



Upstream Functional Medicine

PROGRAM RECIPES



HOW TO USE THIS RECIPE GUIDE

Healthy eating does not mean tasteless, boring food. Delicious recipes that incorporate colorful vegetables and fruits, bold & vibrant spices, hearty meats, and perfectly balanced flavors can both invigorate the tastebuds and give the body the nutrition it needs to thrive. The recipes included in this guide are designed to help you begin cooking and eating in a manner consistent with a healthy lifestyle while providing exciting, savory dishes that you will instantaneously love.

The recipes are broken down into sections that correspond with your program dietary transitions, so you know during which phases of your program they can be used. For example, a recipe that says Dietary Transitions 1, 2 & 3 can be used during transitions 1, 2 & 3 but NOT during transition 4 or the detox. Recipes that say Dietary Transitions 1, 2, 3, 4 & Detox can be used for all five dietary transitions. When you reintroduce certain foods at the end of your detox, you can resume some non-detox recipes as well.

A few quick notes for you regarding these recipes:

1. Keep in mind that some recipes' prep times can be significantly reduced if you pre-chop and prepare items beforehand. For more tips on saving time in the kitchen, refer to the *Time Saving Tips* page in your program guide.
2. For each of these recipes, you should use organic produce, grass-fed beef, pastured chicken and eggs, pastured pork, or wild-caught fish. Some exceptions can be made on the produce using the *Dirty Dozen / Clean Fifteen Guide*. However, using these specific ingredients will best serve you as you strive toward a clean diet and optimal health.
3. Making large batches of your favorite recipes will enable you to cut down on cook time later in the program because you'll be able to freeze and store leftovers. If you find a recipe you really like, make extra!
4. If you see a recipe that you want to try but are unfamiliar with the ingredients, call your local grocery store to see if they have it in stock before making a trip to the store. In many cases, if it's an uncommon item that doesn't require refrigeration, they will be happy to hold it at customer service so you don't have to search the store for something you don't typically purchase.

HAPPY COOKING AND EATING!

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DIETARY TRANSITIONS 1, 2 & 3



BACON, SWEET POTATO AND KALE BREAKFAST CASSEROLE



SERVES
4-6



PREP TIME
20 MIN



COOK TIME
30 MIN



TRANSITIONS
1, 2 & 3

INGREDIENTS

- 8 slices** of organic uncured bacon (*cooked and cut into bite size pieces*)
- 1** large sweet potato (*peeled, chopped into small cubes and cooked*)
- 2** large handfuls of organic kale leaves
- 1 tsp** cumin
- 1 tsp** coriander
- 1 tsp** fennel seed
- 8** large organic pastured eggs
- 1/4 cup** unsweetened almond milk
- 1 Tbsp** nutritional yeast
- 1 Tbsp** coconut oil

the aroma of crisp bacon, fresh kale, and sweet potatoes will fill your kitchen when you create this easy breakfast casserole dish

Preheat the oven to 375 degrees.

Spread sweet potatoes on a baking sheet and bake for 15 minutes or until fork tender

While the sweet potatoes are in the oven, cook the bacon on the stove.

Grease a 9X13 casserole dish with coconut oil

Beat the eggs in a large bowl with the almond milk and nutritional yeast. Add the bacon, sweet potato, kale, and spices to the egg mixture.

Pour mixture into the prepared baking dish and cook for 30 minutes or until the eggs are firm.

Serve warm and enjoy!

Pre-slice and store in individual zip lock bags for a quick grab and go breakfast.

1 2 3

EGG, POTATO & BACON BREAKFAST CASSEROLE



SERVES
6-8



PREP TIME
25 MIN



COOK TIME
50 MIN



TRANSITIONS
1, 2 & 3

INGREDIENTS

- 8** Eggs
- 1 & 1/3 Cups** Coconut Cream
- 1** package of Bacon (*diced*)
- 2** Sweet Potatoes (*diced*)
- 1** Red or Brown onion (*sliced*)
- 1** Red bell pepper (*sliced*)
- 1** Garlic clove (*crushed*)
- Salt & Pepper

this traditional breakfast casserole is kicked up a notch with a hint of sweetness from the coconut cream and a spicy punch from the garlic. Make at the beginning of the week and enjoy all week long

Preheat an oven to 350°F

In a fry-pan over medium heat, add the bacon. Cook until it starts to crisp up.

Add the sweet potatoes and cook for another 5 minutes.

Add the onion, red bell pepper and garlic. Cook for an additional 5- 10 minutes making sure the sweet potato is slightly cooked (A knife sticks into it easily but doesn't mash).

In a greased casserole dish, add the vegetable and bacon mix.

In a bowl beat together the eggs and coconut cream.

Pour the egg mix over the vegetable & bacon mix.

Place the casserole into the oven and bake for 25-30 minutes or until the egg is completely cooked.

1 2 3

GRAB-N-GO EGG MUFFINS



SERVES
6



PREP TIME
20 MIN



COOK TIME
15 MIN



TRANSITIONS
1, 2 & 3

INGREDIENTS

1 dozen organic, pastured eggs

1 package of organic, nitrate/nitrite free bacon (*fully cooked*)

1 green bell pepper (*chopped*)

1/2 onion (*chopped*)

1/2 tsp Himalayan salt

1/2 tsp black pepper

all the flavors of a traditional breakfast omelet wrapped into the convenience of a grab-n-go egg muffin

Pre-heat oven to 350 degrees. Grease a 12-cup muffin tin with coconut oil.

In one large bowl, mix together cracked eggs and all other ingredients until fully combined.

Evenly distribute the egg mixture between all 12 muffin cups. Bake for about 10 minutes or until the eggs are cooked through.

This is a great grab-n-go breakfast that can be kept in the refrigerator for a few days or in the freezer for up to 4 months. Feel free to sub out the veggies for whatever you may have in your refrigerator. Enjoy!

1 2 3

SUMMER GRILLED SCALLOP SALAD



SERVES
2



PREP TIME
30 MIN



COOK TIME
6 MIN



TRANSITIONS
1, 2 & 3

INGREDIENTS

1/3 cup organic avocado
(peeled and diced)
2 Tbsp fresh, organic lime juice
2 tsp organic olive oil
12 whole wild sea scallops
(tails removed)
1 cup fresh organic pineapple
(diced)
2 Tbsp organic mango
(chopped)
2 tsp Caribbean spice
4 cups organic Boston Bibb lettuce
(shredded)

a delightful, crisp salad bursting with fresh tropical fruit, cool avocado, and spicy, smoky scallops, finished with a refreshing mango-lime dressing

Turn grill to high heat. Pat scallops dry with a paper towel. Sprinkle 1-1/2 teaspoons Caribbean spice evenly over scallops. Coat scallops with cooking spray. Place scallops on grill rack; grill 3 minutes on each side. Remove scallops.

Combine Boston Bibb lettuce, pineapple, and avocado in a large bowl.

Combine mango, lime juice, olive oil, and remaining 1/2 teaspoon Caribbean spice in a small bowl to create the dressing. Add dressing to salad, and toss well.

Split salad evenly over two bowls. Arrange 6 scallops over each salad. Serve salad chilled and scallops warm, enjoy!

1 2 3

BUFFALO BOLOGNESE “PASTA”



SERVES
4



PREP TIME
20 MIN



COOK TIME
45 MIN



TRANSITIONS
1, 2 & 3

INGREDIENTS

- 1 cup** organic onion (chopped)
- 1** large spaghetti squash
- 2** garlic cloves, (minced)
- 1 bag** of organic spinach
- 1 cup** organic pasta sauce (no added sugar)
- 1 tsp** black pepper
- 1 tsp** oregano
- 1 pound** organic, grass-fed ground buffalo

be transported to Italy with this grass-fed ground buffalo spaghetti squash pasta. The flavors of oregano and garlic greet your taste buds while the hint of onion and spinach melt into the ground buffalo meat

Pre-heat oven to 400°. Cut the spaghetti squash in half lengthwise and place the two halves cut side down inside a glass baking dish with about 1/2 an inch of water in the bottom of the dish.

Bake the spaghetti squash for 45 minutes or until the outside becomes tender.

While the spaghetti squash is baking, heat a large pan over medium- high heat and cook the buffalo and all spices until the meat is no longer pink, about 6 minutes.

Add the onion and garlic to the meat and cook for another 3 minutes or until the onions become translucent. Add the spinach and pasta sauce to the same pan and simmer for about 5 minutes or until all the spinach has wilted.

Once spaghetti squash is cooked, remove from oven and using a spoon, scrape out the inside seeds of the squash and discard. Once the seeds have been removed, using a fork, scrape the “spaghetti” noodles out of the squash and distribute into 4 bowls.

Evenly distribute the meat and pasta sauce mixture into each of the 4 bowls on top of the spaghetti. Serve warm and enjoy!

1 2 3

SUNDAY MEATLOAF



SERVES
6-8



PREP TIME
10 MIN



COOK TIME
1 HOUR



TRANSITIONS
1, 2 & 3

INGREDIENTS

3lbs organic grass-fed beef
1 egg
1 medium onion, (*diced*)
3 garlic cloves
8 ounces of Tesserae's organic ketchup
1/2 cup finely ground almond meal
2 Tbsp Italian seasoning
1/4 tsp Pink Himalayan salt

this meatloaf dish is a classic favorite that has been updated with healthy ingredients without losing any flavor

Preheat the oven to 350 degrees.

In a large bowl combine all ingredients and mix thoroughly with hands.

Place meatloaf mixture in a greased bread pan and bake for an hour or until no longer pink in the center.

Serve warm and enjoy!

1 2 3

MINESTRONE



SERVES
4



PREP TIME
15 MIN



COOK TIME
40 MIN



TRANSITIONS
1, 2 & 3

INGREDIENTS

- 4 cups** vegetable broth
- 1 tsp** oregano (*dried*)
- 2 tsp** basil (*dried*)
- 1 16-ounce can** organic kidney beans
- 1 16-ounce can** organic cannellini beans
- 1 cup** organic peas
- 4** garlic cloves (*chopped*)
- 1** medium organic onion (*diced*)
- 1 28-ounce can** organic crushed tomatoes
- 2** medium organic carrots (*sliced*)
- 1 cup** organic broccoli (*chopped*)

this tomato-based soup blends harmoniously with an array of beans and vegetables and is amped up with the spicy and minty taste of basil

Pour the vegetable broth into a large pot and bring to a boil.

Add 2 garlic cloves and half of the diced onion, simmer for 15 minutes.

Add all remaining ingredients and simmer on medium heat for 20 minutes or until the carrots are soft.

Serve hot and enjoy!

*This recipe can be used during dietary transition 4 if you leave out the beans.

1 2 3

CROCK-POT WHITE CHICKEN CHILI



SERVES
4



PREP TIME
20 MIN



COOK TIME
4-8 HOURS



TRANSITIONS
1, 2 & 3

INGREDIENTS

- 2 16-ounce cans** organic white beans
- 1 tsp** ground cumin
- 1 tsp** Himalayan salt
- 4** medium organic red peppers (*chopped*)
- 1 1/2 pounds** organic, pastured chicken breasts or thighs
- 6** garlic cloves (*minced*)
- 2 tsp** oregano
- 2** medium organic onions (*chopped*)
- 3 cups** organic bone broth or chicken stock

nothing says home cooking like good old white chicken chili, with hearty pastured shredded chicken, an array of sweet vegetables, and nutty cumin spice

Combine all ingredients into a slow cooker or crock pot, placing the chicken breasts at the very bottom.

Cover and cook on low for 7-8 hours or high for 4-5 hours.

Once the chicken breasts reach 165 degrees, shred the chicken with two forks and stir all ingredients together.

Serve hot and enjoy!

NOTE: If you eliminate the beans from this recipe, it can be used during the detox, except days 6-10 of the detox when animal proteins need to be eliminated.

SPICED BEAN AND VEGGIE SOUP



SERVES
4



PREP TIME
20 MIN



COOK TIME
35 MIN



TRANSITIONS
1, 2 & 3

INGREDIENTS

- 1 tsp** dry thyme
- 1 cup** organic broccoli (*chopped*)
- 1 1/2 cups** organic carrots (*diced*)
- 1 Tbsp** coconut oil
- 1 cup** yellow onion (*chopped*)
- 1 cup** red bell pepper (*chopped*)
- 3 cloves** garlic (*crushed*)
- 3 cups** chicken broth
- 2** whole bay leaves
- 1/2 cup** organic chick peas (*canned*)
- 1 cup** organic black beans (*canned*)
- 1 cup** green lentils
- 2 Tbsp** parsley (*chopped*)
- 1 tsp** freshly ground black pepper
- 1 tsp** cumin

this perfect Fall dish will be sure to warm the heart and tummy with a medley of spiced beans and organic vegetables

In a soup pot, heat oil over medium heat.

Add onion and cook until translucent.

Add red bell pepper, garlic, broth, bay leaves, parsley, black pepper, cumin, and thyme. Stir well.

Add broccoli, carrots, black beans, lentils, and garbanzo beans.

Simmer over medium heat for 30 minutes.

Serve warm and enjoy!

1 2 3

THIRTY-MINUTE CHILI



SERVES
6



PREP TIME
15 MIN



COOK TIME
25 MIN



TRANSITIONS
1, 2 & 3

INGREDIENTS

- 1 28-ounce can** organic diced tomatoes
- 2 lbs** organic, grass-fed ground beef
- 1/2 cup** organic onion (*chopped*)
- 1 16-ounce can** organic kidney beans
- 1 16-ounce can** organic black beans
- 2 Tbsp** organic chili seasoning
- 1 tsp** garlic powder
- 1 tsp** Himalayan salt
- 1 cup** beef broth or bone broth
- 1 16-ounce can** organic tomato sauce
- 2** organic bell peppers (*diced*)
- 2** avocados
- Optional:**
Top with raw cheese

grass-fed ground beef, bell peppers, tomato sauce, and beans are brought to life with a spicy chili seasoning and are topped off with fresh green avocado, making this the perfect chili

Brown beef in a Dutch oven or deep pot over medium-high heat for 4-5 minutes or until beef is no longer pink, stirring often.

Add all seasonings and onion, sauté 1 minute over medium-high heat.

Stir in diced tomatoes and remaining ingredients; bring to a boil over medium-high heat, stirring occasionally.

Cover; reduce heat to low and simmer, stirring occasionally for about 20 minutes.

Serve hot and top with 1/4 of an avocado and the optional raw cheese.

1 2 3

CALIFORNIA GREENS



SERVES
6



PREP TIME
15 MIN



COOK TIME
20 MIN



TRANSITIONS
1, 2 & 3

INGREDIENTS

- 1 16-ounce can** organic white beans
- 6** organic sundried tomatoes (*chopped*)
- 1/2 cup** organic chicken broth or bone broth
- 4** garlic cloves (*chopped*)
- 6 cups** organic kale (*stems removed and chopped*)
- 2 Tbsp** organic extra virgin olive oil
- 1/2 tsp** paprika

warm tender kale pairs seamlessly with hearty white beans and sundried tomatoes while the hint of garlic and drizzle of olive oil will bring you straight to the beaches of California

Bring 2 quarts of water to a boil in a large saucepan. Add kale and cook about 5 minutes until tender and bright green. Drain kale and set aside.

Return saucepan to burner. Add chicken broth and heat over medium-high heat.

Add garlic and cook 2 minutes. Stir in beans and cook for 6-8 minutes.

Add paprika, salt, and sundried tomatoes and cook one additional minute.

Return kale to saucepan and cook just until heated through (about 2 minutes).

Drizzle with extra virgin olive oil and serve.

1 2 3

DIETARY TRANSITIONS 1, 2, 3 & 4

GRILLED STEAK WITH HOMEMADE SEASONING



SERVES
4



PREP TIME
10 MIN



COOK TIME
8 MIN



TRANSITIONS
1, 2, 3 & 4

INGREDIENTS

4 grass-fed steaks

Seasoning:

2 tsp salt
1 Tbsp onion powder
1/2 tsp pepper
1 tsp paprika
1/2 tsp basil
1/2 tsp parsley
1/4 tsp celery seed
1/4 tsp oregano
1/4 tsp cumin
2 tsp garlic powder

the juiciness of the grass-fed steak seasoned with a burst of flavor from the blend of delicious spices makes this the perfect dish for those Summer nights

Combine all seasoning ingredients in a bowl. Sprinkle seasoning on each side of the steaks.

Grill 4 minutes per side or until your desired doneness.

Let steaks rest for 10 minutes before serving.

1 2 3 4

CRANBERRY DRINK



SERVES
4-6



PREP TIME
5 MIN



COOK TIME
0 MIN



TRANSITIONS
1, 2, 3 & 4

INGREDIENTS

- 4 1/2 cups** spring water
- 1 1/2 cups** organic unsweetened cranberry juice
- 4 Tbsp** organic lemon juice
- 1-2 Tbsp** organic apple cider vinegar (*with the "mother"*)
- *Add 1 Tbsp** fiber to 2 out of the 3 cranberry drinks each day:
 - Ground Flaxseed
 - Psyllium Husk Powder

the Cranberry Drink promotes healthy kidney, bladder, and urinary tract as well as balances the pH levels in your body

Combine all ingredients in a pitcher.

Refrigerate and stir before consuming.

This mixture can be taken up to 3 times per day (three 8 oz. glasses) 5-15 minutes before meals.

CROCK-POT BUTTERNUT SQUASH SOUP



SERVES
6



PREP TIME
35 MIN



COOK TIME
3-6 HOURS



TRANSITIONS
1, 2, 3 & 4

INGREDIENTS

- 2 cups** organic leeks (*sliced*)
- 4 cups** organic bone broth or chicken stock
- 1 cup** spring water
- 1/2 tsp** Himalayan salt
- 1/2 tsp** cinnamon
- 1** large organic butternut squash (*peeled, seeded, and diced*)
- 1** small organic apple (*peeled, cored, and diced*)

the warm cinnamon spice and sweet apple work in tandem to pull out the sweetness of the butternut squash while the bone broth adds depth to the soup

In a crock-pot or slow cooker, add all ingredients.

Cover and cook on low for 6 hours or high for 3 hours.

Once the soup ingredients are cooked, use an emersion blender to blend until smooth or pour all ingredients into a blender or food processer and blend until smooth.

Serve hot and enjoy!

1 2 3 4

ASIAN BEEF AND BROCCOLI



SERVES
2



PREP TIME
15 MIN



COOK TIME
20 MIN



TRANSITIONS
1, 2, 3 & 4

INGREDIENTS

- 4 cups** organic broccoli florets
- 1/4 cup** coconut aminos
- 1 tsp** sesame oil
- 1/4 cup** organic chicken broth or bone broth
- 6** garlic cloves (*chopped*)
- 2 tsp** ginger (*ground or finely chopped*)
- 1/4 tsp** black pepper
- 8 oz** organic grass-fed beef sirloin or ribeye
- 1 can** sliced bamboo shoots (*drained*)
- 1/4 tsp** Himalayan salt

warm spices of garlic, ginger, and coconut aminos melt wonderfully into the grass-fed beef and broccoli while the bamboo shoots add a hint of crunchy texture

Heat a wok or large pan over medium-high heat and coat in sesame oil.

While pan is heating, cut the beef lengthwise into 2-inch strips. Add beef, salt, and pepper to pan and cook through or until beef reaches a temperature of 145 degrees.

Once the beef is cooked, add all remaining ingredients, cover, and let simmer for 10 minutes.

Serve warm and enjoy!

* If you would like to use this recipe during part of the detox, simply sub the beef for chicken.

1 2 3 4

ASIAN BEEF AND CABBAGE



SERVES
2-4



PREP TIME
15 MIN



COOK TIME
25 MIN



TRANSITIONS
1, 2, 3 & 4

INGREDIENTS

- 1 head** organic cabbage (*cut into 1 inch strips*)
- 1-2 lb.** grass-fed ground beef
- 1 bag** broccoli slaw
- 1 bag** organic julienne carrots
- 1 tsp** ginger (*grated*)
- 3** garlic cloves (*chopped*)
- 1/4 cup** coconut aminos
- pink Himalayan sea salt
- 1 Tbsp** coconut oil

this Asian style dish is packed full of flavor with ginger, garlic, and coconut aminos infused into the juicy, grass-fed steak

Add coconut oil and garlic to a large pot over medium heat cooking garlic down for one minute.

Add ground beef and cook until no longer pink (about 8 minutes).

Add salt, ginger, cabbage, broccoli slaw, carrots, and coconut aminos.

Cook for 10-15 minutes with lid on until all vegetables are tender. Stir every 5 minutes to prevent burning.

Serve warm and enjoy!



DIETARY TRANSITIONS 1, 2, 3, 4 & DETOX



EGGLESS BREAKFAST HASH



SERVES
4



PREP TIME
25 MIN



COOK TIME
15 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

2 large sweet potatoes
(diced into small cubes)
4 large handfuls of organic
spinach
1 organic onion (diced)
1 package of uncured
organic bacon (diced)
1 Tbsp. coconut oil
1 Tbsp. fennel seed
salt & pepper to taste

the aroma from this hash will fill your kitchen with pleasant tones of breakfast spices and let's be honest, who doesn't love bacon for breakfast

In a large stovetop pan, sauté diced sweet potatoes, diced onion, and diced bacon in 1 Tbsp. coconut oil on medium heat for 5-7 minutes or until bacon is fully cooked through.

Add spinach, fennel seed, salt, and pepper and salute for another 3 minutes or until the spinach has slightly wilted. Serve warm and enjoy!

BASIL TURKEY BURGERS



SERVES
4



PREP TIME
30 MIN



COOK TIME
8 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

1 lb ground turkey
1 cup fresh spinach (chopped)
1 shallot (*finely chopped*)
10 large basil leaves (*finely chopped*)
2 Tbsp fresh parsley (*finely chopped*)
2 tsp Dijon mustard
1/2 red bell pepper (*finely chopped*)
salt and pepper to taste
olive oil

Toppings (optional):

Lettuce
Onion
Dill Pickles (*no sugar added*)
Tomatoes *(*except during dietary transitions 4 & Detox*)

this is the ultimate Italian turkey burger, with the basil taste being sweet, but savory, and just like the smell it is peppery yet ever so slightly minty, while the Dijon mustard adds a layer of depth to the flavor profile and the fresh spinach keeps the patties extra moist

Mix all ingredients in a large bowl.

Combine ingredients mixing until all ingredients are well incorporated.

Make patties into equal portions.

Grill for 3-4 minutes on each side or until done.

Top with desired toppings.

TACO ZUCCHINI BOATS



SERVES
4-6



PREP TIME
20 MIN



COOK TIME
15 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

5 medium zucchini (*washed with ends removed, sliced in half lengthwise*)

5 tsp butter

1 package organic taco seasoning

1 pound ground turkey (*brown in a sauté pan*)

Toppings (optional):

Shredded lettuce

Cilantro (*chopped*)

Green onions (*diced*)

Bell peppers (*chopped*)

the crisp buttery zucchini boat makes the perfect vessel for the seasoned ground turkey taco meat. Set up the additional toppings buffet-style and have yourself a taco Tuesday party

Preheat oven to 400 degrees.

Using a spoon, scoop out the seeds from the zucchini.

Place zucchini face up on a baking sheet and add 1/2 t butter to each boat.

Bake in oven for 15 minutes until zucchini is tender. While the zucchini is in the oven, brown the turkey and add taco seasoning.

Take zucchini out and spoon the beef into the boats.

Add toppings if desired.

ASIAN TURKEY LETTUCE WRAPS



SERVES
4



PREP TIME
20 MIN



COOK TIME
12-15 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

For the sauce:

1/3 cup coconut aminos
1 tsp fish sauce
1/4 cup rice vinegar
1 tsp GF Worcestershire sauce
**(approved exception)*

Meat filling:

1 Tbsp olive oil
1 lb ground turkey (*browned in 1 Tbsp olive oil*)
1/2 cup white mushrooms (*finely chopped*)
1 tsp fresh ginger (*grated*)
2 garlic cloves (*minced*)
4 oz water chestnuts (*diced*)
1/2 cup carrots (*shredded*)
romaine lettuce (*whole*)

Toppings (optional):

Cucumbers (*diced*)
Green onions (*chopped*)

all the delicious flavors of an Asian salad, wrapped in a crunchy lettuce shell. The sauce is a traditional Asian sauce that blends harmoniously with the ginger and garlic spiced ground turkey, while the zesty chestnuts add a nice crunchy texture

Combine sauce ingredients in a bowl.

Heat 1 Tbsp oil over medium-high heat in a large skillet.

Add the ground turkey and brown the meat for 3 minutes. Stirring.

Stir in garlic, ginger, mushrooms, carrots, water chestnuts, and a dash of salt and pepper. Cook for 3 more minutes.

Pour in the sauce mixture. Reduce heat and simmer for 4-5 minutes or until meat is cooked through.

Top with cucumbers and green onions if desired.

CHICKEN, KALE AND SQUASH ONE-POT MEAL



SERVES
4-6



PREP TIME
10 MIN



COOK TIME
20 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

1 lb pre-cooked organic, pastured chicken (*shredded or cut into pieces*)
3 organic yellow neck squash (*cut into 1/4 inch pieces*)
15 oz organic baby kale
3 Tbsp organic virgin olive oil
Pink Himalayan sea salt
1/2 cup organic chicken bone broth
Splash of lemon juice

a colorful blend of summer squash and kale pair perfectly with chicken and a hint of lemon to make a quick, satisfying, one-pot meal

In a large pot on medium-high heat, add chicken broth, squash, chicken, kale and salt.

Cook for 10-15 minutes with lid on until squash is tender. Stir every 5 minutes to prevent burning.

Once squash is tender, add olive oil and lemon juice and stir well.

Serve warm and enjoy!

ASIAN CHICKEN SALAD



SERVES
4



PREP TIME
30 MIN



COOK TIME
0 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

2.5 pounds shredded chicken
1/4 head, medium organic red cabbage (*cored and thinly sliced*)
1 head organic romaine lettuce (*torn into bite-size pieces*)
1 Medium organic scallion (*thinly sliced*)
1/2 cup red bell pepper (*thinly sliced*)

Dressing:
1/4 cup fresh organic lime juice (*from 2 limes*)
1 cup fresh cilantro leaves
1 tsp ground ginger
1/8 tsp Himalayan sea salt
1/4 cup organic olive oil
1/4 cup Coconut Aminos
1/2 tsp freshly ground pepper

the Asian dressing is the star of this bright and crisp salad with the forward flavors of ginger, cilantro, and lime juice. The addition of scallions adds a bit of crunch and the shredded chicken adds a protein punch

Make dressing: In a blender, combine ginger, salt, black pepper, cilantro, lime juice, coconut aminos, and oil. Blend until smooth.

In a large bowl, combine chicken, cabbage, bell pepper, scallions, and lettuce.

Pour dressing over all ingredients and toss until combined.

Serve cold and enjoy!

ASIAN GINGER CHICKEN



SERVES
2



PREP TIME
15 MIN



COOK TIME
10 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

1 Tbsp coconut oil

2 large chicken breasts

Sauce:

2 Tbsp fresh lime juice

3 Tbsp coconut aminos

1 Tbsp olive oil

1 tsp fresh ginger (*grated*)

2 cloves garlic (*minced*)

1 Tbsp honey *(Approved exception)

1 tsp onion powder

Garnish:

Green onion

Sesame seeds

pan-seared chicken is encrusted with the full Asian flavors of coconut aminos, ginger, garlic, and onion

Combine the sauce ingredients in a small glass bowl.

In a large skillet, heat coconut oil over medium-high heat.

Add chicken and cook approximately 2-3 minutes on each side.

Add sauce to the skillet and turn to low to simmer for another 5 minutes-making sure the chicken is done.

Top with green onions and sesame seeds if desired.

BALSAMIC & MUSTARD CHICKEN



SERVES
2-4



PREP TIME
15 MIN



COOK TIME
10 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

2 Tbsp olive oil

3 boneless skinless chicken breasts (*lightly seasoned with salt and pepper*)

Sauce:

1/2 cup chicken broth

1/4 cup balsamic vinegar

**(Approved exception. Try to find one with 2g or less of sugar per Tbsp.)*

2 tsp Dijon mustard

1 Tbsp lemon juice

3 cloves garlic (*minced*)

2 Tbsp olive oil

the sweet flavor of the balsamic vinegar and the mustard pair perfectly together to create a sticky glaze like sauce for the thinly pounded grilled chicken

In a bowl, combine the sauce ingredients.

In a large skillet, heat olive oil over medium-high heat.

Add chicken and brown on both sides (approximately 2-3 minutes each side).

Turn heat down to medium and add the sauce over the chicken. Simmer for about 5 minutes or until chicken is done.

CHICKEN SALAD



SERVES
2-4



PREP TIME
15 MIN



COOK TIME
0 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

2 cups cooked boneless skinless chicken breasts (*chopped*)
1 stalk celery (*finely diced*)
1 Tbsp fresh Italian parsley (*chopped finely*)
1/2 tsp dill
1/2 tsp Dijon mustard
2 Tbsp soy free veganaise
1 Tbsp lemon juice
1/4 cup sliced almonds (*lightly toasted*)

Optional:
avocado (*sliced*)

just like you get from a bakery café, this chicken salad has a nice crunch from the celery and the almonds, while the traditional “mayonnaise” sauce is amped up with a hint of dill

Mix all ingredients together in a bowl.

Stir in almonds.

Serve over your favorite salad and top with optional avocado.

CITRUS ARTICHOKE CHICKEN PICCATA



SERVES
2-4



PREP TIME
20 MIN



COOK TIME
10 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

3 boneless skinless chicken breasts (*pounded*)
1/4 cup lemon juice
1/2 cup white wine
1 cup chicken broth
2 garlic cloves (*minced*)
2 Tbsp olive oil
1/4 cup capers (*drained*)
2 cups artichoke hearts (*roughly chopped*)
1/4 tsp lemon zest
1/4 tsp paprika
salt and pepper to taste

this simply divine chicken dish is easy to prepare. The light and luscious lemon sauce really pops without being too acidic and the capers add a nice saltiness that compliments the grill marks on the chicken

Lightly season the chicken with salt and pepper.

In a bowl combine together lemon juice, white wine, broth, garlic, capers, lemon zest, and paprika.

Heat 2 Tbsp olive oil in a large skillet over medium-high heat.

Cook chicken in the pan until browned (2-3 min.)

Flip the chicken over and turn heat down to medium-low. Pour sauce over the chicken scraping the bottom of the pan. Add artichoke hearts.

Bring to a simmer and cook 6-7 minutes or until chicken is done.

GRILLED LIME AND DILL CHICKEN



SERVES
6



PREP TIME
10 MIN



COOK TIME
8 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

6 boneless skinless chicken thighs
1/2 cup lime juice
1/4 cup olive oil
4 garlic cloves (*minced*)
1 Tbsp plus 1 tsp dried dill
1/2 tsp salt
1/4 tsp pepper
cilantro (*chopped for garnish*)

if you like pickles, then this dish is for you. The dill brings a strong, distinctive taste that is like a combination of fennel, anise and celery, with warm, slightly bitter undertones to the chicken, while the refreshing lime juice helps to balance out the flavors

In a bowl, combine lime juice, olive oil, garlic, dill, salt and pepper. In a large zip-lock bag add chicken and liquid.

Refrigerate for a few hours or overnight.

Grill chicken 3-4 minutes on each side until browned and cooked through. Discard the marinade.

Top with cilantro.

***Prep time does not include marinade time.*

HERB CHICKEN



SERVES
4



PREP TIME
15 MIN



COOK TIME
45 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

- 4** chicken leg quarters (*bone in*)
- 1 tsp** salt
- 1/2 tsp** pepper
- 1/4 tsp** turmeric
- 1/2 tsp** onion powder
- 1 Tbsp** coconut oil
- 1** lemon (*cut into quarters*)
- 3** rosemary sprigs
- 3 cloves** garlic (*minced*)
- 1 cup** white mushrooms (*washed and sliced*)
- 1 cup** chicken broth

beautiful chicken legs are brought to life with the Thanksgiving herbs of rosemary and garlic and just a hint of orange that the turmeric brings out. This one skillet dish provides all you need for a quick dinner that is easy to clean up after

Preheat oven to 400 degrees.

Combine salt, pepper, onion, and turmeric in a bowl. Sprinkle seasonings over the chicken.

In a large oven proof skillet, heat oil over medium-high heat. Add chicken to the pan browning both sides.

Squeeze lemon over the chicken and place rosemary in the pan around the chicken.

Add garlic, mushrooms, and broth to the pan.

Bake in oven uncovered for 40 minutes or until no longer pink.

NEW ORLEANS STYLE CHICKEN



SERVES
6



PREP TIME
20 MIN



COOK TIME
20 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

- 1 1/2 pounds** of organic pastured chicken breasts (*cut into 1-inch strips*)
- 1 cup** chicken broth or bone broth
- 1 1/2 cups** organic green peppers (*chopped*)
- 1/2 cups** organic celery (*chopped*)
- 1/4 cup** organic onion (*chopped*)
- 2** garlic cloves (*minced*)
- 2 Tbsp** Chilli powder
- 1 Tbsp** fresh basil
- 1 Tbsp** fresh parsley
- 1/4 tsp** crushed red pepper
- 1/4 tsp** Himalayan salt

this one pot dish will transport you to the streets of New Orleans with the spices, bone broth, and vegetables creating the soup base to soak the pastured chicken strips in. Serve the flavorful spicy chicken, peppers, celery, and onion mixture over a bed of cauliflower rice to create a complete meal

Coat a skillet with coconut oil and preheat over medium-high heat.

Cook chicken in hot skillet, stirring, for 5-8 minutes, or until no longer pink.

Reduce heat. Add all remaining ingredients, including spices and bring to a boil.

Reduce heat and simmer, covered, for 10 minutes.

Serve warm and over cauliflower rice, enjoy!

PECAN & BASIL CRUSTED CHICKEN



SERVES
2-4



PREP TIME
15 MIN



COOK TIME
20-25 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

3 boneless skinless chicken breasts (*pounded thin*)
1 cup fresh basil leaves
3/4 cup pecans
3 garlic cloves
1/2 tsp salt
pinch of fresh pepper
2 Tbsp olive oil
1/4 tsp paprika

the delicious juices of the chicken breasts are sealed in by the slightly crispy crust of roasted pecans, fresh basil, spicy garlic, and paprika

Preheat oven to 375 degrees.

In a food processor add basil, pecans, paprika, garlic, salt, pepper, and olive oil. Pulse to combine into a "meal" texture.

Lightly grease the bottom of a large glass baking dish with olive oil.

Place chicken in the dish and pat mixture on each chicken breast.

Bake about 20-25 minutes or until chicken is done and the topping is slightly brown.

ROSEMARY CHICKEN



SERVES
2



PREP TIME
10 MIN



COOK TIME
10 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

2 chicken breasts (*pounded thin*)

1 Tbsp coconut oil

Sauce:

2 Tbsp balsamic vinegar

**(Approved exception. Try to find one with 2g or less of sugar per Tbsp.)*

4 Tbsp olive oil

2 tsp fresh rosemary
(chopped)

3 garlic cloves (*minced*)

1/2 cup chicken broth

2 Tbsp lemon juice

1/2 tsp salt

1/4 tsp pepper

this beautiful dish tastes like Christmas with the pine flavor of the rosemary and the chicken develops a nice crust by being pan fried before adding the delectable sauce

Heat a large skillet over medium-high heat.

Add oil and melt.

Add chicken and cook 2 minutes on each side.

Add sauce to the pan and bring to a simmer.

Reduce heat to low and simmer for 5 minutes making sure the chicken is cooked through.

SKILLET GRILLED CHICKEN WITH LEEKS AND PINE NUTS



SERVES
4



PREP TIME
10 MIN



COOK TIME
40 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

- 1 1/2 cups** organic chicken broth or bone broth
- 1 Tbsp** organic extra-virgin olive oil
- 1 cup** dry white wine (*the alcohol will cook out, so this is acceptable*)
- 1 pound** organic pasture-raised chicken breasts
- 2** organic shallots (*diced*)
- 2** medium organic leeks (*white and tender green parts*)
- 1 Tbsp** organic, grass-fed butter
- 3 Tbsp** pine nuts

grill marks give this chicken dish a nice depth of smoky flavor while the smooth white wine sauce is elevated with the sweetness of shallots and the onion flavor of the leeks

Preheat the oven to 300°. In an oiled skillet, toast the pine nuts over moderately high heat, stirring, until golden brown, about 2 minutes. Transfer the pine nuts to a small plate and set aside.

In the same skillet, heat the oil. Season the chicken breasts with salt and pepper (to taste) and add them to the skillet. Cook not fully through, turning once and pressing with a spatula, until browned on both sides, about 6 minutes.

Transfer the chicken breasts to a large rimmed baking sheet and bake in the oven until the chicken reaches 165°, about 20 minutes.

Meanwhile, add the leeks and shallots to the skillet and cook over moderately low heat, stirring, until softened, about 7 minutes. Add the wine, increase the heat to high and boil until the liquid is reduced by half, about 3 minutes. Add the chicken stock and boil until reduced to 1/2 cup, about 10 minutes. Turn off the heat and add in the butter.

Transfer the chicken to plates. Pour the sauce over and garnish with the pine nuts, enjoy!

SLOW COOKER CHICKEN



SERVES
4-6



PREP TIME
20 MIN



COOK TIME
6-8 HOURS



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

- 1** whole chicken
- 1** large yellow onion (*sliced*)
- 2** sweet potatoes (*diced* into 1 inch cubes)
- 4** large carrots (*peeled and cut into 1 inch pieces*)
- 1 cup** chicken broth

Seasoning:

- 1 tsp** onion powder
- 1/4 tsp** turmeric
- 1/2 tsp** paprika
- 1/2 tsp** poultry seasoning
- 1 tsp** Italian seasoning
- 3** garlic cloves (*minced*)

the aromatic smells of turmeric, paprika, and poultry seasoning will take over your kitchen with this crock-pot chicken dish. The slightly sweet flavor of the sweet potatoes and the spicy tang of the onions seep into the juicy chicken as it slowly roasts

Rinse chicken and remove anything from the cavity.

Sprinkle seasonings all over chicken.

Place chicken in a slow cooker.

Spread the onions, potatoes, carrots, and garlic all around the chicken.

Pour broth over the vegetables.

Cook 6-8 hours on low or 4-5 hours on high.

CHICKEN AND KALE SOUP



SERVES
4-6



PREP TIME
20 MIN



COOK TIME
30 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

2 cups chicken breasts (*cooked and chopped*)
8 cups chicken broth
3 garlic cloves (*minced*)
2 celery stalks (*chopped*)
1 large onion (*chopped*)
2 large carrots (*peeled and chopped*)
2 cups kale (*chopped*)
1 small rosemary sprig (*remove stem and finely chop the leaves*)
salt and pepper to taste

this is the perfect Winter soup that will warm your soul with the rich flavors of the vegetable medley mixed with just a hint of rosemary

Pour all ingredients into a large stockpot and heat over medium-high heat.

Bring to a boil then lower the heat and simmer covered about 30 minutes.

Cook until vegetables are tender.

Add salt and pepper to taste.

HORSERADISH AND DILL SALMON



SERVES
6



PREP TIME
10 MIN



COOK TIME
12 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

- 1 1/2 pounds** wild salmon filets
- 8 Tbsp** organic horseradish
- 1** organic green onion (*chopped*)
- 1 tsp** Himalayan salt
- 1/2 tsp** ground black pepper
- 2 Tbsp** organic extra virgin olive oil
- 2 Tbsp** fresh dill (*chopped*)

this slow roasted wild caught salmon has a mild wasabi taste from the horseradish and is finished off under the broiler, creating a nice golden-brown crust on top

Heat oven to 450 degrees and position rack 8 to 12 inches from heat.

Mix 1/2 teaspoon salt, 1/4 teaspoon pepper, green onion, dill, horseradish, and 2 tablespoons olive oil.

Rub bottom and sides of a 12- by-17-inch pan with olive oil. Place salmon on pan, spacing fillets 2 inches apart.

Sprinkle salmon with remaining 1/2 teaspoon salt and 1/4 teaspoon of black pepper. Pat horseradish mixture onto top of each fillet.

Bake until just cooked through, 8 to 10 minutes.

Turn heat to broil, and cook until tops are a rich golden brown, 1 to 2 minutes.

Serve immediately.

CITRUS CAPER AND SPINACH SALMON



SERVES
4



PREP TIME
15 MIN



COOK TIME
15 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

- 4** wild caught salmon fillets
- 1 Tbsp** olive oil
- 2** garlic cloves (*minced*)
- 1 tsp** fresh rosemary leaves (*chopped finely*)
- 2 Tbsp** lemon juice
- 2 Tbsp** capers (*drained*)
- 2** lemons (*sliced*)
- 2** handfuls baby spinach salt and pepper to taste

wild caught salmon fillets are encapsulated by the citrus zest of the lemon slices and elevated with the saltiness of the capers, while the slightly wilted spinach cascades over the top of the salmon to create this lovely dish

Preheat oven to 375 degrees.

Lightly grease a 9X13 glass baking dish with 1 Tbsp of olive oil. Pat salmon dry with a paper towel. Lightly season the fillets with salt and pepper. Sprinkle salmon with garlic, rosemary, lemon juice, and capers. Spread the sliced lemons over the fillets.

Bake for 8 minutes.

Pull out the salmon and spread the spinach over the fish and cook another 7 minutes.

Spinach should be wilted and check to be sure the fish is cooked through.

BAKED CITRUS-HERB MAHI MAHI



SERVES
6



PREP TIME
20 MIN



COOK TIME
30 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

- 1 1/2 pounds** wild Mahi Mahi
- 1 tsp** Himalayan sea salt
- 5 tsp** fresh organic chives (*chopped*)
- 1/2 Tbsp** organic orange rind (*grated*)
- 1/2 Tbsp** organic lemon rind (*grated*)
- 1 whole** organic lemon (*sliced into 10 slices*)
- 1 tsp** fresh oregano (*chopped*)
- 1/2 tsp** freshly ground black pepper
- 2 Tbsp** tarragon sprigs
- 2 Tbsp** thyme sprigs

get a taste of the tropics with the bright citrus from the orange and lemon covered mahi mahi. Let the tarragon and thyme sprigs cut through a bit of the sweetness creating a perfectly balanced citrus-herb flavor

Preheat oven to 450 degrees.

Line a shallow roasting pan with foil and coat with olive oil.

Sprinkle Mahi Mahi with salt and pepper.

Combine orange and lemon rinds; spread over fish.

Arrange chives, thyme, oregano, and tarragon horizontally across fish.

Arrange lemon slices on top of herbs.

Place fish on prepared pan. Cover with foil. Bake at 450° for 30 minutes or until fish flakes easily when tested with a fork.

Serve warm and enjoy!

ASIAN SALMON



SERVES
4



PREP TIME
15 MIN



COOK TIME
7 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

4 wild salmon fillets

1 Tbsp coconut oil

Sauce:

5 Tbsp coconut aminos

3 tsp fresh ginger (*grated*)

2 Tbsp lemon juice

1 Tbsp raw honey

**(Approved Exception)*

2 garlic cloves (*minced*)

1/2 tsp onion powder

4 Tbsp olive oil

Garnishes:

Green onion (*chopped*)

sesame seeds

this crispy salmon dish is sweetened by the hint of honey and coconut aminos, while the raw garlic, ginger, and onion powder add a spicy element

Heat a large skillet over medium-high heat and add coconut oil.

Add salmon fillets and cook for 1 minute.

Flip the salmon and reduce heat to medium-low.

Cook covered for another 3 minutes.

Pour sauce over the fish and simmer, uncovered for 2-3 minutes making sure salmon is done.

Garnish with chopped green onions and sesame seeds.

COCONUT CHICKEN BITES



SERVES
2-4



PREP TIME
15 MIN



COOK TIME
20 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

3 boneless skinless chicken (cut into bite size)

1/4 cup coconut oil-melted

For the breading:

1 1/2 cup unsweetened coconut (finely shredded)

1/4 cup gluten-free coconut flour

1/2 tsp salt

1/4 tsp pepper

1/2 tsp onion powder

1/2 tsp garlic powder

1/2 tsp paprika

these crispy bite-sized chicken nuggets are bursting with an herby flavor of onion and garlic along with a sweet hint of coconut

Preheat oven to 375 degrees.

In a bowl, combine breading ingredients.

In a large bowl toss the chicken in 1/8 cup coconut oil.

Sprinkle breading over the chicken in the bowl and toss to coat.

In a 9X13 glass baking dish spread out the chicken pieces.

Pour remaining oil over the chicken and bake for 15 minutes or until chicken is done.

Broil the chicken about 5 minutes until golden on top.



SAVORY BREAKFAST BAKED SWEET POTATO



SERVES
4



PREP TIME
45 MIN



COOK TIME
7 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

4 sweet potatoes (*pre-baked*)
2 organic green bell peppers (*cut into strips*)
2 small organic onions (*cut into strips*)
2 tsp fennel seed
1 Tbsp coconut oil
salt & pepper to taste

this warm savory breakfast has a hint of sweetness from the sweet potato and a touch of spice from the bell pepper and onion while the fennel seed brings a dash of licorice to the taste buds

*pre-bake the sweet potatoes

In a large stovetop pan, sauté diced bell peppers and onion in 1 Tbsp. coconut oil on medium heat for 5-7 minutes or until veggies are soft.

Cut the warm pre-baked sweet potatoes in half and sprinkle each one with 1/2 tsp of fennel seed and salt and pepper to taste.

Evenly divide the bell pepper and onion mixture over the top of each sweet potato.

Serve warm and enjoy!

HOMEMADE BONE BROTH



SERVES
16 CUPS



PREP TIME
20 MIN



COOK TIME
1 1/2 - 2 HOURS



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

1 whole organic, pastured chicken or turkey
4 or more quarts of purified water
2 Tbsp raw apple cider vinegar
2 medium yellow onions (*cut into quarters*)
4 organic carrots (*chopped*)
4 organic celery stalks
3 Fresh bay leaves
1-2 sprigs fresh thyme
1-2 sprigs fresh rosemary
1-2 sprigs fresh sage
Himalayan sea salt and pepper to taste

the purpose of the bone broth is to help heal and repair the gut, as well as reduce inflammation within the body, specifically in your joints

Rinse chicken in purified water. Cut whole chicken in half down the middle lengthwise and place in a large deep pot. Add all remaining ingredients to the pot and fill with purified water all the way to the top. Allow the pot and its contents to stand for 30 minutes, giving the raw apple cider vinegar time to draw minerals out of the bones.

Turn the heat onto high and bring to a boil. Reduce the heat to a simmer and cook for 1 1/2 to 2 hours or until the chicken meat has reached a temperature of 165 degrees.

**Another option is to place all ingredients in a crock-pot and cook on low for 6-8 hours or until chicken has reached a temperature of 165 degrees.

Once the chicken is cooked, remove the chicken from the pot, debone, and keep the chicken meat for consuming.

You will want to strain all of the liquid, which is the bone broth, and discard the vegetables and herbs. Drink the bone broth and enjoy!

1 2 3 4 D

VEGGIE SOUP



SERVES
4-6



PREP TIME
30 MIN



COOK TIME
20 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

- 1** squash (roughly chopped)
- 1** zucchini (roughly chopped)
- 1** onion (roughly chopped)
- 2 stalks** celery (thinly sliced)
- 2** large carrots (roughly chopped)
- 1/4 head** white cabbage (thinly sliced)
- 2** large handfuls green beans (cut in half or thirds)
- 3** handfuls okra (cut ends off and slice into desired size - apx. 1/2")
- 2 cloves** garlic (minced)
- 4 Tbsp** coconut oil
- 8 cups** bone broth or vegetable stock
- Salt and pepper to taste

every vegetable from the garden is incorporated into this warm, rich, and delicious soup

Heat the coconut oil in a large stock pot on medium-high heat and sauté the veggies and garlic until they begin to get tender, about 10 minutes.

Once veggies are tender, add broth, salt and pepper and bring to a low simmer.

Simmer for 10 minutes to combine all the flavors and serve.

*You can also add cooked stew meat or chicken if desired during non-detox dietary transitions.

CARROT, GINGER AND TURMERIC BISQUE



SERVES
4



PREP TIME
20 MIN



COOK TIME
30 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

- 1 Tbsp** coconut oil (*melted*)
- 3** carrots (*chopped into small chunks*)
- 1** white or yellow onion (*chopped*)
- 3 cloves** garlic (*minced*)
- 2 Tbsp** fresh ginger (*finely grated*)
- 2 Tbsp** fresh turmeric (*finely grated*)
- 4 cups** vegetable stock
- 1 Tbsp** lemon juice

Optional:

- 1 Tbsp** curry powder

Topping:

- Canned unsweetened coconut milk

the warm spices of ginger and turmeric pair perfectly with the sweetness of the carrot base in this delicious soup

Heat coconut oil in the bottom of a large stock pot.

Sauté onion until translucent, about 3 minutes.

Add garlic, turmeric, and ginger and sauté 1 minute. Add carrots and sauté 2 minutes.

Pour in vegetable stock and curry (optional) and simmer for 20-25 minutes or until carrots are cooked through and soft.

Use an immersion blender to blend the soup until smooth or transfer into a standing blender and blend.

Stir in lemon juice and serve with a swirl of coconut milk.

VEGETABLE CURRY BOWL



SERVES
2



PREP TIME
20 MIN



COOK TIME
25 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

- 1 head** of organic cauliflower (*riced*)
- 2** organic bell peppers (*diced*)
- 1** onion (*diced*)
- 2 cups** of organic broccoli crowns
- 1 cup** cashew cream sauce (*1 cup soaked cashews that has been blended with water to create a cream*)
- 1/2 cup** coconut cream
- 1 Tbsp** curry seasoning
- 1 tsp** Himalayan salt
- 1 tsp** turmeric
- 1 Tbsp** coconut oil

this savory and sweet vegetable bowl is turned into a creamy dish with the combination of cashew cream sauce and coconut cream. If you like Indian curry bowls, this dish is for you

In a large pot, sauté all vegetables together with coconut oil for about 8 minutes or until soft.

Add all spices, cashew cream, and coconut cream to the pot and simmer for 15 minutes.

Serve warm and enjoy!

*You can also add cooked chicken if desired during non-detox dietary transitions.

ASIAN VEGGIE STIR-FRY



SERVES
4



PREP TIME
15 MIN



COOK TIME
10 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

4 cups organic cabbage
(chopped)

1 cup organic carrots
(sliced)

1 tsp sesame oil

1 cup organic onion
(diced)

1/4 cup coconut aminos

organic cabbage and carrots are the star of this sweet and savory stir-fry

Preheat a large skillet or wok over medium-high heat.

Add oil to coat the pan.

Add the carrots and the onions, cooking 5 minutes.

Add the cabbage and the coconut aminos. Stir to coat all vegetables and cook until tender, about 5 minutes.

1 2 3 4 D

CHILLED ASIAN NOODLE SALAD



SERVES
4-6



PREP TIME
30-40 MIN



COOK TIME
0 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

2 medium zucchini (*spiralized into noodles*)
1 large carrot (*spiralized into noodles or peeled into ribbons*)
1/2 cup red cabbage (*thinly sliced*)
2 green onions (*thinly sliced*)
1/4 cup cilantro leaves (*chopped*)
1/4 cup raw cashews (*halved*)

Sauce:

1/2 cup organic creamy almond butter (*no sugar added*)
2 Tbsp avocado oil
1 Tbsp toasted sesame oil
1 clove garlic (*finely minced*)
1 tsp fresh ginger (*grated*)
(sub 1/4 tsp ground ginger)
1 Tbsp coconut aminos
1 Tbsp water
1/2 a lime (*juiced*)
pinch of red pepper flakes or cayenne to taste

this refreshing Asian noodle salad is brightened up with the colorfulness of zucchini, carrot, cabbage, and cilantro. The almond butter based sauce is sweetened with coconut aminos and kicked up a notch with red pepper flakes and cayenne

In a large bowl, combine zucchini and carrot "noodles," cabbage, onions, cashews, and cilantro.

In a small bowl whisk together sauce ingredients (should be a thick texture until combined with zucchini noodles). You may need to heat almond butter in a double broiler for easier stirring.

Toss sauce in with noodles until combined.

Garnish with lime wedge and cilantro.

*If you do not have a spiralizer, you can purchase pre-spiralized zucchini noodles from most grocery stores.

CRISP CUCUMBER SALAD



SERVES
4



PREP TIME
10 MIN



COOK TIME
0 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

3 large cucumbers (*peeled leaving a few strips of green and sliced*)

Dressing:

4 Tbsp rice vinegar

2 Tbsp olive oil

1 tsp raw honey *(approved exception)

3 tsp fresh dill (*chopped*)

the crisp raw cucumber is drenched with the slightly sweet honey dill dressing, making it a great Summer salad

Place cucumbers in a bowl and toss with the dressing.

Sprinkle lightly with salt to taste.

Serve chilled and enjoy!

1 2 3 4 D

CRUCIFER CRUNCH MEDLEY



SERVES
2



PREP TIME
15-20 MIN



COOK TIME
0 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

8 organic Brussels sprouts
(finely sliced)
1 Tbsp organic extra virgin
coconut oil
1 cup organic red cabbage
(chopped)
1 cup organic broccoli
(finely chopped)
4 Tbsp fresh organic lemon
juice
1 tsp Himalayan salt
1 tsp black pepper

the best of the cruciferous vegetables, including Brussels sprouts, red cabbage, and broccoli are brought together with a lemon, salt, and black pepper dressing in this cold side dish

Mix lemon juice and melted coconut oil in a small bowl.

Combine sliced Brussels sprouts with chopped red cabbage.

Top with finely chopped broccoli.

Drizzle with lemon/coconut oil mixture and sprinkle with Himalayan salt and black pepper.

1 2 3 4 D

CURRIED CAULIFLOWER



SERVES
2



PREP TIME
15 MIN



COOK TIME
0 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

- 1 head** organic cauliflower (quartered)
- 2 Tbsp** organic lemon juice
- 3 tsp** organic extra virgin olive oil
- 2 tsp** organic curry powder
- 1 tsp** organic turmeric

by roasting the cauliflower, the naturally occurring nutty flavor is brought to life and by adding the curry and turmeric spices an Indian flavor is reached

Preheat oven to 350 degrees.

Whisk lemon juice, turmeric, curry and oil.

Add cauliflower to a glass baking dish.

Drizzle the dressing over cauliflower.

Cover and roast 20-25 minutes.

1 2 3 4 D

GARLIC ROASTED CAULIFLOWER



SERVES
4



PREP TIME
10 MIN



COOK TIME
20 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

1 head of cauliflower (*rinsed and cut into smaller pieces*)

3 Tbsp coconut oil (*melted*)

3 garlic cloves (*chopped*)

salt and pepper to taste

a bit of crispness is added by pan roasting the cauliflower and the nutty flavor is brought about while the garlic adds an element of spice

Preheat oven to 350 degrees.

Place cauliflower in a large bowl and toss with the melted coconut oil and garlic.

Spread out on a baking sheet and sprinkle with salt and pepper to taste.

Bake for 20 minutes until tender and edges slightly browned.

BAKED SWEET POTATO WEDGES



SERVES
4



PREP TIME
10 MIN



COOK TIME
30 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

2 organic sweet potatoes
(sliced into fry shape)

1/2 Tbsp organic coconut oil

1/2 tsp Himalayan salt

1/2 tsp paprika

these crisp sweet potato fries are baked to perfection and the Himalayan salt and paprika spices balance out the sweetness of the potato wedge

Preheat oven to 400 degrees.

Toss sweet potato wedges with oil in a medium bowl.

Sprinkle with salt and paprika.

Place wedges on a cookie sheet.

Bake 30 minutes.

1 2 3 4 D

CARIBBEAN STYLE SWEET POTATOES



SERVES
4



PREP TIME
10 MIN



COOK TIME
45 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

2 medium organic sweet potatoes
4 tsp organic, expeller pressed coconut oil
1 tsp organic ground nutmeg
1/2 tsp organic cayenne pepper
1/2 tsp Himalayan sea salt

these sweet and spicy baked sweet potatoes are served open faced with a warm drizzle of nutmeg, salt, coconut oil, and cayenne pepper on the inside

Preheat oven to 350 degrees.

Wash sweet potatoes and prick with fork.

Bake on a cookie sheet or glass baking dish for 45 minutes or until tender.

Remove from oven, slice in half and mash inside.

Whisk nutmeg, salt, coconut oil and cayenne pepper.

Drizzle over sweet potatoes and serve.

STEAMED GREEN BEANS



SERVES
4



PREP TIME
10 MIN



COOK TIME
5 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

- 2 Tbsp** grass-fed butter
- 3 handfuls** fresh green beans (*ends trimmed and steamed until slightly crispy*)
- 1** garlic clove (*minced*)

indulge in this delectable side dish of crisp green beans with melted butter and minced garlic

In a large skillet, heat butter over medium-high heat and add garlic. Stir for 30 seconds.

Turn heat to medium and add the green beans.

Toss to coat the green beans.

Season with salt.

1 2 3 4 D

PAN ROASTED BRUSSELS SPROUTS



SERVES
4



PREP TIME
10 MIN



COOK TIME
15 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

- 1 lb** shaved Brussels sprouts
- 2 Tbsp** coconut oil (*melted*)
- salt and pepper to taste
- 2** garlic cloves (*minced*)

the nutty flavor of the Brussels sprouts is brought to the forefront by roasting them, then amped up a notch with a kick of garlic, salt, and pepper

Preheat oven to 400 degrees.

Line a baking sheet with parchment paper.

Toss the sprouts with the coconut oil and garlic on the baking sheet and spread out evenly.

Bake 12-15 minutes until slightly crispy.

SAUTÉED GARLIC COLLARDS



SERVES
4



PREP TIME
10 MIN



COOK TIME
5-7 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

6 cups organic collards (*chopped*)
3 garlic cloves (*chopped*)
1/2 cup organic vegetable broth
1/2 tsp Himalayan salt

the bright green and tender collard greens are enriched with a punch of garlic. This delectable side dish can be served alongside your favorite protein

Add broth, salt, and garlic to a large skillet.

Heat over medium high heat.

Add collards and sauté 5-7 minutes or until bright green and tender.

Serve alongside your favorite protein.

ZUCCHINI, MUSHROOMS AND ONIONS



SERVES
4



PREP TIME
20 MIN



COOK TIME
10 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

4 medium zucchini (*washed and sliced into 1/2 inch thick pieces*)

1 Tbsp olive oil

1/2 small onion (*chopped*)

1/2 cup mushrooms (*chopped*)

2 garlic cloves (*chopped*)

salt and pepper to taste

this fresh vegetable trio of soft zucchini, crisp mushrooms, and onions is enhanced with a spicy kick of garlic. This is a great side dish to serve alongside grilled chicken

Heat large skillet over medium-high heat.

Add olive oil and onions and cook for 2-3 minutes.

Add garlic and mushrooms to the pan and cook until 2-3 minutes.

Add zucchini to pan and cook 5-6 minutes.

Season with salt and pepper.

TACO SEASONING



SERVES
4



PREP TIME
5 MIN



COOK TIME
0 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

2 Tbsp chili powder
1 1/2 Tbsp paprika
1 Tbsp cumin
1 Tbsp onion powder
2 1/2 tsp garlic powder
1 1/2 tsp salt
1/4 tsp oregano
pinch of black pepper

never be without taco seasoning again, keep this spice blend mixed up and as a staple in your pantry for Taco Tuesdays

Mix ingredients in a bowl.

Use 1 1/2 Tbsp of seasoning for 1 pound of ground turkey or beef.

GUACAMOLE



SERVES
2



PREP TIME
15 MIN



COOK TIME
0 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

- 1 large ripe avocado
- 1/8 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp fresh lime juice
- 1 tsp red onion (*diced finely*)

all the flavor of restaurant style guacamole with ingredients that will nourish your body. Use this as a dip, on top of a taco, or just eat by the spoonful...yes it is THAT good

Scoop out avocado flesh onto a plate.

Mash with a fork until desired texture.

Add remaining ingredients and stir to combine.

ITALIAN DRESSING



SERVES
6-8



PREP TIME
10 MIN



COOK TIME
0 MIN



TRANSITIONS
1, 2, 3, 4 & DETOX

INGREDIENTS

1/2 cup olive oil
1/4 cup white wine vinegar
1/2 shallot (*finely chopped*)
1 tsp Dijon mustard
1 tsp Italian seasoning
1 small garlic clove (*minced*)
salt and pepper to taste

*this homemade Italian dressing is tart and tangy.
Pour it over your favorite salad and enjoy*

In a food processor, mix ingredients until well incorporated.

1 2 3 4 D