



Chapter 1:

Vegan

Recipes

Cauliflower Buffalo Wings

A spicy and crispy alternative to traditional buffalo wings, made with cauliflower.

• Ingredients:

- 1 medium head of cauliflower, cut into florets
- 1/2 cup flour (or gluten-free flour)
- 1/2 cup water
- 1 teaspoon garlic powder
- Salt and pepper, to taste
- 1/2 cup hot sauce
- 1 tablespoon melted vegan butter

• Instructions:

1. Preheat oven to 450°F (230°C). Line a baking sheet with parchment paper.
2. In a bowl, whisk together flour, water, garlic powder, salt, and pepper until smooth.
3. Dip each cauliflower floret into the batter, coating thoroughly. Place on the baking sheet.
4. Bake for 20 minutes, flipping halfway through.
5. In a separate bowl, mix hot sauce and melted vegan butter. Toss the baked cauliflower in the sauce and return to the oven for 10 more minutes.
6. Serve warm with vegan ranch dressing or celery sticks.



Vegan Tacos with Black Bean and Avocado

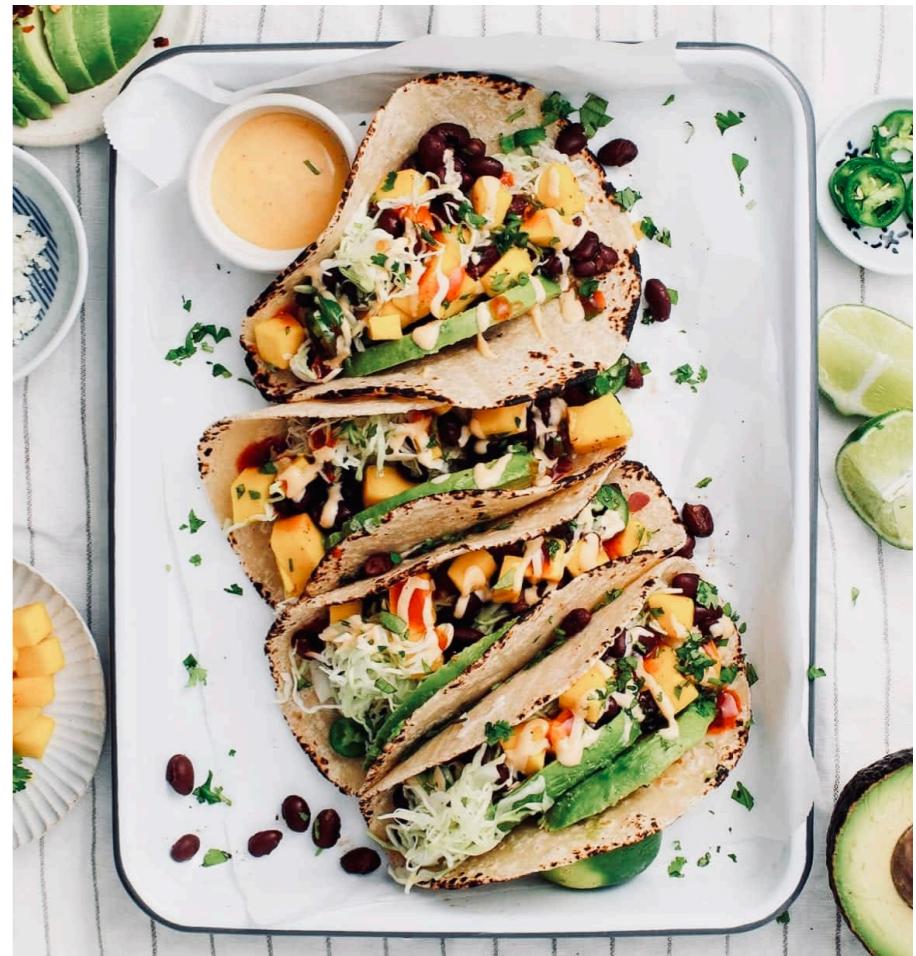
Flavourful black bean tacos with fresh avocado and a zesty lime dressing.

• Ingredients:

- 1 can black beans, drained and rinsed
- 1 teaspoon olive oil
- 1 teaspoon cumin
- 1/2 teaspoon smoked paprika
- Salt and pepper, to taste
- 1 avocado, diced
- 1 cup shredded lettuce
- 1/2 cup cherry tomatoes, halved
- Small corn tortillas
- Lime wedges, for serving
- Fresh cilantro, for garnish

• Instructions:

1. In a skillet, heat olive oil over medium heat. Add black beans, cumin, smoked paprika, salt, and pepper. Cook for 5 minutes until beans are warm and Flavors meld.
2. Assemble the tacos by placing a spoonful of black beans in each tortilla.
3. Top with diced avocado, shredded lettuce, and cherry tomatoes.
4. Garnish with fresh cilantro and serve with lime wedges.



Mushroom Stroganoff with Cashew Cream

A creamy, dairy-free twist on the classic stroganoff using mushrooms and cashew cream.

• Ingredients:

- 1 cup raw cashews, soaked in hot water for 1 hour
- 1 cup water (for cashew cream)
- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 cups mushrooms, sliced
- 1 tablespoon soy sauce
- 1 teaspoon smoked paprika
- Salt and pepper, to taste
- Fresh parsley, chopped (for garnish)
- Cooked pasta or rice, for serving

• Instructions:

1. Drain and rinse the cashews. Blend them with 1 cup of water until smooth to create cashew cream. Set aside.
2. In a large skillet, heat olive oil over medium heat. Sauté the onion and garlic until translucent.
3. Add the mushrooms and cook until they release their juices and start to brown.
4. Stir in the soy sauce, smoked paprika, salt, and pepper.
5. Pour in the cashew cream and simmer for 5 minutes, until thickened.
6. Serve over pasta or rice, garnished with fresh parsley.



Chickpea and Spinach curry

A protein-packed, creamy curry perfect for weeknight dinners.

• Ingredients:

- 1 tablespoon coconut oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 inch ginger, grated
- 1 tablespoon curry powder
- 1 can chickpeas, drained and rinsed
- 1 can coconut milk
- 1 cup fresh spinach leaves
- Salt and pepper, to taste
- Fresh cilantro, for garnish
- Cooked rice, for serving

• Instructions:

1. In a large skillet, heat coconut oil over medium heat. Sauté the onion, garlic, and ginger until soft.
2. Stir in the curry powder and cook for 1 minute until fragrant.
3. Add the chickpeas and coconut milk. Bring to a simmer and cook for 10 minutes.
4. Stir in the spinach until wilted. Season with salt and pepper.
5. Serve hot over rice, garnished with fresh cilantro.



Vegan Thukpa

A comforting Himalayan noodle soup filled with vegetables and spices.

• Ingredients:

- 200g rice noodles
- 1 tablespoon vegetable oil
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 1 inch ginger, grated
- 1 carrot, julienned
- 1 bell pepper, sliced
- 1 cup mushrooms, sliced
- 1 cup spinach leaves
- 1 teaspoon soy sauce
- 1 teaspoon chili paste
(adjust to taste)
- 4 cups vegetable broth
- Fresh cilantro, for garnish
- Lime wedges, for serving

• Instructions:

1. Cook the rice noodles according to package instructions, then drain and set aside.
2. In a large pot, heat the oil over medium heat. Sauté the onion, garlic, and ginger until fragrant.
3. Add the carrots, bell pepper, and mushrooms. Stir-fry for 3-4 minutes.
4. Pour in the vegetable broth, soy sauce, and chili paste. Bring to a boil, then reduce heat and simmer for 10 minutes.
5. Add the spinach and cooked noodles. Stir until the spinach wilts.
6. Serve hot, garnished with fresh cilantro and a squeeze of lime juice.





Chapter 2:

Breakfast

Recipes

Avocado Toast with Hemp Seeds and Microgreen

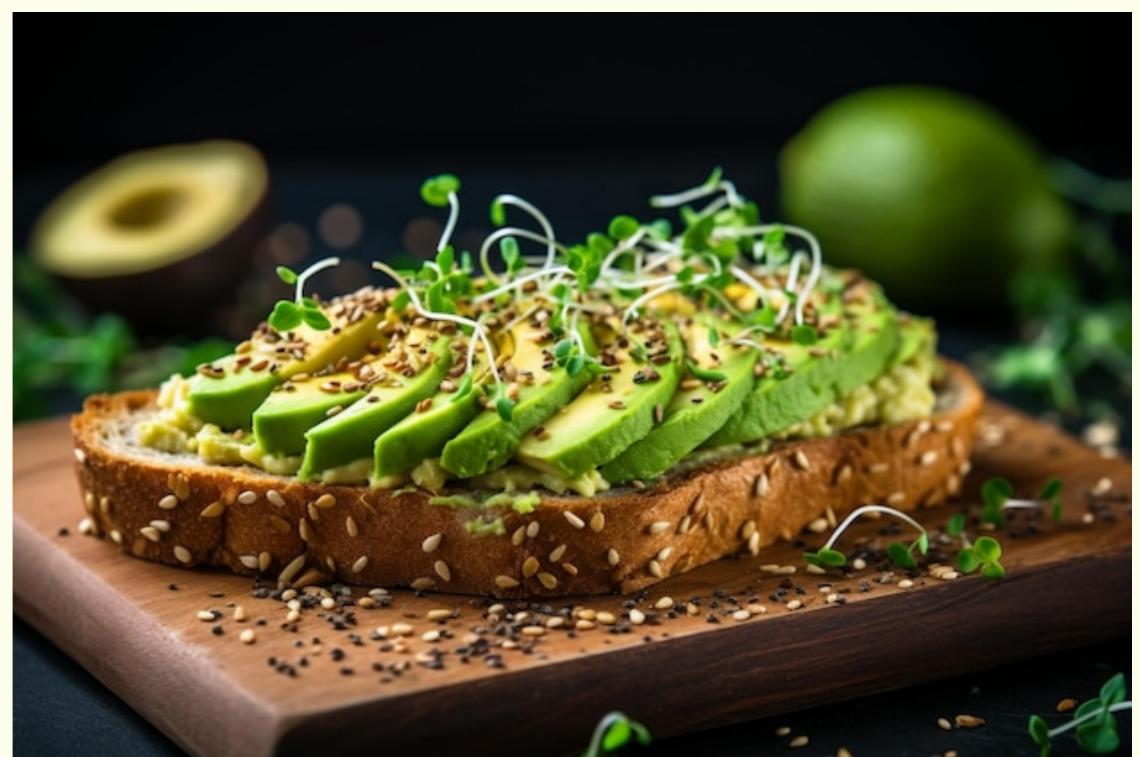
A nourishing, protein-packed avocado toast topped with crunchy seeds and fresh microgreens.

. Ingredients:

- 1 ripe avocado
- 1 teaspoon lemon juice
- Salt and pepper, to taste
- 2 slices whole-grain or sourdough bread, toasted
- 1 tablespoon hemp seeds
- Microgreens, for garnish
- Red pepper flakes, for a little heat (optional)

. Instructions:

1. In a bowl, mash the avocado with lemon juice, salt, and pepper.
2. Spread the avocado mixture onto the toasted bread.
3. Sprinkle with hemp seeds, top with microgreens, and a pinch of red pepper flakes if desired.
4. Serve immediately for a fresh, energizing breakfast.



Greek Yogurt Parfait with Berries and Honey

A creamy parfait layered with fresh berries, crunchy granola, and a hint of honey.

• Ingredients:

- 1 cup Greek yogurt (use plant-based yogurt for a vegan version)
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1/4 cup granola (look for low-sugar varieties)
- 1 teaspoon honey or maple syrup (optional)
- Fresh mint leaves, for garnish

• Instructions:

1. In a glass or bowl, layer 1/3 of the Greek yogurt, followed by a layer of berries and a sprinkle of granola.
2. Repeat the layers until all ingredients are used, ending with a layer of berries on top.
3. Drizzle with honey or maple syrup if desired and garnish with fresh mint.
4. Enjoy immediately or refrigerate for up to 2 hours.



Overnight Oats with Almond Butter and Banana

A make-ahead breakfast packed with Fiber and healthy fats, perfect for busy mornings.

• Ingredients:

- 1/2 cup rolled oats
- 1/2 cup almond milk (or any milk of choice)
- 1 tablespoon almond butter
- 1/2 banana, sliced
- 1 teaspoon chia seeds
- 1 teaspoon maple syrup (optional)
- A dash of cinnamon

• Instructions:

1. In a jar or small container, combine oats, almond milk, chia seeds, and maple syrup. Stir well.
2. Top with almond butter, banana slices, and a dash of cinnamon.
3. Cover and refrigerate overnight.
4. In the morning, stir and enjoy cold, or microwave for a warm version.



Vegetable Frittata with Spinach and Tomatoes

A nutritious, protein-rich breakfast frittata loaded with veggies.

• Ingredients:

- 6 large eggs (or 1 cup chickpea flour with 1 cup water for vegan option)
- Salt and pepper, to taste
- 1/2 cup cherry tomatoes, halved
- 1/2 cup baby spinach
- 1/4 cup bell pepper, diced
- 1/4 cup onion, diced
- 1 tablespoon olive oil
- Fresh herbs (parsley or basil), for garnish

• Instructions:

1. Preheat the oven to 350°F (175°C).
2. In a bowl, whisk the eggs with salt and pepper.
3. In an oven-safe skillet, heat olive oil over medium heat. Sauté the onions, bell peppers, and spinach until soft.
4. Pour the eggs over the vegetables and cook for 2-3 minutes until the edges begin to set.
5. Arrange the cherry tomatoes on top and transfer the skillet to the oven.
6. Bake for 10-15 minutes, or until the eggs are fully set.
7. Garnish with fresh herbs and serve warm.



Smoothie Bowl with Mixed Berries and Chia Seeds

A vibrant, nutrient-packed smoothie bowl that's as beautiful as it is tasty.

• Ingredients:

- 1 cup frozen mixed berries (blueberries, strawberries, raspberries)
- 1/2 banana
- 1/2 cup almond milk (or any milk of choice)
- 1 tablespoon chia seeds
- Toppings: sliced banana, granola, shredded coconut, fresh berries, and more chia seeds

• Instructions:

1. In a blender, combine the frozen berries, banana, almond milk, and 1 tablespoon of chia seeds. Blend until smooth and thick.
2. Pour the smoothie into a bowl and top with banana slices, granola, shredded coconut, fresh berries, and extra chia seeds.
3. Enjoy immediately as a refreshing, filling breakfast.





Chapter 3:

Chicken

Recipes

Grilled Lemon Herb Chicken

A light and zesty grilled chicken marinated in lemon and herbs, perfect for summer grilling.

• Ingredients:

- 4 boneless, skinless chicken breasts
- 1/4 cup olive oil
- Zest and juice of 1 lemon
- 2 cloves garlic, minced
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme, chopped
- Salt and pepper, to taste

• Instructions:

1. In a bowl, whisk together olive oil, lemon zest, lemon juice, garlic, rosemary, thyme, salt, and pepper.
2. Place the chicken breasts in a shallow dish or Ziplock bag and pour the marinade over them. Marinate for at least 30 minutes (up to overnight).
3. Preheat grill to medium-high heat. Grill the chicken for 6-7 minutes on each side, or until fully cooked.
4. Let rest for 5 minutes before slicing and serving.



Baked Chicken with Sweet Potatoes and Broccoli

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 large sweet potatoes, peeled and cut into cubes
- 1 large broccoli crown, cut into florets
- 2 tbsp olive oil
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried thyme
- Salt and pepper to taste
- Fresh lemon wedges (optional)

Instructions:

1. Preheat your oven to 400°F (200°C).
2. On a baking sheet, arrange the chicken breasts. Drizzle with 1 tablespoon of olive oil, then season with paprika, garlic powder, onion powder, thyme, salt, and pepper.
3. Toss the sweet potato cubes with the remaining tablespoon of olive oil, salt, and pepper, and spread them out on the baking sheet next to the chicken.
4. Bake for 20 minutes, then add the broccoli florets to the baking sheet. Drizzle with a little olive oil and season with salt and pepper.
5. Continue baking for another 15-20 minutes, or until the chicken is fully cooked (165°F internal temperature) and the sweet potatoes are tender.
6. Serve hot with fresh lemon wedges for an extra burst of flavour.



Chicken and Vegetable Stir-Fry

Ingredients:

- 2 boneless, skinless chicken breasts, thinly sliced
- 1 tbsp olive oil
- 1 medium onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 zucchini, sliced
- 2 cups broccoli florets
- 3 cloves garlic, minced
- 2 tbsp low-sodium soy sauce
- 1 tbsp oyster sauce (optional)
- 1 tbsp honey
- 1 tsp grated ginger
- 1 tbsp sesame oil
- Cooked rice or noodles for serving

Instructions:

1. Heat olive oil in a large skillet or wok over medium-high heat. Add the sliced chicken and cook for 5-6 minutes until browned and cooked through. Remove chicken from the pan and set aside.
2. In the same pan, add the onion, bell peppers, zucchini, and broccoli. Stir-fry for about 4-5 minutes until vegetables are tender but still crisp.
3. Add the garlic and grated ginger, stir for 1 minute until fragrant.
4. In a small bowl, mix soy sauce, oyster sauce, honey, and sesame oil.
5. Return the chicken to the pan and pour the sauce over the chicken and vegetables. Toss to coat everything evenly. Stir-fry for another 2-3 minutes.
6. Serve hot over cooked rice or noodles.



Chicken Salad Lettuce Wraps

Ingredients:

- 2 boneless, skinless chicken breasts (cooked and shredded)
- 1/2 cup Greek yogurt
- 2 tbsp mayonnaise (optional)
- 1 tbsp Dijon mustard
- 1 tsp lemon juice
- 1 celery stalk, diced
- 1/4 red onion, finely diced
- 1/4 cup chopped fresh parsley
- Salt and pepper to taste
- Large lettuce leaves (such as Romaine or Butter lettuce)

Instructions:

1. In a medium bowl, combine the shredded chicken, Greek yogurt, mayonnaise (if using), Dijon mustard, and lemon juice. Stir well to combine.
2. Add the diced celery, red onion, and chopped parsley. Mix until evenly distributed.
3. Season the chicken salad with salt and pepper to taste.
4. To serve, spoon the chicken salad onto large lettuce leaves. Wrap them up like a taco and enjoy!



Lemon Garlic Baked Chicken

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 1 lemon, zest and juice
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Instructions:

1. Preheat your oven to 375°F (190°C).
2. In a small bowl, mix the olive oil, garlic, lemon zest, lemon juice, oregano, thyme, salt, and pepper.
3. Place the chicken breasts in a baking dish and pour the lemon garlic mixture over the chicken, making sure it's well coated.
4. Bake for 25-30 minutes, or until the chicken is fully cooked (165°F internal temperature).
5. Garnish with chopped fresh parsley before serving.





Chapter 4:

Healthy

Snacks

Roasted Chickpeas

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp black pepper
- Optional: pinch of cayenne pepper for heat

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Pat the chickpeas dry with a towel to remove as much moisture as possible.
3. Toss the chickpeas with olive oil, smoked paprika, garlic powder, cumin, salt, pepper, and cayenne (if using).
4. Spread the chickpeas in a single layer on a baking sheet.
5. Roast for 25-30 minutes, shaking the pan halfway through, until the chickpeas are crispy and golden brown.
6. Let them cool before serving. Store any leftovers in an airtight container for up to 3 days.



Veggie Sticks with Hummus

Ingredients:

- 2 carrots, peeled and cut into sticks
- 2 celery stalks, cut into sticks
- 1 cucumber, sliced into sticks
- 1 red bell pepper, cut into strips
- 1/2 cup hummus (store-bought or homemade)

Instructions:

1. Prepare the vegetables by peeling and cutting them into sticks or strips.
2. Arrange the veggie sticks on a plate or serving tray.
3. Serve the veggie sticks with hummus for dipping.
4. Enjoy immediately! You can also prepare the veggies ahead of time and store them in an airtight container in the fridge for up to 2-3 days.



Fruit and Nut Energy Balls

Ingredients:

- 1 cup pitted dates
- 1/2 cup almonds (or any nut of choice)
- 1/4 cup unsweetened shredded coconut
- 1 tbsp chia seeds
- 1/4 cup dried cranberries or raisins
- 1 tsp vanilla extract
- Pinch of salt

Instructions:

1. In a food processor, combine the dates, almonds, shredded coconut, chia seeds, dried cranberries, vanilla extract, and salt.
2. Process until the mixture comes together and forms a sticky dough.
3. Roll the dough into small balls, about 1 inch in diameter.
4. Store the energy balls in an airtight container in the fridge for up to 1 week or freeze for longer storage.



Greek Yogurt and Berries

Ingredients:

- 1 cup plain Greek yogurt
- 1/2 cup mixed fresh berries (such as strawberries, blueberries, raspberries, or blackberries)
- 1 tbsp honey or maple syrup (optional)
- 1 tbsp granola (optional, for crunch)
- Fresh mint leaves (optional, for garnish)

Instructions:

1. Spoon the Greek yogurt into a bowl.
2. Top with fresh berries.
3. Drizzle with honey or maple syrup for sweetness if desired.
4. Sprinkle granola on top for a little crunch and garnish with fresh mint leaves.
5. Serve immediately and enjoy!



Apple Slices with Almond Butter and Cinnamon

Ingredients:

- 1 apple (any variety), sliced
- 2 tbsp almond butter
- 1/4 tsp ground cinnamon
- 1/2 tsp honey (optional)

Instructions:

1. Slice the apple into thin wedges or rings, removing the core.
2. Spread almond butter on each apple slice.
3. Sprinkle with ground cinnamon.
4. Drizzle with a little honey for extra sweetness, if desired.
5. Serve immediately and enjoy this healthy and satisfying snack.





Chapter 5:

Dinner

Recipes

Stuffed Bell Peppers



Ingredients:

- 4 large bell peppers (red, yellow, or green)
- 1 lb ground turkey or beef
- 1 cup cooked quinoa or rice
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1 can (14.5 oz) diced tomatoes, drained
- 1 tsp dried oregano
- 1 tsp chili powder
- 1/2 tsp cumin
- Salt and pepper to taste
- 1/2 cup shredded cheese (optional, for topping)
- Fresh parsley for garnish (optional)

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Slice the tops off the bell peppers and remove the seeds and membranes.
3. In a large skillet, cook the ground turkey (or beef) over medium heat until browned, about 5-7 minutes. Drain any excess fat.
4. Add the diced onion and garlic to the pan and cook for 2-3 minutes, until softened.
5. Stir in the diced tomatoes, quinoa or rice, oregano, chili powder, cumin, salt, and pepper. Simmer for 5 minutes to combine flavors.
6. Stuff each bell pepper with the filling mixture and place them in a baking dish.
7. Cover the dish with foil and bake for 25 minutes. If using cheese, remove the foil and sprinkle cheese on top of each pepper. Return to the oven for another 5-7 minutes until the cheese is melted and bubbly.
8. Garnish with fresh parsley and serve hot.

Cauliflower Rice Stir-Fry

Ingredients:

- 1 medium head of cauliflower (or 4 cups pre-riced cauliflower)
- 2 tbsp olive oil or sesame oil
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1/2 cup diced carrots
- 1/2 cup frozen peas
- 2 eggs (optional, for scrambling)
- 3 tbsp low-sodium soy sauce (or coconut aminos)
- 1 tsp sesame oil (optional, for extra flavour)
- 2 green onions, sliced
- Salt and pepper to taste

Instructions:

1. If using a whole cauliflower, cut it into florets and pulse in a food processor until it resembles rice-sized pieces. If using pre-riced cauliflower, skip this step.
2. Heat olive oil or sesame oil in a large skillet or wok over medium heat.
3. Add the onion and garlic to the pan and cook for 2-3 minutes until softened.
4. Add the carrots and peas, and cook for another 4-5 minutes, stirring occasionally.
5. Push the vegetables to one side of the skillet and crack the eggs into the empty side. Scramble the eggs until fully cooked, then combine with the vegetables.
6. Add the cauliflower rice to the skillet and stir well. Cook for about 5-7 minutes, stirring occasionally, until the cauliflower is tender and slightly crispy.
7. Stir in soy sauce, sesame oil, green onions, and season with salt and pepper.
8. Serve hot as a side dish or main course.



Spaghetti Squash with Marinara and Fresh Basil

Ingredients:

- 1 medium spaghetti squash
- 2 cups marinara sauce (store-bought or homemade)
- 1/4 cup fresh basil leaves, chopped
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- Freshly grated Parmesan cheese (optional)

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Slice the spaghetti squash in half lengthwise and scoop out the seeds.
3. Drizzle the inside of each half with olive oil and sprinkle with salt and pepper.
4. Place the squash halves cut side down on a baking sheet lined with parchment paper. Roast for 40-45 minutes, until the flesh is tender and can be shredded with a fork.
5. While the squash is roasting, heat the marinara sauce in a saucepan over low heat.
6. Once the squash is done, use a fork to scrape the flesh into spaghetti-like strands.
7. Serve the spaghetti squash topped with marinara sauce and fresh basil.
8. Optionally, sprinkle with Parmesan cheese and serve.



Baked Salmon with Asparagus and Lemon

Ingredients:

- 4 salmon fillets (about 6 oz each)
- 1 bunch asparagus, trimmed
- 2 tbsp olive oil
- 1 lemon, sliced
- 3 cloves garlic, minced
- 1 tsp dried thyme or fresh thyme sprigs
- Salt and pepper to taste

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Place the salmon fillets and asparagus on a baking sheet lined with parchment paper or foil.
3. Drizzle olive oil over the salmon and asparagus, and season with salt, pepper, and minced garlic.
4. Place lemon slices on top of the salmon fillets and around the asparagus.
5. Sprinkle thyme over the salmon and asparagus.
6. Bake for 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork.
7. Serve the salmon with the roasted asparagus and lemon slices for a light and healthy meal.



Turkey Meatballs with Zucchini Noodles

Ingredients:

• For the meatballs:

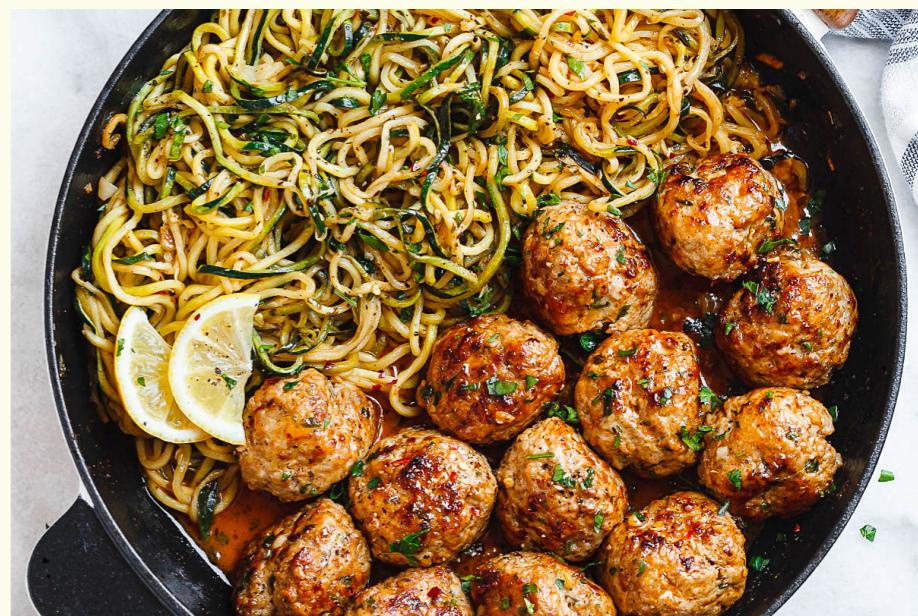
- 1 lb ground turkey
- 1/4 cup grated Parmesan cheese
- 1/4 cup breadcrumbs (or almond flour for a low-carb option)
- 1 egg
- 2 cloves garlic, minced
- 1 tsp dried Italian seasoning
- Salt and pepper to taste

• For the zucchini noodles:

- 2 large zucchinis, spiralized or sliced into thin ribbons
 - 1 tbsp olive oil
 - 1/2 tsp garlic powder
 - Salt and pepper to taste
- Marinara sauce (optional, for serving)

Instructions:

1. Preheat the oven to 375°F (190°C).
2. In a bowl, combine the ground turkey, Parmesan, breadcrumbs, egg, garlic, Italian seasoning, salt, and pepper. Mix until well combined.
3. Roll the mixture into 1-inch meatballs and place them on a baking sheet lined with parchment paper.
4. Bake the meatballs for 15-20 minutes, or until fully cooked (internal temperature of 165°F).
5. While the meatballs are baking, heat olive oil in a large skillet over medium heat. Add the zucchini noodles and sauté for 3-4 minutes until tender. Season with garlic powder, salt, and pepper.
6. Serve the turkey meatballs over the zucchini noodles, with marinara sauce on the side if desired.





Chapter 6: Smoothies and Beverages

Green Detox Smoothie with Kale, Spinach, and Pineapple



Ingredients:

- 1 cup fresh kale leaves, stems removed
- 1 cup fresh spinach leaves
- 1/2 cup pineapple chunks (fresh or frozen)
- 1/2 banana
- 1/2 cucumber, sliced
- 1 tbsp chia seeds (optional)
- 1 cup coconut water (or water or almond milk)
- Juice of 1/2 lemon
- Ice cubes (optional)

Instructions:

1. Add the kale, spinach, pineapple, banana, cucumber, and chia seeds (if using) to a blender.
2. Pour in the coconut water (or your choice of liquid) and lemon juice.
3. Blend until smooth, adding more water or ice if needed to reach your desired consistency.
4. Pour into a glass and enjoy your nutrient-packed detox smoothie!

Almond Butter Banana Protein Shake



Ingredients:

- 1 banana (frozen works best for a creamier texture)
- 1 tbsp almond butter
- 1 scoop vanilla protein powder (or plant-based protein)
- 1 cup unsweetened almond milk (or any milk of choice)
- 1/2 tsp cinnamon (optional)
- 1/2 tsp vanilla extract (optional)
- Ice cubes (optional)

Instructions:

1. Place the banana, almond butter, protein powder, almond milk, cinnamon, and vanilla extract into a blender.
2. Blend until smooth and creamy. If the shake is too thick, add a little more almond milk.
3. Add ice if you prefer a colder, thicker shake.
4. Pour into a glass and enjoy your delicious, protein-packed shake!

Golden Turmeric Latte

Ingredients:

- 1 cup unsweetened almond milk (or any milk of choice)
- 1 tsp ground turmeric
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger (or fresh grated ginger)
- 1/4 tsp black pepper (to activate the turmeric)
- 1 tsp honey or maple syrup (optional, for sweetness)
- 1/2 tsp vanilla extract (optional)

Instructions:

1. In a small saucepan, combine the almond milk, turmeric, cinnamon, ginger, black pepper, and sweetener (if using).
2. Heat the mixture over medium heat, whisking constantly until it's warm and smooth. Be careful not to let it boil.
3. Once warmed, remove from heat and stir in vanilla extract (if using).
4. Pour into a mug and enjoy the anti-inflammatory benefits of this soothing drink!



Iced Matcha Latte with Almond Milk

Ingredients:

- 1 tsp matcha powder
- 1 tbsp hot water
- 1/2-1 tbsp honey or maple syrup (optional)
- 1 cup unsweetened almond milk (or any milk of choice)
- Ice cubes

Instructions:

1. In a small bowl, whisk the matcha powder with 1 tablespoon of hot water until smooth and frothy.
2. Add honey or maple syrup to the matcha mixture if desired for sweetness.
3. Fill a glass with ice cubes, then pour the almond milk over the ice.
4. Pour the whisked matcha mixture into the glass with almond milk and stir well to combine.
5. Enjoy your refreshing iced matcha latte!



Blueberry and Ginger Antioxidant Smoothie

Ingredients:

- 1/2 cup fresh or frozen blueberries
- 1/2 banana
- 1/2-inch piece of fresh ginger, peeled (or 1/4 tsp ground ginger)
- 1 tbsp chia seeds or flax seeds (optional)
- 1/2 cup Greek yogurt (or dairy-free yogurt)
- 1/2 cup coconut water or almond milk
- 1 tsp honey or maple syrup (optional)
- Ice cubes (optional)

Instructions:

1. Place the blueberries, banana, ginger, chia seeds (if using), Greek yogurt, and coconut water (or almond milk) into a blender.
2. Blend until smooth. If you prefer a colder smoothie, add a handful of ice cubes.
3. Taste and adjust sweetness with honey or maple syrup, if needed.
4. Pour into a glass and enjoy your antioxidant-rich smoothie packed with vitamins and minerals!





Chapter 7:

Keto-Friendly

Recipes

Zucchini Noodles with Pesto and Cherry Tomatoes

Ingredients:

- 3 medium zucchinis, spiralized into noodles (zoodles)
- 1 cup cherry tomatoes, halved
- 1/4 cup homemade or store-bought pesto (preferably low-carb)

◦ Pesto Ingredients:

- 2 cups fresh basil leaves
- 1/4 cup pine nuts (or walnuts)
- 1/4 cup grated Parmesan cheese
- 2 cloves garlic
- 1/4 cup extra virgin olive oil
- Salt and pepper to taste
- 1 tbsp olive oil (for sautéing)
- Salt and pepper to taste
- Fresh basil for garnish (optional)

Instructions:

1. **Make the pesto** (if homemade): In a food processor, combine the basil, pine nuts, Parmesan, garlic, olive oil, salt, and pepper. Blend until smooth and adjust seasoning if needed.
2. Heat a large skillet over medium heat and add 1 tablespoon of olive oil.
3. Add the spiralized zucchini noodles to the pan and sauté for 2-3 minutes, or until they are tender but still firm (*al dente*). Be careful not to overcook them, as they can release water and become soggy.
4. Once the zucchini noodles are done, add the pesto sauce and toss to coat. Add the halved cherry tomatoes and stir gently.
5. Season with salt and pepper to taste and serve with fresh basil on top for garnish.



Cauliflower Mac and Cheese

Ingredients:

- 1 medium head of cauliflower, cut into florets
- 2 tbsp butter
- 1 cup heavy cream
- 1 1/2 cups shredded sharp cheddar cheese
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 tsp Dijon mustard
- 1/2 tsp garlic powder
- Salt and pepper to taste
- Fresh parsley, chopped (optional, for garnish)

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Steam the cauliflower florets until they are tender, about 8-10 minutes. You can steam them in a steamer basket or in the microwave.
3. While the cauliflower is steaming, melt butter in a saucepan over medium heat. Add the heavy cream, Dijon mustard, garlic powder, salt, and pepper. Bring to a simmer and cook for 3-4 minutes until the sauce begins to thicken.
4. Stir in the cheddar, mozzarella, and Parmesan cheeses. Continue stirring until the cheese is melted and the sauce is smooth.
5. Once the cauliflower is tender, drain any excess water and place it in a large baking dish. Pour the cheese sauce over the cauliflower and mix well to coat the florets.
6. Bake for 15-20 minutes, until the top is golden and bubbly. Garnish with fresh parsley before serving.



Keto Avocado Egg Salad

Ingredients:

- 6 large hard-boiled eggs, peeled and chopped
- 1 ripe avocado, peeled and mashed
- 2 tbsp mayonnaise (use sugar-free)
- 1 tbsp Dijon mustard
- 1 tbsp lemon juice
- 1/4 cup red onion, finely diced
- 2 tbsp fresh cilantro or parsley, chopped
- Salt and pepper to taste

Instructions:

1. In a large bowl, mash the avocado until smooth.
2. Add the chopped hard-boiled eggs, mayonnaise, Dijon mustard, lemon juice, and red onion. Stir gently to combine.
3. Add the chopped cilantro or parsley and season with salt and pepper to taste.
4. Serve the egg salad on its own, or scoop it onto lettuce leaves for a low-carb wrap.



Bacon-Wrapped Asparagus Bundles

Ingredients:

- 1 bunch asparagus, trimmed
- 8 slices of bacon
- 1 tbsp olive oil
- Salt and pepper to taste
- 1/2 tsp garlic powder (optional)
- Fresh lemon wedges (optional, for serving)

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Take 3-4 asparagus stalks and bundle them together. Wrap each bundle with one slice of bacon, securing the bacon with toothpicks if needed.
3. Place the bacon-wrapped asparagus bundles on a baking sheet lined with parchment paper or foil.
4. Drizzle the bundles with olive oil and season with salt, pepper, and garlic powder (if using).
5. Bake for 18-20 minutes, or until the bacon is crispy and the asparagus is tender.
6. Serve with a squeeze of fresh lemon juice for added flavour.



Garlic Butter Shrimp with Zoodles

Ingredients:

- 1 lb large shrimp, peeled and deveined
- 3 medium zucchinis, spiralized into zoodles
- 4 tbsp butter
- 4 cloves garlic, minced
- 1 tbsp lemon juice
- 1/2 tsp red pepper flakes (optional, for a little heat)
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)
- Lemon wedges (optional, for serving)

Instructions:

1. Heat a large skillet over medium heat and melt 2 tablespoons of butter.
2. Add the shrimp to the skillet and season with salt, pepper, and red pepper flakes. Cook for 2-3 minutes on each side until the shrimp are pink and cooked through. Remove the shrimp from the pan and set them aside.
3. In the same skillet, melt the remaining 2 tablespoons of butter. Add the minced garlic and sauté for 1 minute, until fragrant.
4. Add the zucchini noodles (zoodles) to the pan and cook for 2-3 minutes, just until they begin to soften but are still firm.
5. Return the shrimp to the pan, add the lemon juice, and toss everything together to combine.
6. Garnish with fresh parsley and serve with lemon wedges.





Chapter 8:

Low-Carb

Recipes

Grilled Salmon with Avocado Salsa

Ingredients:

- 4 salmon fillets (6 oz each)
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- Salt and pepper to taste

• For the Avocado Salsa:

- 2 ripe avocados, diced
- 1/2 red onion, finely diced
- 1 medium tomato, diced
- 1/4 cup fresh cilantro, chopped
- 1 tbsp lime juice
- Salt and pepper to taste

Instructions:

1. Preheat your grill or grill pan to medium-high heat.
2. Drizzle the salmon fillets with olive oil and season with garlic powder, paprika, salt, and pepper.
3. Place the salmon on the grill and cook for 4-5 minutes per side, or until the fish flakes easily with a fork.
4. While the salmon is grilling, make the avocado salsa: In a bowl, combine the diced avocados, red onion, tomato, cilantro, and lime juice. Season with salt and pepper to taste.
5. Serve the grilled salmon fillets topped with the fresh avocado salsa.



Eggplant Pizza Bites

Ingredients:

- 1 medium eggplant, sliced into 1/2-inch-thick rounds
- 1 tbsp olive oil
- Salt and pepper to taste
- 1/2 cup marinara sauce (low-sugar, or homemade)
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 tsp dried oregano
- Fresh basil leaves (optional, for garnish)

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Lay the eggplant slices on a baking sheet and brush both sides with olive oil. Season with salt and pepper.
3. Roast the eggplant slices for 15-20 minutes, flipping halfway through, until they are tender and lightly browned.
4. Remove from the oven and spoon about 1 tablespoon of marinara sauce on each eggplant round.
5. Top with shredded mozzarella, grated Parmesan, and a sprinkle of dried oregano.
6. Return to the oven and bake for an additional 5-7 minutes, or until the cheese is melted and bubbly.
7. Garnish with fresh basil, if desired, and serve as a fun, low-carb alternative to pizza.



Stuffed Portobello Mushrooms with Ground Turkey

Ingredients:

- 4 large portobello mushroom caps, stems removed
- 1 lb ground turkey
- 1/2 cup onion, finely chopped
- 2 cloves garlic, minced
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme
- 1/4 cup grated Parmesan cheese
- 1/4 cup shredded mozzarella cheese
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh parsley, chopped (optional, for garnish)

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Drizzle the portobello mushroom caps with olive oil and season with salt and pepper. Place them on a baking sheet, gill side up, and roast for 10-12 minutes until they soften.
3. While the mushrooms are roasting, heat a large skillet over medium heat. Add the ground turkey, onion, and garlic, and cook for 5-7 minutes until the turkey is fully cooked and the onions are soft.
4. Stir in the oregano, thyme, and Parmesan cheese. Season with salt and pepper to taste.
5. Once the mushrooms are ready, remove them from the oven and fill each cap with the turkey mixture.
6. Sprinkle mozzarella cheese on top of each stuffed mushroom.
7. Return to the oven and bake for another 8-10 minutes until the cheese is melted and bubbly.
8. Garnish with fresh parsley and serve.



Shrimp and Cauliflower Fried Rice

Ingredients:

- 1 lb large shrimp, peeled and deveined
- 1 tbsp sesame oil (or olive oil)
- 2 cups cauliflower rice (fresh or frozen)
- 2 eggs, lightly beaten
- 1/2 cup onion, diced
- 1/2 cup bell pepper, diced
- 2 cloves garlic, minced
- 1/4 cup soy sauce (or coconut aminos for a gluten-free option)
- 1 tbsp rice vinegar (optional)
- 1/2 tsp ginger, grated (optional)
- Green onions, chopped (for garnish)
- Sesame seeds (optional, for garnish)

Instructions:

1. Heat 1 tablespoon of sesame oil in a large skillet or wok over medium heat.
2. Add the shrimp to the skillet and cook for 2-3 minutes per side, until pink and cooked through. Remove the shrimp from the pan and set aside.
3. In the same skillet, add a bit more oil if needed and sauté the onion, bell pepper, and garlic for 3-4 minutes, until softened.
4. Add the cauliflower rice to the skillet and cook for 5-6 minutes, stirring occasionally, until it becomes tender and slightly golden.
5. Push the cauliflower rice to one side of the skillet and pour the beaten eggs into the empty space. Scramble the eggs until cooked, then mix with the rice.
6. Stir in the soy sauce (or coconut aminos), rice vinegar, and ginger (if using). Add the shrimp back to the pan and toss everything to combine.
7. Garnish with chopped green onions and sesame seeds, if desired. Serve hot.



Chicken Caesar Salad Wraps (lettuce wraps)

Ingredients:

- 2 cups cooked chicken breast, shredded or diced
- 1/2 cup Caesar dressing (low-carb or homemade)
- 1/4 cup grated Parmesan cheese
- 1 cup romaine lettuce leaves, whole or cut into large pieces
- 1/2 cup cherry tomatoes, halved
- 1/4 cup crispy bacon bits (optional, for extra flavour)
- Fresh black pepper (optional, for garnish)

Instructions:

1. In a large bowl, combine the shredded or diced chicken with the Caesar dressing and Parmesan cheese. Stir well to coat the chicken in the dressing.
2. Take the romaine lettuce leaves and use them as wraps. Spoon the chicken mixture onto the lettuce leaves.
3. Top with cherry tomatoes, bacon bits (if using), and a sprinkle of black pepper for extra flavour.
4. Roll up the lettuce leaves around the filling to form a wrap. Serve immediately.





Chapter 9:

Gluten-Free

Recipes

Almond Flour Pancakes with Fresh Berries

Ingredients:

- 1 1/2 cups almond flour
- 2 large eggs
- 1/4 cup unsweetened almond milk (or any milk of your choice)
- 1 tbsp honey or maple syrup (optional)
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- Pinch of salt
- 1/2 tsp ground cinnamon (optional)
- Fresh berries (blueberries, strawberries, raspberries, etc.)
- Butter or coconut oil (for cooking)

Instructions:

1. In a large mixing bowl, whisk together the almond flour, eggs, almond milk, honey (if using), vanilla extract, baking powder, salt, and cinnamon (if using) until smooth.
2. Heat a non-stick skillet or griddle over medium heat and add a small amount of butter or coconut oil.
3. Pour 1/4 cup of the batter onto the skillet for each pancake. Cook for 2-3 minutes, until bubbles form on the surface, then flip and cook for another 2-3 minutes, until golden brown on both sides.
4. Remove the pancakes from the skillet and keep warm. Repeat until all the batter is used.
5. Serve with fresh berries and a drizzle of maple syrup or honey.



Sweet Potato and Black Bean Enchiladas

Ingredients:

- 2 medium sweet potatoes, peeled and diced
- 1 tbsp olive oil
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1 can (15 oz) black beans, drained and rinsed
- 1 cup frozen corn (optional)
- 1 can (10 oz) enchilada sauce (make sure it's gluten-free)
- 8-10 gluten-free corn tortillas
- 1 1/2 cups shredded cheese (cheddar or a Mexican blend)
- 1 tsp ground cumin
- 1 tsp chili powder
- 1/2 tsp smoked paprika (optional)
- Salt and pepper to taste
- Fresh cilantro, chopped (for garnish)
- Sour cream or Greek yogurt (for serving, optional)

Instructions:

1. Preheat your oven to 375°F (190°C).
2. In a medium skillet, heat olive oil over medium heat. Add the onion and garlic, and sauté for 3-4 minutes until softened.
3. Add the diced sweet potatoes to the skillet, season with cumin, chili powder, paprika, salt, and pepper, and cook for 8-10 minutes until the sweet potatoes are tender.
4. Stir in the black beans and corn (if using), and cook for another 2-3 minutes. Remove from heat.
5. Spread a thin layer of enchilada sauce at the bottom of a 9x13-inch baking dish.
6. Warm the corn tortillas slightly (to make them pliable), then fill each tortilla with the sweet potato and black bean mixture. Roll them up and place them seam side down in the baking dish.
7. Pour the remaining enchilada sauce over the top of the rolled tortillas, and sprinkle with shredded cheese.
8. Bake for 20-25 minutes, until the cheese is melted and bubbly.
9. Garnish with fresh cilantro and serve with sour cream or Greek yogurt if desired.



Gluten-Free Margherita Pizza

Ingredients:

• For the crust:

- 2 cups gluten-free all-purpose flour (make sure it contains xanthan gum)
- 1 tsp active dry yeast
- 1 tsp sugar
- 1/2 tsp salt
- 3/4 cup warm water (110°F/43°C)
- 1 tbsp olive oil
- 1 tsp apple cider vinegar

• For the topping:

- 1/2 cup pizza sauce (make sure it's gluten-free)
- 1 1/2 cups fresh mozzarella cheese, sliced
- 1/2 cup fresh basil leaves
- 1 tbsp olive oil (for drizzling)
- Salt and pepper to taste

Instructions:

1. In a small bowl, dissolve the sugar in warm water and add the yeast. Let it sit for about 5 minutes until the yeast is activated and foamy.
2. In a large bowl, combine the gluten-free flour and salt. Add the yeast mixture, olive oil, and apple cider vinegar. Stir until the dough begins to come together.
3. Knead the dough for 2-3 minutes until smooth. If the dough is too sticky, add a bit more gluten-free flour.
4. Cover the dough with a damp cloth and let it rise in a warm place for 30-60 minutes, or until it doubles in size.
5. Preheat your oven to 475°F (245°C). Place a pizza stone or baking sheet in the oven to heat.
6. Once the dough has risen, roll it out on a piece of parchment paper into a circle or desired shape.
7. Carefully transfer the dough (with parchment) onto the preheated stone or baking sheet.
8. Spread the pizza sauce over the dough, leaving a small border around the edges.
9. Top with fresh mozzarella slices, and season with salt and pepper.
10. Bake for 10-12 minutes, until the crust is golden and the cheese is melted.
11. Remove from the oven, top with fresh basil leaves, drizzle with olive oil, and serve.



Cauliflower Crust Grilled Cheese



Ingredients:

• For the cauliflower crust:

- 1 medium cauliflower, grated into rice-sized pieces (or use pre-riced cauliflower)
- 1 large egg
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1/2 tsp garlic powder
- 1/2 tsp dried oregano
- Salt and pepper to taste

• For the grilled cheese:

- 4 slices of your favourite gluten-free cheese (cheddar, mozzarella, etc.)
- 2 tbsp butter (or olive oil) for grilling

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Steam the cauliflower rice for 5-7 minutes until tender. Let it cool slightly and then squeeze out any excess moisture using a clean kitchen towel or cheesecloth.
3. In a large bowl, mix the cauliflower rice with the egg, mozzarella, Parmesan, garlic powder, oregano, salt, and pepper.
4. Place the mixture onto a parchment-lined baking sheet and shape it into two rectangular "bread" slices (about 1/2-inch thick).
5. Bake the cauliflower crust for 12-15 minutes, flipping halfway through, until it is golden brown and crispy.
6. Once the crust is done, remove it from the oven and let it cool for a few minutes.
7. Heat a skillet over medium heat and melt the butter. Place a slice of cheese on top of one cauliflower crust piece, then top with the other piece to form a sandwich.
8. Grill the cauliflower crust "sandwich" on both sides for 2-3 minutes, until the cheese is melted and the crust is golden brown.
9. Slice and serve your gluten-free grilled cheese.

Lemon Garlic Shrimp with Brown Rice

Ingredients:

- 1 lb large shrimp, peeled and deveined
- 1 tbsp olive oil
- 2 tbsp butter
- 3 cloves garlic, minced
- 1 tbsp lemon juice
- Zest of 1 lemon
- Salt and pepper to taste
- 1/4 tsp red pepper flakes (optional)
- 1 cup cooked brown rice
- Fresh parsley, chopped (for garnish)

Instructions:

1. In a large skillet, heat the olive oil and butter over medium heat.
2. Add the garlic and sauté for 1-2 minutes until fragrant.
3. Add the shrimp to the skillet, season with salt, pepper, and red pepper flakes (if using), and cook for 2-3 minutes per side, until the shrimp are pink and cooked through.
4. Stir in the lemon juice and lemon zest, and cook for an additional 1-2 minutes.
5. Serve the shrimp over a bed of cooked brown rice and garnish with fresh parsley.





Chapter 10:

Soups and

Stews

Classic Tomato Basil Soup

Ingredients:

- 2 tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 cans (14.5 oz each) diced tomatoes (or use fresh tomatoes, peeled and chopped)
- 1 cup vegetable broth (or chicken broth)
- 1 tbsp tomato paste
- 1 tsp sugar (optional, to balance acidity)
- Salt and pepper to taste
- 1/4 cup fresh basil leaves, chopped (plus extra for garnish)
- 1/2 cup heavy cream (optional for creamier soup)
- Croutons or grilled cheese (for serving, optional)

Instructions:

1. In a large pot, heat the olive oil over medium heat. Add the chopped onion and sauté for about 5 minutes, until softened.
2. Add the garlic and cook for another 1 minute, until fragrant.
3. Stir in the diced tomatoes (with juices), vegetable broth, tomato paste, and sugar. Bring to a simmer and cook for 20-25 minutes, stirring occasionally.
4. Use an immersion blender or transfer the soup to a blender (in batches) and blend until smooth.
5. Return the soup to the pot and stir in the chopped basil. Season with salt and pepper to taste.
6. For a creamier version, stir in the heavy cream and heat through.
7. Serve with fresh basil leaves and croutons or grilled cheese on the side.



Hearty Vegetable and Lentil Stew

Ingredients:

- 2 tbsp olive oil
- 1 onion, chopped
- 2 carrots, peeled and diced
- 2 celery stalks, chopped
- 3 cloves garlic, minced
- 1 1/2 cups dry green or brown lentils, rinsed
- 1 can (14.5 oz) diced tomatoes
- 4 cups vegetable broth
- 1 tsp dried thyme
- 1/2 tsp dried rosemary
- 2 bay leaves
- 1 zucchini, diced
- 2 cups kale or spinach, chopped (optional)
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Instructions:

1. Heat olive oil in a large pot over medium heat. Add the onion, carrots, and celery. Sauté for 5-6 minutes until softened.
2. Add the garlic and cook for another minute until fragrant.
3. Stir in the lentils, diced tomatoes, vegetable broth, thyme, rosemary, and bay leaves. Bring to a boil.
4. Lower the heat and simmer the stew for about 30-40 minutes, or until the lentils are tender.
5. Add the zucchini and kale (or spinach) and cook for an additional 5-10 minutes, until the zucchini is tender and the greens are wilted.
6. Remove the bay leaves, season the stew with salt and pepper, and garnish with fresh parsley if desired.
7. Serve hot, and enjoy this hearty, filling stew.



Butternut Squash and Apple Soup

Ingredients:

- 2 tbsp olive oil
- 1 medium onion, chopped
- 1 medium butternut squash, peeled, seeded, and cubed
- 2 apples, peeled, cored, and chopped (preferably tart apples like Granny Smith)
- 3 cups vegetable broth (or chicken broth)
- 1 tsp ground ginger
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- Salt and pepper to taste
- 1/2 cup coconut milk (optional for creaminess)
- Fresh thyme or parsley for garnish (optional)

Instructions:

1. In a large pot, heat the olive oil over medium heat. Add the onion and cook for 5-6 minutes, until softened.
2. Add the cubed butternut squash and apples to the pot, stirring occasionally, and cook for another 5-6 minutes.
3. Pour in the vegetable broth, and add the ginger, cinnamon, nutmeg, salt, and pepper. Bring to a simmer and cook for about 20-25 minutes, until the squash and apples are tender.
4. Use an immersion blender or transfer the soup in batches to a blender and blend until smooth.
5. Stir in the coconut milk for added creaminess and heat through.
6. Garnish with fresh thyme or parsley if desired. Serve hot.



Chicken and Wild Rice Soup

Ingredients:

- 2 tbsp olive oil
- 1 lb boneless, skinless chicken breasts (or thighs)
- 1 onion, chopped
- 2 carrots, peeled and diced
- 2 celery stalks, chopped
- 3 cloves garlic, minced
- 1/2 cup wild rice
- 4 cups chicken broth
- 1 tsp dried thyme
- 1/2 tsp dried rosemary
- Salt and pepper to taste
- 1/2 cup heavy cream (optional for creaminess)
- Fresh parsley, chopped (for garnish)

Instructions:

1. In a large pot, heat olive oil over medium heat. Add the chicken breasts and cook for about 5-7 minutes per side, until golden brown. Remove from the pot and set aside to cool.
2. In the same pot, add the onion, carrots, and celery. Sauté for 5-6 minutes until softened.
3. Add the garlic and cook for another 1 minute until fragrant.
4. Stir in the wild rice, chicken broth, thyme, rosemary, salt, and pepper. Bring the soup to a boil.
5. Reduce the heat and simmer for 40-45 minutes, or until the wild rice is tender.
6. While the soup is simmering, shred the cooled chicken and add it back to the pot.
7. Stir in the heavy cream (if using) and cook for another 5 minutes to heat through.
8. Taste and adjust seasoning with more salt and pepper if needed.
9. Garnish with fresh parsley before serving. Serve hot.



Coconut Thai Curry Soup with Vegetables

Ingredients:

- 1 tbsp olive oil or coconut oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp red curry paste (adjust to taste)
- 1 can (14 oz) coconut milk
- 4 cups vegetable broth (or chicken broth)
- 1 large sweet potato, peeled and diced
- 1 red bell pepper, chopped
- 1 zucchini, diced
- 1 cup mushrooms, sliced
- 1 cup spinach or kale, chopped (optional)
- 2 tbsp fish sauce (or soy sauce for a vegetarian version)
- 1 tbsp lime juice
- Salt and pepper to taste
- Fresh cilantro, chopped (for garnish)
- Lime wedges (for serving)

Instructions:

1. Heat the oil in a large pot over medium heat. Add the onion and sauté for 5 minutes until softened.
2. Add the garlic and ginger, and cook for another 1 minute until fragrant.
3. Stir in the red curry paste and cook for 1-2 minutes to deepen the flavour.
4. Pour in the coconut milk and vegetable broth. Add the sweet potato, bell pepper, zucchini, and mushrooms.
5. Bring the soup to a simmer and cook for about 15-20 minutes, or until the sweet potato is tender.
6. Stir in the spinach or kale (if using), fish sauce, and lime juice. Cook for another 3-4 minutes until the greens are wilted.
7. Season with salt and pepper to taste.
8. Serve the soup hot, garnished with fresh cilantro and lime wedges.





Chapter 11:

Salads

Quinoa Salad with Chickpeas and Cucumber

Ingredients:

- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cucumber, diced
- 1/4 red onion, thinly sliced
- 1/4 cup fresh parsley, chopped
- 1/4 cup olive oil
- 2 tbsp lemon juice
- 1 tbsp red wine vinegar
- 1 tsp ground cumin
- Salt and pepper to taste

Instructions:

1. In a medium saucepan, bring 2 cups of water or vegetable broth to a boil. Add the quinoa, cover, and reduce the heat to low. Simmer for 12-15 minutes, or until the quinoa is cooked and the liquid is absorbed. Fluff the quinoa with a fork and set aside to cool.
2. In a large bowl, combine the cooked quinoa, chickpeas, cucumber, red onion, and parsley.
3. In a small bowl, whisk together the olive oil, lemon juice, red wine vinegar, cumin, salt, and pepper.
4. Pour the dressing over the salad and toss to combine. Taste and adjust seasoning if needed.
5. Serve chilled or at room temperature.



Spinach and Strawberry Salad with Balsamic Glaze

Ingredients:

- 4 cups fresh spinach leaves, washed and dried
- 1 cup strawberries, hulled and sliced
- 1/4 red onion, thinly sliced
- 1/4 cup feta cheese (optional)
- 1/4 cup balsamic vinegar
- 1 tbsp honey or maple syrup (optional)
- 2 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. In a small saucepan, bring the balsamic vinegar and honey (if using) to a simmer over medium heat. Let it cook for 5-7 minutes, stirring occasionally, until it thickens into a glaze. Remove from heat and set aside to cool.
2. In a large bowl, combine the spinach, sliced strawberries, red onion, and feta cheese.
3. Drizzle the olive oil and balsamic glaze over the salad. Toss gently to combine.
4. Season with salt and pepper to taste.
5. Serve immediately as a light and refreshing salad.



Mediterranean Chickpea Salad with Feta

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/2 red onion, chopped
- 1/4 cup Kalamata olives, pitted and chopped
- 1/2 cup feta cheese, crumbled
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp dried oregano
- 1/2 tsp garlic powder
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine the chickpeas, cherry tomatoes, cucumber, red onion, Kalamata olives, and feta cheese.
2. In a small bowl, whisk together the olive oil, red wine vinegar, oregano, garlic powder, salt, and pepper.
3. Pour the dressing over the salad and toss to combine.
4. Serve immediately, or chill for 30 minutes to allow the flavours to meld together.



Roasted Beet and Goat Cheese Salad

Ingredients:

- 4 medium beets, peeled and cut into wedges
- 2 tbsp olive oil
- Salt and pepper to taste
- 4 cups mixed greens (arugula, spinach, or mesclun)
- 1/4 cup crumbled goat cheese
- 1/4 cup walnuts, toasted (optional)
- 2 tbsp balsamic vinegar
- 1 tbsp honey (optional)
- 1 tbsp olive oil (for dressing)

Instructions:

1. Preheat your oven to 400°F (200°C). On a baking sheet, toss the beet wedges with olive oil, salt, and pepper. Roast for 25-30 minutes, or until tender and slightly caramelized. Let the beets cool slightly.
2. In a large bowl, arrange the mixed greens. Add the roasted beets, goat cheese, and walnuts (if using).
3. In a small bowl, whisk together the balsamic vinegar, honey (if using), and olive oil to make the dressing.
4. Drizzle the dressing over the salad and toss gently.
5. Serve immediately, or chill for 15-20 minutes to allow the flavors to meld together.



Southwest Salad with Black Beans and Corn

Ingredients:

- 1 can (15 oz) black beans, drained and rinsed
- 1 cup corn kernels (fresh, frozen, or canned)
- 1 red bell pepper, diced
- 1 avocado, diced
- 1/2 red onion, thinly sliced
- 4 cups mixed greens or romaine lettuce
- 1/4 cup fresh cilantro, chopped
- 1/4 cup lime juice
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp chili powder
- Salt and pepper to taste
- Tortilla chips, crushed (for topping, optional)

Instructions:

1. In a large bowl, combine the black beans, corn, red bell pepper, avocado, red onion, and mixed greens.
2. In a small bowl, whisk together the lime juice, olive oil, cumin, chili powder, salt, and pepper.
3. Pour the dressing over the salad and toss to combine.
4. Garnish with fresh cilantro and crushed tortilla chips (if using).
5. Serve immediately, or chill for 15-20 minutes for the Flavors to meld together.





Chapter 12:

Healthy

Desserts

Chia Pudding with Coconut Milk and Fresh Mango

Ingredients:

- 1/2 cup chia seeds
- 1 1/2 cups coconut milk (canned or from a carton, unsweetened)
- 1-2 tbsp maple syrup or honey (optional, adjust sweetness to taste)
- 1/2 tsp vanilla extract
- 1 fresh mango, peeled and diced
- Shredded coconut for garnish (optional)

Instructions:

1. In a bowl, whisk together the chia seeds, coconut milk, maple syrup (or honey), and vanilla extract. Make sure the chia seeds are evenly dispersed in the liquid.
2. Cover the bowl and refrigerate for at least 4 hours, or overnight, to allow the chia seeds to absorb the liquid and thicken into a pudding-like texture.
3. When ready to serve, stir the pudding and divide it into bowls or jars.
4. Top with the fresh diced mango and shredded coconut if desired.
5. Serve chilled and enjoy!



Dark Chocolate Avocado Mousse

Ingredients:

- 2 ripe avocados, peeled and pitted
- 1/4 cup unsweetened cocoa powder
- 1/4 cup maple syrup or honey (adjust sweetness to taste)
- 1/4 cup almond milk (or any milk of choice)
- 1 tsp vanilla extract
- A pinch of sea salt
- 2 oz dark chocolate (70% cocoa or higher), melted (optional for extra richness)

Instructions:

1. In a blender or food processor, combine the avocados, cocoa powder, maple syrup, almond milk, vanilla extract, and sea salt.
2. Blend until smooth and creamy, scraping down the sides as needed.
3. If you want a richer flavour, add the melted dark chocolate and blend again.
4. Taste and adjust sweetness if necessary.
5. Chill the mousse in the fridge for at least 30 minutes before serving.
6. Serve as is, or top with berries, shredded coconut, or chopped nuts.



Baked Apples with Cinnamon and Walnuts

Ingredients:

- 4 medium apples (such as Gala or Honeycrisp)
- 1/4 cup walnuts, chopped
- 2 tbsp raisins (optional)
- 1 tsp cinnamon
- 1 tbsp honey or maple syrup
- 1/4 tsp ground nutmeg
- 1/2 tsp vanilla extract
- 1/4 cup water

Instructions:

1. Preheat your oven to 350°F (175°C).
2. Core the apples, leaving the bottom intact to form a well in the centre.
3. In a small bowl, mix together the walnuts, raisins (if using), cinnamon, nutmeg, honey (or maple syrup), and vanilla extract.
4. Stuff each apple with the walnut mixture.
5. Place the apples in a baking dish and add 1/4 cup of water to the bottom of the dish to help keep the apples moist.
6. Cover the dish with foil and bake for 30-35 minutes, or until the apples are soft and tender.
7. Serve warm, topped with extra cinnamon or a dollop of whipped cream (optional).



Peanut Butter and Banana Nice Cream

Ingredients:

- 2 ripe bananas, peeled and frozen
- 2 tbsp peanut butter (or almond butter)
- 1/2 tsp vanilla extract
- 1-2 tbsp almond milk or coconut milk (for creaminess)
- A pinch of sea salt (optional)
- Chopped peanuts or chocolate chips for topping (optional)

Instructions:

1. Place the frozen bananas in a food processor or high-powered blender.
2. Blend until smooth and creamy, scraping down the sides as needed.
3. Add the peanut butter, vanilla extract, and a pinch of sea salt (if using). Blend again until well combined.
4. If the mixture is too thick, add a small amount of almond milk to reach the desired consistency.
5. Serve immediately as a soft-serve "nice cream," or freeze for 1-2 hours for a firmer texture.
6. Top with chopped peanuts or chocolate chips if desired.



Almond Flour Brownies

Ingredients:

- 1 1/2 cups almond flour
- 1/4 cup unsweetened cocoa powder
- 1/2 tsp baking powder
- 1/4 tsp sea salt
- 1/2 cup maple syrup or honey
- 1/4 cup almond butter (or peanut butter)
- 2 large eggs
- 1 tsp vanilla extract
- 1/4 cup dark chocolate chips (optional)
- 1/4 cup chopped walnuts (optional)

Instructions:

1. Preheat your oven to 350°F (175°C) and grease or line a 9x9-inch baking pan with parchment paper.
2. In a large bowl, whisk together the almond flour, cocoa powder, baking powder, and salt.
3. In a separate bowl, whisk the eggs, maple syrup (or honey), almond butter, and vanilla extract until smooth.
4. Pour the wet ingredients into the dry ingredients and mix until fully combined.
5. Fold in the chocolate chips and walnuts (if using).
6. Pour the batter into the prepared baking pan and spread it evenly.
7. Bake for 20-25 minutes, or until a toothpick inserted in the centre comes out clean.
8. Let the brownies cool completely in the pan before cutting into squares.
9. Serve as a delicious, healthier dessert or snack!





Chapter 13:

Meal Prep

Recipes

Baked Lemon Garlic Salmon with Roasted Vegetables

Ingredients:

- 4 salmon fillets (about 4-6 oz each)
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 lemon, zest and juice
- 1 tsp dried oregano
- Salt and pepper to taste
- 1 cup baby carrots, peeled
- 1 zucchini, sliced
- 1 cup broccoli florets
- 1 tbsp olive oil (for vegetables)

Instructions:

1. Preheat your oven to 400°F (200°C).
2. In a small bowl, mix olive oil, garlic, lemon zest, lemon juice, oregano, salt, and pepper. Rub this mixture over the salmon fillets, ensuring they are well coated.
3. Place the salmon on a baking sheet lined with parchment paper or foil.
4. In a separate bowl, toss the baby carrots, zucchini, and broccoli with 1 tablespoon of olive oil, salt, and pepper. Spread the vegetables out on the baking sheet around the salmon.
5. Bake the salmon and vegetables for 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork, and the vegetables are tender.
6. Divide the salmon fillets and roasted vegetables into meal prep containers. Store in the fridge for up to 4 days.



Quinoa and Vegetable Bowls with Tahini Sauce

Ingredients:

- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 1 tbsp olive oil
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced
- 1/4 red onion, thinly sliced
- 1/4 cup fresh parsley, chopped

For the Tahini Sauce:

- 1/4 cup tahini
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 tbsp water (to thin it out)
- 1 tsp garlic powder
- Salt and pepper to taste

Instructions:

1. In a medium pot, bring the water or vegetable broth to a boil. Add the quinoa, reduce the heat to low, cover, and simmer for 12-15 minutes, or until the quinoa is cooked and the liquid is absorbed. Let it sit, covered, for 5 minutes before fluffing with a fork.
2. While the quinoa is cooking, heat 1 tablespoon of olive oil in a skillet over medium heat. Add the diced bell pepper, zucchini, and cherry tomatoes. Sauté for 5-7 minutes, until the vegetables are tender but still crisp.
3. In a small bowl, whisk together the tahini, lemon juice, olive oil, water, garlic powder, salt, and pepper until smooth. Add more water if needed to reach your desired consistency.
4. Divide the quinoa, sautéed vegetables, cucumber, and red onion into meal prep containers. Drizzle with the tahini sauce and top with fresh parsley.
5. Store in the fridge for up to 4 days.



Chicken Fajita Meal Prep Bowls

ingredients:

- 2 lbs chicken breast, cut into strips
- 2 tbsp olive oil
- 1 packet fajita seasoning (or homemade seasoning mix: chili powder, cumin, paprika, garlic powder, onion powder, salt, and pepper)
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 onion, sliced
- 1 cup cooked brown rice (or cauliflower rice for low-carb)
- Lime wedges (for serving)
- Fresh cilantro, chopped (optional)

Instructions:

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss the chicken strips with olive oil and fajita seasoning until well-coated.
3. Spread the chicken strips onto the baking sheet. Add the bell peppers and onion to the same sheet and toss them with a bit of olive oil and salt.
4. Roast in the oven for 20-25 minutes, or until the chicken is cooked through and the vegetables are tender.
5. While the chicken and vegetables are roasting, cook the brown rice according to package instructions.
6. Divide the cooked rice and roasted fajita chicken and vegetables into meal prep containers. Garnish with fresh cilantro and serve with lime wedges.
7. Store in the fridge for up to 4 days.



Sweet Potato and Black Bean Burrito Bowls

Ingredients:

- 2 medium sweet potatoes, peeled and diced
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 can (15 oz) black beans, drained and rinsed
- 1 cup corn kernels (fresh, frozen, or canned)
- 1 avocado, diced
- 1/2 cup salsa or Pico de Gallo
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1 cup cooked quinoa or brown rice
- Fresh cilantro, chopped (optional)

Instructions:

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss the diced sweet potatoes with olive oil, salt, and pepper, then spread them out evenly on the baking sheet. Roast for 20-25 minutes, or until tender and lightly browned.
3. While the sweet potatoes are roasting, heat the black beans, corn, cumin, and chili powder in a medium saucepan over medium heat until warmed through.
4. Once the sweet potatoes are done, begin assembling the bowls: Start with a base of quinoa or brown rice in each container.
5. Add the roasted sweet potatoes, black beans with corn, diced avocado, and a scoop of salsa to each bowl.
6. Garnish with fresh cilantro if desired.
7. Store in the fridge for up to 4 days.



Overnight Chia Pudding with Mixed Fruits



Ingredients:

- 1/2 cup chia seeds
- 2 cups almond milk (or any milk of choice)
- 1-2 tbsp maple syrup or honey (optional)
- 1/2 tsp vanilla extract
- 1/2 cup mixed berries (blueberries, strawberries, raspberries)
- 1 banana, sliced
- 1/4 cup unsweetened shredded coconut (optional)
- 2 tbsp chopped nuts (optional)

Instructions:

1. In a bowl or jar, combine the chia seeds, almond milk, maple syrup (or honey), and vanilla extract. Stir well to ensure the chia seeds are evenly mixed in.
2. Cover the bowl or jar and refrigerate overnight, or for at least 4 hours, to allow the chia seeds to absorb the liquid and thicken.
3. In the morning or when ready to serve, give the chia pudding a good stir. If the pudding is too thick, add a bit more milk to reach your desired consistency.
4. Top the chia pudding with mixed berries, sliced banana, shredded coconut, and chopped nuts for added texture and flavour.
5. Serve immediately or store in the fridge for up to 3 days.



Chapter 14:

Instant Pot

Recipes

Instant Pot Chicken Tikka Masala

Ingredients:

- 1 lb boneless, skinless chicken thighs (cut into bite-sized pieces)
- 1 tbsp olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1-inch piece fresh ginger, minced
- 1 tbsp garam masala
- 1 tbsp ground cumin
- 1 tsp ground turmeric
- 1 tsp ground coriander
- 1 tsp paprika
- 1/2 tsp ground cinnamon
- 1/2 tsp cayenne pepper (optional, for spice)
- 1 can (14 oz) diced tomatoes
- 1 can (15 oz) coconut milk (full-fat)
- 1/2 cup chicken broth
- Salt to taste
- 2 tbsp heavy cream (optional, for richness)
- Fresh cilantro, chopped (for garnish)

Instructions:

1. Set the Instant Pot to **Sauté** mode and heat the olive oil. Add the chopped onion and cook for 3-4 minutes, until softened.
2. Add the garlic and ginger, and cook for an additional 1-2 minutes until fragrant.
3. Stir in the spices: garam masala, cumin, turmeric, coriander, paprika, cinnamon, and cayenne (if using). Sauté for another minute to toast the spices.
4. Add the chicken pieces to the pot and stir to coat them in the spices.
5. Pour in the diced tomatoes, coconut milk, chicken broth, and salt. Stir everything together.
6. Close the lid, set the Instant Pot to **Manual or Pressure Cook** on high for 10 minutes.
7. Once the cooking time is complete, allow for a **natural release** for 5 minutes, then perform a **quick release** to release any remaining pressure.
8. Open the lid and stir in the heavy cream (if using). Taste and adjust seasoning if needed.
9. Serve the chicken tikka masala over rice, topped with fresh cilantro.



Instant Pot Lentil and Vegetable Soup

Ingredients:

- 1 cup dried lentils (rinsed)
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 1 zucchini, diced
- 1 can (14.5 oz) diced tomatoes
- 1 tsp ground cumin
- 1/2 tsp ground turmeric
- 1/2 tsp paprika
- 1/2 tsp dried thyme
- 1 bay leaf
- 4 cups vegetable broth
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Instructions:

1. Set the Instant Pot to **Sauté** mode and heat a little olive oil. Add the chopped onion, carrots, and celery. Cook for 5-7 minutes until softened.
2. Add the garlic, zucchini, cumin, turmeric, paprika, thyme, and bay leaf. Stir and cook for another 1-2 minutes.
3. Add the rinsed lentils, diced tomatoes, and vegetable broth to the pot. Stir to combine.
4. Close the lid, set the Instant Pot to **Manual or Pressure Cook** on high for 15 minutes.
5. Once the cooking time is complete, allow for a **natural release** for 10 minutes, then perform a **quick release** to release any remaining pressure.
6. Open the lid, remove the bay leaf, and taste the soup. Adjust seasoning with salt and pepper as needed.
7. Serve hot, garnished with fresh parsley.



Instant Pot Beef Stew with Carrots and Potatoes

Ingredients:

- 2 lbs beef stew meat (cut into 1-inch cubes)
- 1 tbsp olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 4 cups beef broth
- 4 medium potatoes, peeled and diced
- 3 carrots, peeled and sliced
- 2 tbsp tomato paste
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 bay leaf
- Salt and pepper to taste
- 2 tbsp cornstarch (optional, for thickening)
- 2 tbsp water (optional, for cornstarch slurry)

Instructions:

1. Set the Instant Pot to **Sauté** mode and heat the olive oil. Add the beef stew meat in batches, browning it on all sides (about 5 minutes). Remove the beef and set it aside.
2. Add the chopped onion to the Instant Pot and cook for 3-4 minutes until softened. Add the minced garlic and cook for another 1-2 minutes until fragrant.
3. Stir in the tomato paste, dried thyme, rosemary, and bay leaf. Cook for 1 minute.
4. Add the beef broth, potatoes, carrots, and browned beef to the pot. Stir everything together.
5. Close the lid, set the Instant Pot to **Manual or Pressure Cook** on high for 35 minutes.
6. Once the cooking time is complete, allow for a **natural release** for 10 minutes, then perform a **quick release** to release any remaining pressure.
7. If you'd like to thicken the stew, mix the cornstarch with water to form a slurry, then stir it into the stew. Set the Instant Pot to **Sauté** and cook for 5 minutes, stirring occasionally, until the stew thickens.
8. Serve hot with crusty bread or over mashed potatoes.



Instant Pot Vegan Chilli

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 bell pepper, chopped
- 1 zucchini, chopped
- 2 cans (15 oz each) kidney beans, drained and rinsed
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (14.5 oz) diced tomatoes
- 1 can (6 oz) tomato paste
- 2 cups vegetable broth
- 1 tbsp chili powder
- 1 tsp cumin
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper (optional)
- Salt and pepper to taste
- Fresh cilantro, chopped (for garnish)
- Lime wedges (for serving)

Instructions:

1. Set the Instant Pot to **Sauté** mode and heat the olive oil. Add the chopped onion and cook for 3-4 minutes until softened.
2. Add the garlic, bell pepper, and zucchini, and cook for another 2-3 minutes.
3. Stir in the chili powder, cumin, paprika, and cayenne pepper (if using). Cook for 1 minute to bloom the spices.
4. Add the kidney beans, black beans, diced tomatoes, tomato paste, and vegetable broth. Stir everything together.
5. Close the lid, set the Instant Pot to **Manual or Pressure Cook** on high for 15 minutes.
6. Once the cooking time is complete, allow for a **natural release** for 5 minutes, then perform a **quick release** to release any remaining pressure.
7. Open the lid, taste the chili, and adjust seasoning with salt and pepper if needed.
8. Serve hot, garnished with fresh cilantro and lime wedges



Instant Pot Greek Yogurt

Ingredients:

- 1/2-gallon whole milk (or 2% milk)
- 2 tbsp plain yogurt with live cultures (as a starter)
- 1/4 cup powdered milk (optional, for creamier yogurt)

Instructions:

1. Pour the milk into the Instant Pot. Set the Instant Pot to **Yogurt** mode and press **Start**. Heat the milk until it reaches 180°F (82°C), about 10 minutes. Stir occasionally to prevent the milk from scorching.
2. Once the milk has reached 180°F, remove the inner pot from the Instant Pot and let it cool to 110°F (43°C) – this can take about 30-45 minutes.
3. In a small bowl, whisk the 2 tbsp of plain yogurt with a small amount of cooled milk to create a smooth mixture. Stir this into the rest of the milk in the Instant Pot.
4. Place the inner pot back into the Instant Pot, close the lid, and set the Instant Pot to **Yogurt** mode. Adjust the setting to 8-10 hours, depending on how tangy you want the yogurt.
5. When the yogurt has finished, it will be thickened. If you prefer thicker yogurt, you can strain it using a cheesecloth or fine mesh strainer for 1-2 hours.
6. Transfer the yogurt to jars or containers and refrigerate for at least 4 hours before serving. Enjoy as is or with your favourite toppings.





Chapter 15:

Air Fryer

Recipes

Air Fryer Sweet Potato Fries

Ingredients:

- 2 large sweet potatoes, peeled and cut into thin fries
- 1 tbsp olive oil
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper (optional, for extra heat)

Instructions:

1. Preheat your Air Fryer to 400°F (200°C).
2. In a large bowl, toss the sweet potato fries with olive oil, paprika, garlic powder, salt, pepper, and cayenne pepper (if using). Make sure the fries are evenly coated.
3. Arrange the fries in a single layer in the Air Fryer basket. You may need to do this in batches depending on the size of your Air Fryer.
4. Air fry for 15-20 minutes, shaking the basket halfway through the cooking time for even crisping.
5. Once the fries are golden and crispy, remove them from the Air Fryer. Serve immediately with your favourite dipping sauce.



Air Fryer Zucchini Chips

Ingredients:

- 2 medium zucchinis, thinly sliced into rounds
- 1/2 cup breadcrumbs (use gluten-free if needed)
- 1/4 cup grated Parmesan cheese
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper to taste
- 1 egg, beaten
- Cooking spray

Instructions:

1. Preheat your Air Fryer to 375°F (190°C).
2. In a shallow bowl, combine the breadcrumbs, Parmesan cheese, garlic powder, onion powder, salt, and pepper.
3. Dip each zucchini slice into the beaten egg, then coat it with the breadcrumb mixture.
4. Spray the Air Fryer basket with cooking spray, then arrange the zucchini chips in a single layer in the basket. If needed, do this in batches.
5. Air fry for 8-10 minutes, flipping halfway through, until the chips are golden brown and crispy.
6. Serve warm, optionally with a dipping sauce like marinara or ranch.



Air Fryer Chicken Tenders (Gluten-Free)

Ingredients:

- 1 lb chicken breasts, cut into strips
- 1/2 cup gluten-free breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 egg, beaten
- Cooking spray

Instructions:

1. Preheat your Air Fryer to 400°F (200°C).
2. In a shallow bowl, mix the gluten-free breadcrumbs, Parmesan cheese, garlic powder, paprika, oregano, salt, and pepper.
3. Dip each chicken strip into the beaten egg, then coat it with the breadcrumb mixture, pressing gently to ensure the breadcrumbs stick.
4. Spray the Air Fryer basket with cooking spray, then place the chicken tenders in a single layer. If necessary, cook in batches.
5. Air fry for 10-12 minutes, flipping the tenders halfway through, until they are golden and crispy, and the internal temperature of the chicken reaches 165°F (74°C).
6. Serve with your favourite dipping sauce.



Air Fryer Falafel with Tahini Sauce

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 2 tbsp fresh cilantro, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground turmeric
- 1/4 tsp cayenne pepper (optional)
- Salt and pepper to taste
- 2 tbsp flour (use chickpea flour for gluten-free)
- 1 tbsp olive oil (for spraying)
- 2 tbsp tahini (for sauce)
- 1 tbsp lemon juice (for sauce)
- 1 tsp garlic, minced (for sauce)
- Water to thin the tahini sauce (if needed)

Instructions:

1. Preheat your Air Fryer to 375°F (190°C).
2. In a food processor, combine the chickpeas, onion, garlic, parsley, cilantro, cumin, coriander, turmeric, cayenne, salt, and pepper. Pulse until everything is finely chopped but still slightly chunky.
3. Add the flour and pulse again until well combined. If the mixture feels too wet, add a little more flour until it holds together when shaped.
4. Form the mixture into small balls or patties, about 1 to 1.5 inches in diameter.
5. Lightly spray the Air Fryer basket with olive oil and place the falafel in the basket in a single layer. Cook in batches if necessary.
6. Air fry for 10-12 minutes, flipping halfway through, until the falafel is golden brown and crispy.
7. For the tahini sauce, whisk together the tahini, lemon juice, minced garlic, and a little water to achieve your desired consistency.
8. Serve the falafel with the tahini sauce for dipping.



Air Fryer Brussels Sprouts with Balsamic Glaze

Ingredients:

- 1 lb Brussels sprouts, trimmed and halved
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 cup balsamic vinegar
- 1 tbsp honey (optional, for sweetness)

Instructions:

1. Preheat your Air Fryer to 375°F (190°C).
2. Toss the Brussels sprouts with olive oil, garlic powder, salt, and pepper, making sure they are evenly coated.
3. Place the Brussels sprouts in the Air Fryer basket in a single layer. Cook for 15-18 minutes, shaking the basket halfway through, until they are golden brown and crispy on the edges.
4. While the Brussels sprouts are cooking, make the balsamic glaze. In a small saucepan over medium heat, combine the balsamic vinegar and honey (if using). Bring to a simmer and cook for 3-5 minutes, or until the mixture has thickened to a syrupy consistency.
5. Once the Brussels sprouts are done, transfer them to a serving dish and drizzle the balsamic glaze over the top.
6. Serve immediately as a side dish.





Chapter 16:

International

Cuisines

Japanese Miso Soup with Tofu

Ingredients:

- 4 cups dashi (Japanese broth) or vegetable broth
- 3 tbsp miso paste (preferably white or yellow)
- 1/2 block firm tofu, cut into cubes
- 1/4 cup green onions, thinly sliced
- 1 tbsp wakame seaweed (optional)
- 1 tsp soy sauce (optional)
- 1/2 tsp sesame oil (optional)

Instructions:

1. In a pot, bring the dashi or vegetable broth to a simmer over medium heat.
2. Add the miso paste to the broth, whisking it in until fully dissolved. Taste and adjust with soy sauce for saltiness if needed.
3. Add the tofu cubes and wakame seaweed to the soup. Let it simmer for another 3-5 minutes until the tofu is heated through and the seaweed rehydrates.
4. Drizzle in sesame oil for added depth (optional) and stir to combine.
5. Serve the miso soup in bowls, garnished with sliced green onions.



Mexican Chicken Enchiladas

Ingredients:

- 1 lb chicken breasts (cooked and shredded)
- 10 corn tortillas
- 2 cups enchilada sauce (store-bought or homemade)
- 1 cup shredded cheddar cheese (or Mexican blend cheese)
- 1/2 cup diced onions
- 1/4 cup chopped cilantro
- 1 tsp cumin
- 1/2 tsp chili powder
- Salt and pepper to taste
- Olive oil for greasing

Instructions:

1. Preheat the oven to 375°F (190°C).
2. In a bowl, mix the shredded chicken with half of the enchilada sauce, cumin, chili powder, salt, and pepper.
3. Lightly heat the corn tortillas in a dry pan or microwave to make them more pliable.
4. Spread a thin layer of enchilada sauce in the bottom of a greased baking dish.
5. Fill each tortilla with the chicken mixture, roll them up, and place them seam side down in the baking dish.
6. Pour the remaining enchilada sauce over the rolled tortillas and top with shredded cheese and diced onions.
7. Cover with foil and bake for 20 minutes. Then, remove the foil and bake for an additional 10 minutes, or until the cheese is bubbly and golden.
8. Garnish with chopped cilantro and serve with sour cream or guacamole if desired.



Italian Eggplant Parmesan

Ingredients:

- 2 medium eggplants, sliced into 1/2-inch-thick rounds
- Salt, for sweating eggplant
- 1 1/2 cups marinara sauce
- 2 cups shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1 cup breadcrumbs (use gluten-free if needed)
- 1/4 cup all-purpose flour (or gluten-free flour)
- 2 eggs, beaten
- 2 tbsp olive oil (for greasing)
- Fresh basil, chopped (for garnish)
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F (190°C). Grease a baking dish with olive oil.
2. Lay the eggplant slices on a baking sheet and sprinkle with salt. Let them sit for 20-30 minutes to sweat out excess moisture. Pat them dry with paper towels.
3. Dredge each eggplant slice in flour, dip in beaten eggs, and coat with breadcrumbs.
4. In a skillet, heat some oil over medium heat and fry the breaded eggplant slices until golden on both sides (about 3-4 minutes per side). Place on a paper towel-lined plate to drain excess oil.
5. In the prepared baking dish, layer the eggplant slices, marinara sauce, mozzarella cheese, and Parmesan. Repeat the layers, finishing with cheese on top.
6. Bake for 25-30 minutes until the cheese is melted and bubbly.
7. Garnish with chopped fresh basil and serve with a side of pasta or salad.



Indian Chickpea Chana Masala

Ingredients:

- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1-inch piece ginger, minced
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 can (14 oz) diced tomatoes
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tsp ground turmeric
- 1 tsp garam masala
- 1/2 tsp chili powder (optional, for spice)
- 1/2 tsp ground cinnamon
- Salt and pepper to taste
- 1 cup water or vegetable broth
- Fresh cilantro, chopped (for garnish)
- 1 tbsp lemon juice (optional)

Instructions:

1. Heat olive oil in a large pan over medium heat. Add the chopped onion and cook for 5-7 minutes, until softened and golden.
2. Add the garlic and ginger and cook for 1-2 minutes, until fragrant.
3. Stir in the cumin, coriander, turmeric, garam masala, chili powder (if using), and cinnamon. Cook for another minute to bloom the spices.
4. Add the chickpeas, diced tomatoes, water or broth, salt, and pepper. Stir everything together and bring to a simmer.
5. Let the curry simmer for 15-20 minutes, until thickened and the Flavors have melded together.
6. Taste and adjust seasoning with more salt, pepper, or lemon juice as needed.
7. Garnish with fresh cilantro and serve hot with rice or naan bread.



Thai Green Curry with Tofu

Ingredients:

- 1 tbsp vegetable oil
- 1 block (14 oz) firm tofu, cubed
- 1 onion, sliced
- 1 bell pepper, sliced
- 1 zucchini, sliced
- 1 can (14 oz) coconut milk
- 2 tbsp green curry paste (adjust based on heat preference)
- 1 tbsp soy sauce or tamari (for gluten-free)
- 1 tbsp brown sugar
- 1/2 cup water or vegetable broth
- Fresh basil leaves, chopped (for garnish)
- Lime wedges (for serving)
- Rice, for serving

Instructions:

1. Heat the vegetable oil in a large pan or wok over medium heat. Add the tofu cubes and cook until golden and crispy on all sides. Remove and set aside.
2. In the same pan, add the sliced onion and bell pepper. Stir-fry for 3-4 minutes until softened.
3. Add the zucchini, coconut milk, green curry paste, soy sauce, brown sugar, and water (or broth). Stir to combine and bring to a simmer.
4. Once the vegetables are tender, return the cooked tofu to the pan and simmer for an additional 5 minutes to heat through.
5. Taste and adjust seasoning with more soy sauce, curry paste, or sugar as needed.
6. Serve the curry over rice, garnished with fresh basil and lime wedges on the side.





Chapter 17:

Paleo

Recipes

Beef and Broccoli Stir-Fry

Ingredients:

- 1 lb flank steak or sirloin, thinly sliced
- 4 cups broccoli florets
- 2 tbsp coconut oil or avocado oil
- 2 cloves garlic, minced
- 1-inch piece ginger, minced
- 1/4 cup coconut aminos (or tamari for gluten-free)
- 1 tbsp sesame oil
- 1 tbsp honey (optional for sweetness)
- Salt and pepper, to taste
- 1/2 tsp red pepper flakes (optional, for heat)
- Sesame seeds for garnish (optional)

Instructions:

1. Heat the coconut oil in a large pan or wok over medium-high heat.
2. Add the sliced beef and season with salt and pepper. Stir-fry until browned and cooked through, about 5-7 minutes. Remove from the pan and set aside.
3. In the same pan, add a bit more oil if necessary and sauté the garlic and ginger for 1-2 minutes until fragrant.
4. Add the broccoli florets to the pan and stir-fry for 3-4 minutes until tender but still crisp.
5. Return the beef to the pan and add the coconut aminos, sesame oil, honey (if using), and red pepper flakes. Stir to combine and cook for another 2-3 minutes until everything is heated through.
6. Serve the stir-fry with sesame seeds on top, if desired. Enjoy!



Paleo Chicken Lettuce Wraps



Ingredients:

- 1 lb ground chicken
- 2 tbsp coconut oil or avocado oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1/4 cup coconut aminos (or tamari for gluten-free)
- 1 tbsp lime juice
- 1 tbsp almond butter or cashew butter (optional for creaminess)
- 1/2 cup shredded carrots
- 1/4 cup chopped green onions
- 1/4 cup fresh cilantro, chopped
- Romaine lettuce leaves (or butter lettuce) for wrapping
- Salt and pepper to taste

Instructions:

1. Heat the coconut oil in a large skillet over medium heat. Add the ground chicken and cook until browned, breaking it apart with a spoon as it cooks.
2. Add the chopped onion, garlic, and ginger to the pan and sauté for 3-4 minutes, until fragrant and softened.
3. Stir in the coconut aminos, lime juice, and almond butter (if using). Cook for another 2-3 minutes to let the sauce thicken slightly.
4. Add the shredded carrots, green onions, and cilantro, and stir to combine. Taste and adjust the seasoning with salt and pepper as needed.
5. Spoon the chicken mixture into individual lettuce leaves, creating wraps. Serve immediately and enjoy!

Sweet Potato Hash with Eggs

Ingredients:

- 2 medium sweet potatoes, peeled and diced
- 1 tbsp coconut oil or avocado oil
- 1/2 onion, diced
- 1 bell pepper, diced
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- Salt and pepper to taste
- 4 eggs
- Fresh parsley for garnish (optional)

Instructions:

1. Heat the coconut oil in a large skillet over medium heat. Add the diced sweet potatoes and cook for 8-10 minutes, stirring occasionally, until the potatoes are soft and starting to brown.
2. Add the diced onion and bell pepper to the pan and cook for another 4-5 minutes until they soften.
3. Season the hash with garlic powder, smoked paprika, salt, and pepper.
4. Create small wells in the sweet potato mixture for the eggs. Crack the eggs into each well and cover the pan. Cook for 4-5 minutes, or until the eggs are cooked to your desired doneness.
5. Garnish with fresh parsley and serve immediately for a delicious, hearty breakfast or brunch.



Paleo Shepherd's Pie

Ingredients:

- 1 lb ground lamb (or ground beef)
- 1 onion, chopped
- 2 carrots, diced
- 2 cloves garlic, minced
- 1 cup frozen peas
- 1 cup beef or chicken broth (make sure it's Paleo-friendly)
- 2 tbsp tomato paste
- 1 tbsp coconut flour (optional, to thicken)
- 3 cups mashed cauliflower (for topping)
- 1 tbsp coconut oil or ghee
- Salt and pepper to taste
- Fresh thyme and rosemary, chopped (optional)

Instructions:

1. Preheat your oven to 400°F (200°C).
2. In a large skillet, heat the coconut oil over medium heat. Add the ground meat and cook until browned, breaking it up with a spoon.
3. Add the chopped onion, carrots, and garlic to the pan. Cook for 5-7 minutes, until the vegetables are softened.
4. Stir in the tomato paste and coconut flour (if using), and cook for another minute. Add the broth and peas, bring to a simmer, and cook for 5-7 minutes until the mixture thickens. Season with salt, pepper, and herbs.
5. Transfer the meat and vegetable mixture to a baking dish. Spread the mashed cauliflower on top, smoothing it out with a spatula.
6. Bake the shepherd's pie for 20 minutes, until the cauliflower topping is golden and slightly crispy.
7. Let it cool for a few minutes before serving.



Cauliflower Rice Tabouli

Ingredients:

- 1 medium head cauliflower, grated or processed into rice-sized pieces
- 1 cucumber, diced
- 2 tomatoes, diced
- 1/4 cup fresh parsley, chopped
- 2 tbsp fresh mint, chopped
- 1/4 cup olive oil
- 3 tbsp lemon juice
- 1 tbsp red wine vinegar (optional)
- Salt and pepper to taste

Instructions:

1. Grate the cauliflower using a box grater or pulse it in a food processor until it resembles rice-sized pieces. Optionally, you can lightly steam the cauliflower rice for a few minutes to soften it, but it's not necessary.
2. In a large bowl, combine the cauliflower rice, diced cucumber, diced tomatoes, parsley, and mint.
3. Drizzle with olive oil and lemon juice, then toss everything together to combine. Add red wine vinegar if desired for an extra tang.
4. Season with salt and pepper to taste, and serve chilled or at room temperature as a refreshing Paleo-friendly side dish.





Chapter 18:

Kid-Friendly

Recipes

Mini Veggie Pizzas on Whole Wheat English Muffins

Ingredients:

- 4 whole wheat English muffins, halved
- 1/2 cup pizza sauce (store-bought or homemade)
- 1 cup shredded mozzarella cheese
- 1/2 cup bell peppers, diced
- 1/2 cup mushrooms, sliced
- 1/2 cup cherry tomatoes, sliced
- 1/4 cup black olives, sliced (optional)
- 1/4 tsp dried oregano or Italian seasoning
- 1/4 tsp garlic powder (optional)

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Place the English muffin halves on a baking sheet, cut side up.
3. Spread a spoonful of pizza sauce on each muffin half.
4. Top with shredded mozzarella cheese, then add the diced vegetables (bell peppers, mushrooms, tomatoes, olives).
5. Sprinkle with oregano and garlic powder, if desired.
6. Bake in the preheated oven for 8-10 minutes, or until the cheese is melted and bubbly.
7. Let them cool slightly before serving. These mini veggie pizzas are perfect for kids!



Cheesy Broccoli and Cauliflower Bites

Ingredients:

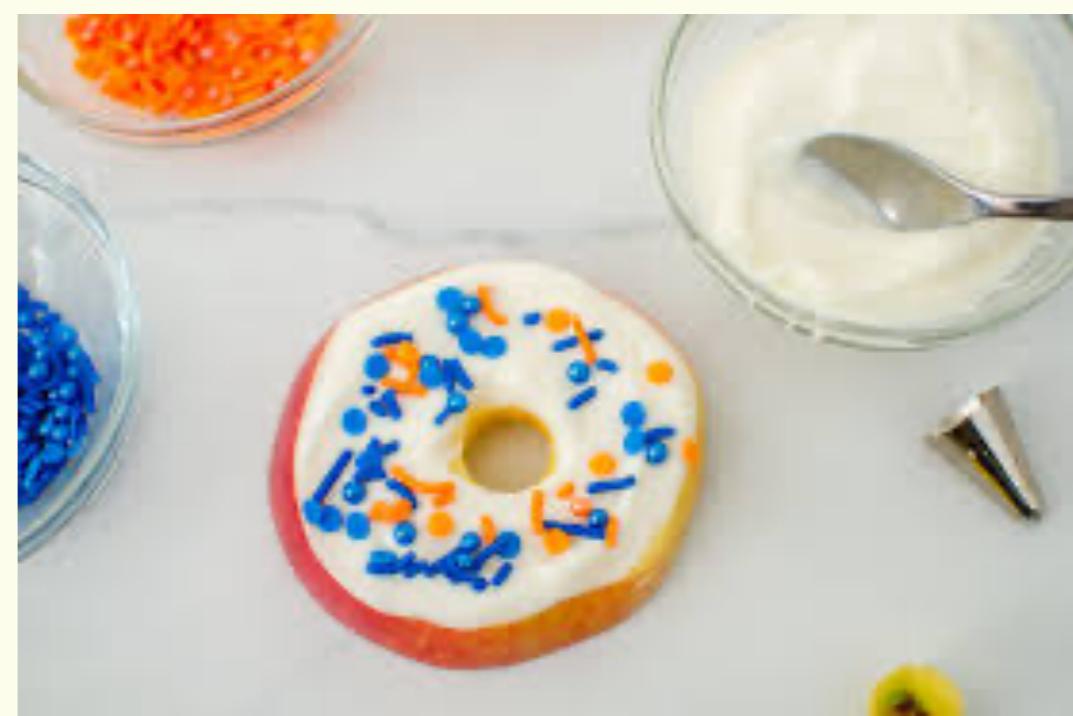
- 2 cups broccoli florets
- 2 cups cauliflower florets
- 1 cup shredded cheddar cheese
- 1/2 cup breadcrumbs (use gluten-free if needed)
- 1/4 cup grated Parmesan cheese
- 1 egg, beaten
- 1/4 cup milk (or dairy-free alternative)
- 1/2 tsp garlic powder
- Salt and pepper, to taste
- Olive oil spray (for greasing)

Instructions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Steam the broccoli and cauliflower florets for about 5 minutes, until they are tender. Drain well and let cool slightly.
3. Once the vegetables have cooled, chop them into small pieces or pulse them in a food processor.
4. In a large bowl, combine the chopped vegetables with the shredded cheese, breadcrumbs, Parmesan, beaten egg, milk, garlic powder, salt, and pepper. Mix well.
5. Scoop spoonsful of the mixture and form small bite-sized balls or patties. Place them on the prepared baking sheet.
6. Lightly spray with olive oil and bake for 15-18 minutes, or until golden and crispy on the outside.
7. Allow them to cool slightly before serving. These cheesy bites are a great way to get kids to eat their veggies!



Apple “Donuts” with Yogurt Frosting and Sprinkles



Ingredients:

- 2 apples, cored and sliced into rings
- 1/2 cup plain Greek yogurt (or dairy-free yogurt)
- 1 tbsp honey or maple syrup
- 1/2 tsp vanilla extract
- Sprinkles (optional)
- Cinnamon (optional)

Instructions:

1. Slice the apples into 1/4-inch-thick rings and remove the core from the centre of each slice to create "donut" shapes.
2. In a small bowl, mix the Greek yogurt with honey and vanilla extract until smooth.
3. Spread the yogurt frosting over the top of each apple ring.
4. Add sprinkles or a sprinkle of cinnamon on top for extra fun.
5. Serve immediately as a healthy and fun snack!

Healthy Mac and Cheese with Hidden Veggies

Ingredients:

- 8 oz whole wheat or gluten-free elbow macaroni
- 1 cup cauliflower florets
- 1/2 cup butternut squash, cubed
- 1/2 cup shredded cheddar cheese
- 1/4 cup milk (or dairy-free alternative)
- 2 tbsp butter (or coconut oil)
- Salt and pepper, to taste
- 1/4 tsp garlic powder (optional)

Instructions:

1. Cook the pasta according to package instructions and set aside.
2. Steam the cauliflower and butternut squash until tender (about 10-12 minutes).
3. In a blender or food processor, combine the steamed cauliflower and squash with milk, butter, garlic powder, salt, and pepper. Blend until smooth and creamy.
4. In a large saucepan, heat the veggie sauce over low heat. Stir in the shredded cheese until melted and smooth.
5. Toss the cooked pasta into the cheese sauce and stir until well coated.
6. Serve warm, and enjoy this creamy, veggie-packed mac and cheese!



Chicken and Veggie Quesadillas

Ingredients:

- 2 cups cooked, shredded chicken (leftover rotisserie chicken works great)
- 1/2 cup bell peppers, diced
- 1/4 cup red onion, diced
- 1/2 cup corn kernels (fresh, frozen, or canned)
- 1/2 cup shredded cheddar cheese
- 4 small whole wheat tortillas
- 1 tbsp olive oil or butter
- Salsa or guacamole for dipping (optional)

Instructions:

1. Heat a non-stick skillet over medium heat and add a little olive oil or butter.
2. Add the diced bell peppers, onion, and corn to the skillet. Sauté for 4-5 minutes, until softened.
3. In a bowl, combine the shredded chicken with the sautéed veggies and shredded cheese.
4. Place a tortilla in the skillet and spoon some of the chicken and veggie mixture onto one half of the tortilla. Fold the tortilla in half over the filling.
5. Cook for 2-3 minutes on each side, pressing gently with a spatula, until the tortilla is golden brown and crispy and the cheese is melted.
6. Remove from the skillet and slice into wedges. Serve with salsa or guacamole for dipping if desired.





Chapter 19:

High-Protein

Recipes

Tuna Salad with Greek Yogurt

Ingredients:

- 1 can (5 oz) tuna in water, drained
- 1/4 cup plain Greek yogurt
- 1 tbsp Dijon mustard
- 1 tbsp olive oil
- 1 celery stalk, chopped
- 1/4 small red onion, finely chopped
- 1 tbsp fresh dill, chopped (or 1 tsp dried dill)
- 1 tbsp lemon juice
- Salt and pepper to taste
- Mixed greens or lettuce for serving

Instructions:

1. In a medium bowl, combine the tuna, Greek yogurt, Dijon mustard, olive oil, celery, red onion, dill, and lemon juice.
2. Stir until all ingredients are well mixed and the tuna is coated with the yogurt dressing.
3. Season with salt and pepper to taste.
4. Serve the tuna salad on a bed of mixed greens or lettuce for a low-carb meal, or enjoy it on whole-grain crackers for extra crunch.



Protein-Packed Chickpea Pasta with Spinach

Ingredients:

- 8 oz chickpea pasta (or any high-protein pasta)
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 4 cups fresh spinach
- 1/2 cup cherry tomatoes, halved
- 1/4 cup grated Parmesan cheese (optional)
- Salt and pepper, to taste
- Red pepper flakes (optional)
- Fresh basil for garnish

Instructions:

1. Cook the chickpea pasta according to the package instructions. Drain and set aside.
2. In a large skillet, heat the olive oil over medium heat. Add the minced garlic and sauté for about 1 minute until fragrant.
3. Add the fresh spinach to the skillet and cook for 2-3 minutes, until wilted.
4. Toss the cooked pasta into the skillet with the spinach and add the cherry tomatoes.
5. Season with salt, pepper, and red pepper flakes (if using). Stir to combine and heat through for 1-2 minutes.
6. Serve with a sprinkle of Parmesan cheese and fresh basil.



Baked Turkey Meatballs with Marinara

Ingredients:

- 1 lb ground turkey
- 1/4 cup breadcrumbs (use gluten-free if needed)
- 1/4 cup grated Parmesan cheese
- 1 egg
- 2 tbsp fresh parsley, chopped
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp salt
- 1/2 tsp black pepper
- 1 cup marinara sauce (store-bought or homemade)
- Fresh basil for garnish

Instructions:

1. Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a large bowl, combine the ground turkey, breadcrumbs, Parmesan cheese, egg, parsley, garlic, oregano, salt, and pepper.
3. Mix until well combined, then roll the mixture into 1.5-inch meatballs and place them on the prepared baking sheet.
4. Bake the meatballs for 20-25 minutes, or until they are golden brown and cooked through.
5. While the meatballs are baking, heat the marinara sauce in a saucepan over medium heat.
6. Once the meatballs are done, transfer them to the sauce and simmer for 5-10 minutes to soak in the Flavors.
7. Serve the meatballs over pasta, zucchini noodles, or with a side of steamed vegetables. Garnish with fresh basil.



Cottage Cheese and Berry Parfait

Ingredients:

- 1 cup low-fat cottage cheese
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1 tbsp chia seeds or ground flaxseeds (optional)
- 1 tbsp honey or maple syrup (optional)
- 1/4 tsp vanilla extract

Instructions:

1. In a bowl, mix the cottage cheese with the vanilla extract.
2. In serving glasses or bowls, layer the cottage cheese, mixed berries, and chia seeds (if using).
3. Drizzle honey or maple syrup over the top for added sweetness if desired.
4. Repeat the layers until all ingredients are used up.
5. Enjoy immediately as a high-protein breakfast, snack, or dessert!



Grilled Steak with Asparagus and Mushrooms



Ingredients:

- 2 steaks (ribeye, sirloin, or your choice), about 6-8 oz each
- 1 bunch asparagus, trimmed
- 8 oz mushrooms, sliced
- 2 tbsp olive oil
- 1 tbsp fresh rosemary, chopped (or thyme)
- 2 cloves garlic, minced
- Salt and pepper, to taste
- Lemon wedges for serving (optional)

Instructions:

1. Preheat your grill or grill pan over medium-high heat.
2. Season the steaks with salt, pepper, and rosemary. Drizzle with olive oil and let them sit at room temperature for 10-15 minutes.
3. While the steaks are resting, prepare the vegetables. Toss the asparagus and sliced mushrooms with olive oil, garlic, salt, and pepper.
4. Grill the steaks for 4-5 minutes per side for medium-rare, or longer for your preferred doneness. Let them rest for a few minutes after grilling.
5. Grill the asparagus and mushrooms in a grill basket or directly on the grill, turning occasionally, for 5-7 minutes, until tender and slightly charred.
6. Serve the steaks with the grilled asparagus and mushrooms, and garnish with a squeeze of fresh lemon if desired.



Chapter 20:

Holiday

Recipes

Roast Turkey with Herbs and Cranberry Sauce

Ingredients for Roast turkey

- 1 whole turkey (12-14 lbs)
- 1/4 cup olive oil or melted butter
- 2 tbsp fresh thyme leaves
- 2 tbsp fresh rosemary, chopped
- 2 tbsp fresh sage, chopped
- 1 lemon, quartered
- 4 garlic cloves, smashed
- Salt and pepper, to taste
- 2 cups low-sodium chicken broth

Ingredients for Cranberry Sauce:

- 12 oz fresh or frozen cranberries
- 1/2 cup orange juice
- 1/4 cup honey or maple syrup
- 1/4 cup water
- 1 cinnamon stick (optional)
- 1/4 tsp ground ginger (optional)

Instructions:

1. Prepare the Turkey:

- Preheat the oven to 325°F (165°C). Remove the turkey giblets and pat the turkey dry with paper towels.
- Rub the turkey inside and out with olive oil or melted butter. Season generously with salt and pepper.
- Stuff the cavity with the lemon quarters, garlic, and fresh herbs (thyme, rosemary, and sage).
- Tie the legs together with kitchen twine and tuck the wing tips under the bird.
- Place the turkey in a roasting pan and pour the chicken broth into the pan.
- Roast the turkey for about 13-15 minutes per pound, or until the internal temperature reaches 165°F (74°C) in the thickest part of the breast.
- Baste the turkey every 30 minutes with the juices from the pan.

2. Make the Cranberry Sauce:

- In a medium saucepan, combine the cranberries, orange juice, honey (or maple syrup), water, cinnamon stick, and ginger (if using).
- Bring to a boil over medium heat, then reduce the heat and simmer for 10-15 minutes, or until the cranberries burst and the sauce thickens.
- Remove from heat and discard the cinnamon stick. Let cool before serving.

3. Serve:

- Let the turkey rest for 20 minutes before carving. Serve with the cranberry sauce on the side.



Garlic Mashed Cauliflower

Ingredients:

- 1 large head of cauliflower, cut into florets
- 4 garlic cloves, peeled
- 1/4 cup unsalted butter or olive oil
- 1/4 cup milk (or dairy-free alternative)
- Salt and pepper, to taste
- 2 tbsp chopped fresh chives (optional)

Instructions:

1. Steam or boil the cauliflower florets and garlic cloves in a large pot for about 10-12 minutes, or until tender.
2. Drain the cauliflower and garlic well, then transfer them to a food processor.
3. Add the butter (or olive oil), milk, salt, and pepper. Blend until smooth and creamy.
4. Taste and adjust seasoning, adding more salt or pepper if needed.
5. Garnish with chopped fresh chives before serving.



Balsamic Glazed Brussels Sprouts

Ingredients:

- 1 lb Brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- Salt and pepper, to taste
- 1/4 cup balsamic vinegar
- 1 tbsp honey or maple syrup
- 1/4 cup toasted pine nuts or chopped pecans (optional)

Instructions:

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss the Brussels sprouts with olive oil, salt, and pepper. Arrange them in a single layer on the baking sheet.
3. Roast for 20-25 minutes, shaking the pan halfway through, until the Brussels sprouts are golden brown and crispy on the edges.
4. While the sprouts are roasting, make the balsamic glaze. In a small saucepan, combine the balsamic vinegar and honey. Bring to a simmer over medium heat, then cook for 5-7 minutes, until the sauce has thickened.
5. Once the Brussels sprouts are done, drizzle with the balsamic glaze and sprinkle with toasted pine nuts or chopped pecans (if using).
6. Serve warm as a side dish.



Honey-Roasted Butternut Squash

Ingredients:

- 1 medium butternut squash, peeled, seeded, and cut into 1-inch cubes
- 2 tbsp olive oil
- 1 tbsp honey
- Salt and pepper, to taste
- 1/4 tsp cinnamon (optional)
- Fresh thyme leaves (optional)

Instructions:

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss the butternut squash cubes with olive oil, honey, salt, pepper, and cinnamon (if using).
3. Spread the squash in a single layer on the prepared baking sheet.
4. Roast for 25-30 minutes, tossing halfway through, until the squash is tender and caramelized.
5. Garnish with fresh thyme leaves (optional) and serve.



Dark Chocolate Peppermint Bark



Ingredients:

- 8 oz dark chocolate (70% cocoa or higher)
- 1/2 tsp peppermint extract
- 1/2 cup crushed candy canes or peppermint candies
- Sea salt (optional)

Instructions:

1. Line a baking sheet with parchment paper.
2. Melt the dark chocolate in a heatproof bowl over a pot of simmering water (double boiler method) or in the microwave in 30-second intervals, stirring until smooth.
3. Once melted, stir in the peppermint extract.
4. Pour the melted chocolate onto the prepared baking sheet and spread it into an even layer.
5. Sprinkle the crushed candy canes over the top, pressing them gently into the chocolate.
6. Optionally, sprinkle a pinch of sea salt over the bark for added flavour contrast.
7. Place the baking sheet in the fridge for at least 1 hour, or until the chocolate has fully hardened.
8. Break into pieces and serve or package as gifts.



Thank You for Joining the Wellify Journey!

You've now experienced a variety of healthy, flavourful recipes designed to nourish your body and enhance your well-being. At Wellify, we believe that wellness doesn't have to be complicated—it's about making mindful, delicious choices that empower you every day.

As you continue to embrace the path to better health, I encourage you to make these recipes your own, adapt them to suit your tastes, and explore new ways to bring wellness into your kitchen. Consistency is key, and by making small, sustainable changes, you're setting yourself up for lasting success.

Remember, every healthy choice you make brings you closer to feeling your best—physically and mentally. So, keep cooking, experimenting, and enjoying every bite. Wellify is here to help you discover how wellness can truly meet you, wherever you are on your journey.

Thank you for being part of this journey, and I wish you all the best in your pursuit of health, happiness, and delicious meals. Here's to a healthier you—one bite at a time!