enjoying!

Notes

Protein

Add 1 scoop of collagen peptides

Sugar-Free

Leave out dates

Ingredients

1/4 cup Tahini
1/2 cup Sunflower Seeds
1/2 cup Cashews
1/4 cup Cacao Nibs
1/2 cup Unsweetened Coconut Flakes
1/4 cup Coconut Oil
1/2 cup Pitted Dates (4 Dates)
1 tsp Cinnamon
1/2 tsp Vanilla Extract

Nutrition

	Amount per serving		
--	--------------------	--	--

Calories	207	Cholesterol	0mg
Fat	17g	Sodium	9mg
Carbs	12g	Vitamin A	6IU
Fiber	3g	Vitamin C	0mg
Sugar	5g	Calcium	37mg
Protein	4g	Iron	1mg

Lemon Thyme Baked Scallops

6 ingredients · 15 minutes · 2 servings



Directions

1. Preheat oven to 350 degrees F. Lightly spray a baking sheet with coconut oil spray.
2. Coat scallops with 1 Tbsp olive oil, lemon juice, thyme, salt, and pepper. Place on baking sheet and bake for 10-15 minutes, flipping halfway through.
3. Optional: remove from baking sheet and transfer to cast iron skillet. Heat on both sides until lightly browned.

Notes

No Scallops

Use cod fillets

Vegan

Use cubed tempeh or tofu in place of scallops

Ingredients

- 1 tsp** Coconut Oil (Spray)
6 Scallops
1 1/2 tsps Extra Virgin Olive Oil
1/2 Lemon (Juice)
2 tsps Dried Thyme
Sea Salt & Black Pepper (To Taste)

Nutrition

	Amount per serving		
Calories	119	Cholesterol	21mg
Fat	6g	Sodium	355mg
Carbs	4g	Vitamin A	42IU
Fiber	0g	Vitamin C	5mg
Sugar	0g	Calcium	26mg
Protein	11g	Iron	2mg

Pumpkin Flax Seed Bombs

10 ingredients · 10 minutes · 11 servings



Directions

1. Place all ingredients in blender or food processor. Pulse until roughly combined and begins to form a dough. Do not over blend!
2. Roll into balls and lay flat into an airtight container. Make sure they do not touch so they do not stick together.
3. Store in the freezer for 3-4 months. Let thaw for ~5 minutes before enjoying!

Notes

Protein

Add 1 scoop of collagen peptides

Sugar-Free

Leave out dates

Ingredients

1/4 cup Almond Butter
1/4 cup Ground Flax Seed
1/4 cup Pumpkin Seeds
1/2 cup Cashews
1/4 cup Cacao Nibs
1/2 cup Unsweetened Coconut Flakes
1/4 cup Coconut Oil
1/2 cup Pitted Dates (4 Dates)
1 tsp Cinnamon
1/2 tsp Vanilla Extract

Nutrition

	Amount per serving		
Calories	202	Cholesterol	0mg
Fat	17g	Sodium	3mg
Carbs	11g	Vitamin A	1IU
Fiber	4g	Vitamin C	0mg
Sugar	5g	Calcium	35mg
Protein	4g	Iron	1mg

DIY Almond Milk

2 ingredients · 15 minutes · 4 servings



Directions

1. Soak almonds in water for 8-12 hours. Drain and rinse.
2. Combine almonds and water in a blender for about 1 minute on high.
3. Over a large bowl or pot, strain the pulp out of the nut milk using cheesecloth or a nut milk bag.
4. Store in an airtight container (preferably glass) in the fridge.

Notes

Serve it With

Drink it plain or use it in any recipe that calls for almond milk.

Storage

Refrigerate in an air-tight glass container up to 3-4 days. Shake well before using. It is natural for the milk to separate.

Leftover Almond Pulp

Add to oatmeal, smoothies or vegetable/bean dips. Use as a crumble in dessert, or crust for chicken, fish, pork or shrimp.

Make Almond Flour

Spread leftover nut pulp onto a parchment-lined baking sheet and bake at lowest setting for about 3 hours or until completely dry. Add almond meal to food processor and blend into a fine powder. Use in any recipe that calls for almond flour.

No Almonds

You can use your favorite nut or seed (or combo) instead of almonds: cashew, macadamia, pecan, walnut, pumpkin seed, sunflower seeds, hemp seed.

Ingredients

1 cup Almonds (raw, unsalted)

4 cups Water

Nutrition	Amount per serving		
Calories	207	Cholesterol	0mg
Fat	18g	Sodium	5mg
Carbs	8g	Vitamin A	1IU
Fiber	4g	Vitamin C	0mg
Sugar	2g	Calcium	120mg
Protein	8g	Iron	1mg

Chocolate Mousse Cheesecake Bites

11 ingredients · 15 minutes · 12 servings



Directions

1. Spray a 12-cup muffin tin with coconut oil.
2. In a blender or food processor blend together dates, almonds, pecans, and coconut flakes to form crust.
3. Roll crust into 12 balls and press each into the muffin tin.
4. In a blender blend cashews, cacao powder, coconut oil, coconut milk, lemon juice, and coconut nectar. Spoon on top of crust (2-3 spoonfuls each). Top each with a blackberry.
5. Place in the freeze and freeze for at least an hour. Let thaw for 5-10 minutes before removing from tin.

Ingredients

8 Dates (Pitted)
3/4 cup Almonds
1/4 cup Pecans
1/2 cup Unsweetened Coconut Flakes
2 cups Cashews (Soaked)
1/4 cup Cacao Powder
2 1/2 tbsps Coconut Oil
1/2 cup Organic Coconut Milk
2 tbsps Lemon Juice
1/4 cup Coconut Nectar
1 cup Blackberries (12 Berries)

Nutrition

	Amount per serving		
Calories	341	Cholesterol	0mg
Fat	24g	Sodium	11mg
Carbs	29g	Vitamin A	444IU
Fiber	5g	Vitamin C	4mg
Sugar	15g	Calcium	63mg
Protein	7g	Iron	2mg

	Amount per serving		
Calories	341	Cholesterol	0mg
Fat	24g	Sodium	11mg
Carbs	29g	Vitamin A	444IU
Fiber	5g	Vitamin C	4mg
Sugar	15g	Calcium	63mg
Protein	7g	Iron	2mg

Dandelion Root Tea

4 ingredients · 5 minutes · 1 serving



Directions

1. Add Dandy Blend to a mug. Top with hot water and stir in coconut butter. Enjoy!

Notes

Creamier

Use unsweetened non-dairy milk like almond, coconut, or oat

Caution

Careful with hot liquids in blenders so the heat does not build up pressure and pop the lid off and spill. Use warm water or blend ingredients with a small amount of water, transfer to a mug, and top with hot water.

Iced

Use cold or room temperature water. Blend ingredients + pour over ice.

Ingredients

1 Dandy Blend (Individual Packet or Tbsp)

1 tsp Coconut Butter

1 cup Water (Filtered, Heated)

1 Collagen Peptides (Scoop, Optional)

Nutrition

Amount per serving

Calories	80	Cholesterol	0mg
Fat	4g	Sodium	42mg
Carbs	1g	Vitamin A	0IU
Fiber	1g	Vitamin C	0mg
Sugar	0g	Calcium	24mg
Protein	11g	Iron	0mg

Chai Tea Latte

6 ingredients · 5 minutes · 1 serving



Directions

1. Steep chai tea bag in water for about 2 minutes. Allow to cool slightly before transferring to blender.
2. Add ingredients to a blender and blend until smooth. Transfer to mug and top with cinnamon (optional). Enjoy!

Notes

Creamier

Use unsweetened non-dairy milk like almond, coconut, or oat

Caution

Careful with hot liquids in blenders so the heat does not build up pressure and pop the lid off and spill. Use warm water or blend ingredients with a small amount of water, transfer to a mug, and top with hot water.

Iced

Use cold or room temperature water. Blend ingredients + pour over ice.

Ingredients

- 1 Collagen Peptides (Scoop)
- 1 tsp Coconut Butter
- 1 tsp Almond Butter
- 1 Chai Tea (Bag)
- 1 cup Water (Filtered, Heated)
- 1/2 tsp Cinnamon (Optional)

Nutrition

Amount per serving

Calories	116	Cholesterol	0mg
Fat	6g	Sodium	42mg
Carbs	3g	Vitamin A	4IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	56mg
Protein	13g	Iron	0mg

Strawberry Shortcake Pancakes

15 ingredients · 20 minutes · 3 servings



Directions

1. In a blender combine almonds and shredded coconut until forms a flour.
2. Add dry ingredients to a large mixing bowl: ground almonds + coconut, gluten-free flour, cacao powder, baking powder, and collagen peptides. Add to dry ingredients and stir to combine.
3. Makes 6 pancakes. 1 serving = 2 pancakes
4. In a separate small bowl combine wet ingredients: eggs (or flax egg), mashed banana, peanut butter, coconut oil, and water (or nut milk).
5. Spray a large skillet with coconut oil and heat on medium-high. When hot, add batter in 1/3 cup portions to form pancakes. Flip when edges are cooked or bubbles start to form.
6. Remove from skillet, layer pancakes, and add desired toppings: sliced strawberries, almond butter, almond milk yogurt, cacao nibs.

Notes

Vegan

Substitute flax egg for eggs: 2 Tbsp ground flax + 5 Tbsp water, mix and set aside to thicken for about 5 minutes before adding to batter

Additional Toppings

Top with your favorite granola, nuts, coconut flakes, fruit, or maple syrup / coconut nectar drizzle

Ingredients

- 1/2 cup Almonds
- 1/4 cup Unsweetened Shredded Coconut
- 1/2 cup All Purpose Gluten Free Flour
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1 Collagen Peptides (Optional)
- 2 Egg
- 2 tbsps Ghee (Vanilla, or Coconut Oil)
- 1 tbsp Apple Cider Vinegar
- 1/4 cup Unsweetened Cashew Milk
- 1 tsp Coconut Oil (Spray)
- 1 cup Strawberries (Sliced)
- 1 tbsp Almond Butter
- 1/4 cup Unsweetened Almond Greek Yogurt
- 2 tbsps Cacao Nibs

Nutrition

	Amount per serving		
Calories	558	Cholesterol	144mg
Fat	39g	Sodium	308mg
Carbs	38g	Vitamin A	631IU
Fiber	11g	Vitamin C	30mg
Sugar	5g	Calcium	303mg
Protein	19g	Iron	3mg

	Amount per serving		
Calories	558	Cholesterol	144mg
Fat	39g	Sodium	308mg
Carbs	38g	Vitamin A	631IU
Fiber	11g	Vitamin C	30mg
Sugar	5g	Calcium	303mg
Protein	19g	Iron	3mg

Chocolate Peanut Butter Banana Pancakes

12 ingredients · 20 minutes · 3 servings



Directions

1. In a blender combine almonds and shredded coconut until forms a flour.
2. Add dry ingredients to a large mixing bowl: ground almonds + coconut, gluten-free flour, cacao powder, baking powder, and collagen peptides. Add to dry ingredients and stir to combine.
3. Makes 6 pancakes. 1 serving = 2 pancakes
4. In a separate small bowl combine wet ingredients: eggs (or flax egg), mashed banana, peanut butter, coconut oil, and water (or nut milk).
5. Spray a large skillet with coconut oil and heat on medium-high. When hot, add batter in 1/3 cup portions to form pancakes. Flip when edges are cooked or bubbles start to form.
6. Remove from skillet, layer pancakes, and add desired toppings: sliced banana, cacao nibs, peanut butter.

Notes

Vegan

Substitute flax egg for eggs: 2 Tbsp ground flax + 5 Tbsp water, mix and set aside to thicken for about 5 minutes before adding to batter

Additional Toppings

Top with your favorite granola, nuts, coconut flakes, fruit, or maple syrup / coconut nectar drizzle

Ingredients

- 1/2 cup Almonds
- 1/4 cup Unsweetened Shredded Coconut
- 1/2 cup All Purpose Gluten Free Flour
- 2 tbsps Cacao Powder
- 1 tsp Baking Powder
- 1 Collagen Peptides (Optional)
- 2 Egg
- 1 Banana (Ripe, Mashed)
- 1 tbsp All Natural Peanut Butter
- 2 tbsps Coconut Oil
- 1/4 cup Water (Or Unsweetened Nut Milk)
- 1 Banana (Sliced)
- 2 tbsps Cacao Nibs
- 1 tsp Coconut Oil (Spray)

Nutrition

Amount per serving

Calories	656	Cholesterol	124mg
Fat	44g	Sodium	227mg
Carbs	52g	Vitamin A	231IU
Fiber	13g	Vitamin C	7mg
Sugar	12g	Calcium	192mg
Protein	18g	Iron	3mg

Hot Cacao

5 ingredients · 5 minutes · 1 serving



Directions

1. Add ingredients to a blender and blend until smooth. Enjoy!

Notes

Creamier

Use unsweetened non-dairy milk like almond, coconut, or oat

Caution

Careful with hot liquids in blenders so the heat does not build up pressure and pop the lid off and spill. Use warm water or blend ingredients with a small amount of water, transfer to a mug, and top with hot water.

Iced

Use cold or room temperature water. Blend ingredients + pour over ice.

Ingredients

1 Collagen Peptides (Scoop)

1 tbsp Coconut Butter

2 tbsps Cacao Powder

1/2 tsp Cinnamon

1 cup Water (Filtered, Heated)

Nutrition

Amount per serving

Calories	223	Cholesterol	0mg
Fat	15g	Sodium	47mg
Carbs	10g	Vitamin A	4IU
Fiber	7g	Vitamin C	0mg
Sugar	1g	Calcium	57mg
Protein	14g	Iron	2mg

Golden Milk

5 ingredients · 5 minutes · 1 serving



Directions

1. Add ingredients to a blender and blend until smooth. Enjoy!

Notes

Creamier

Use unsweetened non-dairy milk like almond, coconut, or oat

Black Pepper

Black pepper makes the turmeric more bioavailable in the body - meaning the body can use and absorb all the beneficial + inflammatory benefits of turmeric because of a phytochemical in black pepper called piperine

Caution

Careful with hot liquids in blenders so the heat does not build up pressure and pop the lid off and spill. Use warm water or blend ingredients with a small amount of water, transfer to a mug, and top with hot water.

Iced

Use cold or room temperature water. Blend ingredients + pour over ice.

Ingredients

1 Collagen Peptides (Scoop)

1 tbsp Coconut Butter

1 tbsp Turmeric

1/2 tsp Black Pepper

1 cup Water (Filtered, Heated)

Nutrition

Amount per serving

Calories	182	Cholesterol	0mg
Fat	11g	Sodium	48mg
Carbs	11g	Vitamin A	7IU
Fiber	5g	Vitamin C	0mg
Sugar	1g	Calcium	45mg
Protein	13g	Iron	6mg

Quinoa

2 ingredients · 15 minutes · 6 servings



Directions

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 - 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Notes

Portion

1/2 cup cooked

Ingredients

1 cup Quinoa (Uncooked)

1 1/2 cups Water

Nutrition

Amount per serving

Calories	104	Cholesterol	0mg
Fat	2g	Sodium	3mg
Carbs	18g	Vitamin A	4IU
Fiber	2g	Vitamin C	0mg
Sugar	0g	Calcium	19mg
Protein	4g	Iron	1mg

Composed Blueberry Muffins

12 ingredients · 30 minutes · 12 servings



Directions

1. Preheat oven to 375 degrees F. Lightly grease a 12-cup muffin tin with coconut oil spray.
2. In a small bowl combine flax seed and water and set aside to form flax egg.
3. Add whole almonds and coconut flakes to a blender and blend briefly until ground and flour-like.
4. In a large mixing bowl combine dry ingredients: almond + coconut blend, gluten-free flour, oats, collagen peptides, and baking soda.
5. In a small bowl combine flax egg, mashed banana, vanilla ghee, and vanilla extract. Add wet ingredients to dry ingredients and stir to combine. Stir in blueberries to muffin batter.
6. Divide batter evenly among 12 muffin cups (about 1/3 cup - 1/2 cup each).
7. Bake for 15-20 minutes or until lightly browned on top and a toothpick comes out clean. Remove from oven and allow to cool for at least 15 minutes before removing from muffin tin.

Notes

Storage

Store in an air tight container in the fridge for up to 5 days or in the freezer for up to 3 months

Vegan

Use coconut oil instead of ghee and omit collagen peptides

Ingredients

- 2 tbsps Ground Flax Seed
- 1/2 cup Almonds (Ground)
- 1/2 cup Unsweetened Coconut Flakes (Blended)
- 3/4 cup All Purpose Gluten Free Flour
- 1/2 cup Oats
- 1 Collagen Peptides (Scoop)
- 1 tsp Baking Soda
- 2/3 cup Water
- 2 Banana (Ripe, Mashed)
- 1 tbsp Ghee (Vanilla)
- 1 tsp Vanilla Extract
- 1 cup Blueberries (Fresh or Frozen)

Nutrition

Amount per serving

Calories	151	Cholesterol	3mg
Fat	7g	Sodium	118mg
Carbs	19g	Vitamin A	69IU
Fiber	4g	Vitamin C	3mg
Sugar	4g	Calcium	22mg
Protein	4g	Iron	1mg

Vanilla Berry Chia Pudding

6 ingredients · 5 minutes · 1 serving



Directions

1. Add chia seeds, coconut milk, vanilla extract, and blueberries to an 8 oz mason jar. Top with lid and shake well. Make sure no chia seeds are sticking to the sides (may need to use a fork to scrap sides).
2. Refrigerate for at least 1 hour or overnight.
3. Top with blackberries and hemp seeds. Enjoy!

Notes

Too Thin

Add more chia seeds and refrigerate another hour

Too Thick

Add 1/4 cup of non-dairy milk at a time until desired consistency

Ingredients

2 1/2 tbsps Chia Seeds
1/2 cup Lite Coconut Milk
1 tsp Vanilla Extract
1/4 cup Blueberries (Fresh or Frozen)
1/4 cup Blackberries (Fresh)
1 tbsp Hemp Seeds

Nutrition

Amount per serving

Calories	329	Cholesterol	0mg
Fat	22g	Sodium	9mg
Carbs	24g	Vitamin A	98IU
Fiber	11g	Vitamin C	11mg
Sugar	6g	Calcium	187mg
Protein	9g	Iron	4mg

Chocolate Raspberry Chia Pudding

5 ingredients · 5 minutes · 1 serving



Directions

1. Add chia seeds, coconut milk, cacao powder, and 1/4 cup raspberries to an 8 oz mason jar. Top with lid and shake well. Make sure no chia seeds are sticking to the sides (may need to use a fork to scrap sides).
2. Refrigerate for at least 1 hour or overnight.
3. Top with remaining 1/4 cup raspberries and hemp seeds. Enjoy!

Notes

Too Thin

Add more chia seeds and refrigerate another hour

Too Thick

Add 1/4 cup of non-dairy milk at a time until desired consistency

Ingredients

- 2 1/2 tbsps** Chia Seeds
1/2 cup Lite Coconut Milk
1 tbsp Cacao Powder
1/2 cup Raspberries (Fresh or Frozen)
1 tbsp Hemp Seeds

Nutrition

Amount per serving

Calories	347	Cholesterol	0mg
Fat	24g	Sodium	10mg
Carbs	25g	Vitamin A	22IU
Fiber	14g	Vitamin C	16mg
Sugar	3g	Calcium	200mg
Protein	10g	Iron	5mg

Black Bean Blender Brownies

9 ingredients · 25 minutes · 12 servings



Directions

1. Preheat oven to 350 degrees F. Lightly grease 2 mini 12-cup muffin tins with coconut oil spray.
2. Add all ingredients except cacao nibs and pumpkin seeds to a blender. Blender until smooth.
3. Divide batter evenly among mini muffin cups. Top with cacao nibs and pumpkin seeds.
4. Bake for 20-25 minutes. Remove from oven and allow to cool. Enjoy!

Ingredients

- 1 tsp Coconut Oil (Spray)
- 2 cups Black Beans (1 15-oz can, Drained + Rinsed)
- 1 Collagen Peptides (Scoop)
- 1 cup Pitted Dates (6)
- 1/4 cup Cacao Powder
- 1/4 cup Unsweetened Shredded Coconut
- 1/4 cup Coconut Oil
- 2 Egg
- 2 tbsps Cacao Nibs
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving

Calories	212	Cholesterol	31mg
Fat	13g	Sodium	17mg
Carbs	18g	Vitamin A	48IU
Fiber	5g	Vitamin C	0mg
Sugar	8g	Calcium	23mg
Protein	6g	Iron	2mg

Meal Prep Kale Salad

4 ingredients · 5 minutes · 4 servings



Directions

1. De-stem and chop kale leaves, then add to a large mixing bowl.
2. Add olive oil, salt, pepper, and lemon juice. Massage kale until leaves wilt and become soft and vibrant green.
3. Transfer to a container and store in the fridge for up to 5 days.

Notes

Use

Add as a side to any meal or as a base for bowl meals or salads

Ingredients

- 4 cups** Kale Leaves
1 1/2 tsps Extra Virgin Olive Oil
1 Sea Salt & Black Pepper (Tsp Each)
1/2 Lemon (Juice)

Nutrition

	Amount per serving		
Calories	68	Cholesterol	0mg
Fat	2g	Sodium	73mg
Carbs	9g	Vitamin A	8668IU
Fiber	3g	Vitamin C	15mg
Sugar	0g	Calcium	107mg
Protein	3g	Iron	2mg

Watermelon Mint

3 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to a blender and blend. Enjoy!

Ingredients

2 cups Seedless Watermelon (Cup)

1 cup Water (Filtered)

1/4 cup Mint Leaves (Finely Chopped)

Nutrition

Amount per serving

Calories	48	Cholesterol	0mg
Fat	0g	Sodium	6mg
Carbs	12g	Vitamin A	1012IU
Fiber	1g	Vitamin C	14mg
Sugar	10g	Calcium	31mg
Protein	1g	Iron	1mg

Mint Cucumber Lemonade

5 ingredients · 5 minutes · 3 servings



Directions

1. Put lemon + cucumber through the juicer. Stir in chopped mint, water, and stevia. Enjoy!

Notes

No Juicer

Blend all ingredients in a high speed blender for at least 60 seconds. Place a nut milk bag over a large mixing bowl. Transfer contents to nut milk bag. Squeeze juice through and remove fiber. Transfer juice into a glass and enjoy!

Nut Milk Bag

Ellie's Best on Amazon

Ingredients

3 Lemon (Small)
1 Cucumber
1/4 cup Mint Leaves (Finely Chopped)
3 cups Water
1/8 tsp Stevia Powder (Optional)

Nutrition

	Amount per serving		
Calories	103	Cholesterol	0mg
Fat	1g	Sodium	15mg
Carbs	24g	Vitamin A	199IU
Fiber	3g	Vitamin C	27mg
Sugar	5g	Calcium	40mg
Protein	3g	Iron	1mg

	Amount per serving		
Calories	103	Cholesterol	0mg
Fat	1g	Sodium	15mg
Carbs	24g	Vitamin A	199IU
Fiber	3g	Vitamin C	27mg
Sugar	5g	Calcium	40mg
Protein	3g	Iron	1mg

Beet Rosemary Sage

5 ingredients · 5 minutes · 1 serving



Directions

1. Put all ingredients through the juicer. Enjoy!

Notes

No Juicer

Blend all ingredients in a high speed blender for at least 60 seconds. Place a nut milk bag over a large mixing bowl. Transfer contents to nut milk bag. Squeeze juice through and remove fiber. Transfer juice into a glass and enjoy!

Nut Milk Bag

Ellie's Best on Amazon

Rosemary

Wrap rosemary in sage if passing through a juice so it doesn't get caught

Ingredients

2 Beet
1/2 cup Pineapple
4 stalks Celery
1 tbsp Rosemary
1 tbsp Fresh Sage

Nutrition

	Amount per serving		
Calories	143	Cholesterol	0mg
Fat	1g	Sodium	257mg
Carbs	33g	Vitamin A	990IU
Fiber	9g	Vitamin C	53mg
Sugar	21g	Calcium	139mg
Protein	4g	Iron	3mg

	Amount per serving		
Calories	143	Cholesterol	0mg
Fat	1g	Sodium	257mg
Carbs	33g	Vitamin A	990IU
Fiber	9g	Vitamin C	53mg
Sugar	21g	Calcium	139mg
Protein	4g	Iron	3mg

Sweet Ginger Celery Juice

4 ingredients · 5 minutes · 1 serving



Directions

1. Put all ingredients through the juicer. Enjoy!

Notes

No Juicer

Blend all ingredients in a high speed blender for at least 60 seconds. Place a nut milk bag over a large mixing bowl. Transfer contents to nut milk bag. Squeeze juice through and remove fiber. Transfer juice into a glass and enjoy!

Nut Milk Bag

Ellie's Best on Amazon

Ingredients

8 stalks Celery

1/2 cup Pineapple

2 tbsps Ginger

2 Persian Cucumber

Nutrition

Amount per serving

Calories	161	Cholesterol	0mg
Fat	1g	Sodium	257mg
Carbs	37g	Vitamin A	1488IU
Fiber	8g	Vitamin C	50mg
Sugar	19g	Calcium	139mg
Protein	5g	Iron	1mg

Honey Turmeric Elixir

6 ingredients · 5 minutes · 1 serving



Directions

1. Whisk ingredients together with a mini whisk or fork until smooth. Enjoy as a shot!

Notes

Serving Suggestions

Take as a shot or leave out the water and add to a smoothie, combine with olive or avocado oil to make a salad dressing, or add to 12 oz of hot water

Ingredients

1 tbsp Turmeric (Ground)
2 tbsps Apple Cider Vinegar
1 tsp Raw Honey (Manuka)
1/2 Lemon (Juice)
1/4 tsp Black Pepper
1/4 cup Water

Nutrition

Amount per serving

Calories	66	Cholesterol	0mg
Fat	0g	Sodium	4mg
Carbs	16g	Vitamin A	5IU
Fiber	2g	Vitamin C	9mg
Sugar	8g	Calcium	26mg
Protein	1g	Iron	5mg

Cucumber Cleanse

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to your blender, blend, and enjoy!

Notes

Juice

Strain mixture with a nut milk bag to remove fiber for a smoother consistency

Coconut Water

Use coconut water in place of filtered water

Ingredients

1/2 Cucumber
1/4 cup Parsley
2 tbsps Aloe Vera Gel
1/2 Lime (Juice)
1 cup Water (Filtered)

Nutrition

Amount per serving

Calories	42	Cholesterol	0mg
Fat	0g	Sodium	17mg
Carbs	10g	Vitamin A	1433IU
Fiber	1g	Vitamin C	31mg
Sugar	5g	Calcium	79mg
Protein	2g	Iron	1mg

Maca Balance

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender, blend, and enjoy!

Notes

Afternoon

Perfect balancing elixir to help curb afternoon sugar cravings

Serve Warm

Heat up in a small saucepan and serve warm

Ingredients

- 1 1/2 tsps Maca Powder
- 1 cup Unsweetened Almond Milk
- 2 tbsps Pitted Dates (1 Date)
- 1 tsp Cinnamon
- 1/2 tsp Vanilla Extract (Optional)

Nutrition

Amount per serving

Calories	123	Cholesterol	0mg
Fat	3g	Sodium	161mg
Carbs	23g	Vitamin A	509IU
Fiber	5g	Vitamin C	0mg
Sugar	15g	Calcium	504mg
Protein	3g	Iron	1mg

Lemon ACV

3 ingredients · 5 minutes · 1 serving



Directions

1. Juice lemon and add to a small glass. Add apple cider vinegar and water. Stir together and take as a shot to aid digestion!

Ingredients

1 Lemon (Juice)
1 **tbsp** Apple Cider Vinegar
1/4 cup Water

Nutrition

	Amount per serving		
Calories	16	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	4g	Vitamin A	3IU
Fiber	0g	Vitamin C	19mg
Sugar	2g	Calcium	9mg
Protein	0g	Iron	0mg

Spicy Ginger Tea

7 ingredients · 5 minutes · 1 serving



Directions

1. Boil water. Add ginger, lemon slices, cinnamon, turmeric, and cayenne pepper to a mug. Cover with hot water, stir, and enjoy!

Ingredients

1 tbsp Ginger (Finely Chopped)
1/2 Lemon (Sliced)
1 tsp Cinnamon
1 tsp Turmeric
1/4 tsp Black Pepper
1/2 tsp Cayenne Pepper
2 cups Water (Hot)

Nutrition

Amount per serving

Calories	31	Cholesterol	0mg
Fat	0g	Sodium	12mg
Carbs	8g	Vitamin A	387IU
Fiber	3g	Vitamin C	10mg
Sugar	1g	Calcium	85mg
Protein	1g	Iron	2mg

Grapefruit Lime Refresher

5 ingredients · 5 minutes · 2 servings



Directions

1. Juice grapefruits (or use grapefruit juice). Transfer to a pitcher or divide among glasses filled with ice. Add chopped lime pieces. Squeeze in liquid stevia for sweetness if desired. Top with sparkling water, garnish with lemon, and enjoy!

Notes

Juice

Purchase fresh 100% grapefruit and lime juice instead of DIY

Ingredients

- 2 Grapefruit
- 2 Lime (Chopped)
- 4 Liquid Stevia (Drops, Optional)
- 1 Lemon (Wedges for Garnish)
- 4 cups Sparkling Water

Nutrition

Amount per serving

Calories	99	Cholesterol	0mg
Fat	0g	Sodium	11mg
Carbs	26g	Vitamin A	2398IU
Fiber	3g	Vitamin C	111mg
Sugar	19g	Calcium	86mg
Protein	2g	Iron	0mg

Raspberry Mimosa

3 ingredients · 5 minutes · 1 serving



Directions

1. Add frozen raspberries and juice to a glass. Top with sparkling water, mix, and enjoy!

Ingredients

1/4 cup Orange Juice
1/4 cup Frozen Raspberries
2 cups Sparkling Water

Nutrition

Amount per serving

Calories	48	Cholesterol	0mg
Fat	0g	Sodium	12mg
Carbs	11g	Vitamin A	150IU
Fiber	2g	Vitamin C	37mg
Sugar	7g	Calcium	63mg
Protein	1g	Iron	0mg

Raspberry Basil Spritzer

5 ingredients · 5 minutes · 2 servings



Directions

1. Using a mortar + pestle or in a small bowl with a wooden spoon muddle the raspberry and basil together.
2. Add mixture to a pitcher or divide among glasses filled with ice. Squeeze in liquid stevia for sweetness if desired. Top with sparkling water, garnish with lime wedges and enjoy!

Ingredients

- 1/4 cup Raspberries
- 1/4 cup Basil Leaves (Chopped)
- 4 Liquid Stevia (Drops, Optional)
- 4 cups Sparkling Water
- 1 Lime (Wedges for Garnish)

Nutrition

Amount per serving

Calories	14	Cholesterol	0mg
Fat	0g	Sodium	11mg
Carbs	4g	Vitamin A	174IU
Fiber	1g	Vitamin C	11mg
Sugar	1g	Calcium	60mg
Protein	0g	Iron	0mg