



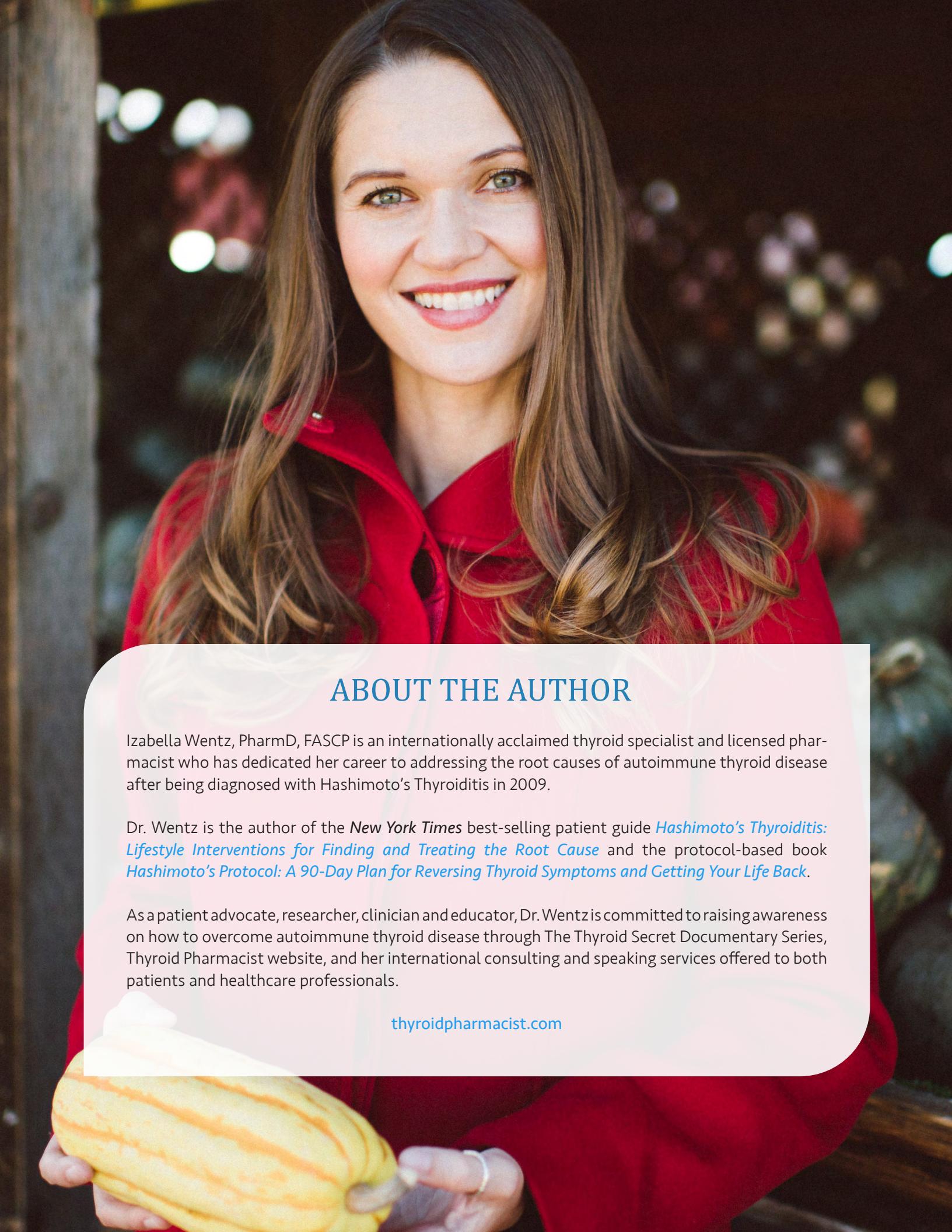
# ROOT CAUSE RESET COOKBOOK

Over 100 Delicious Gluten and  
Dairy Free Healing Recipes



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**HASHIMOTO'S PROTOCOL**



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As a patient advocate, researcher, clinician and educator, Dr. Wentz is committed to raising awareness on how to overcome autoimmune thyroid disease through The Thyroid Secret Documentary Series, Thyroid Pharmacist website, and her international consulting and speaking services offered to both patients and healthcare professionals.

[thyroidpharmacist.com](http://thyroidpharmacist.com)



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# BENTONITE CLAY JUICE

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 1

Bentonite clay is a gentle binder that can help eliminate toxins from the body, including mold mycotoxins. This delicious, hydrating juice is an easy way to incorporate it into your routine.

## INGREDIENTS

- 1 medium orange, sliced in half
- 1 cup coconut water
- 1 teaspoon food grade liquid bentonite clay, such as [Yerba Prima](#)
- A pinch of Himalayan sea salt

## DIRECTIONS

1. Using a handheld juicer, slowly press the orange until all of the orange has been juiced.
2. In a blender, add the orange juice, as well as the coconut water through Himalayan sea salt, and blend for 30 seconds until combined.

# CHARCOAL JUICE

Prep Time: 10 Minutes  
Cook Time: N/A  
Serves: 1

Activated charcoal is a potent binder that can bind with pathogens, heavy metals, and mycotoxins, which is why I've included it in this delicious citrus juice. Please note that it can be constipating, so avoid it if you tend to be constipated.

## INGREDIENTS

- 1 lemon
- 1 orange
- 1 cup of coconut water
- ½ teaspoon honey
- 1 capsule activated charcoal

## DIRECTIONS

1. Using a handheld juicer, slowly press the lemon and orange until all produce has been juiced.
2. In a blender, add the lemon and orange juice, as well as the coconut water through activated charcoal, and blend for 30 seconds until combined.



# DETOX JUICE

Prep Time: 3 Minutes  
Cook Time: N/A  
Serves: 1

This juice is packed with liver-supporting ingredients. Fresh cilantro is a natural chelator, which means it binds to certain toxins like heavy metals, and helps excrete them from the body. Lemon juice and chlorophyll both support the detoxification process.

## INGREDIENTS

- 1 cup loosely-packed cilantro
- 1 cup coconut water
- Stevia to taste
- Juice of ½ a lemon
- 10 drops of chlorophyll\* (optional)
- Hot water, to top off

## DIRECTIONS

1. Blend all ingredients, except for the hot water, in a high-speed blender.
2. Top off with hot water, and enjoy!

\*Note: Chlorophyll is a great option for gentle detoxification of heavy metals. The brands I recommend are [NOW](#), [Protocol for Life Balance](#), and [Genestra](#).



## FERMENTED “MARGARITA”

Prep Time: 3 Minutes  
Cook Time: N/A  
Serves: 1

Probiotics, like those found in fermented coconut water, help support gut health. Having enough beneficial bacteria is key for keeping levels of pathogenic bacteria in check.

### INGREDIENTS

- 1 cup of fermented coconut water
- Juice of 1 lime
- ½ teaspoon sea salt
- Stevia to taste

### DIRECTIONS

1. Combine all ingredients and enjoy.

## GLOW JUICE

Prep Time: 10 Minutes  
Cook Time: N/A  
Serves: 1

The ingredients in this juice are wonderful for liver health and detoxification, which is key for clear, glowing skin.

### INGREDIENTS

- 2 large carrots
- 1 large orange
- 1 large green apple
- 1 lemon
- 1 inch turmeric root
- Pinch of pepper

### DIRECTIONS

1. Using a masticating juicer, slowly feed the vegetables and fruit (including the peels) into the juicer until all produce has been processed.
2. Pour in a glass, add the pepper, stir and enjoy



# GREEN JUICE

**Prep Time: 1 Minute**  
**Cook Time: N/A**  
**Serves: 1**

Drinking a green juice is a great way to get some nutrition into your system, in a way that is gentle on the digestive system. Kale and other green veggies are full of chlorophyll, which has excellent detoxifying properties. If you're looking for a little extra to balance your blood sugar, prepare the juice and then blend it with 1-2 tablespoons of coconut oil or half an avocado!

## INGREDIENTS

- 6 to 7 baby carrots
- 1 Granny Smith apple
- 3 to 4 stalks of celery
- 1 small cucumber
- 3 cups of finely chopped kale
- 1 lime
- Sea salt, to taste

## DIRECTIONS

1. In a juicer, juice all ingredients. If you don't have a juicer, blend the ingredients with 1 to 2 cup(s) filtered water, then push and strain through a fine mesh sieve.
2. Add sea salt, to taste.

*\*Note: If stabilizing blood sugar, blend with 1 to 2 tablespoons of coconut oil or ½ an avocado.*



## HOT LEMON WATER

**Prep Time: 1 Minute**  
**Cook Time: 2 Minutes**  
**Serves: 1**

Hot lemon water is one of my favorite, simple ways to gently support detoxification and digestion. I love to have it first thing in the morning on an empty stomach. Some people even find they love it as a replacement for their morning caffeine. You may wish to drink it through a straw to ensure that your tooth enamel isn't affected.

### INGREDIENTS

- Juice of ½ to 1 organic lemon
- Hot water
- Stevia to taste

### DIRECTIONS

1. Combine all ingredients together and drink first thing in the morning, instead of caffeine.

## LAMB JUICE

**Prep Time: 5 Minutes**  
**Cook Time: N/A**  
**Serves: 1**

Beets are wonderful for detoxification, and are an especially excellent food for people with the MTHFR gene mutation, due to their rich betaine content. They also support healthy iron levels due to their high vitamin C content. Combined with lemon, apple, and mint, this juice is refreshing and wonderfully supportive for the liver.

### INGREDIENTS

- 1 lemon
- 1 green apple
- 1 bunch of mint
- 1 beet

### DIRECTIONS

1. Using a masticating juicer, slowly feed the vegetables and fruit (including the peels) into the juicer, until all produce has been processed.



# MACA LATTE

**Prep Time: 4 Minutes**  
**Cook Time: 2 Minutes**  
**Serves: 1**

Looking for a tasty, energizing drink to help you wean off caffeine? I find this Maca Latte really hits the spot, especially in an afternoon energy slump or if I'm feeling a bit stressed. Maca, a yellowroot vegetable originally grown in Peru, is packed with vitamins and minerals, and is useful for cleansing and detoxifying the body. As an adaptogen, maca can also help us cope with stress. I find maca both relaxing and energizing, but some people might find it too stimulating. If this is the case for you, reduce the amount or discontinue its use. In addition, I recommend using gelatinized maca powder. The gelatinization process removes the starch, making the maca less bitter and easier to digest, while retaining the health benefits. This latte hits the spot when you're trying to detox off caffeine and are looking for something tasty and rich.

## INGREDIENTS

- 1 tablespoon maca powder\*
- 1 tablespoon coconut milk
- 1 teaspoon cinnamon
- 1 teaspoon stevia to taste
- 1 cup hot water

## DIRECTIONS

1. Add maca, coconut milk, cinnamon, hot water, and sweetener into a blender.

*\*Note: Maca is an adaptogen and can help to stabilize the adrenals. However, it may have different effects on different people. Start with 1 teaspoon to determine how you tolerate it, and work your way up.*



# PEPPERMINT TEA

**Prep Time: 5 Minutes**  
**Cook Time: 2 Minutes**  
**Serves: 1**

Mint is well-known as a soothing digestive aid, and it stimulates bile flow for healthy detoxification. This simple tea is available at cafes all over Amsterdam! I love making mint tea from the fresh herb, and it's so delicious and simple, you'll want to make it every day! Peppermint has also been shown to be helpful for SIBO, so this simple recipe may be a good addition to your healing protocols if you have digestive issues.

## INGREDIENTS

- ½ cup of fresh peppermint
- 1 cup of hot water
- Stevia to taste

## DIRECTIONS

1. Pour hot water over peppermint leaves and let steep for at least 5 minutes. Strain or leave in, and drink hot or let cool, and drink at room temperature.



## PUMPKIN MACA LATTE

Prep Time: 4 Minutes  
Cook Time: 2 Minutes  
Serves: 1

I don't know about you, but whenever I smell the fragrant blend of cinnamon, ginger, lemon peel, and the other spices, I feel like celebrating! I suggest this drink as a treat with friends to celebrate your success with this program. :-) I love this caffeine-free drink for balancing hormones, and the maca and cinnamon can work wonders when it comes to detoxification. Plus, you'll get a boost of digestion support from the pumpkin purée and spices. I prefer using gelatinized maca powder. The gelatinization process removes the starch, making the maca less bitter and easier to digest, while retaining the hormone-balancing benefits.

### INGREDIENTS

- 1 tablespoon maca powder\*
- 1 tablespoon coconut milk
- 1 teaspoon cinnamon
- 1 tablespoon pumpkin purée
- 1 teaspoon stevia to taste
- 1 cup hot water
- ¼ teaspoon pumpkin pie spice

### DIRECTIONS

1. Add maca, coconut milk, cinnamon, pumpkin puée, hot water, and sweetener into a blender.
2. Pour in a mug, and top with pumpkin pie spice.

\*Note: Maca is an adaptogen and can help to stabilize the adrenals. However, it may have different effects on different people. Start with 1 teaspoon to determine how you tolerate it, and work your way up.



# STRAWBERRY, MINT AND CUCUMBER SPA WATER

Prep Time: 4 Minutes  
Cook Time: N/A  
Serves: 1-4

When supporting your detox pathways, it's always important to drink plenty of fresh water to flush out toxins and keep hydrated – I recommend drinking eight 8-ounce glasses of water a day for optimal body function. I know the taste can get a little boring though... at least, it was for me when I first transitioned off sugary drinks. When I was introduced to Spa Water, I was hooked! You simply add fresh fruit and herbs into your water to infuse it with taste. You can make an entire pitcher in the morning and leave it out to sip on, or pre-portion some into smaller water bottles to take with you. I always recommend that you have some fresh fruits and herbs prepped so that you can just pop them into the pitcher first thing in the morning. Some of my favorites include strawberries, mint leaves, cucumbers, lemons, limes, and green apples.

## INGREDIENTS

- 1 gallon pitcher of filtered water
- ¼ cup each of mint, halved
- 1 cup combined strawberries and cucumbers, diced

## DIRECTIONS

1. Place the fruits and vegetables in the large pitcher of filtered water.
2. Sip throughout the day.

# LEMON, LIME AND GREEN APPLE SPA WATER

Prep Time: 4 Minutes  
Cook Time: N/A  
Serves: 1-4

Lemon and limes are great for liver detoxification, and green apple is a low sugar option that lends a crisp, refreshing taste!

## INGREDIENTS

- 1 gallon pitcher of filtered water
- 1 lemon, quartered
- 1 lime, quartered
- 1 cup diced green apple

## DIRECTIONS

1. Place the fruits in the large pitcher of filtered water.
2. Sip throughout the day.

# TURMERIC GINGER TEA

Prep Time: 3 Minutes  
Cook Time: 2 Minutes  
Serves: 1

Turmeric contains compounds that support the detoxification process, in addition to its potent anti-inflammatory benefits. Ginger stimulates digestion and circulation, so it can also be helpful for detoxification. This tea is warming, comforting, and full of flavor.

## INGREDIENTS

- 1 teaspoon of turmeric
- 1 teaspoon of ginger
- 1 pinch of salt (optional)
- 1 pinch of cinnamon
- 1 cup hot water
- Juice of ½ a lemon
- Stevia to taste
- Almond milk, or other nut milk of choice (optional)

## DIRECTIONS

1. Combine the turmeric, ginger, salt and cinnamon, and place in a large mug.
2. Add the hot water slowly as you whisk the liquid.
3. Add the lemon and stevia.
4. Alternately, add all ingredients to a blender and blend until smooth.
5. Top off with almond milk, if desired, and enjoy!



# VIRGIN MOJITO

**Prep Time:** 3 Minutes  
**Cook Time:** N/A  
**Serves:** 1

Imagine that you're sitting somewhere on a warm beach in Miami as you sip on this healthier version of the refreshing mojito. Thanks to the mint and ginger, this mojito is a super gut-soothing, liver-loving, and refreshing beverage you can enjoy in place of alcohol or soda!

## INGREDIENTS

- Juice of one lime
- ½ cup of mint leaves
- ½ teaspoon ground ginger
- 1 cup filtered water or coconut water
- Stevia to taste

## DIRECTIONS

1. Mash mint leaves in a mortar and pestle to release the flavor.
2. Combine the remaining ingredients in a glass.
3. Alternatively, place all ingredients into a blender and blend.



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**SMOOTHIES**



## CINNAMON VANILLA SMOOTHIE

Prep Time: 10 Minutes  
Cook Time: N/A  
Serves: 1

This delicious, creamy smoothie is as good as a milkshake (without all the dairy and sugar), while being chock full of liver-supportive ingredients like Rootcology's Liver Reset powder, kale, cucumber, and celery. The cinnamon provides additional gut and blood sugar balancing benefits.

### INGREDIENTS

- 1 serving Rootcology (or other compliant) protein powder
- 1 serving Liver Reset powder
- 1 cup cashew milk
- ½ an avocado
- 1 tablespoon chia seeds
- 1 cup kale
- 1 small cucumber
- 1 celery stick
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 teaspoon honey
- ½ cup ice

### DIRECTIONS

1. Combine all ingredients in a blender, and blend until smooth.

*Credit: Shari Jacobson (previous Reset member)*



## FEEL SO GOOD SMOOTHIE

Prep Time: 10 Minutes  
Cook Time: N/A  
Serves: 1

Packed full of healthy fats, protein, and liver-loving ingredients like cucumber and blueberries, this smoothie is sure to make you feel "so good". Flaxseed oil helps the body eliminate toxins, plus supports skin and hormone health. What's not to love?

### INGREDIENTS

- 1 serving Rootcology (or other compliant) protein powder
- 1 serving Rootcology Liver Reset powder
- 1 cup almond milk
- 1 tablespoon organic avocado
- 1 tablespoon organic almond butter
- 1 tablespoon chia seeds
- 1 packed cup organic spinach
- 1 cup cucumber (chopped and peeled)
- 1 cup organic frozen blueberries
- 1 tablespoon flaxseed oil

### DIRECTIONS

1. Put all ingredients in a Vitamix or high power blender. Place heavier ingredients on the top to ensure smooth mixing.
2. Blend until smooth and enjoy!

Credit: Julie Prayter (previous Reset member)



# GOLDEN GREEN SMOOTHIE

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 1

Turmeric and ginger are the liver-supporting superstars in this smoothie. Along with satiating and blood sugar balancing fats from the coconut milk and avocado, and fiber from the veggies, this smoothie is wonderful for detoxification, digestion, and keeping you energized.

## INGREDIENTS

- 1 teaspoon ground turmeric
- 1 teaspoon ground ginger
- ¼ teaspoon black pepper to activate turmeric (if tolerated)
- ½ cup coconut milk
- 1 carrot
- 1 small cucumber
- ½ avocado
- 1 cup greens
- 1 serving Rootcology (or other compliant) protein powder
- 1 serving Rootcology Liver Reset powder
- 1 date, soaked in hot water for 5 minutes (optional)

## DIRECTIONS

1. Remove date from hot water.
2. Add all ingredients into a high speed blender.
3. Blend on high for 30 seconds to 1 minute.



# GREEN MEAN FIGHTING MACHINE

Prep Time: 10 Minutes  
Cook Time: N/A  
Serves: 1

The abundance of green veggies in this smoothie means you're getting all the antioxidants and phytonutrients needed to keep your detoxification system running smoothly. As a bonus, this smoothie also contains maca, an adaptogen that keeps you energized, supports hormonal balance, and boosts one's libido.

## INGREDIENTS

- ½ an avocado
- 1 small cucumber, chopped
- 1 small carrot, chopped
- 1 celery stalk, chopped
- 1 tablespoon ground flaxseed
- 1 teaspoon maca powder
- 1 teaspoon powdered greens (be sure to avoid spirulina/wheat grass)
- 1 serving Rootcology (or other compliant) protein powder
- 1 serving Rootcology Liver Reset powder
- 1 ½ cup canned full fat coconut milk

## DIRECTIONS

1. Blend in the Vitamix and enjoy the mild sweetness and creamy goodness for breakfast, or for a midday boost!

*Credit: Louise Gillmore (previous Reset member)*



## KETO HASHI POWER SMOOTHIE

Prep Time: 10 Minutes  
Cook Time: N/A  
Serves: 1

This smoothie is low in carbohydrates and big on flavor, making it perfect for anyone who may not tolerate carbs well. The addition of parsley, and cilantro is incredibly supportive in helping the body excrete toxins.

### INGREDIENTS

- 1 cup organic baby kale
- 10 fresh mint leaves
- ½ medium avocado
- 1 celery stick
- 1 small cucumber
- 1 serving Rootcology (or other compliant) protein powder
- 1 serving Rootcology Liver Reset powder
- 1 cup canned full fat coconut milk
- 1 tablespoon cashew butter
- ½ a lemon, juiced
- 1 teaspoon organic powdered greens (be sure to avoid spirulina/wheat grass)
- ¼ cup cilantro leaves
- ¼ cup parsley leaves
- 1 cup cold water (to thin to desired thickness)

### DIRECTIONS

1. Scoop the avocado flesh out and place into a high-speed blender (like a Vitamix).
2. Add remaining ingredients.
3. Blend on high speed until blended, for about 1 minute.

*Credit: Nona Kelhofer (previous Reset member)*



## COOL LIVER RESET SMOOTHIE

**Prep Time: 10 Minutes**  
**Cook Time: N/A**  
**Serves: 1**

After many years of experimenting with flavors and ingredients, I created this refreshing smoothie that features the Liver Reset Powder. This smoothie is my go-to when I'm feeling a little extra sluggish or run down, and like my liver could use a little love. The ingredients are simple yet powerful, and the taste is crisp and refreshing.

### INGREDIENTS

- 1 cup lettuce
- ½ cup blueberries
- 1 serving Rootcology Liver Reset powder
- 1 cucumber, diced
- 1 cup sparkling water (I like Pellegrino)

### DIRECTIONS

1. Add all ingredients into a high speed blender and blend for 1 minute, or until smooth.

## PAIN AWAY SMOOTHIE

**Prep Time: 5 Minutes**  
**Cook Time: N/A**  
**Serves: 1**

This smoothie is amazing for pain and inflammation because cherries contain compounds that can reduce muscle soreness. The collagen provides extra joint-supporting benefits, while the coconut water hydrates. It also doubles as a liver support smoothie, as cherries contain high levels of antioxidants, and collagen contains amino acids necessary for the detoxification process, including glycine.

### INGREDIENTS

- 1 cup pitted frozen cherries
- 1 cup coconut water
- 1 scoop collagen powder

### DIRECTIONS

1. Add all ingredients into a high speed blender and blend for 1 minute, or until smooth.



## ROOT CAUSE CLEANSE SMOOTHIE

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 1

This green smoothie is packed with nutrition for your thyroid, helps reduce inflammation, and can help with detoxification. This smoothie makes a great breakfast each morning! People who have tried the Root Cause Green Smoothie have said that it helps them feel less hungry, more relaxed and calm, and full of energy.

### INGREDIENTS

- ½ cup mixed baby greens
- 1 small carrot
- ⅓ ripe avocado
- ½ stick celery
- 1 very small cucumber
- 2 tablespoons basil
- ⅔ cup canned coconut milk
- 1 teaspoon chia seeds
- 1 serving Rootcology (or other compliant) Protein powder
- 1 serving Rootcology Liver Reset powder
- Sea salt to taste

### DIRECTIONS

1. Blend together in a Vitamix or other blender and enjoy as a low-glycemic breakfast, lunch, or snack!

*Note: Although the daily Root Cause Cleanse Smoothie is the main smoothie in this program, you are welcome to substitute it with any of the other smoothie recipes in this recipe guide.*

*To create a thinner, milk-like consistency and a “cold and tropical flavor” — as my husband describes his ideal smoothie — you can make the following adjustments:*

- Skip the avocado and add a tablespoon of chia seeds instead. Chia seeds are a less creamy source of good fat.
- Add the juice of one lemon or lime to make it more tropical and to support digestive juices.
- Blend the contents with a cup of ice cubes to make the smoothie cold and give it a more milky consistency.

# SMOOTH SKIN SMOOTHIE

Prep Time: 10 Minutes

Cook Time: N/A

Serves: 1

Chock full of antioxidants, healthy fats, and collagen, this smoothie is wonderful for skin health. These ingredients also contain nutrients essential for a healthy detoxification process.

## INGREDIENTS

- ½ cup orange juice
- ½ cup mango
- 1 scoop collagen
- ½ cup coconut milk
- ¼ of an avocado
- 4 leaves of butter lettuce

## DIRECTIONS

1. Add all ingredients into a high speed blender and blend for 1 minute, or until smooth.

# SALAD IN A GLASS

Prep Time: 10 Minutes

Cook Time: N/A

Serves: 1

When you don't have time to sit down and eat a salad... you can always drink it! Get all the benefits of a variety of liver-loving vegetables in a convenient smoothie. Cilantro is known for its ability to bind to toxins like heavy metals. The healthy fats and protein powder will keep you satiated and energized.

Note: The apple cider vinegar may sound weird, but I like it best with 2-3 teaspoons... it's like adding more dressing to your salad!

## INGREDIENTS

- 1 handful baby spinach
- 1 small bunch of fresh cilantro, stems included
- 1 carrot
- 1 small cucumber
- ½ an avocado
- 1 celery stalk
- ½ cup canned full fat coconut milk
- ¼ cup coconut water
- 1 serving Rootcology (or other compliant) protein powder
- 1 serving Rootcology Liver Reset powder
- ½ to 1 teaspoon cinnamon powder
- Dash of sea salt
- 1 teaspoon to 1 tablespoon apple cider vinegar (to taste)

## DIRECTIONS

1. In a blender, blend until desired consistency is reached.

*Credit: Sue Tacke (previous Reset member)*



# THAI CITRUS, GINGER, MANGO BURST

**Prep Time:** 10 Minutes  
**Cook Time:** N/A  
**Serves:** 1-4

This smoothie contains many of my favorite liver-supporting ingredients, including leafy green veggies, cilantro, ginger, turmeric, fermented coconut water, and Rootcology Liver Reset Powder. It's a powerhouse of tropical flavor that will make you feel as good as it tastes.

## INGREDIENTS

- 1 cup organic baby greens, baby spinach or baby arugula
- 1 small celery stalk, chopped
- 1 small organic carrot, unpeeled and chopped
- 1 small cucumber, chopped
- ½ cup lightly packed cilantro (or to taste)
- ¼ cup organic frozen or fresh mango, chopped
- 1" piece of fresh ginger (or adjust to your taste)
- Juice from 1 lime
- 1 tablespoon coconut or avocado oil
- 1 teaspoon dried turmeric
- 1 tablespoon chia seeds
- 1 cup canned full fat coconut milk
- 1 cup ice cubes
- 1 cup fermented coconut water, water kefir, coconut water or filtered water
- 1 serving Rootcology (or other compliant) protein powder
- 1 serving Rootcology Liver Reset powder

## DIRECTIONS

1. Combine the baby greens through coconut milk in a blender, and blend on highest speed until a very thick purée forms.
2. Add a handful of ice cubes if you like your smoothie cold, and blend again to crush the ice.
3. Next, add some water kefir, coconut water or plain water to thin the consistency to your taste.
4. Add the protein powder and Rootcology Liver Reset powder, and blend to disperse the powders.
5. The smoothie should be nice and silky smooth with no chunks. If it's chunky, try reducing the amount of fluid in the initial blending next time, so that the blender has a chance to purée the veggies and herbs before adding more liquid.
6. You can use some fermented coconut water or water of choice to thin your smoothie to desired consistency after tasting it. Texture is very personal, so adjust to suit your preference.

*Credit: Jillian Bret (previous Reset Member)*



## TROPICAL GREEN SMOOTHIE

Prep Time: 6 Minutes  
Cook Time: N/A  
Serves: 1

The fiber, antioxidants, and micronutrients in all of the fruits and vegetables in this smoothie make it perfect for giving the liver some love. It also contains chia seeds, which I love for their fiber and omega-3 content (not to mention, they can be helpful for constipation).

### INGREDIENTS

- 1 cup coconut water
- 1 cup greens
- ½ medium green apple
- 1 tablespoon chia seeds
- 1 celery stalk
- ½ small cucumber
- Juice from ½ lemon
- Juice from 1 lime
- 1 serving Rootcology (or other compliant) protein powder
- 1 serving Rootcology Liver Reset powder
- 1 tablespoon liquid coconut oil

### DIRECTIONS

1. Add all ingredients into a high speed blender.
2. Blend on high for 30 seconds to 1 minute, until smooth.



## VANILLA LATTE SMOOTHIE

(hot or cold)

Prep Time: 10 Minutes  
Cook Time: N/A  
Serves: 1

The star of this smoothie is the Dandy Blend, which is an herbal coffee alternative made from roasted dandelion root. Not only does it taste like coffee, but dandelion is incredibly supportive for the liver, and is a go-to ingredient for many detox formulations. Alongside collagen, protein, and coconut milk, this simple smoothie will keep you energized and happy.

### INGREDIENTS

- 8-12 ounces of canned full fat coconut milk
- 1 tablespoon Dandy Blend
- 1 scoop Rootcology (or other compliant) protein powder
- 1 scoop collagen peptides
- 4-6 ice cubes, depending on desired thickness (omit if making smoothie hot)

### DIRECTIONS

1. Heat the milk on your stove top, until warm, about 3 minutes. (Omit this step if consuming it cold.)
2. Add all ingredients to a blender for 20 seconds.

Credit: Susan Thorpe (previous Reset member)



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SALADS



# BLUEBERRY CHICKEN SALAD

Prep Time: 10 Minutes  
Cook Time: 30 Minutes  
Serves: 4

Chicken salad is such a wonderful comfort food, and it's great to keep in the fridge for a quick snack or lunch during busy days. I find that the tartness from the blueberries is a nice contrast to the rest of the ingredients. This salad is a wonderful way to get your protein, B vitamins, and iron, which all support the liver. Walnuts are packed with antioxidants, polyphenols, omega-3 fatty acids, and important nutrients for liver support.

## INGREDIENTS

- 2 chicken breasts
- Sea salt and pepper (if tolerated), to taste
- 1 tablespoon avocado oil
- ½ cup blueberries
- ⅓ cup celery, diced
- ¼ cup red onion, diced
- ¼ cup walnuts, chopped
- ⅓ to ½ cup Hashi-Mayo ([page 145](#)) or a store-bought Paleo version like the one from [Primal Kitchen](#)
- 2 green onions, sliced (mostly green parts)
- 1 lemon, sliced into 8 wedges
- 8 butter lettuce or romaine lettuce leaves, washed and dried

## DIRECTIONS

1. Preheat the oven to 400° F.
2. Place the chicken on a lined baking sheet, and season with salt, pepper and avocado oil. Roast in the oven for 30 minutes, or until an internal temperature of 165° F is reached.
3. Remove the chicken from the oven and set aside to cool.
4. Once cooled, chop the chicken and add to a bowl, along with the remaining ingredients. Start with ⅓ cup of mayo and add more to your liking. Season with salt and pepper, to taste.
5. Divide the mixture between the 8 lettuce leaves.
6. Serve with lemon wedges.



## BROCCOLI & EVERYTHING SALAD

Prep Time: 20 Minutes  
Cook Time: N/A  
Serves: 2

I find this salad so filling and satisfying, and I love the crispy fresh taste too. Crucifers like broccoli have excellent detoxification properties, and parsley is extremely cleansing. Beets are a rich source of betaine and vitamin C, and also help with detoxification! Add some apples, blueberries, or cranberries, and you get a great combination of flavors that's perfect for any occasion. There are plenty of ingredient options in this version – have fun getting creative and finding just the right flavor and texture for you (and your loved ones)!

### INGREDIENTS

- 1 cup of broccoli florets, cut into small pieces (use fresh, not frozen)
- 1 small pink apple, diced with skin on
- 1 small beet, boiled and diced (optional)
- ½ cup walnuts, chopped
- ¼ cup chopped fresh parsley
- ¼ cup organic sprouted pumpkin seeds (optional)
- ¼ cup fresh blueberries
- ¼ cup dried cranberries (optional)
- ½ cup Hashi-Mayo ([page 145](#)), or store bought paleo version (like [Primal Kitchen](#))
- 1 teaspoon maple syrup
- Sea salt to taste

### DIRECTIONS

1. Add all ingredients into a salad bowl.
2. Toss, mix and enjoy.



# COBB SALAD

**Prep Time: 15 Minutes**  
**Cook Time: 40 Minutes**  
**Serves: 4**

If you are a fan of cobb or layered salads, this could be something you'll fall in love with! Cobb salads are a great way to fill up on protein, and the ingredients keep well in the fridge once cooked. Just take out a few unfriendly ingredients from the original version and add some avocado, and you've got a much healthier option that's also detox-friendly.

## INGREDIENTS

- 1 pound chicken breast
- 4 eggs
- 8 slices nitrate & additive-free bacon
- 4 green onions
- 2 medium tomatoes
- 1 cup spring mix salad
- Sea salt and pepper (if tolerated), to taste
- Herbed Dressing ([page 146](#))
- 1 avocado, peeled, pitted, and chopped

## DIRECTIONS

1. Preheat the oven to 375° F.
2. Sprinkle chicken breast with salt and pepper, place on a baking tray, and cook in the oven for 35-40 minutes, or until internal temperature reaches 165° F. Set aside when cooked.
3. Place eggs in an empty pot, cover with water, and bring to a boil over high heat. Set a timer for 8 minutes once the water starts to boil.
4. Create an ice bath in a large bowl and set aside.
5. Once the timer goes off, immediately remove eggs, and place in the ice bath.
6. In a medium skillet, add the bacon, and cook until crisp, about 12 minutes. Set aside on a plate lined with a paper towel.
7. Next, prepare your veggies. Chop the green onion into small pieces, and chop the tomatoes into small chunks.
8. Chop the chicken into 1-inch pieces.
9. Assemble the salad – layer the mixed greens first, then the onion and tomatoes.
10. Add the dressing and mix until combined.
11. Top with chicken and bacon.
12. Slice the avocado and add to the salad.

# COLESLAW

**Prep Time: 10 Minutes**  
**Cook Time: N/A**  
**Serves: 4-6**

Here's a simple, cleansing take on coleslaw to help with digestion and detoxification. I love keeping cabbage around, as it's inexpensive and easy to eat raw or cooked. Cabbage is an amazing detox veggie, as it's packed with fiber, and helps to clear your body of toxins and fluids. It's also a great source of vitamin K, which the liver uses to create a substance (prothrombin) that helps with blood clotting.

## INGREDIENTS

- 1 lb green or purple cabbage, diced
- 2 celery stalks, diced
- 2 large carrots, peeled and diced
- 1 large yellow pepper, diced
- 1 large onion, diced
- Honey Lemon Mustard Dressing ([page 147](#))

## DIRECTIONS

1. In a large bowl, add the cabbage through onion, and set aside.
2. Pour the Honey Lemon Mustard dressing into the large bowl of vegetables and mix well.

# COWBOY CAVIAR

**Prep Time: 20 Minutes**  
**Cook Time: N/A**  
**Serves: 6**

I modified the classic take on Southwest Cowboy Caviar for my sweet hubby, Michael, who grew up in Texas. Black beans are full of fiber and phytonutrients, which are excellent for detoxing – and when paired with the tomato and spices, they create an irresistible combination! This versatile dish can serve as a main meal, but works great as a side for pork-based dishes too. I like cooking the beans in a pressure cooker.

## INGREDIENTS

- 2 cups cooked black beans
- 1 cup tomato, chopped
- ½ cup fresh cilantro, chopped
- ¼ cup green pepper, chopped
- ¼ red onion, chopped
- ½ teaspoon sea salt
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- Juice of 1 lime
- 2 tablespoons olive oil
- 2 tablespoons apple cider vinegar

## DIRECTIONS

1. Place all ingredients in a large bowl and mix.



# CUCUMBER SALAD (MIZERIA)

**Prep Time:** 15 Minutes  
**Cook Time:** N/A  
**Serves:** 2

Mizeria is a refreshing cucumber salad from my homeland, Poland, that makes a fabulous side dish. Mizeria is often paired with hot dishes, such as Kotlety (traditional meat patties) and roasts. I love this dish because it's so simple and fresh. You can also make it your own by adding other ingredients, such as onions, peppers, lemon juice, dill, chives, mint, and/or parsley.

## INGREDIENTS

- 4 medium cucumbers, peeled and thinly sliced (about 1½ cups)
- 1 tablespoon dill, finely chopped
- ½ cup coconut milk or ½ cup plain coconut yogurt
- 1 tablespoon apple cider vinegar or freshly squeezed lemon juice
- Sea salt and pepper (if tolerated), to taste

## DIRECTIONS

1. Mix all ingredients together in a large bowl.
2. Refrigerate until ready to use.
3. Serve with hot meals.



## DIGESTIVE APPLE CARROT SALAD

**Prep Time:** 15 Minutes  
**Cook Time:** N/A  
**Serves:** 2

This dish is a traditional Polish “surowka” (raw salad) that works as a wonderful digestive aid when eaten alone or with other dishes. The carotenoids in the carrots help to promote bile flow and eliminate waste, which makes them an excellent detox food. Plus with the high vitamin C content in the lemons, carrots, and apples, you’ll definitely boost your digestive juices when you eat this!

### INGREDIENTS

- 2 medium green apples, peeled and coarsely chopped (about 2 cups)
- 1 cup baby carrots
- Juice of ½ lemon

### DIRECTIONS

1. Place apples and carrots in a food processor. Process on high for 1 to 2 minutes until the apples and carrots are finely chopped. You may also use a box grater to shred the carrots and apples if you prefer.
2. Drizzle with lemon juice.



## DIGESTIVE SLAW

**Prep Time: 15 Minutes**  
**Cook Time: N/A**  
**Serves: 4**

If you want something a little different than traditional coleslaw, consider this beautifully tart and sweet dish. Apple cider vinegar is cleansing and energizing, and this plus the fiber in the other ingredients are all great for digestion. I suggest using a shredder (a variety of shredders and slicers are available on the market), or use a food processor for the cabbage and a box grater for carrots.

### INGREDIENTS

- 4 cups cabbage, shredded
- 2 cups carrots, shredded
- 2 tablespoons apple cider vinegar
- 2 tablespoons of maple syrup
- 2 tablespoons of olive oil
- Sea salt and pepper (if tolerated), to taste

### DIRECTIONS

1. Toss all ingredients and serve.



# EVERYDAY SALAD

Prep Time: 10 Minutes  
Cook Time: N/A  
Serves: 4-6

Sometimes we just want something light and simple to eat with a home cooked meal! As its name suggests, this salad works with just about anything. The simple, cleansing ingredients are easy on the digestive system, and the egg packs a little protein punch to keep you full.

## INGREDIENTS

- 2 eggs, boiled, peeled and sliced
- 1 small cucumber, chopped
- 1 large tomato, chopped
- ¼ cup olives, pitted and chopped
- ¼ cup shaved carrots
- 1 cup baby lettuce greens
- ½ cup broccoli, cooked
- Goddess of Detox Dressing ([page 145](#))

## DIRECTIONS

1. Combine all ingredients in a large bowl and serve.



## FERMENTED CABBAGE SALAD

**Prep Time:** 5 Minutes  
**Cook Time:** N/A  
**Serves:** 2

Fermenting veggies increases their nutrient content and creates beneficial bacteria that can help with digestion and repopulating the gut. I recommend eating fermented foods as often as possible for optimal health. This simple recipe is made with cabbage, but you can use almost any vegetable — try carrots, broccoli, chard, beets, spinach, kale, or cucumber to create gut-healing foods you will love!

### INGREDIENTS

- 1 cup fermented cabbage from fridge section
- 1 peeled, finely diced green apple

### DIRECTIONS

1. Mix together and enjoy!



## HEIRLOOM TOMATO AND BEET SALAD

**Prep Time: 15 Minutes**  
**Cook Time: 40-60 Minutes**  
**Serves: 2**

Beets are a rich source of betaine, an amino-acid derivative that helps with inflammation and offers a range of other health benefits. In terms of digestion, it can help with low stomach acid, as well as diarrhea and constipation. It is also known to protect and support the liver. Between its health benefits and flavor, you really can't go wrong with this salad! I find that roasting beets gives them a rich and delightful sweetness that contrasts well with the mildly smoky flavor of antioxidant-rich heirloom tomatoes.

### INGREDIENTS

- 2 tablespoons olive oil, divided
- 2 large beets (1 golden, 1 Chioggia, or any combo you like)
- 2 large ripe heirloom tomatoes, chopped
- 1 large clove garlic, minced superfine
- 3 tablespoons balsamic vinegar
- Sea salad and pepper (if tolerated), to taste

### DIRECTIONS

1. Preheat the oven to 375° F.
2. Rub 1 tablespoon of olive oil over the whole beets and roast in the oven for 40 minutes to 1 hour, until just tender when pierced; set aside to cool for 10 minutes.
3. Toss the tomatoes with the basil, remaining 1 tablespoon of olive oil, garlic, and balsamic vinegar in a salad bowl.
4. Peel and chop cooked beets and add to salad bowl, tossing to coat with dressing.



# JAR SALADS

Prep Time: 10-15 Minutes  
Cook Time: N/A  
Serves: 1

When my life was nothing but working 12-hour days and I had no time to make healthy foods, these convenient nutrient-dense powerhouses were a lifesaver! Making a few jar salads at the start of a busy work-week can make everything so much easier (they'll keep well in the fridge for about 5 days). Take a look at the options below and create a custom combo that you'll love!

## INGREDIENTS

- 2 tablespoons of salad dressing of choice (options start on [page 141](#))
- 1 cup firm vegetables of choice, chopped
- ½ cup whole small veggies and/or fruit of choice
- ¼ cup carb source, if using
- 1 tablespoon nuts or seeds
- 1 cup greens and herbs

## DIRECTIONS

1. Put the dressing in the bottom of a quart size Mason jar.
2. Add chopped firm veggies and pack them at the bottom.
3. Next, add whole small veggies and/or fruit.
4. Next, put in a carb source, if using.
5. The next layer should consist of nuts or seeds.
6. Top the jar with lettuce, greens, and herbs.
7. Put the lid on and place in the fridge.
8. On the day you are going to eat the salad, open the lid and place any additional ingredients on top, or pack in a separate container.

## DAY OF USE ADDITIONS (OPTIONAL)

- ¼ cup fresh vegetables of choice
- 3 ounces cooked protein of choice
- ¼ cup chopped fruit of choice

## JAR SALAD OPTIONS

- **Salad Dressing:** Everyday Dressing ([page 143](#)), Goddess of Detox Dressing ([page 145](#)), or simply 1 tablespoon olive oil and 1 tablespoon lemon juice
- **Chopped Firm Vegetables:** cucumbers, carrots, peppers, radishes, broccoli, onions, or any combination
- **Whole Small Vegetables or Fruits:** olives, cherry tomatoes, blueberries, grapes
- **Carb Source (if using):** non-GMO beans, corn, quinoa, rice
- **Nuts or Seeds:** almonds, pumpkin seeds, sunflower seeds, flax seeds, chia seeds, walnuts, pecans
- **Chopped Greens:** lettuce, spinach, kale, chard, arugula, herbs
- **Day of Use Additions:** Fresh fruit and vegetables: cooked beets, chopped tomatoes, avocados, diced apples, mangos, pears, peaches; Protein: tuna, salmon, hard boiled eggs, chicken, turkey, bacon, or steak



## KATY'S GREEK SALAD

**Prep Time:** 12 Minutes  
**Cook Time:** N/A  
**Serves:** 2-4

This recipe is a great crowd pleaser for parties! I got it from my sister-in-law, Katy, and made it Hashimoto's-friendly by removing the feta cheese. One summer, my mom and I made this almost every day with heirloom tomatoes from her garden. I suggest including cilantro and parsley to boost its detoxification power. If you're in need of protein, you can always add some nuts, chicken, or salmon!

### INGREDIENTS

- 1 cup kalamata olives
- 1 large cucumber
- 1 avocado
- 2 tomatoes
- 1 green bell pepper
- ½ red onion
- Everyday Dressing ([page 143](#))

### DIRECTIONS

1. Dice the cucumber, avocado, tomatoes, green pepper and red onion. Mix together.
2. In a small dish, mix the lemon juice with extra virgin olive oil and basil to use as a dressing.



## MANGO-LIME CHICKEN SALAD

Prep Time: 12 Minutes  
Cook Time: N/A  
Serves: 2-4

Here's an energizing salad recipe that's packed with nutritional goodness. Mango is rich in antioxidants and is a good way to get your vitamin C, copper, and folate. It's also a great source of dietary fiber and digestive enzymes. Cilantro is great for detoxification, and the ginger-lime dressing gives it a wonderful tangy kick!

### INGREDIENTS

- 1½ cups mango, chopped
- ½ cup fresh cilantro, chopped
- 2 cups cooked chicken, cubed
- ¼ cup red onion, sliced
- 2 cups kale, chopped
- Ginger Lime Dressing ([page 144](#))

### DIRECTIONS

1. In a large bowl, combine the first 5 ingredients (mango through kale).
2. Pour the dressing over the salad. Toss and serve.



# MICROGREENS SALAD

**Prep Time: 15 Minutes**  
**Cook Time: 10 Minutes**  
**Serves: 2**

Microgreens, which are seedlings of vegetables and herbs, are an excellent superfood. They have a higher density of nutrients than their “adult” counterparts, they’re packed with antioxidants, and are excellent for detoxification. I love the nutty flavor of sunflower microgreens, but you can buy or grow almost any type of herb or green vegetable, so feel free to experiment!

## INGREDIENTS

- ½ cup balsamic vinegar
- ¼ cup honey or maple syrup
- 4 cups romaine lettuce, chopped
- 1 cup microgreens of your choice
- 1 cup cherry tomatoes, chopped
- 1 handful of basil, sliced thin
- 2 tablespoons lemon juice, freshly squeezed
- 2 tablespoons extra virgin olive oil
- 3 tablespoons store bought Everything Bagel Seasoning mix or Everything Seasoning ([page 143](#))
- Sea salt and pepper (if tolerated), to taste

## DIRECTIONS

1. To a small saucepan, add balsamic vinegar and honey (or maple syrup), turn the heat to medium, and bring to a simmer.
2. Once bubbling, reduce heat to medium-low and simmer until the mixture is reduced by half, about 10 minutes. Remove from heat and set aside to cool.
3. In a large bowl, add the next 4 ingredients (romaine lettuce through basil).
4. In a separate bowl, combine the lemon juice and extra virgin olive oil. Toss into the salad and add Everything Seasoning, salt and pepper. Mix well.



## POLYPHENOL SALAD

Prep Time: 10 Minutes  
Cook Time: N/A  
Serves: 2

Research shows that polyphenols, compounds found in high quantities in foods like berries and nuts, may help fight diseases, combat aging, support brain health, and more. They're great for immunity and digestion. I love this sweet-savory combination, and this light salad is a great option for summer BBQs!

### INGREDIENTS

- 2 cups of broccoli, chopped, not frozen
- 1 orange, peeled and diced
- 1 yellow bell pepper, diced, seeds removed
- ½ cup of walnuts
- ½ cup of blueberries
- ¼ cup of dried cranberries
- ¼ cup of broccoli sprouts, chopped
- ¼ cup of dill, chopped
- Juice of one lemon
- ¼ cup of extra virgin olive oil

### DIRECTIONS

1. Mix together and enjoy!



# PROBIOTIC SALAD

**Prep Time: 10 Minutes**  
**Cook Time: N/A**  
**Serves: 2**

Probiotics from fermented foods are important for gut health. Sauerkraut and coconut milk are two probiotic-rich foods I recommend often for thyroid-friendly diets. Why not combine them all into this incredible salad? For an added superfood kick, I recommend using live sauerkraut filled with probiotics. You can make your own or buy it at specialty stores.

## INGREDIENTS

- 3-4 medium-sized tomatoes
- 1 avocado, peeled and pitted
- 2 hard boiled eggs, peeled
- 1 tablespoon coconut yogurt
- ½ teaspoon of sea salt
- ¾ cup sauerkraut

## DIRECTIONS

1. Dice the tomatoes, and chop the avocado and hard boiled eggs. Combine them in a large bowl.
2. Add the coconut yogurt and the sauerkraut. Toss and serve.



# QUINOA CHICKPEA SUMMER SALAD

Prep Time: 10 Minutes  
Cook Time: 20-30 Minutes  
Serves: 4

I love the rich texture and flavor of chickpeas and quinoa combined! Both are great plant-based protein options that are packed with fiber and important nutrients. I find that quinoa is a great make-ahead salad or main dish base, as it keeps well in the fridge for a few days.

## INGREDIENTS

- 1 cup quinoa, rinsed well
- 2 cups water
- 1 cup cucumber, cut into thin slices
- 1 can chickpeas
- 1 cup cherry tomatoes, cut in half
- ½ cup organic corn
- Lemon and Herb dressing ([page 148](#))

## DIRECTIONS

1. Cook 1 cup of quinoa per package instructions.
2. Add the quinoa into a bowl, fluff with a fork and allow it to cool.
3. Add the cucumbers, chickpeas, cherry tomatoes and corn to the bowl of quinoa and mix. Toss dressing over the salad.



# QUINOA TABOULI

**Prep Time: 20 Minutes**  
**Cook Time: 80 Minutes**  
**Serves: 4-6**

Tabouli (tabbouleh) is a traditional Middle Eastern dish that's not only nutritious but bursting with fresh flavors. Using quinoa instead of bulgar adds important nutrients like folate, zinc, and magnesium. It's also a good source of vitamin B1, which is essential for a well-functioning liver. This is a fantastic make-ahead, vegan-friendly dish to bring to your next barbecue or potluck!

## INGREDIENTS

- 1 cup quinoa, rinsed well
- 2 cups mixed flat-leaf parsley and fresh mint, minced (use the ratio that you prefer)
- ¼ cup red onion, minced
- 2 spring onions, green parts only, chopped small
- 1 cup cherry tomatoes, sliced in halves or quarters
- 2 small cucumbers, chopped small
- Juice from ½ - 1 lemon
- ⅓ cup extra virgin olive oil
- Sea salt and pepper (if tolerated), to taste

## DIRECTIONS

1. Cook 1 cup of quinoa per package instructions.
2. Place the quinoa into a bowl, fluff with a fork and allow to cool.
3. Add the next 5 ingredients (parsley/mint through cucumbers) to the bowl of fluffed quinoa.
4. Add the remaining ingredients and gently toss together.
5. Chill overnight.
6. Serve at room temperature or refrigerate, and serve cold.



## RED, WHITE & GREEN SALAD

Prep Time: 10 Minutes  
Cook Time: N/A  
Serves: 2

This simple little salad is a quick go-to side if you're looking for something tasty to pair with fish or chicken. Broccoli sprouts are full of antioxidants and vitamins. They also contain glucoraphanin, which helps our bodies create sulforaphane, an important phytonutrient for detoxification.

### INGREDIENTS

- ½ cup cherry tomatoes, cut in half
- ½ red pepper
- ¼ red onion, finely chopped
- 1 medium sized cucumber, peeled and diced
- 2 cups of raw, chopped cauliflower
- 1 large bunch of parsley, finely chopped
- ¼ cup broccoli sprouts, chopped
- Juice of one lemon
- 2 tablespoons of extra virgin olive oil
- Sea salt and pepper (if tolerated), to taste

### DIRECTIONS

1. In a large bowl, add the cherry tomatoes through broccoli sprouts.
2. Mix the lemon juice and olive oil together and add to the bowl of veggies.
3. Season to taste with salt and pepper.
4. Enjoy fresh or chilled.

# ROASTED BRUSSELS SPROUTS SALAD WITH MAPLE SYRUP BALSAMIC DRESSING

Prep Time: 15 Minutes  
Cook Time: 30 Minutes  
Serves: 4

Brussels sprouts aren't everybody's favorite, but roasting them and adding a wonderful dressing can bring out some incredible flavors (trust me... just try it :-)). As crucifers, Brussels sprouts are excellent for detoxification and liver support.

## INGREDIENTS

- ½ lb Brussels sprouts, halved
- 2 sweet potatoes, chopped
- 1 small onion, thinly sliced
- ½ teaspoons garlic powder
- ½ teaspoons onion powder
- Sea salt and pepper (if tolerated), to taste
- ¼ cup olive oil
- ¼ teaspoon black pepper
- ⅓ cup dried cranberries
- ¼ cup chopped walnuts
- Maple Syrup Balsamic Dressing ([page 149](#))

## DIRECTIONS

1. Preheat the oven to 425°F.
2. In a large bowl, add the Brussels sprouts through olive oil, and toss to coat.
3. Arrange the Brussels sprouts mixture on a lined baking sheet, and bake in the oven for 15 minutes. Toss the veggies, and bake for another 10-15 minutes, until tender.
4. When the veggies are done, remove from the oven and sprinkle with dried cranberries, and chopped walnuts. Drizzle with the Maple Syrup Balsamic dressing and enjoy!



# ROASTED CAULIFLOWER AND CHICKEN SALAD

Prep Time: 35 Minutes  
Cook Time: 40 Minutes  
Serves: 4

This is one of my favorite “meal” salads for lunch or dinner. I recommend having plenty of cauliflower around because it’s not only a great detox food, but it tends to be affordable, keeps well in the fridge, and is super versatile. Greens are an excellent source of chlorophyll, which can bind with toxins and help to flush them out.

## INGREDIENTS

- 4 chicken breasts, about 4 ounces each
- 1 lemon, juiced
- 1 teaspoon dried oregano
- 2 tablespoon olive oil
- 1 large head of cauliflower, cored, leaves removed, and cut into florets
- 1 can organic chickpeas, drained and rinsed
- ¼ cup olive oil
- 1 teaspoon paprika (if tolerated)
- 2 cloves garlic, minced
- Sea salt and pepper (if tolerated), to taste
- 4 cups baby greens of your choice
- ½ a large cucumber, sliced
- 2 tablespoons chives, chopped
- 2 tablespoons fresh parsley, minced
- 2 tablespoons fresh basil, sliced thin
- 1 red onion, sliced
- 1 avocado, sliced
- Honey Mustard Dressing ([page 148](#))

## DIRECTIONS

1. Preheat oven to 425° F.
2. In a BPA-free bag, add the chicken breast.
3. Mix the lemon juice, dried oregano and olive oil in a small bowl, then add to the bag of chicken. Set aside and let the chicken marinate for 20 minutes.
4. On a large rimmed baking sheet, combine the cauliflower through sea salt and pepper. Toss well to evenly coat. Transfer to the oven and roast for 20 minutes, or until tender and browned slightly. The chickpeas will be crunchy, but still slightly soft in the middle.
5. In a large salad bowl, combine the baby greens through red onion. Set aside.
6. Heat a grill to medium-high. Remove the chicken from the bag, and grill until cooked, about 10 minutes per side, or until the internal temperature reaches 165°F. Remove from heat and set aside.
7. Toss the roasted cauliflower and chickpeas in with the mixed salad. Add the Honey Mustard Dressing and toss to incorporate.
8. Slice the avocado and chicken breast, and place on top of the salad. Enjoy!



## SAM SALAD (SALMON, AVOCADO, MANGO)

Prep Time: 7 Minutes  
Cook Time: N/A  
Serves: 2-4

I once had a version of this superfood salad at a café in Switzerland, and I couldn't believe how tasty and filling it was! The healthy fats in avocado and salmon will help keep you full and balance blood sugar levels, while the burst of B6 in the mango supports the liver. I added my own twist with my favorite Goddess of Detox Dressing (page 145).

### INGREDIENTS

- 8 to 16 ounces cooked salmon, chopped
- 1 ripe mango, peeled, pitted and chopped
- 1 avocado, peeled, pitted and chopped
- $\frac{1}{4}$  cup  $\frac{1}{2}$  cup Hashi-Mayo (page 145), or a store-bought Paleo version like the one from [Primal Kitchen](#))

### DIRECTIONS

1. Add the salmon, mango and avocado into a bowl.  
Toss with mayo and serve.

# SEVEN LAYER RUSSIAN SHUBA SALAD

Prep Time: 20 Minutes  
Cook Time: 80 Minutes  
Serves: 4-6

Shuba is a classic Russian salad traditionally made with pickled herring and root veggies. The rich, hearty, and colorful dish is full of flavor and nutrients, and should keep well in the fridge for about a week. It does take a bit of time to prepare and chill, as the shuba needs several hours of rest to let the layers absorb the mayo — but trust me, it's well worth the effort!

## INGREDIENTS

- 2 medium beets, green leafy top removed and cut into quarters
- 2 medium gold potatoes (russet potatoes can also be used)
- 3 medium carrots
- 6 large eggs
- 12 to 16 oz of canned salmon
- ½ yellow onion
- ¾ cup Hashi-Mayo ([page 145](#)), or a store-bought Paleo version like the one from [Primal Kitchen](#))

## DIRECTIONS

1. Fill a large pot with water and bring to a boil. Add the beets, potatoes and carrots, reduce the heat to medium-low, and cook for 30-45 minutes, until the vegetables are tender.
2. Meanwhile, fill a second small pot with water, add the eggs, and bring the water to a boil, then reduce the heat to medium-low. Cook for 15 minutes. Remove the eggs, potatoes, carrots and beets from both pots, with tongs. Set them all aside in a bowl and let them come to room temperature before handling.
3. Remove the salmon from the can and flake it into a large salad bowl.
4. Chop half of the white onion and add it to the bowl, on top of the salmon.
5. Once cooled, peel the beets, potatoes, carrots, and eggs. Separate the egg whites from the egg yolks.
6. Grate beets and potatoes using the large side of a box grater. Use the fine side of the box grater to grate the carrots, egg yolks, and egg.
7. To start the layering process, using a spoon, add grated potatoes onto a large shallow serving dish. Spread into an even layer all across the dish.
8. Next, add the salmon and onions over the potatoes. Spread into an even layer all the way across the potato layer.
9. Spread 3 tablespoons of mayo over top of the salmon and onions.
10. Next, add the grated carrots, and 3 tablespoons of mayo.
11. Repeat with grated egg yolks and 3 more tablespoons of mayo.
12. Repeat with grated egg whites and 3 more tablespoons of mayo.
13. Lastly, repeat with grated beets and 3 more tablespoons of mayo.
14. Place into the refrigerator and let rest overnight, or at least 6 hours, before serving.



# SPINACH & STRAWBERRY SALAD

**Prep Time: 10 Minutes**  
**Cook Time: N/A**  
**Serves: 2-4**

Have you tried spinach and strawberries together? I personally love this combination, and find the addition of iron-rich pumpkin seeds really rounds out the flavor!

## INGREDIENTS

- 1 cup of fresh strawberries, diced
- 1 cup of cucumbers, peeled and diced
- 1 avocado, pitted, peeled and diced
- 3 cups of baby spinach, chopped
- ¼ cup of pumpkin seeds
- 1 tablespoon of balsamic vinegar

## DIRECTIONS

1. Add all ingredients into a salad bowl, toss, and enjoy.



## SUMMER WATERMELON SALAD

Prep Time: 10 Minutes  
Cook Time: N/A  
Serves: 2-4

Who doesn't love watermelon in the summer? They're not only a tasty sweet treat, they're also great for hydration (the more water the better when you're detoxing), and a good source of vitamins A and C.

### INGREDIENTS

- 1 cup of cubed watermelon
- 1 cup of peeled, diced cucumbers
- 1 avocado, diced
- ½ cup of green olives
- ¼ cup of sunflower seeds
- 1 tablespoon of balsamic vinegar
- Sea salt to taste

### DIRECTIONS

1. Add all ingredients into a salad bowl, toss, and enjoy.

# SWEET POTATO & ARUGULA SALAD

Prep Time: 10 Minutes  
Cook Time: 40 Minutes  
Serves: 4-6

Here we have the wonderful, filling, and slightly sweet taste of potato salad, plus smokey bacon and peppery arugula... I really enjoy the way these flavors meld together! As a bitter, arugula is excellent for digestion and overall cleansing

## INGREDIENTS

- 2 sweet potatoes, diced
- 1 cup cooked chickpeas
- 2 tablespoons olive oil
- 2 tablespoons smoked paprika (if tolerated)
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- 1 teaspoon cumin
- Sea salt and pepper (if tolerated), to taste
- 6 slices nitrate & additive-free bacon, chopped
- 6 cups arugula
- 1 small cucumber, chopped
- 1 avocado, peeled, pitted and sliced
- Honey Mustard Dressing ([page 148](#))

## DIRECTIONS

1. Preheat the oven to 425° F.
2. Toss the sweet potatoes and chickpeas with olive oil and spread on a baking sheet. Bake for 40 minutes, tossing the sweet potatoes and chickpeas at the 20 minute mark.
3. While the sweet potato mixture is roasting, cook bacon in a skillet until crisp, about 12 minutes. Remove and set aside on a paper towel-lined plate.
4. In a large bowl, combine the arugula and cucumbers.
5. Once cooked, combine the roasted sweet potatoes and chickpeas with the arugula and cucumbers. Add the Honey Mustard Dressing and toss to combine. Top the salad with bacon and sliced avocado.



## THAI BROCCOLI SALAD

Prep Time: 10 Minutes  
Cook Time: N/A  
Serves: 4

I recommend recipes like this that contain a lot of crucifers and fresh herbs like cilantro! Broccoli contains special enzymes which do extra work when it comes to detoxification. Meanwhile, the cilantro in here can help to rid toxins like heavy metals from the body. Once you try this, you aren't likely to miss your take-out Thai food!

### INGREDIENTS

- 1 cup cooked chickpeas
- 1 large broccoli crown, chopped into bite-sized pieces
- 1 small red cabbage, cored and sliced thin
- 2 large carrots, peeled and grated
- 1 red bell pepper, diced
- 2 green onions, green parts only, sliced on the diagonal
- ½ cup broccoli sprouts
- ½ cup cilantro, chopped fine
- Sesame Almond Dressing ([page 150](#))
- ½ cup unroasted cashew halves, chopped small
- 1 lime, sliced into quarters

### DIRECTIONS

1. In a large bowl, add the chickpeas through cilantro, and set aside.
2. Drizzle the Sesame Almond dressing over the salad and toss well to combine.
3. Squeeze the lime over the salad, and then garnish with chopped cashews.
4. Serve immediately.

# THAI CHICKEN SALAD

**Prep Time: 10 Minutes**  
**Cook Time: 16 Minutes**  
**Serves: 2-4**

I love the unique, fresh flavors in this dish! The fresh ginger and lime juice are wonderful for detoxification, and the protein will keep you full. To make it even faster, you can opt for a rotisserie chicken.

## INGREDIENTS

- 1 tablespoon olive oil
- 2 chicken breasts, pounded/flattened until even thickness (or you can use shredded chicken from rotisserie chicken)
- Sea salt and pepper (if tolerated), to taste
- 2-4 large leaves of romaine lettuce
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- ½ a red onion, sliced
- 2 tablespoons green onions, chopped
- Thai Dressing ([page 150](#))

## DIRECTIONS

1. Heat the olive oil in a medium skillet over medium-high heat. Season the flattened chicken breasts with salt and pepper, and sauté in the olive oil until cooked through, about 6-8 minutes per side.
2. Allow the chicken to cool slightly, slice into bite-sized pieces, and set aside.
3. To assemble your salad, take one large leaf of romaine lettuce and top with cooked chicken, sliced red pepper, sliced yellow pepper, and red onions. Drizzle with Thai dressing and garnish with chopped green onions and sesame seeds.



# TUNA SALAD

Prep Time: 10 Minutes  
Cook Time: N/A  
Serves: 1

Tuna salad is such a simple way to get the benefits of fish without too much muss and fuss. I like to use tuna in olive oil for some extra healthy fat and flavor. Keep this in the fridge for a weekday snack on an avocado, cucumber rounds, or on top of a bed of greens!

## INGREDIENTS

- ¼ cup Hashi-Mayo ([page 145](#)), or a store-bought Paleo version like the one from [Primal Kitchen](#)
- 5 ounces of olive oil packed tuna, drained
- 1 tablespoon green onion, chopped
- 1 stalk of celery, finely chopped
- ¼ cup chopped parsley

## DIRECTIONS

1. Combine the mayo, along with the remaining ingredients, in a bowl. Serve immediately.



## TURKEY & WALNUT SALAD

Prep Time: 10 Minutes  
Cook Time: 40 Minutes  
Serves: 4

Another fun take on chicken salad is turkey and walnut salad. This salad blends turkey breast with wonderful walnuts and tart blueberries. Top it with the vinaigrette for a gut-friendly super salad for any season!

### INGREDIENTS

- 1 tablespoon olive oil
- (1) 1-pound turkey breast, cubed
- Sea salt and pepper (if tolerated), to taste
- 4 cups butter lettuce
- $\frac{1}{2}$  cup shredded carrot
- 1 cup blueberries
- $\frac{1}{2}$  cup walnuts
- Apple Cider & Honey Vinaigrette ([page 141](#))

### DIRECTIONS

1. In a large skillet over medium heat, heat the oil. To the oil, add the turkey, salt and pepper. Cook for 10 minutes, until turkey is cooked through. Remove the turkey and let it cool.
2. In a large bowl, add the turkey with the next 4 ingredients (butter lettuce through walnuts).
3. Add the vinaigrette to the turkey mixture and toss to combine.



# TURKISH SALAD

**Prep Time:** 15 Minutes  
**Cook Time:** N/A  
**Serves:** 2-4

This dish is reminiscent of tabouli but is a grain-free version. Packed with summer-fresh herbs like cilantro, parsley, and mint, you'll find this ultra refreshing and cleansing. And it will be extra packed with flavor and nutrients if you are lucky enough to have these herbs at-the-ready in your garden!

## INGREDIENTS

- ½ cup olive oil
- ½ lemon, juiced
- 1 large cucumber
- 1-2 cups of cherry tomatoes, halved
- 1 yellow pepper, diced
- 2 cups mint, chopped
- 2 cups cilantro, chopped
- 2 cups parsley, chopped
- 1 small red onion, chopped
- ½ cup sliced olives
- 2 cups arugula

## DIRECTIONS

1. In a small bowl, mix the olive oil and lemon juice. Set aside.
2. Toss remaining ingredients in a large salad bowl.
3. Toss in the dressing and mix well, or serve it on the side.



## TURKEY TACO SALAD

**Prep Time: 15 Minutes**  
**Cook Time: 15 Minutes**  
**Serves: 2-4**

Taco Tuesdays? Yes please... and why not try turkey instead of beef? I find turkey a leaner, lighter option than ground beef, but it's still an excellent source of B12, niacin, and zinc. If you are used to beef, turkey can seem a bit bland at first, but when you use the right spices and add a splash of dressing, it's a fantastic alternative.

### INGREDIENTS

- 1 tablespoon coconut oil
- Sea salt and pepper (if tolerated), to taste
- 1 pound ground turkey
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 large sweet potato, diced
- 4 cups romaine lettuce, chopped
- 1 large tomato, diced
- 1 large avocado, peeled and sliced
- $\frac{1}{3}$  cup bell pepper, chopped
- $\frac{1}{4}$  cup black olives, sliced
- Honey Cumin Dressing ([page 146](#))

### DIRECTIONS

1. In a large skillet over medium heat, heat the coconut oil. To the oil, add the turkey, salt and pepper. Cook for 5 minutes, until brown.
2. To the turkey mixture, add the onion, garlic and sweet potato, and cook for 10 minutes, until vegetables are tender and turkey is cooked through.
3. Allow the turkey mixture to cool.
4. In a large bowl, add the cooled turkey mixture and the next 5 ingredients (lettuce through olives).
5. Pour the Honey Cumin dressing over the salad. Toss and serve.



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# SOUPS & STEWS



# BARSZCZ (POLISH BEET SOUP)

**Prep Time: 10 Minutes**  
**Cook Time: 40 Minutes**  
**Serves: 8**

Barszcz is a traditional Polish soup made from beets. Beets are a rich source of betaine, a compound that supports detoxification, methylation, and digestion. This recipe has been adapted from my mama's world-famous Barszcz recipe. She prepares the traditional soup by peeling and chopping all of the root vegetables, but I lightly chop the onion, throw the root veggies in whole, and purée the soup in a high-powered blender. The puréed version is less time consuming and easier to digest, while the chopped version offers a variety of tastes and textures with each bite! Try it the traditional Polish way with a peeled boiled egg, or add a dollop of dairy-free sour cream! (Try the Coconut Sour Cream on page 142.)

## INGREDIENTS

- 6 cups bone broth ([page 68](#))
- 2 cups red beets, chopped
- 1 cup sweet potatoes, chopped
- 1 cup carrots, chopped
- 1 cup parsnips, chopped
- 1 medium onion, chopped
- 3 allspice berries (if tolerated)
- 2 bay leaves
- ½ teaspoon garlic powder
- 1 tablespoon lemon juice or apple cider vinegar
- Sea salt and pepper (if tolerated), to taste
- 1 tablespoon lemon juice or apple cider vinegar, to taste

## DIRECTIONS

1. Place the bone broth, beets, sweet potatoes, carrots, parsnips, onions, allspice, bay leaves, and garlic powder in a large stockpot and bring to a boil.
2. Reduce the heat to a simmer and add 1 tablespoon of lemon juice or apple cider vinegar. The lemon juice will bring out the beautiful red color of the beets.
3. Simmer for 40 minutes until all of the vegetables are cooked through.
4. Mash the veggies with a potato masher or put them in a high-powered blender to create a puréed soup. (When blending hot liquids, make sure the top of the blender is vented to let the steam escape).
5. Season with salt, pepper, and lemon juice or apple cider vinegar to taste.



# BIGOS (POLISH HUNTER'S STEW)

Prep Time: 15 Minutes  
Cook Time: 6-8 Hours  
Serves: 2-4

Bigos, also known as Hunter's Stew, is considered a Polish national dish. In Poland, every family has its own version of this recipe — some include wild meats like rabbit, others include plums — but it always consists of various meats, vegetables, and spices that are stewed with a key ingredient: cabbage. Cabbage is excellent for digestion and delivers exceptional detoxification benefits; plus, it tends to be affordable. Traditionally, Bigos is made on the stovetop, but I make mine in a slow cooker, and really enjoy how the flavors meld after a few days!

## INGREDIENTS

- 1 jar of sauerkraut, or one cabbage, shredded
- Shredded vegetables like celery, broccoli, carrot
- 2 chicken breasts, cubed
- 4 ounces of ground turkey or pork
- 1 tablespoon of dried basil
- 1 tablespoon paprika (if tolerated)
- 1 teaspoon sea salt
- 1 cup of water

## DIRECTIONS

1. Place all ingredients into a slow cooker, mix, and cook on high for 6-8 hours.



## YUMMY CHILI (with Vegetarian Option)

**Prep Time: 10 Minutes**  
**Cook Time: 45 Minutes**  
**Serves: 8**

Remember those cans of beans and tomatoes that have been sitting in the cupboard for a while? Here's a great way to use them up! You can use ground beef or turkey, diced chicken breasts, or even omit the meat altogether, depending on what you have on hand. The combination of protein- and fiber-loaded beans and lycopene-rich tomatoes creates the healthy foundation of this simple yet satisfying dish.

### INGREDIENTS

- 2 tablespoons avocado oil
- 1 large white onion, chopped
- 3 cloves of garlic, chopped
- 2 chopped yellow and/or red bell peppers
- 1 pound ground beef or turkey, or 2 chicken breasts, diced into small pieces (omit for vegetarian option)
- 2 tablespoons ground cumin
- 1 tablespoon chili powder
- (2) 15 ounce cans of cooked beans (kidney, black, northern white, or a mixture)
- (1) 28 ounce can of chopped tomatoes with liquid
- 1 tablespoon balsamic vinegar

### DIRECTIONS

1. In a large pot, heat oil and sauté the onions, garlic and peppers for 10 minutes over medium heat.
2. Add chicken or turkey and sauté for another 5 minutes (omit for vegetarian option).
3. Add cumin and chili powder, and cook for 5 more minutes.
4. Add beans, tomatoes and their liquid, and balsamic vinegar. Cover and cook for another 15 minutes.
5. Uncover and mix while cooking for another 10 minutes, making sure the mixture doesn't burn.



# CHICKEN STEW

**Prep Time: 8 Minutes**  
**Cook Time: 2 Hours**  
**Serves: 2-4**

This light but filling stew is super simple, and is a great option if you only have a few ingredients on hand and want to throw together something quickly for the next couple of days. Brussels sprouts are packed with plenty of detox power!

## INGREDIENTS

- 1 whole organic chicken, cut into pieces
- 2 cups of carrots
- 2 cups of Brussels sprouts
- 2 cups of water
- 1 tablespoon of coconut oil
- Sea salt to taste

## DIRECTIONS

1. Combine in a dutch oven and bake at 350° F for 2 hours.



# CHICKEN TORTILLA SOUP

**Prep Time: 10 Minutes**  
**Cook Time: 30 Minutes**  
**Serves: 8**

If you are a fan of Tex-Mex food, have I got a treat for you! Chicken tortilla soup is one of my hubby's favorites, and I highly recommend it if you're looking for a hearty and tasty soup. You get all the beautiful flavors melding together (especially after being in the fridge for a day or two), plus the ultra-detox benefits of ingredients like cumin, lime juice, and bone broth.

## INGREDIENTS

- 2 boneless, skinless chicken breasts
- 2 tablespoons avocado oil, divided
- 1 teaspoon garlic powder
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon lime juice
- 1 ½ teaspoons cumin
- (1) 28 oz can peeled, diced tomatoes
- 1 ½ cups bone broth ([page 68](#))
- 2 cups of water
- 2 cups canned organic, GMO-free corn (1 can)
- 1 bell pepper, seeded and chopped (any color)
- (1) 15 ounce can of black beans, drained
- ¼ cup fresh cilantro, chopped
- ½ cup gluten-free, organic tortilla chips, crushed
- 1 avocado, peeled, pitted and sliced
- 2 green onions, chopped

## DIRECTIONS

1. Cut the chicken into bite-sized pieces and season to taste with sea salt, pepper and garlic powder.
2. Heat the oil in a pan and add chicken. Sauté chicken until cooked, 3-4 minutes on each side.
3. Remove cooked chicken from the pan and shred in a food processor or with two forks. Set aside.
4. Heat the remaining avocado oil in a medium pot, add onions and garlic, and sauté until softened.
5. Add lime juice, cumin, tomatoes, bone broth, and water, and bring to a boil. Reduce heat, and simmer for 10 minutes.
6. Add corn, bell pepper, beans, cilantro and shredded chicken. Simmer for another 10 minutes.
7. Ladle soup into serving bowls and top with tortilla chips, avocado and chopped green onion.



# CREAM OF BROCCOLI SOUP

Prep Time: 5 Minutes  
Cook Time: 15 Minutes  
Serves: 4

This Cream of Broccoli Soup is a wonderful comfort food that supports your detoxification pathways! I recommend eating soups often on this meal plan, as they are quick to make, full of wonderful nutrients, and easy to digest. The broccoli provides plenty of fiber and B vitamins, and the coconut milk creates a delicious creamy base, full of beneficial fats.

## INGREDIENTS

- 2 tablespoons coconut oil or avocado oil, divided
- 1 leek, chopped
- 1 garlic clove, minced
- 1 stalk celery, chopped
- 3 cups bone broth ([page 68](#))
- 4 cups broccoli stalks and florets, chopped
- 2 cups canned full fat coconut milk
- Sea salt and pepper (if tolerated), to taste

## DIRECTIONS

1. Heat the coconut oil in a soup pot on medium heat. Add the leeks and cook until softened, about 6 minutes.
2. Add the garlic, and sauté until fragrant, about 1 minute.
3. Add the celery, broccoli, and bone broth and bring to a boil; reduce the heat to simmer for 5 minutes.
4. Add the coconut milk and simmer until heated through, about 3 minutes.
5. Remove from the heat and let cool slightly.
6. Purée the soup in batches in a high-speed blender until combined. (When blending hot liquids, make sure the top of the blender is vented to let the steam escape.)
7. Return to the pot, bring back to a simmer, and add salt and pepper to taste.
8. Serve warm.



# KALE & FENNEL BEEF STEW

Prep Time: 10 Minutes  
Cook Time: 2.75 Hours  
Serves: 8

I often suggest one-pot meals in large batches so that you have leftovers for a couple days. Slow cooking or cooking meals in a pressure cooker gives the added benefits of nutrients remaining completely contained in the stew itself, so every mouthful is full of flavor and packed with vital nourishment. In my world, this recipe is a crowd pleaser, and has even been approved by two of the toughest food critics I know – my dad and my toddler!

## INGREDIENTS

- 2 tablespoons avocado or coconut oil
- 2 pounds beef stew meat, cut into chunks
- Sea salt and pepper (if tolerated), to taste
- 1 large onion, diced
- 4 medium carrots, peeled and diced
- 2 celery stalks, diced
- 6 cloves garlic, minced
- 2 tablespoons fennel, chopped
- 3 tablespoons balsamic vinegar
- 6 cups bone broth ([page 68](#))
- 2 cups kale, chopped and destemmed

## DIRECTIONS

1. In a large cooking pot over medium heat, heat oil and add meat, stir to coat in oil, and sprinkle liberally with salt and pepper. Cook meat until browned on all sides, about 7 to 10 minutes. Remove meat from the pot and set aside.
2. In the same heated pot, add the next 4 ingredients (onions through garlic) and cook until soft and fragrant, about 5 minutes. Add fennel and cook for another 1 to 2 minutes. Return meat to the pot along with the broth and vinegar. Bring to a boil, lower temperature to low, then cover and cook for 2 hours and 15 min. Add kale and cook for 5 more minutes, or until they are wilted and softened.



# LAMB STEW

**Prep Time: 10 Minutes**

**Cook Time: 90 Mins - 10 Hours** (depending on cooking method)

**Serves: 8**

This lamb stew is perfect on a cold day — or on any day when you're in need of a boost of flavor. It's packed with important vitamins and nutrients, including zinc, selenium, and B vitamins. As an added bonus, the cinnamon aids in balancing blood sugar. Garnish liberally with cilantro and you've got one of the most filling and delicious detox meals!

## INGREDIENTS

- 2 pounds beef or lamb stew meat, cut into 1 inch cubes
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 clove garlic, minced
- 1 bay leaf
- 1 teaspoon paprika
- 1 onion, chopped
- 1 cup carrots, chopped
- 1 ½ cups bone broth ([page 68](#))
- 1 stalk celery, chopped
- 2 cups fresh baby spinach
- 1 cup cilantro, chopped, to garnish

## DIRECTIONS

### SLOW COOKER:

1. Add all ingredients, except for the baby spinach, into to a slow cooker.
2. Cook on low for 8-10 hours.
3. When done, stir in the spinach, and serve warm.

### ELECTRIC PRESSURE COOKER:

1. Add all ingredients, except for the baby spinach, to the electric pressure cooker.
2. Set to high pressure, and set cooking time to 45 minutes.
3. Let the pressure release naturally after 45 minutes.
4. Remove the lid, stir in the spinach, and serve warm.

### STOVE TOP:

1. Add all ingredients, except for the baby spinach, to a large pot, and bring to a boil.
2. Reduce heat to a simmer, and simmer for 4 hours, or until all vegetables and meat are tender.
3. Remove from heat, stir in the spinach, top with cilantro, and serve warm.



# ROASTED BEET, PEAR, & ONION SOUP

Prep Time: 15 Minutes  
Cook Time: 90-120 Minutes  
Serves: 2-4

What's this about putting pear in your soup? I know it may sound strange, but I love the way these flavors taste when blended together! This soup is a great way to incorporate beets into your next meal. Beets contain betaine, which is fantastic for digestion and liver health. I find this soup is great for using up beets, and you can keep a bit aside in the fridge for the next day's lunch or dinner.

## INGREDIENTS

- 6 large beets, tops and bottoms removed (keep skin on)
- 2 pears, tops removed (keep skin on)
- 1 large onion, peeled
- 4 cups bone broth ([page 68](#)), heated
- 1 cup full fat coconut milk, heated
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (if tolerated)
- Optional: grated ginger, turmeric, or other herbs and spices, to your liking

## DIRECTIONS

1. Preheat the oven to 400° F.
2. Individually wrap the beets, pears, and onion with tinfoil.
3. Bake for 90-120 minutes, checking halfway for doneness.
4. In a high-speed blender, combine the baked vegetables with the remaining ingredients, and blend until smooth.



# ROOT CAUSE DETOX SOUP

Prep Time: 15 Minutes  
Cook Time: 40 Minutes  
Serves: 2-4

I like to whip up this broth-based soup for my family when one of us is feeling a little under the weather and we need something tasty but gentle on digestion. Almost every ingredient here has amazing detox benefits, and the bone broth is incredible for gut health. This soup is great as a side to a main dish or as a snack, but it does not contain enough protein to be a complete meal. A great addition would be collagen protein - 1 scoop in a bowl of soup.

## INGREDIENTS

- 2 tablespoons coconut oil
- 4 garlic cloves, minced
- 1 inch knob ginger, grated
- 1 inch knob turmeric, grated
- 1 medium onion, peeled and diced small
- 2 small celery stalks, diced
- 2 small carrots, peeled and diced
- 1 small sweet potato, peeled and diced
- 1 cup cherry tomatoes, whole
- 1 medium zucchini, diced
- 1 cup parsley, chopped
- 2 cups cabbage, shredded
- 8 cups bone broth ([page 68](#))
- 2 cups mixed greens, chopped
- Sea salt and pepper (if tolerated), to taste

## DIRECTIONS

1. In a large soup pot, heat the oil on medium-high heat.
2. Add the garlic, ginger, turmeric, onion, celery, sweet potato and carrots. Cook, stirring constantly until onions are translucent, about 10 minutes.
3. Add the cherry tomatoes to the bone broth; simmer for about 30 minutes, until vegetables are tender.
4. Remove the soup from the stove, and add the mixed greens. Season generously with salt and pepper.



# BONE BROTH

**Prep Time: 15 Minutes**

**Cook Time: 90 Mins - 10 Hours** (depending on cooking method)

**Serves: 8**

Bone broth offers amazing healing properties for your gut and immune system, and people who consume bone broth regularly report benefits such as shinier hair, clearer skin, and less joint pain. Here I've included three different methods for cooking bone broth. You can choose to make it in a slow cooker, on a stove top, or in an electric pressure cooker. (If you have a sensitivity to histamines, the pressure-cooker method is the way to go due to the reduction of histamines in the broth.)

## INGREDIENTS    DIRECTIONS

- 4 to 5 chicken legs
- 1 tablespoon apple cider vinegar
- 2 stalks celery
- 1 onion
- 6 to 8 large carrots
- Purified water
- Sea salt and pepper (if tolerated), to taste

### SLOW COOKER:

1. Place the chicken, vinegar, and vegetables in a slow cooker.
2. Fill with water to 1 inch below the top of the slow cooker, cover, and cook on high for 8 to 12 hours.
3. Season with salt and pepper to taste.
4. Strain, pour into Mason jars, and refrigerate.

### ELECTRIC PRESSURE COOKER:

1. Place the chicken, vinegar, and vegetables into the pot of the pressure cooker.
2. Fill two-thirds of the way up with water and secure the pressure cooker lid.
3. Press the Manual button, set the pressure on high, and set the timer for 90 minutes.
4. Season with salt and pepper to taste.
5. Strain, pour into Mason jars, and refrigerate.

### STOVE TOP:

1. Place the chicken, vinegar, and vegetables in a stockpot.
2. Fill with water to 1 inch below the top of the stockpot.
3. Bring to a boil, reduce the heat to medium-low, and simmer for 8 to 12 hours.
4. Season with salt and pepper to taste.
5. Strain, pour into Mason jars, and refrigerate.



4  
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**MAINS**



# ADBO

**Prep Time: 5 Minutes**  
**Cook Time: 1.5 - 8 Hours**  
**Serves: 8**

Adobo is a delicious Filipino stew typically made with chicken, beef, or pork. This version is so simple, warming, and comforting on a cold night. It's the perfect thing to throw in the crockpot and let simmer for the day!

## INGREDIENTS

- 3-4 pounds of dark meat chicken or boneless pork ribs
- 1 cup coconut aminos
- 1 cup apple cider vinegar
- ¼ cup coconut sugar
- 1 slice of fresh ginger (about the size of your thumbnail)
- 6 cloves of garlic
- 1-2 dried bay leaves

## DIRECTIONS

1. Add all ingredients to a slow cooker, and cook on low for 6-8 hours.
2. Alternatively, add all ingredients to a pot, ensuring the liquid just covers the meat, and cook on the stove top over medium heat for 1½ - 2 hours, stirring occasionally. If the liquid does not cover the meat, increase the amount of coconut aminos and apple cider vinegar in a 1:1 ratio until the meat is covered.
3. Serve with white or brown rice, quinoa, or cauliflower rice ([page 102](#)). Alternatively, you can serve over sautéed greens.



# BEEF STIR-FRY

Prep Time: 15 Minutes  
Cook Time: 25-30 minutes  
Serves: 2-4

I don't know about you, but I find that making Chinese food at home can be such a wonderful alternative to that unhealthy takeout! Here's a simple beef stir-fry that I swear by. Broccoli and beets both offer wonderful detoxification benefits, and the butternut squash rounds out the flavor while giving the dish a pop of color.

## INGREDIENTS

- 3 tablespoons coconut oil, divided
- 1 cup butternut squash, diced
- ½ onion, diced
- 2 large beets, peeled and chopped
- Sea salt and pepper (if tolerated), to taste
- 1 cup broccoli, diced
- 1 tablespoon grated ginger
- 2 garlic cloves, minced
- 1 pound grass-fed skirt steak, cubed into 1" cubes
- 2 cups kale, de-stemmed and sliced thin
- 2 tablespoons balsamic vinegar

## DIRECTIONS

1. Heat a skillet over medium-high heat. Add 1 tablespoon coconut oil, and add the beef seasoned with salt and pepper. Cook until cooked through, about 5 minutes. Set aside and keep warm.
2. Stir fry until meat is browned and all other ingredients are at desired texture.
3. Add remaining oil, then add the butternut squash, onions, and beets. Cook until the vegetables are softened, about 15 minutes.
4. Add the broccoli, garlic, and ginger, and cook for another 5 minutes until broccoli is bright green and garlic and ginger are fragrant.
5. Add beef back into the skillet, along with the kale and balsamic vinegar. Cook until the kale is just wilted - about 1 minute.



# BEEF STROGANOFF WITH SPIRALIZED ZUCCHINI

Prep Time: 10 Minutes  
Cook Time: 37 Minutes  
Serves: 4-6

Guess what? You can still have your “pasta” and eat it too! Well, we’re actually using zucchini instead, but I think it tastes fantastic. Here we have beautiful fresh veggies and steak, plus the added nutrition of the “superfood” bone broth. Combine that with mushrooms and coconut milk to create a rich gravy, and this can be a great comfort food meal on a cold day.

## INGREDIENTS

- 1½ pounds sirloin steak
- Sea salt and pepper (if tolerated), to taste
- 3 tablespoons avocado oil, divided
- 1 small onion, diced
- 8 ounces mushrooms, any variation, sliced thin
- 1 tablespoon arrowroot starch
- 1 can (14 ounces) full fat coconut milk
- ½ cup bone broth (beef or chicken) ([page 68](#))
- 1 teaspoon Dijon mustard
- 2 teaspoons fresh lemon juice
- 2 teaspoons coconut aminos
- 1 clove garlic, minced
- 2 zucchini, spiralized
- 2 tablespoons fresh parsley, chopped

## DIRECTIONS

1. Cut steak into 1 inch strips, and season with salt and pepper, to taste.
2. Add the avocado oil to a skillet and set heat to medium-high.
3. Brown the steak, about 2 minutes per side, and set aside.
4. Brown the onions and mushrooms in the skillet, about 5 minutes.
5. While the vegetables cook, mix together the coconut milk through coconut aminos, and set aside.
6. Add the garlic, and cook for an additional 30 seconds, stirring constantly.
7. Add the beef back to the skillet, as well as the coconut milk mixture.
8. Sprinkle the onion mixture with arrowroot starch.
9. Continue to cook over medium heat, until the mixture starts to simmer. Turn heat down to low, cover the skillet and continue simmering, for about 30 minutes, or until meat is tender, stirring occasionally.
10. While meat is simmering, spiralize the zucchini and set aside.
11. Once done, pour the meat and coconut mixture over the zucchini noodles.
12. Garnish with fresh parsley and serve.



# BURGERS

**Prep Time: 15 Minutes**  
**Cook Time: 45 minutes**  
**Serves: 2-4**

Burgers are everybody's favorite and are an easy go-to weeknight protein option. If you're looking for variety, you can always trade the beef for ground pork or turkey (pasture-raised and organic is best).

## INGREDIENTS

- 4 cups of ground pork, beef, or turkey
- 1 small white onion, diced
- ½ cup of mushrooms, chopped
- 1 egg (optional)
- Sea salt & pepper (if tolerated), to taste

## DIRECTIONS

1. In a large bowl, combine ground meat, onion, mushrooms, sea salt, pepper, and egg, and mix and mash together.
2. Form 8-12 patties and lay them on a baking dish.
3. Bake for 45 minutes at 350° F, until meat is cooked through.
4. Serve with beets and mashed cauliflower.



# CHICKEN FAJITA BOWL

**Prep Time: 20 Minutes**  
**Cook Time: 20 minutes**  
**Serves: 6**

With a couple of simple substitutes, you can still enjoy a Tex-Mex feast to its fullest! I love using plenty of garlic and fresh spices here. Cilantro binds to heavy metals and removes them from the body, so if you like it, use it liberally.

## INGREDIENTS

- 2 tablespoons avocado or coconut oil, divided
- 1 red pepper, sliced into strips
- 1 yellow pepper, sliced into strips
- 1 onion, halved and cut into ½ inch slices
- 1 large clove garlic, thinly sliced
- 1 tablespoon coconut aminos
- Sea salt and pepper (if tolerated), to taste
- 1 pound organic boneless skinless chicken breasts
- 1-2 tablespoons Fajita Seasoning ([page 144](#) or use Siete Foods brand Taco Seasoning)
- 2 cups mixed greens
- 2 cups cooked quinoa
- 1 avocado, sliced
- 4 green onions, thinly sliced
- ¼ cup cilantro, finely chopped
- Juice of one lime
- Avocado Crema ([page 141](#)) or coconut aminos

## DIRECTIONS

1. In a large skillet over medium-high heat, add the tablespoon of oil. Sauté peppers and onion until softened, about 5 minutes. Add garlic, sauté for 1 minute more. Sprinkle with coconut aminos, season with salt and pepper to taste, and toss to combine.
2. Transfer pepper and onion mixture onto a plate, then set aside.
3. Toss chicken breasts in fajita seasoning. Add another tablespoon of oil to the skillet and cook chicken breasts until juices run clear and meat is no longer pink in the middle, about 7 minutes per side. Remove from skillet, thinly slice chicken breasts crosswise.
4. To assemble, fill a large bowl with mixed greens. Arrange sliced chicken breasts, pepper and onion mixture, quinoa and avocado slices on top of greens.
5. Add lime juice and garnish bowl with thinly sliced green onions and finely chopped cilantro. Serve with a splash of coconut aminos or Avocado Crema.

# CHICKEN SHAWARMA

Prep Time: 20 Minutes  
Cook Time: 12-50 minutes  
Serves: 4-6

This version of chicken shawarma is pretty close to a traditional Middle Eastern recipe (save the pita wrap). The secret to getting that deep, complex flavor is using the right mix of spices and marinating the meat for at least 4 hours. My husband uses a Traeger (wood pellet grill) to get the extra-smokey flavor, but a regular grill works just fine!

## INGREDIENTS DIRECTIONS

- 2 pounds chicken thighs
- ¼ cup extra virgin olive oil
- 1 lemon, juiced
- 3 cloves garlic, smashed and minced
- 2 tablespoons honey (or maple syrup)
- 1½ teaspoons ground cumin
- ¾ teaspoon dried oregano
- 1½ teaspoons smoked paprika (if tolerated)
- ¾ teaspoon ground cinnamon
- ¾ teaspoon ground ginger
- ¾ teaspoon ground turmeric
- 2 teaspoons of Himalayan sea salt
- 1 pineapple
- 2 white onions
- 1 cucumber
- 1 cup grape tomatoes

1. Mix the shawarma marinade: Add the olive oil, honey, lemon juice, smoked paprika, garlic, cumin, oregano, cinnamon, ginger, and turmeric to a mason jar. Season with 2 teaspoons Himalayan sea salt. Combine ingredients into the mason jar, tighten the lid, and shake vigorously.
2. Pour the shawarma marinade over your chicken thighs. Marinate for at least 4 hours.
3. Cut skin off pineapple and cut into ½-inch slices. Set aside.
4. Cut onion into ½-inch slices. Set aside.
5. Use a [Stainless Steel Vertical Skewer](#) and stack chicken thighs, pineapple, and onion.
6. Start with an onion on the bottom. Then add a few thighs, a pineapple ring, a few more thighs, an onion slice, a few more thighs, some pineapple, and an onion ring on top.
7. Use extra marinade and brush on after stacking.
8. Over medium heat, grill the skewers for 4 minutes per side, until cooked through and an internal temperature of 165°F is reached, about 10-12 minutes total.
9. Use a peeler to remove the skin of the cucumber and dice into small chunks.
10. Slice the grape tomatoes into quarters.
11. Sprinkle the diced cucumbers and grape tomatoes on top of the shawarma.
12. Serve warm.

### FOR THE TRAEGER:

Put it on 450° F for 15-20 minutes, then 300° F for 30 minutes. Then shave off a layer by slicing around the edges in ¼" increments. Let the chicken sit in the marinade on the tray once it falls, allowing it to cook through. After 15 minutes, pull the shavings off of the marinade. Slice around the skewer again. Let the clippings sit again in the bottom of the tray marinade. Wait another 15 minutes. Keep doing that every 15 minutes until you have shaved off all the chicken, pineapple and onions. Each time you allow the chicken to cook, the tray should fill up with another round of marinade.

1. Preheat the traeger grill to 450° F.
2. Combine the chicken, pineapple and onion, and skewer to the Traeger skewer.
3. Place the meat-covered skewer on the Traeger and cook the meat for 15-20 minutes.
4. Reduce heat to 300° F and cook for an additional 30 minutes.
5. Shave off a layer of the meat, pineapple and onion by slicing around the edges in ¼" increments, allowing the chicken to sit in the marinade on the tray once it falls, allowing it to cook through.
6. After 15 minutes, pull the shavings off of the marinade.
7. Slice around the skewer again. Let the clippings sit again at the bottom of the tray marinade, and let the clippings sit for another 15 minutes.
8. Continue doing this in 15 minute increments, until you have shaved all of the chicken, pineapple and onions off. Each time you allow the chicken to cook, the tray should fill up with another round of marinade.
9. Proceed to step 9 above.



# CHICKEN THIGHS IN A MUSHROOM SAUCE WITH CAULIFLOWER RICE

**Prep Time: 10 Minutes**  
**Cook Time: 22 Minutes**  
**Serves: 4**

If you like using canned mushroom soup as a gravy base, you'll like this take on the classic comfort-food weeknight meal. Skip the sodium, gluten, and additives in the canned stuff, and use real mushrooms and flour alternatives instead, to create a rich, thick gravy.

## INGREDIENTS

- 8 chicken thighs, deboned and skinless
- Sea salt and pepper (if tolerated), to taste
- 3 tablespoons almond flour
- 3 tablespoons arrowroot starch, divided
- 4 tablespoons avocado oil, divided
- 1 medium onion, sliced
- 8 ounces mushrooms, sliced
- 2 cloves garlic, minced
- 2 teaspoons fresh rosemary, minced
- 2 teaspoons fresh thyme, minced
- ½ cup bone broth
- ¾ cup full fat coconut milk
- 1 teaspoon Dijon mustard
- Juice from ½ a lemon
- 2 tablespoons fresh parsley, chopped
- Cauliflower rice ([page 102](#))

## DIRECTIONS

1. Prepare the cauliflower rice, whichever variation you prefer.
2. Season the chicken thighs with sea salt and pepper on both sides.
3. Heat a large skillet over medium/medium-high heat. On a plate or in a shallow bowl, mix together the almond flour, 2 tablespoons of the arrowroot starch, and salt and pepper. Set aside.
4. Add 2 tablespoons of avocado oil to the skillet.
5. Lightly dredge the chicken, one piece at a time, in the almond and arrowroot mixture, shaking off any excess.
6. Add the dredged chicken pieces to the skillet, and cook until the internal temperature reaches 165° F, about 7 minutes per side. Set aside and keep warm.
7. Add the remaining oil to the skillet, and add the mushrooms and onions. Cook until softened and slightly browned, about 5 minutes.
8. Add the garlic through thyme, and stir until fragrant, about 1 minute.
9. Sprinkle the remaining arrowroot starch over the mushroom mixture. Then add the bone broth through lemon juice, and stir to combine. Season to taste, with salt and pepper.
10. Add the chicken back to the skillet and simmer until warmed through, about 2 minutes. Remove from heat.
11. Spoon the gravy over the chicken, add the chopped parsley, and serve over prepared cauliflower rice.



# CHICKPEA BURGERS

**Prep Time: 40 Minutes**  
**Cook Time: 40 minutes**  
**Serves: 4-6**

Chickpea burgers are a fantastic option for summer barbecue season, or any time of year, if you're looking for a filling veggie dish. Chickpeas are full of fiber and plant phytonutrients, which are excellent for detoxing. These burgers are easy to make and go well with anything – I love having them with a root veggie dish on the side for a "burger and fries" kind of vibe! You can add lettuce leaves for wraps or serve with Roasted Vegetables (page 112), Boiled Baby Potatoes with Dill (page 100), or Cucumber Salad (page 29).

## INGREDIENTS

- 3 tablespoons avocado oil, divided
- 1 small onion
- 2 cloves of garlic
- 1 ½ cups cooked chickpeas
- ¼ cup fresh parsley, roughly chopped
- 2 tablespoons arrowroot starch
- Sea salt and pepper (if tolerated), to taste
- 2 tablespoons chickpea flour + an extra 3 tablespoons for coating

## DIRECTIONS

1. In a large cast iron pan, over medium heat, add 1 tablespoon of the avocado oil. Add the onion and garlic, and cook until slightly golden but not burned. Remove from heat and allow to cool.
2. In a food processor, process the chickpeas until they turn into a slightly textured paste. Be sure to turn off the food processor and scrape down the sides to get all the chickpeas ground up. Add in onion, garlic, salt, and pepper, and mix to fully combine. Turn the food processor off and stir in the chopped parsley and arrowroot starch.
3. Take a large plate and sprinkle a few tablespoons of chickpea flour onto it. Using a spoon, scoop some of the mixture into your hands and shape into a ball, the size of a golf ball, and then press gently to make a patty. Drop into the chickpea flour to coat evenly. If too much flour sticks to the patty, then gently dust it off with your fingers or a pastry brush. You should have a very light coating all over the patties/burgers.
4. Reheat that same large cast iron pan to medium heat. Drizzle the remainder of the oil and place the patties in to cook. Cook for about 2-3 minutes on each side until the bottom is nicely browned.



## CORNISH GAME HENS

**Prep Time: 20 Minutes**  
**Cook Time: 80 minutes**  
**Serves: 4**

If you're making a festive dinner but want a change from chicken or turkey, or if you're cooking for one, why not try a delicious Cornish game hen? The meat is usually quite tender and quick to prep and cook.

### INGREDIENTS

- 4 Cornish game hens
- 3 tablespoons avocado oil, divided
- Sea salt and pepper (if tolerated), to taste
- 1 lemon, sliced into wedges
- 8 sprigs fresh rosemary, divided
- 1 whole garlic clove, cloves divided, peeled and mashed
- $\frac{2}{3}$  cup bone broth ([page 68](#))

### DIRECTIONS

1. Preheat the oven to 450° F.
2. Lightly rub the Cornish hens with 1 tablespoon of the olive oil and season to taste, with salt and pepper. Divide the lemon wedges into four, and stuff the cavity of the Cornish hens with lemon and one rosemary sprig.
3. In a roasting pan, large enough to hold the four cornish hens, place them in the middle, and add garlic cloves to the pan. Roast in the oven for 25 minutes.
4. Lower the oven temperature to 350° F.
5. In a small bowl, whisk together bone broth and the remaining 2 tablespoons of oil. Pour the mixture over the cornish hens. Place back in the oven and roast for another 25 minutes, basting with juices from the pan every 10 minutes.
6. Continue to cook until the skins are lightly browned and the internal temperature reaches 165° F.
7. Transfer hens to a plate, ensuring that no juice is in the cavities of the Cornish hens. Tent hens with aluminum foil to keep warm and set aside.
8. Transfer the juices and garlic cloves to a saucepan, and boil until liquids reduce and thicken slightly, about 5 minutes.
9. Arrange the Cornish hens on individual plates. Serve with sauce, and a sprig of rosemary for garnish.



# DECONSTRUCTED GOLOMBKI (CABBAGE ROLLS)

Prep Time: 5 Minutes  
Cook Time: 35 Minutes  
Serves: 6

Golombki (Galabki) is the Polish name for the traditional Eastern European dish of boiled cabbage wrapped around minced meat (pork or beef), onions, and rice. I find this one-pot stew version super easy to make, no rolling of cabbages required! It makes for a fantastic winter meal and has been affectionately dubbed as "yummy grown-up food" by my 5 year old son. Cabbage is excellent for digestion, and the turmeric helps the liver remove toxins.

## INGREDIENTS

- 1 tablespoon coconut oil
- 1 red onion, peeled and diced
- 2 green zucchinis, diced
- ½ cabbage, chopped
- 1 yellow bell pepper
- 1 pound ground turkey
- 1 tablespoon turmeric
- (1) 15 ounce can of diced tomatoes
- (1) 15 ounce can coconut cream
- 2 ½ cups cooked rice (optional) or cauliflower rice ([page 102](#))

## DIRECTIONS

1. In a large skillet, over medium high heat, add the coconut oil. When melted, add the onion and cook until translucent, about 5 minutes.
2. Add the zucchini, cabbage and bell pepper, and cook until softened, about 5 minutes.
3. Next, add the ground turkey and turmeric, and cook until browned, about 5 minutes.
4. Add in the canned tomatoes and coconut cream and let simmer for 20 minutes.
5. When done, serve over cauliflower rice, or regular rice.



# FISH TACOS

**Prep Time: 10 Minutes**  
**Cook Time: 30 minutes**  
**Serves: 2-4**

How about fish for dinner tonight? Everybody loves tacos, and these ones feature refreshing tomato, rich avocado, and even some mango or yellow pepper for extra color and nutrition. You can use coconut wraps or lettuce leaves for this one. (I like NUCO's organic coconut wraps.)

## INGREDIENTS

- 4 portions of white fish, 6 ounces each
- Sea salt and pepper (if tolerated), to taste
- 2 tablespoons olive oil
- 2 coconut wraps or 4 big lettuce leaves
- 4 large tomatoes, seeded and chopped
- 2 avocados, peeled, pitted and chopped
- 1 mango, peeled and diced
- 1 yellow bell pepper, deseeded and chopped
- 4 tablespoons coconut yogurt and/or guacamole
- ¼ cup cilantro, chopped
- 1 lime, quartered

## DIRECTIONS

1. Preheat the oven to 350° F.
2. Season the fish with salt, pepper and olive oil.
3. Bake fish for 30 minutes, or until flaky when poked with a fork.
4. When fish is done baking, separate in small parts and place on wrap or lettuce leaf, and top with tomatoes, avocado, mango and pepper.
5. Add a dollop of coconut yogurt and/or guacamole.
6. Garnish with cilantro and squeeze a quarter of lime over top.



## GINGER BAKED SALMON WITH SAUTEED GREENS

**Prep Time: 10 Minutes**  
**Cook Time: 20 Minutes**  
**Serves: 4**

Here is a liver-loving recipe that is full of nutrient-dense ingredients. The combination of lemon, ginger, garlic, and greens provides a burst of flavorful support to your liver pathways, while the omega-3 rich salmon helps to nourish your liver and satiate your appetite without leaving you feeling overly full. Enjoy this as is, or add a crisp side salad to add some more bulk to your plate.

### INGREDIENTS

- 4 portions of wild caught fresh salmon, 6 ounces each
- 3 tablespoons coconut oil
- 1 teaspoon ground ginger
- Sea salt and black pepper (if tolerated), to taste
- 4 cups mixed baby greens (spinach, chard, kale, arugula, etc.)
- 2 tablespoons coconut aminos
- 2 tablespoons lemon juice
- 1 tablespoon garlic, minced
- Lemon wedges for garnish

### DIRECTIONS

1. Preheat the oven to 400° F.
2. Line a large baking sheet with parchment paper.
3. Season the salmon with sea salt, pepper and 1 tablespoon of coconut oil, melted. Top with ground ginger.
4. Place filets on the lined baking sheet, place in the oven, and bake for 15 minutes, or until the fish is cooked through and flakes easily with a fork.
5. While the salmon is baking, heat a large skillet over medium-high heat, add the remaining 2 tablespoons of coconut oil, and add greens.
6. Add the coconut aminos, lemon juice and minced garlic. Season to taste with salt and pepper. Cook for about 7-10 minutes, stirring regularly.
7. Remove the salmon from the oven, and set aside. Season the greens with salt and pepper, and divide among four plates.
8. Top the greens with salmon filets, and a wedge of lemon.



## GREEK SALMON

**Prep Time: 5 Minutes**  
**Cook Time: 30 minutes**  
**Serves: 2-4**

Salmon is high in omega-3 fatty acids, and a great source of protein and selenium. It's also packed with flavor and when it's fresh, and it only needs light seasoning, which makes it a cinch to prepare. I always recommend buying wild-caught salmon, as farmed fish can be high in mercury and other toxins.

### INGREDIENTS

- 4 portions of wild-caught fresh salmon, 6 ounces each
- Sea salt and pepper (if tolerated), to taste
- 1 teaspoon dried basil
- Juice of 1 lemon

### DIRECTIONS

1. Preheat the oven to 350° F.
2. Season the salmon with sea salt, pepper, basil and lemon.
3. Place in the oven and bake for 30 minutes.
4. Serve with Katy's Greek Salad ([page 36](#)).



# HERBED LEMON & GARLIC HADDOCK

**Prep Time: 10 Minutes**  
**Cook Time: 10 Minutes**  
**Serves: 4**

Fish is an excellent source of B vitamins, which support liver health, and its omega-3 fatty acids are great for brain health and inflammation. However, white fish in particular can be a bit bland. I find that the cloves add a flavor kick in this quick and easy recipe.

## INGREDIENTS

- 1 tablespoon arrowroot starch
- ½ teaspoon paprika (if tolerated)
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon dried thyme
- Sea salt and pepper (if tolerated), to taste
- 4 portions of haddock filets, skinless, about 1-inch thick; 6 ounces each
- 4 tablespoons coconut oil, divided
- 2 garlic cloves, minced
- Juice from half a lemon
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh oregano, chopped

## DIRECTIONS

1. In a small mixing bowl, whisk together the arrowroot starch through salt and pepper.
2. Pat dry the haddock filets, and sprinkle the arrowroot mixture over the filets, on both sides. Set aside.
3. Add 1 tablespoon coconut oil to a skillet over medium-high heat.
4. Add haddock and sear until golden brown and cooked through on each side, and flakes with a fork, about 3-4 minutes per side. Transfer to a plate and set aside.
5. Reduce heat to medium-low. Melt remaining 3 tablespoons of coconut oil in the same skillet.
6. Add garlic and sauté for about 30 seconds.
7. Remove from heat; stir in bone broth and lemon juice.
8. Pour sauce over haddock filets. Top with parsley and oregano, and serve warm.



# KIELBASA SKILLET

Prep Time: 10 Minutes  
Cook Time: 15 minutes  
Serves: 2-4

I love making one-pan meals as often as possible because of the easy cleanup! This dish features kielbasa, a favorite Polish food, as well as beautiful baby potatoes, and was inspired by one of my friends from Chicago's recipe. Add the cruciferous crunch and super-detoxing qualities of Brussels sprouts, and you've got an easy, balanced meal you're bound to come back to!

## INGREDIENTS

- 1 tablespoon coconut oil or beef tallow for cooking
- 1 white onion, diced
- $\frac{3}{4}$  pounds of Brussels sprouts, cut in half
- $\frac{1}{2}$  pound organic baby potatoes, diced into  $\frac{1}{2}$  inch cubes (may replace with sweet potatoes or butternut squash)
- 12 ounces smoked uncured kielbasa, Polish sausage (Nature's Rancher), sliced into  $\frac{1}{4}$ - $\frac{1}{2}$  inch slices
- $\frac{1}{2}$  cup mustard
- $\frac{1}{2}$  cup apple cider vinegar
- $\frac{1}{4}$  cup honey or maple syrup

## DIRECTIONS

1. In a large skillet, over medium-high heat, add the coconut oil or beef tallow. When melted, add the onion and cook until translucent, about 5 minutes.
2. Add the Brussels sprouts and potatoes, and continue cooking for another 5 minutes.
3. Lastly, add to sausage to skillet and cook for another 5 minutes, or until all of the veggies are cooked through.
4. Season with sea salt to taste.
5. Mix the mustard, apple cider vinegar and honey/maple syrup in a blender, and use as a dip, or pour over the dish.



# MAPLE LIME PORK ROAST

**Prep Time: 10 Minutes**  
**Cook Time: 4-6 Hours**  
**Serves: 4**

Have you ever tried slow-cooker pork? In my opinion, it's the best way to get that super tender, melt-in-your mouth texture and deep flavor. Here's a unique recipe inspired by Autoimmune Wellness, though I've made a few modifications over the years in my own kitchen. Thank you Mickey Trescott... this has become a staple of mine!

## INGREDIENTS

- 3 pounds pork loin
- Sea salt and pepper (if tolerated), to taste
- 1 tablespoon olive oil
- $\frac{1}{3}$  cup maple syrup
- 2 tablespoons coconut aminos
- Juice of 1 lime
- 3 garlic cloves, minced
- 1 tablespoon water
- Lime wedges and cilantro for garnish

## DIRECTIONS

1. In a large heavy-bottom skillet, salt pork and sear until the outside starts to darken. Place the pork in a slow cooker.
2. In a small bowl, whisk together oil, maple syrup, coconut aminos, lime juice, garlic and water. Pour mixture over pork. Cook for 6 hours on low, or 4 hours on high. When pork is finished, remove to a cutting board to rest.
3. Pour juices from the slow cooker into a medium saucepan. Cook the sauce over medium-high heat, reducing by about  $\frac{1}{3}$  of the original amount.
4. Slice roast thin and pour sauce over it. Serve with lime wedges and cilantro.



# GINGER-ORANGE CHICKEN STIR FRY

Prep Time: 15 Minutes  
Cook Time: 10-15 Minutes  
Serves: 2-4

Here's another flavorful, Asian-inspired dish that's easier on our bodies than restaurant versions, but tastes close to the real thing. I suggest adding a few handfuls of spinach, as the vitamins, antioxidants, and polyphenols will give your liver some extra detox power!

## INGREDIENTS

- 2 large boneless, skinless chicken breasts, cubed
- 1 large onion, cut into wedges
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 2 carrots, peeled and sliced
- 1 bell pepper, seeded and sliced
- 3 cups spinach, chopped
- Sea salt and pepper (if tolerated), to taste
- 1 tablespoon ginger, grated
- 2 teaspoons orange zest
- ¼ cup coconut aminos
- 1 teaspoon honey
- 1 tablespoon sesame oil

## DIRECTIONS

1. In a large bowl, toss the first 13 ingredients (chicken through honey) together.
2. In a large skillet over medium heat, heat the sesame oil.
3. To the oil, add the contents of the bowl and stir. Cook for 10 to 15 minutes, until chicken is cooked through and vegetables are tender.
4. Serve warm.



# PAN FRIED HADDOCK

**Prep Time: 5 Minutes**  
**Cook Time: 13 Minutes**  
**Serves: 4**

Whether you like to eat fish on Friday or any other day of the week, here's a simple dinner that's great if you're looking for something light and fresh, but still packed with protein and nutrients.

## INGREDIENTS

- 4 teaspoons olive oil
- 4 cloves garlic, finely chopped
- 4 tablespoons capers
- 4 portions of haddock filets, 6 ounces each
- 1 teaspoon lemon zest
- 4 tablespoons fresh lemon juice
- Sea salt & pepper (if tolerated), to taste
- 4 cups mixed baby greens
- 4 tablespoons olive oil
- 2 tablespoons balsamic vinegar

## DIRECTIONS

1. In a large skillet over medium-high heat, heat oil, garlic and capers. Cook until the garlic becomes fragrant, about 3 minutes. Add the fish and lemon zest, and cook each side for 5 minutes until it browns and is cooked throughout. Drizzle with fresh lemon juice on top, season to taste with salt and pepper, and serve with cooked capers and garlic.
2. Serve alongside mixed greens, olive oil, vinegar, salt and pepper.



# GLUTEN AND DAIRY-FREE QUICHE

Prep Time: 15 Minutes  
Cook Time: 60 Minutes  
Serves: 4

Using dairy-free mozzarella and gluten-free crust, you can make a delicious quiche that fits with the meal plan! I love adding salmon because it's packed with heart-healthy fats, but you can feel free to leave it out or experiment with other foods in the plan.

## INGREDIENTS

- 9" gluten- and dairy free-pie shell (I like the brand Wholly Gluten Free)
- 6 eggs
- ½ cup of shredded dairy-free Mozzarella (Violife)
- ½ cup organic broccoli, finely chopped
- ¼ cup chives, chopped
- 4 oz cup smoked salmon, diced into ½ inch pieces
- ½ cup canned coconut milk

## DIRECTIONS

1. Preheat the oven to 350° F.
2. Break open 6 eggs, add them to a bowl, and mix.
3. Mix in cheese, broccoli, chives, salmon and coconut milk.
4. Add ingredients into the pie shell.
5. Bake for 60 minutes, or until a toothpick comes out clean when you poke it into the quiche and the center is set.



# SALMON CAKES

Prep Time: 10 Minutes  
Cook Time: 10 Minutes  
Serves: 2

Here's a simple way to create a beautiful meal out of canned salmon in a matter of minutes! With the avocado sauce and mayo, this ends up tasting quite decadent. Serve with greens and potatoes (or any side you like)!

## INGREDIENTS

- (2) 5 ounce pouches of pink wild-caught salmon (or cans, drained well)
- 1 egg
- ¼ cup pork panko
- 2 tablespoons Hashi-Mayo ([page 145](#)), or store-bought Paleo version like the one from [Primal Kitchen](#)
- 2 tablespoons red onion, finely diced
- ¼ teaspoon garlic powder
- Sea salt and pepper (if tolerated), to taste
- 1 tablespoon avocado oil
- Avocado Crema ([page 141](#))

## DIRECTIONS

1. In a large bowl, mix the salmon through garlic powder. Season to taste with salt and pepper. Form patties with mixture (4 large or 5-6 small).
2. In a non-stick skillet, heat oil over medium-high heat and cook patties for 4-5 minutes, until each side is golden brown and crispy.
3. Serve salmon cakes drizzled with avocado cream on top.



# SAUTÉED CHICKEN & GARLIC CAULIFLOWER MASH

Prep Time: 5 Minutes  
Cook Time: 5-10 Minutes  
Serves: 2-4

Chicken thighs are a rich source of protein with a lively flavor that is sure to please any palate. The cauliflower, ginger, and lemon here help reduce inflammation, aid in digestion, and boost the immune system.

## INGREDIENTS

- 1 tablespoon coconut oil
- 1 pound boneless, skinless chicken thighs
- Sea salt and pepper (if tolerated), to taste
- 1 teaspoon lemon zest
- 1 teaspoon thyme, chopped
- Cauliflower mash ([page 101](#))

## DIRECTIONS

1. In a large skillet over medium heat, heat the coconut oil.
2. To the skillet, add the next 5 ingredients (chicken through thyme). Cook for 5-10 minutes, until chicken is cooked through.
3. Serve with cauliflower mash.

# SHEET PAN KIELBASA & VEGGIES

Prep Time: 10 Minutes  
Cook Time: 30 Minutes  
Serves: 4

Sheet pan meals are easy and flavorful. I find that roasting potatoes, veggies, and even sausage all at once is a great way to enjoy a complete meal with simple prep, cooking, and cleanup! I find that this recipe is pretty hard to mess up. However, you might end up with some veggies a little softer or harder, so you might want to experiment a bit with cooking times. Generally, the harder the veggie, the longer the roasting time and the smaller you can dice it.

## INGREDIENTS

- 1 pound Polish sausage (kielbasa)
- ¼ cup olive oil
- 1 teaspoon garlic powder
- Juice of 1 lemon
- 2 cups red baby potatoes, quartered
- 2 bell peppers, any color, cut into large pieces
- 2 cups cherry tomatoes
- 1 medium head of broccoli
- 1 red onion, diced
- 2 green zucchinis, sliced

## DIRECTIONS

1. Preheat the oven to 400°F.
2. Slice kielbasa into ¼ to ½ inch slices and set aside.
3. Combine the olive oil, garlic and lemon juice.
4. Add the remaining vegetables into a bowl and drizzle with the olive oil mixture.
5. Spread all of the ingredients on a sheet pan (or two if too crowded).
6. Bake in the oven for 30 minutes.

# SHRIMP FRIED RICE

Prep Time: 10 Minutes  
Cook Time: 15 Minutes  
Serves: 4

Riced cauliflower is a wonderful grain-free substitute for rice that replicates the taste and texture of cooked rice, and has the added benefit of delivering a dose of detoxifying crucifers to your meal. You can find "riced" cauliflower in some grocery stores, or you can make your own by pulsing cauliflower florets in a food processor until they resemble rice.

## INGREDIENTS

- 2 tablespoons coconut oil
- 2 cups onion, chopped
- 4 cloves garlic, minced
- 16 ounces shrimp, peeled and deveined
- 2 medium carrots, chopped
- 1 cup green onions
- 4 cups cauliflower rice ([page 102](#))
- 4 large eggs, beaten
- Sea salt and pepper (if tolerated), to taste

## DIRECTIONS

1. Heat a wok or large skillet over medium-high heat, melt the coconut oil, and add the onion and garlic to the pan. Cook for 3 minutes until the onion starts to soften, then add the shrimp and cook for 1 minute.
2. To the shrimp mixture, add the carrots and green onions to the skillet. Cook for 3 minutes, and then stir in the cauliflower rice.
3. Clear a circle in the center of the pan and pour in beaten eggs. Stir to scramble the eggs and then combine with the other ingredients. Season with salt and pepper to taste.



# STEAK-STUFFED SWEET POTATOES WITH COWBOY CAVIAR

Prep Time: 10 Minutes  
Cook Time: 55-70 Minutes  
Serves: 4

Here's a healthy take on the classic "meat and potatoes" dinner, with a Texan vibe! The beans and sweet potatoes are great sources of fiber, and the sweet potatoes also give you the antioxidants and vitamin A your liver needs for optimal functioning.

## INGREDIENTS

- 4 medium sweet potatoes
- 8 ounces sirloin steak
- Cowboy Caviar recipe ([page 28](#))
- Sea salt and pepper (if tolerated), to taste
- 1 avocado, peeled and pitted
- Juice of 1 lime, divided
- Plain coconut yogurt
- ¼ cup cilantro, chopped

## DIRECTIONS

1. Preheat the oven to 400° F. Using a fork, poke small holes into sweet potatoes, going all the way round, about 1-inch apart. Line the baking tray with parchment paper, and paint sweet potatoes with oil to lightly coat. Bake for 40 minutes to 1 hour, or until fork-tender.
2. Season the steak with salt and pepper, and set aside.
3. While the sweet potatoes are baking, make the cowboy caviar, found on [page 28](#).
4. Prepare avocado mash: Mash avocado in a bowl with lime juice and a pinch of sea salt.
5. Prepare the yogurt-lime sauce: In a separate bowl, mix together coconut yogurt, lime juice and sea salt.
6. Top with cilantro evenly between stuffed potatoes.
7. Heat a grill to medium-high heat, and add the steak, cooking to your preferred level of doneness, 2-5 minutes per side.
8. Remove the steak and let rest until the sweet potatoes are done.
9. Remove sweet potatoes from the oven, and cut in half. Add the steak, and then top with the cowboy caviar. Top with avocado mash and drizzle with yogurt-lime sauce.



# TACO LASAGNA CASSEROLE

Prep Time: 20 Minutes  
Cook Time: 75 Minutes  
Serves: 4-6

This recipe is always a hit at my house, and it's a crowd-pleaser for guests. It's a recipe from PaleoOMG that I've used and tweaked over the years. I love that it's quite versatile in that we can make a grain free or even a keto version of it by switching up the layering ingredients. This is a perfect recipe to use those giant, overgrown summer/early fall zucchinis. :-)

## INGREDIENTS

### FILLING:

- 2 tablespoons coconut oil
- 1 medium yellow onion, chopped
- 2 bell peppers, any color, chopped
- 2 garlic cloves, minced
- 1 pound ground beef, chicken or turkey
- 2 tablespoons taco seasonings (I like the one by Siete Foods, or the recipe on [page 144](#))
- Sea salt, to taste
- 1 jar (16 oz.) organic salsa, any variety
- 3 raw eggs

### LAYERING:

- 1 package organic corn tortillas, almond flour tortillas, cassava tortillas, or long 3 large zucchinis cut lengthwise into long strips

### GARNISH (OPTIONAL):

- 1 cup plantain chips, crushed
- 1 cup lettuce, thinly sliced, any variety
- 1 cup of cilantro, roughly chopped
- 2 green onions, roughly chopped
- 1 avocado, peeled, pitted, and diced
- Coconut Sour Cream ([page 142](#)) or store bought dairy-free sour cream (I like the Kite Hill brand)

## DIRECTIONS

1. Preheat the oven to 350° F. Grease an 8x8" baking dish.
2. Heat 2 tablespoons of coconut oil in a skillet over medium-high heat.
3. Add the onion and peppers to the skillet, and sauté until peppers are browned and onions are translucent, about 5 minutes.
4. Add garlic and salt to taste, and cook for 1 minute, until fragrant.
5. Add ground beef, and with a wooden spoon, separate the meat into small pieces. Cook until no pink remains.
6. Add taco seasonings and salt, to taste. Remove from heat and put meat mixture into a heat-proof mixing bowl. Add the salsa and eggs to the meat mixture, and stir until completely combined.
7. To layer: Add a large spoonful of the meat mixture to the bottom of the greased dish, then put a layer of tortilla or zucchini on top. Continue to repeat this pattern until one layer's worth of filling remains. Pour the remaining filling mixture on top.
8. Place in the oven to bake for 1 hour, until the middle is no longer soft or jiggly.
9. When cooked, set the casserole aside to rest for 15 minutes before slicing.
10. Top casserole with optional garnishes before slicing and serving!



# TANDOORI CHICKEN

**Prep Time: 1-48 Hours**  
**Cook Time: 1-8 Hours**  
**Serves: 2-4**

This Chicken Tandoori dish is so easy to make that it's become my go-to recipe for busy work days, as well as for big dinner parties. The curcumin in turmeric and curry can help protect the intestinal barrier from bacterial infections, help heal a leaky gut, and improve liver function. Plus, it has incredible anti-inflammatory properties! I suggest eating curcumin with pepper to extend the time it stays in the body.

## INGREDIENTS

- 1 whole chicken, cut up
- 1 cup coconut milk
- 1 tablespoon curry powder
- 1 teaspoon paprika (if tolerated)
- 1 teaspoon turmeric powder
- 1 teaspoon garlic powder
- Optional: butternut squash, cubed

## DIRECTIONS

1. Combine the chicken with the coconut milk, curry powder, paprika, turmeric and garlic powder. Marinate for 1 to 48 hours.
2. Preheat the oven to 400° F.
3. Add to a slow cooker and cook on low for 8 hours.
4. Serve with steamed rice or cauliflower rice ([page 102](#)).



# TURKEY BREAKFAST SAUSAGE

**Prep Time: 5 Minutes**  
**Cook Time: 10 Minutes**  
**Serves: 4-6**

Some store-bought sausages contain unnecessary gluten and preservatives, and can be high in sodium. So why not try making your own? You don't need any fancy equipment — just mix a few simple ingredients, form them into patties, and voilà!

## INGREDIENTS

- 1 pound ground turkey
- 2 teaspoons ground fennel
- ½ teaspoon garlic powder
- Sea salt and pepper (if tolerated), to taste
- 2 tablespoons avocado or coconut oil

## DIRECTIONS

1. In a medium-sized mixing bowl, combine and mix the first 5 ingredients (ground turkey through salt and black pepper), and refrigerate for at least 30 minutes to firm the meat mixture.
2. Once the mixture has been cooled, form into patties and place on a lined plate.
3. In a large skillet, heat oil on medium heat. Once oil is hot, add the patties. Cook for about five minutes per side, or until no longer pink in the middle.



## WILD SALMON & BROCCOLI FRITTATA

**Prep Time: 5 Minutes**  
**Cook Time: 15 Minutes**  
**Serves: 6**

Frittatas are great for breakfast, lunch, and dinner, and keep in the fridge well for a day or so, too. This recipe is so simple, yet still full of important omega-3 fats for hair, skin, and heart health.

### INGREDIENTS

- 12 organic eggs
- Sea salt and pepper (if tolerated), to taste
- 1 tablespoon avocado oil, plus more to oil the skillet
- 3 ounces cooked wild salmon or smoked salmon, chopped
- 1 cup broccoli, chopped
- ½ cup green onions, chopped, for garnish

### DIRECTIONS

1. Preheat the oven to 350°F.
2. Crack the eggs in a medium bowl and whisk together the eggs. Season with salt and pepper. Pour into a lightly oiled oven-safe skillet and place on the stove.
3. Heat the tablespoon of avocado oil over medium for 1 minute, then add the salmon and broccoli. Cook for about 4 more minutes, or until the edges have whitened and are solid.
4. Place in the oven and bake for about 10 minutes, until the eggs are fully cooked.
5. Remove from the oven, top with the chopped green onion, and serve.



5  
SIDES



# BEETS

**Prep Time: 5 Minutes**  
**Cook Time: 15 Minutes**  
**Serves: 2-4**

Beets are detox superstars! They have long been used to support the liver and bile production. The addition of parsley, apple cider vinegar, and lemon makes this side dish perfect for gut and liver support.

## INGREDIENTS

- 4 beets, peeled
- ¼ cup parsley, chopped
- 1 tablespoon apple cider vinegar
- Juice of ½ lemon
- Sea salt, to taste

## DIRECTIONS

1. Steam beets for 15 minutes.
2. Set beets aside to cool down until cool enough to handle.
3. Dice beets and toss with parsley, apple cider vinegar, lemon juice and sea salt.



## BOILED BABY POTATOES WITH DILL

Prep Time: 5 Minutes  
Cook Time: 10 Minutes  
Serves: 4

This side dish is super simple and delicious – thanks to the baby potatoes that offer that wonderful creamy texture. The addition of healthy fats from the olive oil paired with the freshness of chopped dill, make these a great side dish to add to your regular rotation.

### INGREDIENTS

- 1 pound baby potatoes with skins
- 1 tablespoon dill, chopped
- 1 tablespoon of olive oil

### DIRECTIONS

1. Fill a medium-sized pot with water and bring to a boil.
2. Add potatoes to the pot, bring water to medium-low, and allow to cook for 10 minutes, or until the potatoes are tender when pierced with a fork.
3. Drain the water and transfer the potatoes to a dish.
4. Lightly mash with a potato masher, and mix in the olive oil and chopped dill.
5. Serve as a side.



# CAULIFLOWER MASH

**Prep Time: 5 Minutes**  
**Cook Time: 15 Minutes**  
**Serves: 2-4**

Mashed potatoes, while delicious, are not always blood sugar-friendly, especially for those who may not tolerate carbohydrates well. Cauliflower mash is a surprisingly satisfying and creamy substitute! Plus, it contains compounds that are great for detoxification.

## INGREDIENTS

- 1 head of cauliflower
- 1 tablespoon of coconut oil
- 2 tablespoons of organic broth or water
- Sea salt to taste
- Dill or chives, chopped (optional)

## DIRECTIONS

1. Lightly steam the cauliflower.
2. Add all ingredients to a blender and mix on high.
3. Top with chopped dill/chives.



## CAULIFLOWER RICE (BASE RECIPE)

**Prep Time: 2 Minutes**  
**Cook Time: N/A**

Not quite a recipe, but a base recipe on how to make your cauliflower rice. This can be used for the plain, cilantro-lime, and Mediterranean-inspired cauliflower rice recipes found on the next few pages.

### INGREDIENTS

- 1 head cauliflower

### DIRECTIONS

1. Remove the leaves and core from the cauliflower, and cut the head into 4 pieces.
2. Using a grater, on the medium grate side, grate the cauliflower chunks until no more remain.



## CAULIFLOWER RICE (PLAIN)

Prep Time: 5 Minutes  
Cook Time: 5 Minutes  
Serves: 4

When you can't tolerate grains, cauliflower rice is a life-saver! Its flavor is fairly plain all on its own, so it works with a variety of dishes, wherever you would normally use rice. As a bonus, cauliflower contains compounds that the liver uses for the detox process.

### INGREDIENTS

- 1 tablespoon avocado or olive oil
- Base recipe for cauliflower rice ([page 102](#))
- Sea salt and pepper (if tolerated), to taste

### DIRECTIONS

1. In a pan, heat oil over medium heat.
2. Add cauliflower rice, and stir constantly for about 5 minutes, or until desired texture is achieved.
3. Season to taste with salt and pepper.



## CAULIFLOWER RICE (CILANTRO-LIME)

Prep Time: 5 Minutes  
Cook Time: 5 Minutes  
Serves: 4

If you want a bit of a different take on regular cauliflower rice, I suggest adding a little cilantro and lime to the mix, to brighten the flavor! Not only do these ingredients offer a bit of tang, they're very cleansing and aid in detoxification. Try it with a Mexican-inspired dish like the Fish Tacos (page 81)!

### INGREDIENTS

- 1 tablespoon avocado oil
- Base recipe for cauliflower rice ([page 102](#))
- Juice from 1 lime
- ¼ cup cilantro leaves, chopped
- Sea salt and pepper (if tolerated), to taste

### DIRECTIONS

1. Heat a large skillet over medium heat and add the avocado oil. Add the cauliflower rice and cook for 5 minutes, or until desired texture is achieved.
2. Remove the pan from the heat and stir in the lime juice and cilantro.
3. Season to taste with salt and pepper.



# CAULIFLOWER RICE (MEDITERRANEAN-INSPIRED)

Prep Time: 5 Minutes  
Cook Time: 6 Minutes  
Serves: 4

Here's a different take on cauliflower rice — add some lemon and parsley, and you've got some extra cleansing power! I like serving this with other Mediterranean dishes like Greek Salmon ([page 83](#))

## INGREDIENTS

- 1 tablespoon olive oil
- Base recipe for cauliflower rice ([page 102](#))
- 1 small onion, diced small
- 1 clove garlic, minced
- Juice from ½ lemon
- 2 teaspoons fresh oregano, chopped
- 2 teaspoons fresh parsley, chopped
- Sea salt and pepper (if tolerated), to taste

## DIRECTIONS

1. Heat a large skillet over medium heat and add the avocado oil. Add the cauliflower rice and onion and cook for 5 minutes, or until desired texture is achieved.
2. Add the garlic, and cook for 1 minute, until fragrant.
3. Remove the rice from heat, and add the lemon juice through parsley. Stir well to combine.
4. Season to taste with salt and pepper.



# GREEN BEANS WITH ALMONDS

Prep Time: 5 Minutes  
Cook Time: 15 Minutes  
Serves: 4

I love the classic flavor combination of green beans and almonds. We elevate the flavor (and liver benefits) with the addition of garlic, shallots, and lemon.

## INGREDIENTS

- 1 pound green beans, washed and trimmed
- 2 tablespoons avocado oil
- 2 shallots, sliced thin
- 1 clove garlic, sliced thin
- Juice from ½ a lemon
- Sea salt and pepper (if tolerated), to taste
- ¼ cup sliced almonds

## DIRECTIONS

1. In a large pot, add a steamer basket and 1-2 cups of water. Add the beans and steam until tender, about 5 minutes. Remove beans from the basket and set aside.
2. In a large skillet, over medium-high heat, add the avocado oil. Add the shallot and cook until translucent, about 3 minutes.
3. Add the garlic and cook until fragrant, stirring constantly to ensure it doesn't burn, about 30 seconds.
4. Add the beans back to the skillet, and stir until warm, about 2 minutes.
5. Add the lemon juice, salt and pepper, and then top with the sliced almonds. Add the green beans and sauté until warmed through, about 1-2 minutes.



## HONEY-LIME ROASTED CARROTS

Prep Time: 5 Minutes  
Cook Time: 30 Minutes  
Serves: 2

The combination of tangy lime juice, fresh herbs, and a little honey make these carrots taste amazing.

### INGREDIENTS

- 1 pound carrots
- 2 tablespoons olive oil
- 1 tablespoon honey
- One lime, juiced
- Sea salt and pepper (if tolerated), to taste
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh dill, chopped

### DIRECTIONS

1. Preheat the oven to 400° F.
2. Line a baking sheet with parchment paper.
3. Slice the carrots lengthwise and set aside.
4. In a large bowl, combine the olive oil through the dill.
5. Add the carrot slices and toss to combine.
6. Pour the tossed carrots onto the lined baking sheet, in a single layer, and bake for 25-30 minutes, or until tender.



## MANGO SALSA

Prep Time: 10 Minutes

Cook Time: N/A

Serves: 6

This Mango Salsa is a refreshing side dish or topping, and it's packed with nutrition as well. Mangoes are little powerhouses of vitamin C and carotenoids, and have a great fiber content. When I first dropped dairy from my diet, I modified my favorite mango salsa recipe by swapping regular dairy for coconut milk, and I have to say, the result is even tastier. I eat this salsa at least once a month!

### INGREDIENTS

- 1/4 cup coconut milk
- Juice of 2 fresh limes
- 1 cup mango, peeled and diced
- 3/4 cup cucumber, diced
- 2 tablespoons red onion, diced
- 1 tablespoon fresh cilantro, chopped
- 1 teaspoon fresh ginger, grated or chopped
- Romaine lettuce leaves (optional)

### DIRECTIONS

1. In a small bowl, whisk together the coconut milk and lime juice.
2. Place the mango, cucumber, onion, cilantro, and ginger in a medium-sized bowl, and mix thoroughly.
3. Pour the coconut mixture over the mango and vegetable mixture, and let it sit for at least 15 minutes.
4. Enjoy over chicken or fish, or in romaine lettuce-leaf wrappers.



## PESTO ASPARAGUS

Prep Time: 15 Minutes  
Cook Time: 7 Minutes  
Serves: 4

Asparagus is a nutritional powerhouse, but it contains one especially important nutrient: glutathione. Also known as our master antioxidant, glutathione is essential for detoxification support. Topped with dairy-free pesto, this is a true powerhouse of a side dish.

### INGREDIENTS

- 1 tablespoon avocado oil
- 1 bunch asparagus, tough ends trimmed
- Dairy-Free Pesto ([page 142](#))
- 2 tablespoons pine nuts

### DIRECTIONS

1. Heat oil in a large skillet over medium-high heat. Add asparagus and sauté until golden brown, about 3-5 minutes.
2. In a small skillet, over medium heat, add the pine nuts, and sauté until lightly browned. Immediately remove from heat and set aside.
3. Reduce heat to low and stir in Dairy-Free Pesto. Cook until the asparagus is tender, about 1-2 minutes.
4. Sprinkle with pine nuts and enjoy!



# RAINBOW ROASTED VEGETABLES

Prep Time: 15 Minutes

Cook Time: 7 Minutes

Serves: 4

Did you know that different colors of fruit and veggies have different nutrients? That's why it's important to eat a variety of colors! These rainbow roasted vegetables are a simple, delicious way to incorporate different types of veggies into your everyday life.

## INGREDIENTS

- 1 cup cherry tomatoes
- 1 orange bell pepper, cut into long strips
- 1 yellow yellow zucchini, cut into  $\frac{1}{4}$  inch sticks
- 8 ounces Brussels sprouts, cut in halves
- 1 purple or red onion, cut into long slices
- $\frac{1}{4}$  cup extra virgin olive oil
- Sea salt to taste

## DIRECTIONS

1. Preheat the oven to 400° F.
2. Line 2 baking sheets with parchment paper.
3. Add all of the veggies into a bowl, and toss with olive oil and sea salt to taste.
4. Place on baking sheet and bake for 25-30 minutes, until tender.



# RAINBOW STIR-FRY VEGGIES

Prep Time: 10 Minutes  
Cook Time: 25 Minutes  
Serves: 4-6

Eating the rainbow is always good advice, and these stir-fried veggies are no exception! Not only beautiful, this assortment of veggies packs tons of antioxidants, polyphenols, and fiber. Serve them with your favorite protein for a complete meal.

## INGREDIENTS

- 1 tablespoon coconut oil
- ½ cup cherry tomatoes or red bell peppers
- 1 orange bell pepper, diced or 1 sweet potato, diced
- 1 cup organic pineapple (I often get frozen) or yellow bell pepper, diced
- 2 large zucchinis, diced
- ½ purple cabbage, chopped
- 2 large purple sweet potatoes, diced small
- Sea salt and pepper (if tolerated), to taste

## DIRECTIONS

1. In a wok (or large skillet), turn the heat to medium-high and add the coconut oil.
2. When melted, add the tomatoes through cabbage, and cook until softened, about 5 minutes.
3. Add the sweet potato and continue to cook until cooked through, about 15-20 minutes.
4. Season with salt and pepper.



# ROASTED VEGETABLES

**Prep Time: 10 Minutes**  
**Cook Time: 35 Minutes**  
**Serves: 6-8**

Roasted vegetables are a staple for me, and I love roasting a big tray full of veggies at the beginning of the week. They can be added to salads, used as a side dish, and are even wonderful as the base of a quick breakfast (just add eggs or sausage!). The addition of herbs and spices not only make them delicious, but also provide an extra dose of detox support.

## INGREDIENTS

- 4 cups veggies of choice (e.g. peppers, mushrooms, broccoli, onion)
- 2 tablespoons avocado oil
- 1 teaspoon oregano, dried
- 1 teaspoon parsley, dried
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- Sea salt and pepper (if tolerated), to taste

## DIRECTIONS

1. Preheat oven to 400° F.
2. Chop the veggies into uniform pieces (about 1-2 inches in diameter), and place in a large bowl.
3. To the bowl, add the remainder of the ingredients, and toss to coat.
4. Line a baking sheet with parchment paper and add veggies to the sheet.
5. Bake for 30-35 minutes, until veggies are tender and golden brown on the edges.
6. Remove the vegetables from the oven and let cool slightly before serving.



# STEAMED KALE

**Prep Time: 5 Minutes**  
**Cook Time: 5 Minutes**  
**Serves: 2-4**

This delicious side dish will give you a boost of greens in your day. Steaming the kale makes it easier to chew and digest, not to mention this recipe is loaded with liver-loving ingredients. Garlic and onion both contain sulfur, which is necessary for the detoxification process, and lemon juice supports digestion and the liver as well.

## INGREDIENTS

- 4 cups kale
- 2 cloves garlic
- ½ onion, chopped
- 1 tablespoon coconut oil
- ¼ cup olive oil
- Juice of one lemon
- Sea salt to taste

## DIRECTIONS

1. Place kale, garlic, onion, and coconut oil in wok.
2. Turn heat to medium, and stir fry for a few minutes, until kale wilts.
3. Take out of wok and toss with olive oil, lemon and sea salt to taste.



6  
—  
**SNACKS**

# AVOCADO EGG SALAD ON SWEET POTATO ROUNDS

Prep Time: 10 Minutes  
Cook Time: 25 Minutes  
Serves: 2

Avocado and egg together create a rich and fulfilling combination that gives you a full serving of both protein and healthy fats. Mix in a few fantastic spices and serve them on top of crispy sweet potato rounds, and you've got a great snack the whole family will love. You can also try this on gluten-free plantain chips or in a lettuce wrap.

## INGREDIENTS

- 1 sweet potato
- 1 tablespoon avocado oil
- 2 ripe avocados, peeled and pitted
- 4 eggs
- 1 teaspoon Dijon mustard
- 2 tablespoon Hashi-Mayo ([page 145](#)), or a store-bought Paleo version like the one from [Primal Kitchen](#)
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- 2 tablespoons fresh chives, chopped
- 1 tablespoon fresh dill, chopped
- Sea salt and pepper (if tolerated), to taste
- 1 tablespoon of water, if needed
- ¼ cup broccoli sprouts, or another variation of your choice

## DIRECTIONS

1. Preheat the oven to 400° F.
2. Peel and slice the sweet potato into ⅛ inch rounds. Add the rounds to a lined baking sheet, and brush the avocado oil on the sides of each round.
3. Place in the oven, baking for 10 minutes, flipping the rounds, and baking for another 5-10 minutes, until crisp and golden brown.
4. Place the eggs in a medium pot, and add cold water. Place on the stove, bring to a boil, then simmer on high heat for 10 minutes.
5. While the eggs cook, prepare an ice bath by placing 2 cups of ice cubes in a bowl of cold water. Set aside.
6. Remove the pot from the heat, drain the water, and add the eggs to the ice bath until cooled, about 5 minutes.
7. Once cooled, peel the eggs, chop them, and place them in a bowl.
8. Peel, pit and cut the avocado into chunks. Add to the bowl with the chopped eggs.
9. Add the Dijon mustard through salt and pepper to taste.
10. Cut the avocado in half, remove the seed, and mash one half of the avocado in a bowl. Set aside.
11. Add two of the yolks to the mashed avocado and mix. Add the mayo, mustard, garlic powder, onion powder, salt, and pepper. Mix really well. Add as much pickle juice you prefer to make the mixture very creamy. If needed, add 1 tablespoon of water (or less), to thin the mixture.
12. In another bowl, roughly chop the remaining egg yolk and egg white together. With the remaining half of the avocado, chop into small chunks. Sprinkle both the egg white and egg yolk along with the avocado chunks, over the top of the sweet potato rounds.
13. Top with the broccoli sprouts.



## BACON WRAPPED AVOCADO SLICES

Prep Time: 5 Minutes  
Cook Time: 20 Minutes  
Serves: 4

I always recommend having (ripe) avocados on-hand because they are so versatile and filling. Among their many health benefits, they support digestion, promote healthy gut flora, and curb appetite. Here's a decadent and savory anytime snack or appy that's great for parties!

### INGREDIENTS

- 2 large firm, just ripe avocados (you don't want them mushy)
- 8 strips nitrate- and additive-free bacon
- Honey Lemon Dijon Dip ([page 147](#))

### DIRECTIONS

1. Preheat the oven to 450° F. Place a piece of parchment paper on a large rimmed baking sheet and set aside.
2. Cut the bacon slices in half, and set aside.
3. Peel and slice the avocados into 8 wedges each (4 per half).
4. Start at the bottom of one wedge, and wrap the bacon around the wedge, stretching slightly to cover from end to end. Place on the parchment-lined baking sheet.
5. Bake for 15-20 minutes until the bacon is crispy.
6. While the avocados are cooking, line a plate with paper towels.
7. Cool on the lined plate to drain excess fat.
8. Serve with Honey Lemon Dijon Dip



# CAULIFLOWER HUMMUS WITH FRESH VEGGIES

Prep Time: 10 Minutes  
Cook Time: 30 Minutes  
Serves: 2-4

Traditional hummus can be problematic for some people with Hashimoto's who don't tolerate beans and legumes well. Luckily, this version made with cauliflower is just as creamy and delicious, and is packed with nutrition. This is a great weekly staple to have on hand, or to bring with you to parties and gatherings.

## INGREDIENTS

- 1 large head cauliflower, cut into florets
- 4 cloves garlic, roughly chopped
- 2 tablespoons avocado oil
- Sea salt and pepper (if tolerated), to taste
- ½ cup tahini
- 2 tablespoons + 1 teaspoon olive oil
- 2 tablespoons fresh lemon juice
- 1 cup fresh mixed veggies such as baby carrots, scallions and fresh snap peas

## DIRECTIONS

1. Preheat the oven to 425°F.
2. In a medium-size bowl, toss the cauliflower and garlic with 2 tablespoons of the olive oil, plus salt and pepper.
3. On a large baking sheet lined with parchment paper, pour the contents of the bowl and cook for 30 minutes, until cauliflower is tender.
4. Remove the cauliflower from the oven and transfer to a food processor or blender.
5. Add 2 tablespoons olive oil, tahini, lemon juice and garlic, and blend until smooth.
6. Top with 1 teaspoon olive oil and serve with fresh veggies.



## CHICKEN SALSA ROLL-UPS

Prep Time: 10 Minutes

Cook Time: N/A

Serves: 2-4

Lettuce roll ups are such a fun snack, and when paired with protein, are actually incredibly satisfying. The addition of apple cider vinegar gives your gut health a boost, while cilantro, lime, and spinach support the liver.

### INGREDIENTS

- $\frac{1}{3}$  cup tomato, chopped
- $\frac{1}{4}$  cup red onion, chopped
- 1 tablespoons apple cider vinegar
- 1 tablespoon fresh cilantro, chopped
- 1 tablespoons lime juice
- $\frac{1}{2}$  cup spinach
- 1 small avocado, peeled and sliced
- 2 cups chicken breast, cooked and sliced
- 8 romaine or butter lettuce leaves

### DIRECTIONS

1. Mix the first 5 ingredients in a bowl. Then, on a large serving platter, layer the sliced meat, spinach and avocado with the salsa.
2. Roll up each slice in a lettuce leaf and serve.

# CUCUMBER AND TURKEY “PIZZAS”

Prep Time: 5 Minutes  
Cook Time: 10 Minutes  
Serves: 4

They’re not as hot or cheesy as the real thing, but these cucumber and turkey “pizzas” sure are a delicious and nutrient-dense snack! You can count on the lime juice and cilantro for a detox boost, while the protein and healthy fats help keep you full and satisfied.

## INGREDIENTS

- 1 tablespoon olive oil
- ½ small onion, diced
- 1 pound ground turkey
- Sea salt and pepper (if tolerated), to taste
- 1 large cucumber, sliced into rounds
- ¼ cup mashed avocado
- 1 large tomato, diced
- 2 tablespoons lime juice
- 2 tablespoons cilantro, chopped

## DIRECTIONS

1. In a large skillet over medium heat, heat the olive oil. To the skillet, add the next 4 ingredients (onion through salt and pepper). Cook for 5 to 10 minutes, until turkey is cooked through.
2. Arrange cucumber slices in a single layer on a large platter. Spoon mashed avocado onto each slice, then top with ground turkey.
3. In a small bowl, mix the remaining ingredients with sea salt and pepper to taste, spoon over turkey, and serve.



## EGG BITES - 3 WAYS

### Variation #1 - Pizza Egg Bites

Prep Time: 10 Minutes  
Cook Time: 30-35 Minutes  
Serves: 6

Eggs are so versatile and nutrient dense, so unless you are sensitive to them, I recommend incorporating them into meals or as snacks. :-) Eggs are a great source of protein, omega-3 fatty acids, as well as choline, both of which may support liver and brain health. These bite-sized snacks, which were inspired by a recipe from the PaleoOMG website, can also be great for breakfast or lunch, and there are plenty of different variations. I find the pizza bites really hit the spot when I'm having a craving for savory junk food!

### INGREDIENTS

- 1/3 pound Italian sausage (gluten- and preservative-free)
- 1/3 yellow onion, minced
- 2 garlic cloves, minced
- 3/4 cup organic store-bought or homemade Pizza Sauce ([page 149](#))
- 1 tablespoon fresh basil, chopped
- Sea salt and pepper (if tolerated), to taste
- 6 eggs
- 12 gluten-, nitrate- and preservative-free pepperoni slices (optional)
- 1 teaspoon coconut oil for cooking

### DIRECTIONS

1. Preheat the oven to 350°F.
2. Line a dozen muffin tins with silicone or paper muffin liners (eggs can be sticky).
3. Melt coconut oil in a pan over medium heat. Add the Italian sausage, and break into small pieces.
4. Add the onions and garlic, and cook until the onions are translucent and the sausage pieces are browned and cooked through.
5. Transfer the sausage, onion and garlic mixture into a large bowl. Add pizza sauce through eggs. Mix to combine.
6. Pour mixture into lined muffin tins, leaving a little room in the muffin cup since the eggs will puff up while they cook.
7. Pour mixture into lined muffin tins, 3/4 full, to allow room for the egg bite to puff.
8. Top with a pepperoni slice (optional), and bake for 30-35 minutes, until the middles are set and not jiggly.

# EGG BITES - 3 WAYS

Variation #2 - Spinach and Bacon

Prep Time: 10 Minutes  
Cook Time: 30-35 Minutes  
Serves: 6

## INGREDIENTS

- 6 slices nitrate- and additive-free bacon, cooked and chopped
- $\frac{1}{3}$  yellow onion, minced
- 2 garlic cloves, minced
- $\frac{1}{2}$  cup spinach, sliced
- Sea salt and pepper (if tolerated), to taste
- 6 eggs
- 1 teaspoon coconut oil for cooking

## DIRECTIONS

1. Preheat the oven to 350° F. Line 12 muffin tins with muffin liners.
2. Melt coconut oil in a pan over medium heat, and add the onion and garlic, until translucent, about 5 minutes.
3. Add onion mixture to a bowl, along with the chopped and cooked bacon, and the eggs.
4. Mix to combine.
5. Pour mixture into lined muffin tins,  $\frac{3}{4}$  full, to allow room for the egg bite to puff.
6. Bake for 30-35 minutes, until the middles are set and not jiggly.

# EGG BITES - 3 WAYS

Variation #3 - Kale, Bell peppers, and Onion

Prep Time: 10 Minutes  
Cook Time: 30-35 Minutes  
Serves: 6

## INGREDIENTS

- 1 bell pepper, any color, chopped small
- $\frac{1}{3}$  yellow onion, minced
- 2 garlic cloves, minced
- $\frac{1}{2}$  cup kale, chopped small
- Sea salt and pepper (if tolerated), to taste
- 6 eggs

## DIRECTIONS

1. Preheat the oven to 350° F. Line 12 muffin tins with muffin liners.
2. In a pan over medium heat, cook the bell pepper, onion, garlic and kale until softened, about 7 minutes.
3. Add pepper mixture to a bowl, then add 8 cracked eggs into the bowl, and mix to combine one last time.
4. Pour mixture into lined muffin tins,  $\frac{3}{4}$  full, to allow room for the egg bite to puff.
5. Bake for 30-35 minutes, until the middles are set and not jiggly.



## NANA KAREN'S TEX MEX 7 LAYER DIP

Prep Time: 10 Minutes

Cook Time: N/A

Serves: 6-8

I love a good 7 layer dip, but unfortunately, most of them are loaded with dairy, which is not great for those with Hashimoto's. This re-imagined version from my hubby's mom keeps all of the amazing flavor and creaminess, but with non-dairy sour cream and cheese.

### INGREDIENTS

- 3 medium ripe avocados
- 2 tablespoon lemon juice
- ½ teaspoon salt
- 1 teaspoon pepper (if tolerated)
- 1 cup dairy-free sour cream (Kitehill makes a dairy-free version) or Coconut Sour Cream ([page 142](#))
- ½ cup Hashi-Mayo ([page 145](#)), or a store-bought Paleo version like the one from Primal Kitchen
- 1 pkg taco seasoning mix (I love Sieste Brand's mild mix) or Fajita mix ([page 144](#))
- 1 can bean dip\* (Whole Foods)
- ½ cup green onions and tops, chopped
- 2 medium tomatoes, chopped and drained
- 1 to 3 ½ ounce cans of sliced black olives
- 4 ounces finely shredded dairy-free cheese (the Mexican blend from Violife is vegan and dairy-free)
- Large bag of organic tortilla chips, like those by Siete

### DIRECTIONS

1. Peel, pit and mash avocados, and mix with lemon juice, salt and pepper.
2. In another dish, combine sour cream, mayo, and taco mix. Set aside.
3. Layer in this order:
  - a. Spread bean dip.
  - b. Top with avocado mixture.
  - c. Spread on sour cream mixture.
  - d. Sprinkle onions and tomatoes.
  - e. Cover with cheese and olives.
  - f. Serve immediately (or chill until you serve).



# SPICED KALE CHIPS

**Prep Time: 5 Minutes**  
**Cook Time: 10-12 Minutes**  
**Serves: 2-4**

If you like salty, savory, crunchy snacks, then these kale chips are for you! Leafy greens provide liver support and other important nutrients, and when we season them well and turn them into a crispy snack, it's easy to get your daily dose.

## INGREDIENTS

- 8 large kale leaves, chopped into small pieces
- Sea salt and pepper (if tolerated), to taste
- 3 tablespoons coconut oil
- 2 teaspoons garlic powder

## DIRECTIONS

1. Preheat oven to 300° F.
2. Line a large baking sheet with parchment paper and set aside.
3. In a large bowl, add all ingredients and mix well to coat leaves evenly.
4. Place kale onto a prepared baking sheet, and spread out evenly.
5. Bake for 10 to 12 minutes, or until the leaves are slightly crispy.
6. Serve immediately.



## TOMATO & AVOCADO SALSA WITH CUCUMBER BITE

**Prep Time:** 10 Minutes  
**Cook Time:** N/A  
**Serves:** 2-4

In this recipe, fresh, juicy tomatoes are accompanied by healthy fats from the avocado, and plenty of flavor and liver-supporting benefits can be gleaned from the lemon juice, oregano, and cilantro. Served on cucumber slices, this fun, bite-sized snack is wonderful all on its own, or can be served as a side dish with a protein for a complete meal.

### INGREDIENTS

- 1 large avocado, peeled and chopped small
- 1 cup cherry tomatoes, chopped small
- 2 tablespoons lemon juice
- ½ teaspoon onion powder
- Sea salt/pink and pepper (if tolerated), to taste
- ½ teaspoon dried oregano
- 2 tablespoons cilantro, chopped
- 2 medium cucumbers, sliced

### DIRECTIONS

1. In a large bowl, mix the first 8 ingredients (avocado through cilantro).
2. Serve salsa with sliced cucumbers.



## TUNA SALAD CELERY BOATS

Prep Time: 10 Minutes  
Cook Time: N/A  
Serves: 2-4

Protein-rich tuna meets crisp, refreshing celery in these tuna salad celery boats! Avocado provides plenty of healthy fats, while green onion and cilantro provide excellent detoxification support.

### INGREDIENTS

- 2 cups cooked and flaked tuna\*  
(can use canned)
- 1 small avocado, peeled and mashed
- Sea salt and pepper (if tolerated),  
to taste
- 2 tablespoons green onion, chopped
- 1 teaspoon red wine vinegar
- 2 tablespoons almonds, chopped
- 2 tablespoons cilantro, chopped
- 4 medium stalks celery

### DIRECTIONS

1. In a medium bowl, mix together the first 8 ingredients (tuna through cilantro).
2. Spoon mixture into the celery and serve.

\*Note: Skipjack or chunk light tuna varieties are low in mercury.  
Consume no more than six 6-ounce servings per month.



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DESSERTS



# AI VERY BERRY PIE

**Prep Time: 30 Minutes**  
**Cook Time: 15-20 Minutes**  
**Serves: 10**

AI Very Berry Pie has the texture of a crumbly shortcake and even browns like a traditional pie. The secret to the yummy texture is the palm shortening, which can be used in Paleo baking instead of butter, while the maple syrup allows for a nice light brown color. Cassava flour is a fantastic gluten-free substitute for this kind of baking! I chose a mix of berries to include in this pie because of their antioxidant status; however, you can replace the fruit in the filling with apples, cherries, plums, peaches, or any other type of fruit you like. This pie is sure to be a hit with friends and family members!

## INGREDIENTS

### CRUST:

- 3 cups cassava flour
- 1 teaspoon sea salt
- 1 teaspoon baking soda
- 1 tablespoon vanilla
- ½ cup maple syrup
- 1½ cup palm shortening

### FILLING:

- 5 cups mixed berries (halved strawberries, blueberries, blackberries, and raspberries)
- ¼ cup maple syrup (optional)

## DIRECTIONS

1. Preheat the oven to 400° F.
2. In a stand mixer, mix the cassava flour, salt, baking soda, and vanilla.
3. Add the maple syrup and mix, until the texture becomes crumbly.
4. Add the palm shortening, 1/3 cup at a time, until the crust reaches a pliable texture.
5. Divide the dough in thirds; reserve two-thirds for the base, and one-third for the pie top.
6. Roll out the dough with a rolling pin (I recommend having one that is used specifically for gluten-free baking).
7. Gently press one-third of the dough into the bottom of a 9-inch round pie pan to create the pie base, and another third of the pie dough onto the sides of the pie pan.
8. Toss the berries with maple syrup, if added sweetness is desired, and place into the crust.
9. Roll out the remaining third of the crust and place on top.
10. Bake for 15 to 20 minutes until the fruit is cooked through and the top is lightly browned.



# BANANA PANCAKES

**Prep Time: 5 Minutes**  
**Cook Time: 5 Minutes**  
**Serves: 10**

These banana pancakes are a delicious, naturally gluten-free and dairy-free treat made with real bananas and eggs.

## INGREDIENTS

- One banana
- One egg
- Extra virgin coconut oil
- Strawberries for garnishing

## DIRECTIONS

1. Blend banana and egg in a mixer until batter consistency is achieved (30 sec to 1 minute).
2. Melt coconut oil in a pan.
3. Pour batter into the pan.
4. Cook for 2-3 minutes and then flip, cooking for an additional 1-2 minutes.
5. Cut strawberries in half to garnish.

*\*Tip: Putting a cover over the pan will even out the cooking process and help prevent destruction of the pancake upon flipping.*



## BERRY PARFAIT DESSERT

**Prep Time:** 5 Minutes  
**Cook Time:** N/A  
**Serves:** 10

This high fat, decadent dessert will leave you satisfied and blood sugar balanced. Berries are full of polyphenols, which can help fight diseases, combat aging, support brain health, boost immunity, and more. With the added boost of healthy fat and protein here, you could even enjoy this "dessert" for breakfast!

### INGREDIENTS

- 1 avocado
- 1 can of coconut milk
- Stevia to taste
- $\frac{1}{4}$  cup of protein powder (hemp, pea, or hydrolyzed beef)
- $\frac{1}{4}$  cup of berries on top

### DIRECTIONS

1. Blend all the ingredients except for the berries in a high-speed blender, on high, until smooth.
2. Add the berries on top and enjoy.

# CAROB SNACKS

**Prep Time: 5 Minutes**  
**Cook Time: N/A**  
**Serves: 8**

Here are some protein-packed desserts that you can also have as anytime snacks. Since they keep well in the fridge or freezer, you can make them ahead and have as a backup plan if you get a sugar craving! Dates are high in fiber and great for gut health.

## INGREDIENTS

- 1½ cups almonds
- 20 unsweetened Medjool dates
- ¼ cup carob powder
- 1 tablespoon fresh orange zest
- 1 tablespoon fresh orange juice
- Sea salt, to taste

## DIRECTIONS

1. Line an 8x8" baking dish with parchment paper and set aside.
2. In a food processor, add nuts and pulse until they become small, crumbly bits.
3. Remove and place into a medium-size bowl.
4. In the same food processor, add dates and pulse about 5 times, until slightly chopped.
5. Add the remaining ingredients (carob powder through sea salt), and process until the mixture forms into a doughy consistency.
6. Add the mixture to the bowl with the nuts, and mix to combine. Press the mixture into the lined baking dish evenly. Freeze for 30 minutes or until firm.
7. Slice into squares and serve.



# CHOCOLATE CHERRY SMOOTHIE

**Prep Time:** 5 Minutes  
**Cook Time:** N/A  
**Serves:** 1

Cherries and chocolate – I can't think of a better combination when it comes to smoothies! You can use cacao or carob powder for a yummy taste. The cherries lend a boost of vitamin C and potassium.

## INGREDIENTS

- 1 cup frozen cherries
- 2 tablespoons cacao or carob powder
- ½ cup coconut milk
- ½ teaspoon vanilla extract
- 1 scoop hydrolyzed beef protein, like [Rootcology AI Paleo Protein](#)

## DIRECTIONS

1. Combine all ingredients into a high-speed blender.
2. Blend for 30 seconds to 1 minute, until desired consistency is achieved.



# DIVINE AVOCADO CHOCOLATE CHIP COOKIES

**Prep Time: 5 Minutes**  
**Cook Time: 8-10 Minutes**  
**Serves: 12**

My husband took me on a day trip to the Miraval wellness resort, and I could not believe how tasty their cookies were, and that they included an avocado that was... baked! Once I got home, I knew that I immediately had to reverse engineer them and share them with my community. I know what you're thinking... Avocados in your cookies? Yes, you read that right! The healthy fats lend a wonderful creaminess to these chocolate chip cookies, and help to keep blood sugar balanced. They also provide a good source of fiber to support healthy digestion.

## INGREDIENTS

- 1 avocado, peeled, pitted, and mashed
- 1 egg
- ½ cup coconut sugar
- ½ cup cocoa powder\* or carob powder
- ½ cup chocolate chips (dairy free)
- ½ teaspoon baking powder

## DIRECTIONS

1. Preheat the oven to 350° F.
2. Mix all ingredients together in a medium-sized bowl.
3. Make small balls (about 1 tablespoon of batter) and put them on a parchment-lined baking sheet.
4. Bake for 8-10 minutes.
5. Remove and let cool.

\*Note: Use carob powder if sensitive to caffeine.

# FRUIT SALAD

**Prep Time:** 10 Minutes  
**Cook Time:** N/A  
**Serves:** 8

Everyone loves a fruit salad, especially in summer when those colorful, antioxidant-rich fruits are in season. I love topping this refreshing red, white, and blue fruit salad with a minty honey-lime dressing. If you've never tried jicama before, I highly recommend it! It's light and slightly sweet, something between a potato and an apple, plus it's a great source of fiber which is helpful for detox. Plus, as a root vegetable, it has a long shelf-life.

## INGREDIENTS

- 4 cups strawberries, sliced
- 1 tablespoon maple syrup
- 2 cups blueberries
- 2 cups watermelon, diced
- 1 cup jicama, diced
- 1½ tablespoons lime juice
- 1½ tablespoons honey
- 1 tablespoon mint, minced

## DIRECTIONS

1. Place strawberries in a large bowl and toss in maple syrup. Toss to coat.
2. Add blueberries, watermelon, and jicama to the bowl.
3. In a small bowl, stir together lime juice, honey and mint. Pour over fruit and toss to coat.



## LEMON ENERGY BITES

Prep Time: 5 Minutes

Cook Time: N/A

Serves: 12

If you like lemon bars, then you'll love these lemon energy bites! Filled with plenty of fiber from the dates and chia seeds, and healthy fats from the cashew butter and coconut, these bites will keep you full and energized.

### INGREDIENTS

- 1 cup dates, pitted
- ½ cup cashew butter
- ½ cup unsweetened coconut, shredded
- 2 tablespoons chia seeds
- ½ teaspoon vanilla extract, alcohol free
- 2 tablespoons maple syrup
- Juice and zest from one lemon
- ¼ teaspoon sea salt

### DIRECTIONS

1. Add all of the ingredients to a food processor, and pulse until all ingredients are blended and a thick dough forms, about 3-5 minutes.
2. When the ingredients are well incorporated, remove the blade from the food processor so you can work with the dough.
3. Form the dough into 1 tablespoon portions and roll between your hands to form balls.
4. Refrigerate for at least 2 hours, then serve and enjoy!

# PALEO APPLE BERRY PIE

Prep Time: 30 Minutes  
Cook Time: 30-45 Minutes  
Serves: 8

If you're looking for a dessert that won't interfere with the Reset, consider this delicious pie!

## INGREDIENTS

### CRUST:

- 2 cups almond flour
- ½ cup melted coconut oil
- 4 tablespoons of honey or maple syrup
- 1 teaspoonful vanilla extract

### FILLING:

- 1 (26 ounce) jar of baked apple chunks or slices such as those from [Grandma Hoerner's](#)
- 1 cup blueberries
- ½ cup blackberries

## DIRECTIONS

1. Preheat the oven to 350° F.
2. Crust: Mix almond flour, coconut oil, honey/maple syrup, and vanilla in a mixer.
3. Use the mixture to fill a round pie pan.
4. Filling: Mix all ingredients and add into the pie crust.
5. Bake for 30-45 minutes.



## PALEO BANANA MUFFINS

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 12

These muffins are not only delicious but also gluten-free, sugar-free, can stabilize your blood sugar, and are filled with antioxidants!

### INGREDIENTS

- 1 ¼ cup almond flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- 1 teaspoon cinnamon
- ½ cup unsweetened apple sauce
- 2 eggs\*
- 3 ripe mashed bananas

#### OPTIONAL -

You may choose to add one or more of the following:

- ½ cup shaved coconut
- ½ cup blueberries
- ½ cup walnuts
- ¼ cup poppy seeds
- 1 tablespoon unsweetened cocoa powder + ¼ cup honey

### DIRECTIONS

1. Add all of the ingredients to a food processor, and pulse until all ingredients are blended and a thick dough forms, about 3-5 minutes.
2. When the ingredients are well incorporated, remove the blade from the food processor so you can work with the dough.
3. Form the dough into 1 tablespoon portions and roll between your hands to form balls.
4. Refrigerate for at least 2 hours, then serve and enjoy!

\*Note: If avoiding eggs, replace 1 tablespoon of apple cider vinegar for each egg.



# PUMPKIN BREAD

**Prep Time: 15 Minutes**  
**Cook Time: 45-60 Minutes**  
**Serves: 8-10**

This gluten- and grain-free pumpkin bread recipe is soft, sweet, and super satisfying. I take any chance I can to use cinnamon liberally, as it's great for blood sugar balance and detoxification.

## INGREDIENTS

- 1 ¼ cup almond flour
- 1 teaspoon cinnamon
- ½ teaspoon pumpkin pie spice
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- 3 eggs
- ¾ cup pumpkin purée
- ¼ cup coconut oil, melted
- ¼ cup maple syrup

## DIRECTIONS

1. Preheat the oven to 325° F.
2. Combine all dry ingredients in a bowl and mix (flour through baking soda).
3. Add in the eggs, pumpkin purée, melted coconut oil, and maple syrup, and mix well until combined.
4. Pour into a greased loaf pan and bake for 45-60 minutes.



## PUMPKIN PIE SPICE CHIA SEED PUDDING

**Prep Time:** 2 Hours

**Cook Time:** N/A

**Serves:** 4

I love pumpkin spice anything, and I love how this pudding is not too sweet! This recipe is full of goodness, and the chia seeds lend a nice dose of fiber!

### INGREDIENTS

- 1 cup pumpkin purée
- $\frac{1}{3}$  cup chia seeds
- 2 cups canned full fat coconut milk
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- Pinch of sea salt
- 3 tablespoons honey

### DIRECTIONS

1. In a large bowl, mix all of the ingredients until smooth.
2. Cover bowl and refrigerate for at least 2 hours. The longer it sits, the thicker it gets.
3. Serve chilled.

\*Note: Use carob powder if sensitive to caffeine.



## STRAWBERRIES & CREAM

Prep Time: 5 Minutes

Cook Time: N/A

Serves: 2-4

You can't go wrong with strawberries and cream for dessert! I especially recommend this when they're in season and bursting with flavor (but you can use frozen berries too). This refreshing and simple take on the classic dessert gives you digestive-supporting fiber from chia seeds, as well as the anti-inflammatory benefits of berries and coconut milk.

### INGREDIENTS

- ½ cup strawberries
- ½ cup blueberries
- 1 cup of coconut milk
- 1 tablespoon chia seeds
- 1 tablespoon of coconut oil/cream
- Juice of one lemon
- 1 serving of vanilla-flavored protein powder such as [Rootcology Paleo Protein](#), or add 1 teaspoon of vanilla to plain protein

### DIRECTIONS

1. Blend all the ingredients in a high-speed blender, on high, until smooth.



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CONDIMENTS  
& DRESSINGS

# APPLE CIDER & HONEY VINAIGRETTE

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 4

As a fermented liquid, apple cider is great for gut health and digestion, as it can help to promote the growth of beneficial bacteria in the gut. It works well with almost any kind of sweet or savory salad, but on its own, the flavor can be a bit intense. If it's too strong for you, try creating a dressing with something sweet like honey, and it will be much more palatable.

## INGREDIENTS

- ¼ cup apple cider vinegar
- 2 teaspoons avocado oil
- 2 tablespoons coconut aminos
- 2 teaspoons honey
- 1 teaspoon orange zest, grated

## DIRECTIONS

1. In a small bowl, whisk all ingredients, and season to taste with salt and pepper.

# AVOCADO CREMA

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 4

This tangy, cilantro-based avocado dressing tastes amazing with fish, Mexican dishes, and more. I love that it's chock-full of healthy fats alongside cleansing lemon and cilantro! The addition of coconut cream really gives you the feeling you're eating something decadent, but you get to skip the preservatives and additives in store-bought cream-based dressings.

## INGREDIENTS

- 1 avocado
- ¼ cup coconut cream
- 3 tablespoons cilantro
- 1-2 tablespoons avocado oil (to thin)
- Juice of half lemon
- 1-2 teaspoons water, to desired thickness
- Sea salt and pepper (if tolerated), to taste

## DIRECTIONS

1. Combine avocado, coconut cream, cilantro, avocado oil, and lemon juice in a blender, then purée until smooth.
2. Add water to thin. Season to taste with salt and pepper.

# COCONUT SOUR CREAM

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 4

What's Mexican night without sour cream? Here's a healthy, dairy-free version that's perfect for using in dishes like my Seven Layer Dip (page 122) and Taco Lasagna Casserole (page 94).

## INGREDIENTS

- (1) 14 ounce can of coconut cream
- Juice and zest of 1 lime
- Pinch of salt

## DIRECTIONS

1. Combine all ingredients in a small bowl and stir to mix well.

# DAIRY-FREE PESTO

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 4

The Reset is all about taking steps to find foods that are tasty and free of inflammatory ingredients. Like many other nuts, pine nuts are great for brain health, heart health, and blood sugar balance. The lemon juice and basil in here work well for a super healthy pesto. Keep your pine nuts in the fridge or freezer, as they can go rancid quickly.

## INGREDIENTS

- 2 tablespoons lemon juice
- 4 tablespoons pine nuts
- 2 bunches of basil leaves (about 2 cups)
- ½ cup olive oil
- Sea salt and pepper (if tolerated), to taste

## DIRECTIONS

1. In a food processor, combine the lemon juice, pine nuts, and basil, and process until just combined. Slowly add in the olive oil, and pulse until emulsified. Season to taste with sea salt and pepper.

# EVERYDAY DRESSING

**Prep Time: 5 Minutes**  
**Cook Time: N/A**  
**Serves: 4**

"What type of dressing can I use on my salad?" I often get this question from readers who are looking to transition their lifestyle. Conventional packaged dressings can be filled with inflammatory oils and even gluten and dairy. But you can make your own tasty dressing with only three ingredients! I love using this as Italian dressing. It's packed with heart-healthy and anti-inflammatory olive oil, basil, and lemon juice.

## INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 tablespoon lemon juice (or the juice of 2 lemons)
- 1 tablespoon basil (dried)

## DIRECTIONS

1. In a small bowl, combine all ingredients.

# EVERYTHING SEASONING

**Prep Time: 5 Minutes**  
**Cook Time: N/A**  
**Serves: 10**

Everything seasoning is something I've been seeing on shelves lately, so I decided to make my own thyroid- and detox-friendly version! All you need are a few ingredients, and you can use this on salads, meats, snacks, and many other savory dishes! Among their many health benefits, sesame seeds are a source of plant protein, antioxidants, selenium, and fiber.

## INGREDIENTS

- 3 teaspoons white sesame seeds
- 2 teaspoons black sesame seeds
- 1 tablespoon sea salt (flaky or coarse)
- 3 teaspoons garlic powder
- 3 teaspoons onion powder

## DIRECTIONS

1. In a small bowl, mix all of the ingredients together.
2. Store in an airtight container.

# FAJITA SEASONING

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 4

It's so easy to make your own fajita seasoning! I love mixing my own, as I can add more or less of certain spices. Cumin is such a great spice for detox and is specifically known for its liver benefits. So long as you like the flavor, please use it liberally! :-)

## INGREDIENTS

- 2 teaspoons onion powder
- 1 teaspoon cumin powder
- 1 teaspoon garlic powder
- 1 teaspoon paprika (if tolerated)
- 1 teaspoon oregano
- 1 teaspoon salt

## DIRECTIONS

1. Combine all ingredients in a jar, and shake well until mixed.

# GINGER-LIME DRESSING

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 4

Lime juice gives this dressing a bright, tangy flavor, combined with an earthy spiciness from the ginger, while the honey gives it a subtle sweetness. Lime and ginger are also wonderfully supportive for the liver. This pairs especially well with Mango Lime Chicken Salad.

## INGREDIENTS

- ¼ cup lime juice
- 1 inch piece of ginger, grated
- 2 tablespoons olive oil
- 2 teaspoons honey
- Sea salt and pepper (if tolerated), to taste

## DIRECTIONS

1. In a small bowl, whisk the lime juice through honey. Season to taste with salt and pepper.

# GODDESS OF DETOX DRESSING

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 4

This delicious dressing contains plenty of health-promoting ingredients, including probiotic-rich coconut yogurt, digestion-supporting apple cider vinegar, and detoxifying cilantro. It's fantastic on salads that normally call for a cream-based dressing like ranch.

## INGREDIENTS

- 1 cup loosely packed cilantro, stems removed
- ½ cup plain coconut yogurt
- ¼ cup olive oil
- 2 tablespoons apple cider vinegar
- 1 medium clove garlic
- Juice of 1 lime
- Sea salt, to taste

## DIRECTIONS

1. Place all ingredients in a high-powered blender and mix until a creamy consistency is achieved.
2. Refrigerate until ready to serve.

# HASHI-MAYO

Prep Time: 10 Minutes  
Cook Time: N/A  
Serves: 20

The ultimate comfort food, mayo can be a source of fat and help keep your appetite satisfied. Most grocery-store brands are made with soy and canola oil, both potential thyroid toxins. The good news is, it's easy to make your own mayo using olive oil or avocado oil instead! Traditionally, raw eggs are used to make mayo, which may be a source of salmonella. If you feel confident in the source of your eggs, you can use them raw. If you are concerned with risk, you may choose to utilize pasteurized or lightly cooked eggs. Use this anywhere you'd use regular mayo.

## INGREDIENTS

- 2 teaspoons lemon juice
- 2 eggs (chicken or duck), at room temperature
- ½ teaspoon sea salt
- 1 cup olive or avocado oil (avocado is lighter in taste)

## DIRECTIONS

1. To make the mayo, place the lemon juice, eggs and salt in a high-speed blender, and set to level 7.
2. Slowly add the oil into the blender to emulsify the eggs and oil, for 2-3 minutes.
3. For an immersion blender, place the lemon juice, eggs, salt and oil, in that order, in a clear jar that the immersion blender can fit snugly into (or use the container it comes with, if available).
4. Start blending and watch the mixture (about 30-45 seconds). Once it starts to turn off-white at the bottom of the jar, slowly start to pull the blender upward. Once the entire mixture is off-white, it is emulsified.

# HERBED DRESSING

**Prep Time: 10 Minutes**  
**Cook Time: N/A**  
**Serves: 4**

Fresh herbs have so many healthy benefits, but I find many people struggle with finding a way to incorporate them into their daily diet. I love blending them into salad dressings and sauces. They give a wonderful, fresh taste, plus provide amazing liver support. This dressing is bright and fresh, any time of the year.

## INGREDIENTS

- ½ cup olive oil
- 1 teaspoon fresh lemon juice
- Sea salt and pepper (if tolerated), to taste
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- 2 tablespoons fresh mixed herbs, such as parsley, dill or chives

## DIRECTIONS

1. In a medium bowl, whisk together the olive oil through fresh mixed herbs. Add salt and pepper, to taste.

# HONEY-CUMIN DRESSING

**Prep Time: 10 Minutes**  
**Cook Time: N/A**  
**Serves: 4**

The distinct flavor of cumin is mellowed out by the addition of lemon juice and honey. I love the flavor of this dressing, and all the liver support it provides as well. It pairs especially well with the Turkey Taco Salad (page 56).

## INGREDIENTS

- ⅓ cup lemon juice
- 1 tablespoon ground cumin
- 2 tablespoons honey
- 3 tablespoons olive oil

## DIRECTIONS

1. Combine all ingredients in a small bowl, and season to taste with salt and pepper.

# HONEY-LEMON DIJON DIP

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 4

This dressing is sweet and tangy, and makes a perfect dip for Bacon Wrapped Avocado Slices (page 116), homemade gluten-free chicken tenders, or any other meat or veggie that needs a dip. The addition of garlic and parsley gives it an extra boost of detox support.

## INGREDIENTS

- ¼ cup honey
- ¼ cup lemon juice
- 2 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 1 garlic clove, minced
- 1 tablespoon fresh parsley, minced
- Sea salt and pepper (if tolerated), to taste

## DIRECTIONS

1. Combine the honey through parsley in a blender or food processor, until combined. Season to taste with salt and pepper

# HONEY-LEMON MUSTARD DRESSING

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 4

Like the classic, but with a twist! The addition of lemon gives this dressing an invigorating flavor, plus extra support for your liver.

## INGREDIENTS

- 1 teaspoon honey
- 1 teaspoon mustard
- 1 teaspoon sea salt
- 6 tablespoons olive oil
- Juice of one lemon
- Sea salt and pepper (if tolerated), to taste

## DIRECTIONS

1. In a small bowl, combine the honey through lemon juice. Season to taste with salt and pepper.

# HONEY-MUSTARD DRESSING

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 4

This is my healthy spin on the classic dressing. We use olive oil for its healthy monounsaturated fats, and just honey to sweeten (not additional added sugar, like many pre-made honey-mustard dressings use). This can be used as a salad dressing, marinade, or dipping sauce.

## INGREDIENTS

- 1/4 cup olive oil
- 2 tablespoons honey
- 2 tablespoons Dijon mustard
- Salt and pepper (if tolerated), to taste

## DIRECTIONS

1. To make the vinaigrette: Combine all ingredients in a glass jar and shake until combined.
2. Add salt and pepper, to taste.

# LEMON & HERB DRESSING

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 4

This is one of my go-to dressings for fresh summer salads that are already packed with flavor, or when I'm just looking for something simple and mild. Try pairing it with the Quinoa Chickpea Summer Salad ([page 41](#)) or Katy's Greek Salad ([page 36](#))!

## INGREDIENTS

- Juice of one lemon
- 1/2 cup of extra virgin olive oil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon garlic powder
- Salt and pepper (if tolerated), to taste

## DIRECTIONS

1. Combine all ingredients in a small bowl. Season to taste with salt and pepper.

# MAPLE SYRUP & BALSAMIC DRESSING

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 4

This dressing works well with seasonal dishes that include root veggies, like the Brussels Sprouts Salad. I find the thyme gives it a nice savory kick that contrasts well with the balsamic and maple syrup.

## INGREDIENTS

- 2 tablespoons avocado oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons maple syrup
- 1 tablespoons Dijon mustard
- ½ teaspoon dried thyme
- Salt and pepper (if tolerated), to taste

## DIRECTIONS

1. In a medium bowl, whisk together the avocado oil through thyme. Add salt and pepper, to taste.

# PIZZA SAUCE

Prep Time: 5 Minutes  
Cook Time: 10 Minutes  
Makes: 1 Cup

Making your own pizza sauce is so simple! You get to create a version that includes ingredients you can pronounce, and it has no additives or preservatives. As a bonus, it's budget friendly as well! Tomato paste is loaded with lycopene, which supports heart health, and the garlic helps reduce inflammation.

## INGREDIENTS

- 6 ounces tomato paste (make sure it's gluten-free)
- 1 cup bone broth ([page 68](#)), or water
- ¼ teaspoon dried oregano
- ¼ teaspoon dried parsley
- ¼ teaspoon dried basil
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ⅛ teaspoon dried rosemary
- Salt and pepper (if tolerated), to taste

## DIRECTIONS

1. In a saucepan, combine all ingredients and cook until the sauce is reduced and thickened, about 10 minutes.

# SESAME ALMOND DRESSING

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 4

Just because it's a detox food plan, doesn't mean you don't need to sacrifice creamy dressings! I love the addition of almond butter here, as it makes for a rich, nutty flavor. I find this pairs especially well with the Thai Broccoli salad (page 51), but feel free to experiment!

## INGREDIENTS

- ¼ cup natural creamy almond butter
- 2 tablespoons coconut aminos
- 1 tablespoon honey or maple syrup
- 1 ½ tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 (1 inch) piece of fresh ginger, grated
- 1 clove of garlic, grated
- 1-2 tablespoons water
- Salt and pepper (if tolerated), to taste

## DIRECTIONS

1. In a small bowl, whisk together the almond butter through 1 tablespoon of water. If the dressing is not thin enough, add the second tablespoon of water. Season to taste with salt and pepper.

# THAI DRESSING

Prep Time: 5 Minutes  
Cook Time: N/A  
Serves: 4

Here's a great dressing option for Thai- or Asian-inspired dishes. I find the combination of lime juice, ginger, and cumin an incredible flavor combination, and they all offer great detoxification benefits as well.

## INGREDIENTS

- 2 tablespoons coconut aminos
- 2 tablespoons olive oil
- 2 tablespoons lime juice
- ¼ teaspoon cumin
- ¼ teaspoon ginger
- 1 clove garlic, minced
- Salt and pepper (if tolerated), to taste

## DIRECTIONS

1. In a small bowl, whisk the coconut aminos, olive oil, and lime juice until well combined.
2. Next, add the cumin, ginger, and garlic.
3. Add salt and pepper, to taste. Stir well and set aside.

*Note: If the dressing sits for too long, the ingredients may separate. Be sure to stir well before using.*