



ONE BITE AT A TIME

OVER 90 EASY, TASTY, FAST RECIPES TO
TANTALIZE YOUR TASTE BUDS WHILE
LEAVING YOU FEELING YOUR BEST!



Sarah Roberts
Certified Health Coach

TABLE OF CONTENTS

SECTION 1: EASY BREAKFAST RECIPES

PB&J Smoothie	2
Perfect Hard Boiled Eggs	3
Mexican Breakfast “Burrito”	4
Easy Turkey Sausages	5
Turkey Breakfast Sausages	7
Hemp & Chia Porridge	8
Homemade Almond Milk	9
Homemade Vanilla Almond Milk	10
Very Berry Breakfast Porridge	11
The BEST Scrambled Eggs	12
Easy Omelette	13
Steak & Egg Muffins	14
3 Ingredient Protein Pancakes	15
Easy-Peasy Any Berry Jam	16

SECTION 2: EASY LUNCH RECIPES

Yummy Deviled Eggs	18
Tuna, Chicken or Salmon Salad	19
Taco Salad	20
Homemade Taco Seasoning	21
Tasty Chickpea Salad	22
Simple Salad	23
Chicken Caesar Salad	24
Greek Cauliflower "Pasta" Salad	25
Quinoa "Pasta" Salad	27
Kale & Quinoa Salad	29
Easy Asian Wraps	30

SECTION 3: EASY DINNER RECIPES

Easy Baked Chicken	32
Pan-Seared Oven Roasted Steak or Elk	33
"Spaghetti" & Meat Sauce	34
The BEST Tomato Sauce	36
Stuffed Peppers	37
Easy Yummy Fajitas	38

Mexican-Style Turkey Meatloaf	39
Crock Pot Chicken	41
Easy Thai Soup or Dish	42
Thai Green Curry with Chicken	44
Homemade Thai Green Curry Paste	46
Easy Thai Curry Seasoning	47
Curried Lentils	48
Quinoa Black Bean Burgers	50
Tasty Chicken Tenders	52
Easy Baked Salmon with Rosemary	54
Mediterranean Salmon	55
Vegetarian Chili	56
Beef or Turkey Chili	58
Creamy Dijon Chicken	59
Easy, Decadent Leftover Meal	61
The BEST Lamb Burgers	62
5-Ingredient Pizza Spaghetti Pie	64

SECTION 4: EASY SIDE DISH RECIPES

Cauliflower Fried Rice	66
Vegetable Fried Rice	67
Mashed Cauliflower	68
Turnip Fries	69
Mashed Turnip	70
Perfect Quinoa	71
Roasted Broccoli & Cauliflower	72
Salt & Vinegar Brussels Sprouts	73
Roasted Peppers	74
Cauliflower Tortillas	75
Oven Roasted Winter Vegetables	76
Mashed Sweet Potatoes	77
Roasted Sweet Potatoes	78
Rosemary Sweet Potato Fries	79
The “Real Deal” Sweet Potato Fries	80
Roasted Spaghetti Squash	81
Easy Naan Bread	83

SECTION 5: EASY SNACK RECIPES

Easy Trail Mix	85
Sweet & Spicy Nut Mix	86
Taco Nuts	88
Eggnog Almonds	89
Yummy Chia Pudding	90
Kale Chips	91
Chili-Lime Jicama Sticks	92

SECTION 6: EASY DIPS, DRESSINGS & MARINADES

Tex-Mex Salsa	94
Homemade Guacamole	95
Creamy Dreamy Hummus	96
Guacamole Hummus	97
Creamy Spinach Artichoke Dip	98
Flax Seed Pesto Sauce	99
Homemade Almond Butter	100
Nutty Ginger Veggie Dip	101
Simple Salad Dressing	102
Easy Caesar Salad Dressing	103

Apple Cider Vinegar Dressing/Marinade	104
Cilantro, Lime and Avocado Dressing	105
Homemade Tzatziki	106
Homemade Tartar Sauce	107

SECTION 7: EASY DESSERTS

Coconut Whipped Cream with Fresh Berries	109
Coconut Cherry Chunk Ice Cream	111
Banana Bread Muffins	112
Dark Chocolate Raspberry Tarts	113
Healthy Chocolate Banana Milkshake	114
Chocolate Peanut Butter Banana Milkshake	115
One Ingredient Banana Ice Cream	116

SECTION 8: A MESSAGE FROM ME

EASY BREAKFAST RECIPES

In order to stave off sugar cravings later in the day, a great strategy I use is to eat a protein-rich breakfast within 30 minutes of waking up.

Protein is crucial for its ability to fuel our bodies and keep us feeling satisfied without the sugar spike and crash we get from many typical breakfast choices, and I help you do that with these recipes.

Remember, all of these recipes can simply be used as inspiration. You can always feel free to change, add or omit ingredients in order to customize them to suit your tastes and preferences.

Personally, most mornings, I have a smoothie. I love that I can pack a ton of nutrition into one big glass! But I also like a little variety, so my hope is that no matter what you try first, you'll find a few things that you can pull into your regular rotation to make breakfast an enjoyable, nourishing and energizing meal to kick start your day.

Have fun and enjoy your breakfast!

"When you wake up in the morning, Pooh" said Piglet at last, "what's the first thing you say to yourself?"
"What's for breakfast?" said Pooh.
"What do you say, Piglet?"
"I say, I wonder what's going to happen exciting today?" said Piglet.
Pooh nodded thoughtfully. "It's the same thing," he said."

~ A.A. Milne

PB&J SMOOTHIE

Sarah Roberts

Serves 1 (16 ounce smoothie)

Why I Make This: Sometimes I just need to get out the door... in a flash! This smoothie whips up in minutes, contains all the nutrition I need to start my day and tastes like a PB&J without the sugar spike. I hope you enjoy it if you give it a try!

INGREDIENTS

- 1 cup almond milk (or any milk of choice)
- 5 Tablespoons hemp hearts
- 2-3 good handfuls of baby spinach (fresh or frozen)
- 1 Tablespoon peanut butter or almond butter (or nut butter of choice)
- 1 teaspoon vanilla extract (optional)
- 1 cup fresh or frozen berries (any kind)

INSTRUCTIONS

1. Blend all ingredients in a high speed blender until well combined.

NOTES:

1. If you use frozen spinach and frozen berries, you may need to use a tamper to blend everything well.
2. You can also enjoy this as a post-workout meal or a lunch on-the-go!
3. Play around with smoothies! Really, anything goes. As long as you have a **base** (water or milk), some **protein** (I love hemp hearts for the Omega 3 fats and protein content, but $\frac{3}{4}$ cup of organic, plain Greek yogurt is another naturally great source of protein), some **greens** (baby spinach is virtually flavorless, so it blends in seamlessly) and some **sweetness** (berries taste sweet, yet they are low in sugar), then you are good to go! No matter what goes in there, play around and have fun with your smoothies!
4. If using fresh versus frozen berries, you may want to add a few ice cubes to make it cold.
5. Or, try adding **half a frozen banana** for the cold and creamy texture as well as for the **added sweetness** and yum factor!

PERFECT HARD BOILED EGGS

Sarah Roberts

Makes 12 eggs

Why I Make This: There is nothing quite like the satisfaction of perfectly peeling an egg and biting in to it to reveal a lovely yellow yolk with no dark ring around it! Over the years, I've tried and tested various methods, and I think this one is the BEST! I hope you try it and enjoy perfect hard boiled eggs *every time* from now on. Each egg contains about 6 grams of protein, so I tend to enjoy 3 as a breakfast or 1 as a great snack. Enjoy with some veggies on the side for a balanced meal.

INGREDIENTS

➤ 12 large eggs (preferably at room temperature)

INSTRUCTIONS

1. Bring a large pot with enough water to cover eggs, to a boil. DON'T ADD THE EGGS UNTIL THE WATER IS BOILING!
2. Gently lower eggs into boiling water with a spoon.
3. Reduce heat to medium (or medium-high), so that the water is gently simmering.
4. Cook eggs for 12 minutes, uncovered.
5. Remove eggs from water with a spoon, and place them in a bowl of ice cold water.
6. Once cool, peel and enjoy!

NOTES:

1. Starting with room temperature eggs may prevent cracking, but I often don't have time for that!
2. Peeling them under running water may make it easier to remove all pieces of shell.
3. I peel them as I need them, rather than peeling the whole dozen at once. This helps them stay fresher for longer. I replace the eggs in the carton and mark the box "hard boiled".

MEXICAN BREAKFAST "BURRITO"

Sarah Roberts

Serves 1

Why I Make This: Most restaurants overload breakfast burritos with cheese and oil. Not this one! The protein in the eggs and beans helps to stave off sugar cravings while the avocado gives us the fat and fiber we need to stay full for a while. Win-win-win!

INGREDIENTS

- > 2 eggs
- > ¼ teaspoon chili powder
- > Pinch cumin
- > Pinch salt & pepper
- > ¼ cup black beans, well rinsed and drained
- > ¼ avocado, sliced
- > 2 Tablespoons chopped tomatoes or Tex-Mex Salsa
- > Endive, radicchio or leaf lettuce (as the "wrap")

INSTRUCTIONS

MICROWAVE:

1. Grease a coffee mug with coconut oil. Add eggs and seasoning to the mug; whisk with a fork until blended.
2. Microwave on high for 45 seconds, then stir.
3. Add in the black beans and stir again.
4. Microwave until eggs and beans are almost set, about 30 to 45 seconds longer (the eggs continue cooking after you remove them from the heat).
5. Spoon the mixture onto your lettuce leaf, top with avocado and tomato or **Tex-Mex Salsa** (see Easy Dips, dressings & Marinades) and wrap it into a "burrito".

STOVE:

1. In a mug, mix the eggs and seasoning.
2. Pour into a non-stick frying pan, and begin to cook.
3. Add in black beans and finish cooking until eggs are **almost** set (they continue cooking after you remove them from the heat).
4. Spoon the egg and bean mixture onto the lettuce leaf, top with avocado and tomato (or **Tex-Mex Salsa**) and wrap it into a "burrito".

NOTE: I often omit the lettuce wrap and just eat it as a scramble!

EASY TURKEY SAUSAGES

Adapted from Ann Borocho

Makes 12 sausages

Why I Make This: This is a recipe adapted from Ann Borocho's Mexican-Style Turkey Meatloaf recipe (found in Easy Dinners). I wanted to offer a lighter alternative for people who enjoy bacon or pork sausage in the morning, and I think this recipe works perfectly when made using a muffin tin. Enjoy a high protein, grab-and-go breakfast!

INGREDIENTS

- 1 pound (453 grams) ground turkey
- 1 medium onion, diced
- 1 red bell pepper, diced
- 1-2 cloves garlic, minced
- 1 jalapeño pepper, seeded and diced (optional)
- 1 Tablespoon avocado oil
- 1 egg, beaten
- 2 Tablespoons ground flaxseed meal
- 1 teaspoon Himalayan salt, divided
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- ½ cup loosely packed chopped fresh cilantro
- 1 teaspoon paprika
- Avocado oil to grease the muffin tin

INSTRUCTIONS

1. Preheat oven to 375°F and lightly grease a muffin tin with avocado oil. Set aside.
2. Heat 1 tablespoon of avocado oil in a medium sized sauté pan, add ¼ teaspoon salt and sauté the chopped onions, bell pepper, garlic and jalapeño (if using) over medium heat for a few minutes.
3. Remove veggies from heat and allow to cool slightly while you prepare the turkey.

4. Place the ground turkey in a large bowl and add the egg, flaxseed meal, remaining salt, spices, cilantro and sautéed vegetables. Mix thoroughly with your hands.
5. Divide the mixture into the prepared muffin tin and press down firmly so it holds together once cooked.
6. Bake for 20 minutes or until the internal temperature reaches 165°F.
7. Allow the sausages to cool slightly before removing them from the pan.
8. To serve, top with avocado slices and **Tex-Mex Salsa** (optional).

NOTE: When I've been short an egg, I've made this recipe using a vegan egg instead of a real egg. To make a **vegan egg**, mix 1 tablespoon chia seeds or ground flax seeds with 3 tablespoons warm water and allow it to sit until thickened, a few minutes. Add into your recipe. I do not recommend substituting more than one vegan egg in a recipe (for example, if a recipe calls for 3 eggs, I would use 2 real eggs and one vegan egg, but not 2 or 3 vegan eggs).

TURKEY BREAKFAST SAUSAGES

Sarah Roberts inspired by Ann Boroeh

Makes 12 sausages

Why I Make This: I wanted to create a recipe that tastes more like *traditional* breakfast sausage. After a fair bit of trial and error, I think I've done it!

INGREDIENTS

- 1 pound (453 grams) ground turkey
- 1 medium onion, diced
- 2-3 cloves garlic, minced
- 1 Tablespoon avocado oil plus more to grease pan
- 1 egg, beaten (or a vegan egg--see previous recipe notes)
- 2 Tablespoons ground flax seeds
- 3/4 teaspoon Himalayan salt, divided
- ¼ teaspoon black pepper, divided
- 1 teaspoon dried sage (or 3 tsps freshly chopped)
- 1/8 teaspoon dried marjoram (or 1 tsp freshly chopped)
- Pinch of crushed red pepper flakes (optional)
- Pinch of cloves

INSTRUCTIONS

1. Preheat oven to 375°F and lightly grease a muffin tin with avocado oil.
2. Heat oil in a pan over medium-high heat and sauté the chopped onion for a few minutes. Season with ¼ teaspoon of salt and 1/8 teaspoon of black pepper.
3. Add the garlic and cook until fragrant. Once done, remove the onion mixture from the heat.
4. Place the ground turkey in a large bowl, add cooked onion mixture, egg, flaxseed, remaining salt, remaining pepper and spices. Mix well.
5. Divide the mixture into the prepared muffin tin and press each sausage down to ensure they hold together.
6. Bake for 20 minutes or until the internal temperature reaches 165°F.
7. Allow to cool slightly before removing from the pan.

HEMP & CHIA PORRIDGE

Sarah Roberts

Serves 1

Why I Make This: Here is a fun and different take on porridge that you may really enjoy!

INGREDIENTS

- 2 Tablespoons of chia seeds
- 4 Tablespoons of hemp hearts
- 2 Tablespoons almond flour (or ground almonds)
- 3/4 cup of homemade almond milk (vanilla or plain—see both recipes, next), or cashew milk, oat milk, coconut milk or any other milk of choice!
- ½ teaspoon vanilla extract (optional)
- 1 teaspoon Ceylon cinnamon, or to taste
- Pinch of ground nutmeg, to taste, optional
- Pinch of Himalayan salt
- 1 Tablespoon roasted almond butter
- Coconut strips, optional, for garnish
- ½ cup of fresh or frozen berries (see note)

INSTRUCTIONS

1. Add milk, chia seeds, hemp hearts and almond flour to a small saucepan over medium heat. Whisk ingredients together.
2. Add in vanilla (if using), cinnamon, nutmeg and salt. Whisk again for about 15-30 seconds.
3. Allow porridge to bubble and continue to whisk periodically until it reaches desired consistency. This will take several minutes.
4. Stir in the almond butter and mix thoroughly to combine. Pour into a bowl and top with berries and coconut strips, if using.

NOTE: If using frozen berries, add them while the porridge is thickening to warm them through.

HOMEMADE ALMOND MILK

Sarah Roberts

Yields just over 4 cups of almond milk.

Why I Make This: There is NOTHING like the taste of homemade almond milk. Creamy and delicious, it also contains lots of real almonds, whereas store bought has only about 1 almond per serving!

INGREDIENTS

- > 1 cup raw almonds (organic preferable)
- > ½ teaspoon salt
- > Water, for soaking
- > 3-4 cups fresh water (using 3 cups will make thicker milk, 4 cups will be "regular" milk, and you can even stretch it farther and use 6 cups, but the result will be much, much thinner)

INSTRUCTIONS

1. Soak the almonds in water and salt for 6 hours or overnight.
2. Drain and rinse the almonds well.
3. Add 3 or 4 cups of fresh water to a blender with the soaked nuts.
4. Blend water and almonds on high for one minute.
5. Squeeze through a "nut milk bag" (found at your local health food store) or cheesecloth.
6. Store in a glass container in the fridge for up to one week.

Voila! It is SO tasty and creamy and delicious. Made by you, with love for your body.

NOTE: If you are allergic to almonds, or want a nice change, feel free to make cashew milk using the same method. Costco sells large bags of raw, unsalted cashews for a great price.

HOMEMADE VANILLA ALMOND MILK

Sarah Roberts

Yields just over 4 cups of almond milk.

Why I Make This: I LOVE using homemade vanilla almond milk in chia pudding, porridge, and in smoothies. It is so creamy and delicious, you'll never want to use store bought again!

INGREDIENTS

- 1 cup raw almonds (organic preferable)
- ½ teaspoon salt
- Water, for soaking
- 3-4 cups fresh water (using 3 cups will make thicker milk, 4 cups will be "regular" milk, and you can even stretch it farther and use 6 cups, but the result will be much thinner)
- Seeds from ½ of a vanilla pod or 1 teaspoon vanilla extract

INSTRUCTIONS

1. Soak the almonds in water and salt for 6 hours or overnight.
2. Drain and rinse the almonds.
3. Add 3 or 4 cups of fresh water to a blender with soaked nuts.
4. Blend on high for two minutes.
5. Squeeze through a "nut milk bag" (found at your local health food store)
6. Add in the vanilla and re-blend.
7. Store in a glass container in the fridge for up to one week.

VERY BERRY QUINOA BREAKFAST PORRIDGE

Sarah Roberts

Serves 2

Why I Make This: I LOVE a comforting bowl of porridge, but when made with oats, I find it can spike my blood sugar and then I come crashing down, which leads to fatigue. Instead, I opt for protein-rich quinoa to fit the bill!

INGREDIENTS

- 1 cup quinoa, soaked in water overnight in the fridge (do NOT skip this step, as quinoa tastes bitter if we don't soak it well)
- 2 cups water
- 1 teaspoon vanilla extract (optional)
- 1 teaspoon ground Ceylon cinnamon
- ½ cup vanilla almond milk (or plain almond milk)
- ½ cup berries--I like mixing it up with a few different fresh or frozen berries but it works just as well with only one kind of berry.
- 1 Tablespoon crushed almonds and raw coconut strips (optional)

INSTRUCTIONS

1. After soaking, drain the quinoa and discard the soaking water.
2. Combine the 2 cups water and soaked quinoa in a small pot over high heat and bring it to a boil, then lower the heat and cover for about 15 minutes until the quinoa is tender and all the water is absorbed.
3. Stir in the cinnamon, vanilla (if using), almond milk and berries and heat through (if berries are frozen, this will take a few minutes).
4. Serve warm and enjoy!

NOTES: You should plan this one the night before, but as long as you soak the quinoa for an hour, it should remove the bitterness. You can swap the berries for some **Easy Peasy Any Berry Jam**, if you like. You can also swap the berries for chopped banana or another fruit, as well.

THE BEST SCRAMBLED EGGS

Sarah Roberts

Serves Any

Why I Make This: My niece and nephew LOVE my scrambled eggs. They always ask, "Auntie, what did you put *in* these?" I love that. Because the answer is...eggs! We can try to mess around with eggs so much by adding cheese, milk, cream, butter, spices and oil, that we lose their natural *amazing* flavor. So, here is my favorite way to make the creamiest, yummiest scrambled eggs ever. I hope you enjoy!

INGREDIENTS

- Chicken or Duck eggs (I like 3 chicken eggs or 2 duck eggs, per person)

- Salt & pepper to taste

INSTRUCTIONS

1. In a medium-sized pot over medium heat, crack the eggs.
2. Whisk eggs to break yolks and continue whisking eggs periodically until they start cooking. Then, speed up the whisking.
3. Season with salt and pepper and remove from heat before they are completely done, as they continue to cook on the plate.
4. Enjoy!

NOTE: Duck eggs are amazing! I buy them at the farmer's market and they are larger than chicken eggs, higher in protein and have a higher concentration of omega-3 fatty acids. They also have a more intense egg flavor. If you've never tried them, I hope you give them a shot! They are more expensive than chicken eggs, but they're much bigger, so you use fewer.

EASY OMELETTE

Sarah Roberts

Serves 1

Why I Make This: An omelette is such a great meal because it can be enjoyed for breakfast or dinner and whips up in a snap with any ingredients you have on hand. Here's how I do it:

INGREDIENTS

- 3-4 chicken or 2-3 duck eggs
- Handful of baby spinach, kale or other greens
- 3 Tablespoons chopped parsley
- 3 Tablespoons sliced cherry tomatoes
- 2 sliced mushrooms
- Salt & pepper to taste

INSTRUCTIONS

1. Whisk eggs and add the salt and pepper.
2. In a non-stick frying pan over medium heat, pour in the egg mixture.
3. Allow to cook slightly and then, using your spatula, make several "holes" in the mixture. Shake the pan a bit after making the holes. Top eggs with the veggies and allow them to cook almost all the way.
4. Using a large spatula, and holding the pan on a slight angle, carefully flip the omelette onto itself to make a half moon.
5. Allow it to cook for a few more moments and remove.
6. Serve immediately.

NOTE: You can easily turn this into scrambled eggs, as well, if your omelette flipping skills aren't at 100%!

STEAK & EGG MUFFINS

Sarah Roberts

Makes 12 muffins

Why I Make This: This is a great way to use leftover steak. **Make these ahead of time for easy meals.** I just eat them cold, but you can warm them in the microwave, toaster oven or conventional oven. Enjoy 2 as a tasty, protein-rich brekkie on the run!

INGREDIENTS

- > 1 Tablespoon avocado oil
- > Salt and pepper, to taste
- > 4-5 mushrooms, thinly sliced
- > 6 eggs
- > ¼ cup almond milk (or cashew milk)
- > 1 cup baby spinach
- > Leftover steak, cut into small pieces
- > Shredded cheddar cheese, optional

INSTRUCTIONS

1. Preheat oven to 350°F and grease a muffin tin VERY well with coconut oil.
2. In a large skillet, heat avocado oil on medium-high heat and add mushrooms. Season with salt until mushrooms soften and release their juices.
3. Add spinach to the pan to wilt.
4. In a large bowl, whisk the eggs until smooth. Add nut milk, pepper and mix well. Add in the spinach and mushrooms into the egg mixture.
5. Add in the steak pieces and mix.
6. Ladle the egg mixture into your greased muffin tin to ¾ full. Top with a little shredded cheese, if using.
7. Bake for 25 minutes. Remove from the oven and let the muffins cool for 30 minutes before removing them from the pan.

NOTES: You might want to double the recipe so you always have some on hand for you and your family. They freeze well, too! Play with the ingredients...chicken, ham, turkey, all veggie, anything goes!

3-INGREDIENT PROTEIN PANCAKES

Sarah Roberts

Serves 2-4

Why I Make This: These are so easy and seriously satisfying! Rather than the drained feeling I get from traditional pancakes, these ones energize me so I'm ready to face the day! I also adapt this recipe to use as "Naan Bread" for any curry dish I make. See **Easy Side Dishes** for that recipe.

INGREDIENTS

- 1 cup wheat-free rolled oats (quick cooking or old fashioned)
- 1 cup organic cottage cheese **OR** Greek yogurt
- 4 large eggs
- 1/8 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract, optional
- Avocado oil (for frying)

INSTRUCTIONS

1. Add the oats, cottage cheese (or yogurt), eggs, salt, cinnamon and vanilla, if using, to a blender and process on high speed until well-combined, about 30 seconds.
2. Heat a large nonstick frying pan over medium heat.
3. Add the avocado oil and pour batter into frying pan to make your desired size pancakes.
4. Cook until the pancakes are set around the edges and are a deep golden-brown on the bottom, 2 to 3 minutes.
5. Gently flip the pancakes and cook until the second side is golden-brown, 1 to 2 minutes more.
6. Transfer to a plate, top with a little pure maple syrup, nut butter or jam and enjoy!

NOTES: 1. If using Greek yogurt, it will be a thinner batter, but it still works. 2. I make double batches and freeze them between parchment paper. Pop them in the toaster when you're ready to enjoy!

EASY-PEASY ANY BERRY JAM

Sarah Roberts

Yields about ½ cup of jam

Why I Make This: Once I made this one time, I NEVER bought store-bought jam again! Knowing that all you need to do is cook down some berries means you've ALWAYS got jam. Here is how I do it:

INGREDIENTS

- > 1 cup of fresh or frozen berries (my favorites are blueberries, strawberries and raspberries)
- > 1 teaspoon chia seeds
- > Juice of ½ lemon (about 1 tablespoon, optional)
- > Pinch of Ceylon cinnamon (optional)

INSTRUCTIONS

1. Add berries and chia seeds to a small pot over medium heat. Allow the berries to cook down a bit to thicken and stir often.
2. Press berries down gently with the back of a spoon once they soften to make "jam". Voila! You're done!
3. Or, add the lemon juice and cinnamon now and taste again.

NOTES: If you find it needs more sweetness, feel free to add a drizzle of maple syrup or a little coconut palm sugar. Keep tasting until the desired level of sweetness is reached.

I like to make "PB&Js" by layering a few **3 ingredient Protein Pancakes** with a little almond or peanut butter and some jam between each layer. So delicious!

You can also use this jam mixed in with Greek yogurt or cottage cheese as a tasty dessert or snack.

EASY LUNCH RECIPES

Lunch is such an important meal of the day. What we eat mid-day affects how we feel in the afternoon and can lead us toward or away from temptation in the evening.

To be honest, about 80% of the time I simply eat leftover dinner for lunch! Another favorite of mine is to just eat a big salad with chicken, steak, hard boiled eggs, tuna, chickpeas or salmon on top.

That said, we do need a little variety in life, so with that in mind, you'll find some of my favorite easy-peasy lunches, next.

Don't ask why healthy food is so expensive.

Ask why junk food is so cheap.

YUMMY DEVEILED EGGS

Sarah Roberts

Makes 12 Deviled eggs

Why I Make This: I have always loved Deviled eggs, but I'm not a fan of store-bought mayonnaise, which is a common ingredient in most recipes. I prefer this lighter version and whenever I make them for guests, they are always gobbled up! You can also follow this exact recipe to make **Egg Salad**.

INGREDIENTS

- 12 eggs
- 2 Tablespoons Dijon mustard
- 2 Tablespoons fresh lemon juice
- 2 Tablespoons olive or avocado oil, approx.
- Salt and pepper, to taste
- Paprika (optional)

INSTRUCTIONS

1. Hard boil the eggs using my method in Easy Breakfast Recipes.
2. Once cooled, peel and cut the eggs in half, lengthwise.
3. Remove the yolks and place them in a medium-sized bowl.
4. Arrange the whites on a plate.
5. Add the Dijon mustard, fresh lemon juice, salt and pepper to the yolks.
6. Mash together yolk mixture with a fork.
7. Slowly drizzle a bit of olive oil while "whisking" with your fork. Once you have the desired consistency, refill the whites and sprinkle a little paprika, if using, on top.

TUNA, CHICKEN OR SALMON SALAD

Sarah Roberts

Serves 2

Why I Make This: One of my favorite easy lunches is a big salad. I always make sure I include some protein, so here is my fast and easy method. See the recipe for **Tasty Chickpea Salad** (page 22) for a vegetarian salad option.

INGREDIENTS

- 1 can of tuna or salmon; or, a leftover chicken breast
- 1 Tablespoon Dijon mustard, or more or less, depending on taste
- Drizzle of apple cider vinegar (about 1 teaspoon)
- Cracked black pepper, to taste
- Fresh lemon juice (about half a lemon)
- ½ cup combined chopped red pepper, celery, and red onion (or whatever you have on hand)

INSTRUCTIONS

1. Drain the tuna or salmon; or chop the chicken. Add to a medium bowl.
2. To the bowl, add the Dijon mustard, vinegar, lemon juice and pepper, and mash it together with a fork until combined.
3. Add in chopped celery, red pepper, and red onion.
4. I like to serve it over a **Simple Salad**, with veggies, or wrapped up in a lettuce leaf for a "lettuce wrap".

TACO SALAD WITH HOMEMADE TACO SEASONING

Sarah Roberts

Serves 4

Why I Make This: I love Mexican flavors and Taco salads are great as a fast dinner meal or easy lunch!

INGREDIENTS

- 1 pound of lean ground beef, ground chicken or ground turkey
- 1 small cooking onion, diced
- **Homemade Taco Seasoning** (see recipe, next)
- Lettuce(s) of choice
- **Guacamole** and **Tex-Mex Salsa**, optional
- Garnish: Chopped tomatoes, black olives, green onions, avocado, red peppers, etc.

INSTRUCTIONS

1. Make the taco seasoning and set aside. See my Note if you don't have time or all the ingredients to make the seasoning.
2. In a frying pan, brown the ground beef, chicken or turkey, with the chopped onion. Strain excess oil.
3. Add in the homemade taco seasoning and mix with the meat mixture.
4. In a large bowl, add your favorite lettuce(s). I like Boston, romaine and a bit of radicchio or endive all mixed together.
5. Top with the meat mixture and garnish with chopped tomatoes, sliced black olives, sliced green onions, chopped avocado and red peppers for a delicious meal.
6. Top with a dollop of **Guacamole** and **Tex-Mex Salsa**, if desired.

NOTE: If you don't have time to make the seasoning, simply brown the meat and onion and after straining the oil, add in a good pinch of salt & pepper, 1 tablespoon of chili powder and 1 teaspoon of cumin.

HOMEMADE TACO SEASONING

Adapted from AllRecipes.com

This recipe seasons one pound of ground meat

INGREDIENTS

- 2 teaspoons hot chili powder
- 1½ teaspoons paprika
- 1 teaspoon onion powder
- ¼ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- ½ teaspoon oregano
- ¼ teaspoon black pepper
- Pinch cayenne
- Pinch red pepper flakes

INSTRUCTIONS

1. Mix all ingredients in a bowl until well combined.

NOTE: You may want to make extra to have on hand! If so, store in an airtight container away from heat.

TASTY CHICKPEA SALAD

Sarah Roberts

Serves 4

Why I Make This: I like having vegetarian meals several times a week, and lunch time is a great time to do so! Chickpeas are chock full of protein and I love the fresh flavors in this recipe. I hope you enjoy!

INGREDIENTS

- 1 large (28-ounce can) or two small (15-ounce cans) chickpeas
- 1 small red onion finely chopped or 4-6 green onions, chopped (greens and whites)
- 1 red bell pepper, finely chopped
- 1 large or 2 small cucumbers, chopped
- 4 stalks of celery, peeled and chopped
- 1 cup of flat leaf parsley, chopped
- 2 cloves of garlic, minced
- ½-1 teaspoon crushed red pepper flakes, or less
- ½-1 teaspoon dried oregano
- ¼ cup TOTAL chopped fresh herbs--Depending on what herbs you have on hand, either combine all of the following or create your own blend with what you have/like: rosemary, thyme, basil
- Juice of 1 small lemon and 1 lime OR 3 Tablespoons apple cider vinegar
- ¼ cup extra virgin olive oil (EVOO)
- 1 teaspoon Himalayan salt and ½ teaspoon freshly ground black pepper, to taste

INSTRUCTIONS

1. Drain the chickpeas and rinse very well.
2. In a medium bowl, combine the chickpeas with the onion, red pepper, cucumber, celery, parsley, red pepper flakes and herbs.
3. In a mug, combine oil, lemon & lime juices OR vinegar, garlic, salt and pepper and drizzle over chickpea mixture. Mix well to combine.
4. Serve on top of a bed of greens or add in a head of finely chopped kale to the chickpea mixture.

NOTES: If you only have dried rosemary, basil and/or thyme, just use about 1-2 tablespoons TOTAL herbs.

SIMPLE SALAD

Sarah Roberts

Makes 4-6 Salads

Why I Make This: Sometimes the simplest salads make me the happiest! For an easy lunch, I like to top this salad with a piece of chicken or salmon, or hard boiled eggs. At dinner, this amount of salad would serve the family as a side dish, or you can make it up ahead and portion it into containers for lunches.

These are just suggestions. Use whatever lettuces you like best! Store the dressing in a sealed container in the fridge, and remove it 30 minutes before using, as the oil will congeal. Give it a good shake after it warms up.

INGREDIENTS

SALAD

- 2 cups Belgian endive, separated
- 4 cups radicchio, torn into bite-sized pieces
- 2 cups fris 
- 4 cups torn Boston leaf lettuce
- 2 sliced green onions (whites and greens)

DRESSING

- 1 cup extra virgin olive oil
- ¼ cup lemon juice (about the juice of one large lemon)
- ¼ teaspoon Himalayan salt
- 1/8 teaspoon black pepper
- 1-2 cloves crushed garlic, optional

INSTRUCTIONS

1. In large bowl, toss together lettuces and onion.
2. In a mug, whisk together lemon juice, salt, pepper and garlic; drizzle in olive oil and whisk constantly.
3. Serve the salad on a big platter with the dressing alongside or else tossed. Enjoy! **NOTE:** I like my dressing lemony, so adjust the oil and lemon juice according to your taste buds!

CHICKEN CAESAR SALAD

Sarah Roberts

Serves 4

Why I Make This: I love a Chicken Caesar as a quick, easy meal. And this one shakes things up a bit! In this version, we add radicchio to give us some bitter; we use mushrooms instead of traditional bacon bits; and we use coconut strips instead of croutons. I like the addition of red onion, too, but of course, it's optional. This salad is a great way to use leftover chicken breasts and it makes an easy dinner, as well. I hope you try it!

INGREDIENTS

- Caesar salad dressing (Recipe found in **Easy Dips, Dressings & Marinades**)
- One head of romaine lettuce, washed and dried, torn into pieces
- One head of radicchio, washed and dried, torn into pieces
- 6-8 mushrooms, thinly sliced
- Red onion, sliced into thin rings (optional, and amounts will vary depending on taste)
- 2-4 chicken breasts, grilled on the BBQ or baked (See **Easy Baked Chicken** Recipe in Easy Dinners).
- Organic raw or toasted coconut strips (for garnish)
- Wedge of lemon, for garnish

INSTRUCTIONS

1. Make the dressing and set aside.
2. In a large bowl, toss the greens together with the mushrooms. Add in the dressing and toss well to coat evenly. You can also serve the dressing on the side, if you prefer.
3. Arrange greens on each plate and top with sliced chicken and red onion (if using).
4. Garnish with about ½-1 tablespoon of coconut strips per salad, a few cracks of freshly ground pepper and a wedge of lemon.

GREEK CAULIFLOWER "PASTA" SALAD

Adapted from *The Detoxinista*

Serves 4

Why I Make This: I LOVE *The Detoxinista's* recipes because they are always spot on taste-wise and they hit the mark nutritionally, as well. Traditional pasta salad can be very heavy because of the pasta, so I love her take on it using cauliflower. I hope you enjoy!

INGREDIENTS

- 1 head of cauliflower (about 2 lbs.), chopped into bite-sized florets
- ¼ cup extra virgin olive oil
- 1½ Tablespoons fresh lemon juice
- 1 clove garlic, minced
- 2 cups fresh spinach, tightly packed
- 1½ cups cherry tomatoes, sliced in half
- 6 large basil leaves, cut into thin ribbons
- 3 sprigs of fresh oregano, leaves only
- ½ cup pitted olives (any kind), sliced (optional)
- Salt and pepper, to taste
- Crumbled feta cheese, optional, for garnish

INSTRUCTIONS

1. Arrange a steam basket in a large pot (4 qt. or larger), and add about an inch of water to the bottom of the pot. Place the chopped cauliflower florets in the steam basket, bring the water to a boil, then cover with a lid and reduce the heat to a simmer for about 7 minutes. You want the cauliflower to be fork-tender, but not mushy!

2. Remove the steamed cauliflower, drain the cooking water, and return the cauliflower to the large pot. Add the fresh spinach and sliced tomatoes immediately, allowing the heat from the cooked cauliflower to gently wilt the spinach and soften the tomatoes.

3. Add in the olive oil, lemon juice, minced garlic, fresh basil and oregano leaves, sliced olives (if using), plus a generous sprinkling of sea salt and pepper. Toss well to coat.

4. Top with feta cheese, if using, and serve immediately at room temperature, or allow to marinate in the fridge for a later meal.

NOTES: I personally prefer this dish served at room temperature for the best flavor and texture, but it's delicious directly from the fridge, as well!

If you don't own a steam basket, you can simply place the cauliflower directly in the pot with an inch of water (no need to cover the cauliflower with water completely). Bring to a boil, then reduce the heat and cover the pot to allow to "steam" for 7 minutes. Then drain.

QUINOA "PASTA" SALAD

Adapted from *The Detoxinista*

Serves 4-6

Why I Make This: As you now know, I am a HUGE fan of *The Detoxinista's* recipes, and if you have yet to learn why, this one will make it clear! I've tried this recipe with a roasted red pepper and without, and taking the time to roast the pepper really *does* make a big difference. That said, the salad is excellent with a raw pepper and it saves you time and effort. I leave that up to you. If you do want to use roasted, see my easy method for **Roasted Peppers** in *Easy Side Dish Recipes*. I like serving this salad with a small piece of fresh salmon or some roasted chicken, just to make sure I get the protein I need as a one-cup serving of quinoa only yields about 8 grams.

INGREDIENTS

- > 2 cups dry quinoa
- > 4 cups water
- > ½ cup fresh lemon juice (about 3 lemons)
- > ¼ cup extra virgin olive oil
- > 1 cup minced scallions, (green onion) white and green parts
- > 1 cup fresh dill, chopped
- > 1 cup fresh flat-leaf parsley, chopped
- > 1 cucumber, chopped
- > ½ red onion, chopped
- > 1 large red pepper, roasted and chopped
- > 10-15 green olives, chopped
- > 2 teaspoons sea salt, plus more to taste
- > Fresh black pepper

INSTRUCTIONS

1. Rinse quinoa well to remove saponins (bitter compounds found naturally in quinoa). When the water is no longer frothy, it is ready to use.
2. Cover the 2 cups of quinoa with 4 cups of water in a medium saucepan, over high heat on the stove. Bring to a boil, then reduce the temperature and cover for 15 minutes, until the quinoa has absorbed all of the water. Fluff with a fork, and allow to cool while you chop the vegetables and herbs.
3. In the meantime, mix together the lemon juice, olive oil, 2 teaspoons of sea salt and fresh black pepper in a large bowl. Add the cooked quinoa, and toss in the dressing to coat well.
4. Add in the minced scallions, chopped dill and parsley, chopped cucumber, roasted red pepper, and olives, and toss well to combine.
5. Season with additional salt and pepper, if desired. Allow the mixture to marinate at least an hour before serving, or chill in the fridge overnight. This salad can be served cold or at room temperature.

This is the perfect salad to prepare over the weekend, and pack for your lunches all week. It's delicious on its own, or as a leafy green salad topper! Hope you enjoy it!

Note: The Detoxinista follows a different method than my preferred method to make her quinoa, but you really can't go wrong with quinoa, so make it however you like! **Find my method in Easy Side Dishes.**

KALE AND QUINOA SALAD

Sarah Roberts

Serves 6

Why I Make This: This is one of my favorite recipes that's been a staple in my kitchen for years. So fresh and tasty! I hope you enjoy.

INGREDIENTS

- 1 cup of cooked quinoa
- Juice of 1 lemon and 2 limes
- 3 Tablespoons of olive oil
- ½ teaspoon of Himalayan salt
- ½ cup each of chopped mint and chopped parsley
- 1 chopped yellow, orange or red pepper
- 1 small red onion, diced
- 1 cup of kale, finely chopped

INSTRUCTIONS

1. In a large bowl, add the cooked quinoa and set aside.
2. In a mug, whisk together the lemon and lime juice, olive oil, and salt and pour the dressing over the quinoa.
3. Add the mint, parsley, pepper, onion and kale and combine all of the ingredients, allowing the salad to marinate at least 15 minutes before serving.

NOTES:

1. To make your kale even more tender, place chopped kale in a bowl and massage a little olive oil and salt into the kale leaves, allowing it to sit while you chop the remaining ingredients.
2. I also like to add chopped avocado to the top of this salad, for a tasty garnish.

EASY ASIAN WRAPS

Sarah Roberts

Serves 1

Why I Make This: I love Asian flavors but many sauces are filled with loads of sugar. I like an easy lunch that can be put together in minutes using leftovers, and it's great to find ways to use calcium-rich tahini other than in hummus! Enjoy!

INGREDIENTS

- 1 Tablespoon tahini
- 1 teaspoon toasted sesame oil
- 1 teaspoon apple cider vinegar
- ¼ teaspoon grated ginger (fresh or frozen)
- Crushed red pepper flakes to taste, optional
- Boston lettuce leaves or some baby bok choy, endive, radicchio or even romaine leaves.
- Leftover chicken tenders, crockpot chicken or steak. Even chickpeas, black beans or hard boiled eggs work!
- Julienned veggies for garnish (I like red pepper, celery and cucumber)

INSTRUCTIONS

1. Mix the first 5 ingredients together to form a paste.
2. Smear a bit of the paste on a lettuce leaf.
3. Add whatever protein you are using.
4. Top with julienned veggies and enjoy!

EASY DINNER RECIPES

I realize that making dinner *every night* can feel overwhelming. I'm here to help you avoid the overwhelm, which is why all of my recipes are easy and can often be made in larger quantities to yield leftovers, and most often the recipes take less time to whip up than grabbing take-out!

It's also why I rely on my meal planning day once a week. It helps me stay on track and allows me to get dinner on the table STAT! Here are some of my favorite dinner recipes, and I really hope you try several (or all!) of them. Many of them have been staples in my kitchen for years, and I know they'll become go-to recipes for you, too. Most have been kid-approved by my own niece and nephew, as well! Happy cooking!

**Every time you eat is an
opportunity to nourish your body
and show yourself love.**

EASY BAKED CHICKEN

Sarah Roberts

Serves Any

Why I Make This: I like to cook several chicken breasts at once so that I have the base for a bunch of easy meals throughout the week. Plus, this method is a snap and the result is delicious!

INGREDIENTS

- Several chicken breasts
- Avocado oil or extra virgin olive oil
- Salt & pepper or your own seasoning of choice (See NOTES)

INSTRUCTIONS

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. In a large Ziploc bag or in a large bowl, add the chicken breasts and drizzle a tablespoon or two of oil, depending on the number of breasts you are cooking.
3. Add the seasoning and shake or mix until evenly seasoned.
4. Pour out the chicken onto the baking sheet, allowing space between each breast.
5. Bake for about 20 minutes until the juices run clear. Be sure not to overcook it as you want it to be juicy.

NOTES:

1. Play with all sorts of herbs and spices to see what you like best!
2. For added flavor, you can marinate the chicken in the morning and cook it later on.

PAN SEARED OVEN-ROASTED STEAK OR ELK

Sarah Roberts

Serves 4

This method has become my favorite indoor method for cooking red meat. I like to buy free range, local and organic meats and I find this method makes for the juiciest, tastiest result. One 8-ounce piece of meat serves 2 people, as 4 ounces of cooked meat yields about 28 grams of protein, which is more than enough for one meal. If you've never tried elk meat, it is *delicious!* Packed with flavor, this high protein, lean meat is an excellent alternative to beef with only a *slightly* "gamey" taste, unlike stronger-tasting venison or bison.

INGREDIENTS

- 2 8-ounce filets of beef tenderloin (filet mignon) or elk steaks
- Himalayan salt & freshly ground black pepper
- Avocado oil

INSTRUCTIONS

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Drizzle a little avocado oil on the meat and rub on both sides. Season the meat on each side with salt and pepper.
3. In a frying pan or skillet over medium-high heat, sear each side of the meat for one minute.
4. Then, sear the outer edges for 15 seconds, moving on to the next section until the entire outer edge is seared.
5. Place the meat on your baking sheet and cook it for about 12-14 minutes for medium-rare and longer for medium or medium-well.
6. Remove from the oven and cover with tinfoil, allowing the meat to rest for 10 minutes before slicing and serving. This makes for a juicy and delicious result. Enjoy!

"SPAGHETTI" & MEAT SAUCE

Sarah Roberts

Serves 6-8

Why I Make This: I LOVE Italian food and my favorite part about it is the sauce.

I've been playing around for yearrrrs with tomato sauce recipes and I am almost embarrassed to tell you what I have "created" as the tastiest tomato sauce ever. It is so easy, so fool-proof, it can barely be considered a recipe!

I wanted to create a delicious dish that combines all the elements of a traditional pasta meal without the sugar or the heaviness that usually accompanies wheat pasta. So here goes! I know it seems like a long recipe, but I PROMISE, it's EASY!

NOTE: Double the recipe to feed a crowd or to have lots of leftovers.

INGREDIENTS

For the "Spaghetti":

- > 4-6 green Zucchini
- > Salt

For the Tomato Sauce:

- > Lots of tomatoes (enough to cover a baking sheet). Choose cherry or grape tomatoes (leave whole), or roughly chop Roma, vine-ripened or any other variety you like/have on hand or are in season.
- > 1-2 shallots or onions, roughly chopped
- > 5-8 cloves of garlic, peeled, cut in half
- > 1-2 Tablespoons extra virgin olive oil
- > Salt & pepper, to taste
- > 5-6 fresh basil leaves, optional

For the Meat sauce:

- > 1-2 lbs extra lean ground beef
- > 1 large cooking onion, diced
- > 6 large or 10 medium mushrooms, sliced

- 1 zucchini, diced
- 1 red pepper, diced
- 1 green, orange or yellow pepper, diced
- 1 Tablespoon dried oregano
- 1 Tablespoon dried basil
- 1 teaspoon red pepper flakes (or more or less, depending on heat preference)
- 1 teaspoon salt & ½ teaspoon pepper, divided

INSTRUCTIONS

THE "SPAGHETTI"

1. Wash and dry zucchini, and make flat, matchstick "noodles" using your Chef's knife, or, if you have a spiralizer, make "zoodles".
2. Place your noodles/zoodles in a strainer over a larger bowl or in the sink.
3. Sprinkle ½ teaspoon of salt over them and toss to coat.
4. Allow noodles to sit for 15-20 minutes to allow the excess liquid to drain.
5. After they have drained, wrap them in a few paper towels and squeeze gently to remove any remaining moisture.
6. Wrap again in fresh paper towels and set aside.

THE BEST TOMATO SAUCE

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper and throw on your tomatoes.
3. Throw on your chopped garlic.
4. Throw on your chopped onions or shallots.
5. Drizzle everything with olive oil.
6. Sprinkle with a good pinch of salt & pepper.
7. Place in a preheated oven for about 15-20 minutes, turning the pan halfway through and using your spatula to move everything around to make sure nothing is sticking or burning.
8. Once cooked, remove the pan from the oven and allow everything to cool slightly on the baking sheet.
9. Once cooled slightly, pick up your parchment and pour everything right from the parchment into your blender and blend on high for about 30 seconds. Add fresh basil leaves, if using. Add water if you wish to thin out the sauce and make it go further. Or, add a cup of almond milk (or milk of choice) for rosé sauce! Blend again for 20 seconds.

Voilà! The easiest, tastiest tomato sauce ever!

THE MEAT SAUCE

1. In a large frying pan or pot on medium-high heat, add onions and ground beef.
2. Add half the salt and pepper.
3. Stir to make sure the meat browns evenly, and continue cooking until it is fully cooked and the onions are translucent.
4. Remove the mixture from the pan/pot using a slotted spoon. Set aside.
5. In the same pan/pot, sauté the mushrooms until browned. There should be a little residual oil from the beef in the pan, but you may need to add a bit of oil.
6. Season mushrooms with remaining salt and pepper, add peppers & zucchini, stirring frequently, until softened.
7. Add in the beef mixture and your spices.
8. Pour in the tomato sauce.
9. Stir to combine the sauce. Have a taste and season with salt and/or pepper, if needed.

TO COOK THE ZUCCHINI NOODLES: Heat 1 teaspoon of avocado oil in a large skillet over medium-high heat. Add the zucchini noodles and cook for 2 minutes.

OPTION 1: Add the sauce to the zucchini noodles and toss to coat.

OPTION 2: Plate the zucchini noodles and cover them in sauce.

Serve with a **Caesar or a Simple Salad** for a complete meal. Enjoy!

NOTES:

Sometimes, I like to use chopped cabbage instead of zucchini for the noodles. Simply cut a cabbage in half and place the rounds, flat side down, on a cutting board. Slice cabbage into ½ inch slices and heat some oil in a pan. Fry cabbage for a few minutes until it becomes tender.

I also like using spiralized sweet potatoes or else spaghetti squash. See **Easy Side Dishes** for my spaghetti squash cooking method.

STUFFED PEPPERS

Sarah Roberts

Serves 4-8

Why I make this: Using the meat sauce you made for the "Spaghetti" & Meat Sauce, we can enjoy stuffed peppers in a flash! This is why I like to make a double batch of the meat sauce and the tomato sauce!

INGREDIENTS

- > 4 peppers (any color)
- > Pinch salt
- > Leftover Meat Sauce (about 2 cups)
- > Leftover Tomato Sauce (about 1 cup)

INSTRUCTIONS

1. Preheat the oven to 350° F.
2. Bring a large pot of salted water to a boil. Cut the tops off the peppers, and remove the seeds. Cook peppers in boiling water for 5 minutes; drain. **See NOTE 1.**
3. Cut peppers in half from top to bottom to make "boats". Sprinkle each one with a pinch of salt and pepper.
4. Place peppers in a large baking dish and top each pepper half with your meat sauce.
5. Pour about 2 tablespoons of tomato sauce over the top of each pepper (recipe found in "Spaghetti" and Meat Sauce recipe). **See NOTE 2.**
6. Bake, covered in tinfoil, for 15 minutes.

Serve with a **Simple Salad** and Enjoy!

NOTES:

1. You can omit the boiling step if you like firmer peppers.
2. If you have used all of your tomato sauce in your meat sauce, you can omit topping the peppers with tomato sauce and still make this recipe or else open a jar of plain tomato sauce and use that.
3. If you're a fan of cheese, you might also like adding a little cottage cheese to the meat sauce and then topping these with a little shredded cheddar and Parmesan.

EASY, YUMMY FAJITAS

Sarah Roberts

Serves as many as you like!

Why I Make This: To me, what makes fajitas so fun is building my own! In this version, we swap out regular corn tortillas for lettuce wraps and we use leftovers from a previous steak (or chicken) night to make this a fast, easy meal. You can also use **Cauliflower Tortillas** if you like (find in Easy Side Dishes).

INGREDIENTS

- > Sliced leftover steak or chicken
- > 1-2 sliced red and green peppers
- > 1 sliced red onion
- > Juice of 1-2 fresh limes
- > ½-1 teaspoon cumin
- > ½-1 teaspoon chili powder
- > Pinch salt & pepper
- > 1 Tablespoon extra virgin olive oil (EVOO)
- > **Homemade Guacamole** (see recipe in Easy Dips)
- > **Tex-Mex Salsa** (see recipe in Easy Dips)
- > Large lettuce leaves (for wraps)

INSTRUCTIONS

1. Heat a frying pan or non-stick skillet on medium-high heat, and add the peppers and onions (no oil) and cover the pan with tinfoil. Allow the vegetables to slightly blacken, but not burn. Use your spatula to keep them from burning.
2. Squeeze the lime juice into the pan and move the vegetables around.
3. Add in the cumin, chili powder, salt and pepper. Drizzle with EVOO. Stir to coat the vegetables.
4. Add in the meat and allow it to heat up in the pan with the vegetables.
5. Layer two lettuce wraps (one can get very messy), and place steak or chicken & veggies and desired dips on top. Or, enjoy on **Cauliflower Tortillas!**

MEXICAN-STYLE TURKEY MEATLOAF

Adapted from Ann Boroach

Makes one loaf

Why I Make This: The late Ann Boroach cured herself of candida and wrote, "The Candida Cure". With her family's permission, this recipe is included here. I have adjusted it to yield a larger loaf that will feed more mouths and produce more leftovers. I really enjoy eating a slice of this loaf cold as a lunch with a salad, but it's great served at any temperature. I hope you enjoy!

INGREDIENTS

- 2 pounds ground turkey
- 1 medium onion, small dice
- 1 red bell pepper, small dice
- 3-4 cloves garlic, minced
- 1 jalapeño pepper, seeded, small dice (optional)
- 1 Tablespoon olive oil
- 1 egg, beaten
- 2 Tablespoons ground flaxseed meal
- 1 teaspoon sea salt, **divided**
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- ½ cup loosely packed, fresh cilantro, minced
- 1 teaspoon paprika
- Olive oil to grease the loaf pan

INSTRUCTIONS

1. Preheat oven to 375°F and lightly grease a loaf pan with olive oil. Set aside.
2. Heat 1 tablespoon of olive oil in a medium sized sauté pan, add ¼ teaspoon salt and sauté the chopped onions, bell pepper, jalapeño (if using) and garlic over medium heat for a few minutes.
3. Remove veggies from heat and let cool for about 5 minutes.
4. Place the ground turkey in a large bowl and add the egg, flaxseed meal, remaining salt, spices and sautéed vegetables. Mix thoroughly with your hands.
5. Place this mixture into the prepared loaf pan and bake for about 40 minutes or until the internal temperature reaches 165°F.
6. Remove meatloaf from the oven and let it cool slightly before removing it from the pan. Slice and serve garnished with fresh salsa (optional).

Sarah's Notes: This recipe pairs beautifully with the **Tex-Mex Salsa** and a **Simple Salad**. I have also adapted this recipe to become the **Easy Turkey Sausages** found in the Easy Breakfast Recipes section.

CROCK POT CHICKEN

Sarah Roberts

Serves 6

Why I Make This: This recipe is so easy and tasty, plus I love having leftovers! If you make it, I hope you thoroughly enjoy.

INGREDIENTS

- > 4 cups **total** of veggies (celery, onion, fennel, cauliflower, peppers, etc.)
- > Garlic cloves (I use about 4, but the number is up to your taste buds!)
- > Olive oil
- > Whole lemon (optional)
- > 2-3 Tablespoons, divided, Kirkland No Salt Seasoning from Costco (or seasoning of choice or just a good pinch of salt & pepper)

INSTRUCTIONS

1. Roughly chop up veggies and place in the bottom of your crock pot. Toss in garlic cloves.
2. Drizzle olive oil over top of the veggies and season with half of your seasoning of choice.
3. Pat the chicken **very** dry with paper towel and place on top of the veggies. **Optional:** Prick a lemon all over and place it in the chicken's cavity for a slightly lemony flavor to your chicken.
4. Rub oil and more seasoning all over the chicken. Use your hands!
5. Cover and cook on high for 5-6 hours or on low for 7-8 hours.
6. Serve over cauliflower rice (optional) and spoon the juices on top. See method for ricing cauliflower in Easy Side Dishes.

NOTES:

1. There is no liquid used in this recipe, yet the result is juicy and tender and you will have flavorful juices from the chicken and vegetables! I remove the skin once done and discard, as it doesn't end up crispy, but this is a preference.
2. To store, separate the chicken from the broth/vegetables and store in air tight containers in the fridge. The fat will solidify on top of the stock/vegetables, and I remove most of the hardened fat before using the stock in my **Easy Thai Soup or Dish recipe**, next.

EASY THAI SOUP OR DISH (Using leftovers from Crockpot Chicken)

Sarah Roberts

Serves 6

Why I Make This: I love Thai flavors. I really love repurposing leftovers. I absolutely love yummy meals made in minutes. Done, done and done with this one! You can make this into either a soup or a saucy dish (see Note) depending on your preference. Enjoy!

INGREDIENTS

- 1 tablespoon coconut oil
- 2 cups riced cauliflower (see recipe in **Easy Side Dishes**)
- 1 Tablespoon dried lemongrass
- 1-2 teaspoons cayenne pepper (optional; only if you like it spicy)
- 1 teaspoon turmeric
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons roasted almond butter or organic peanut butter
- 1 can full fat, organic BPA-free canned coconut milk
- Leftover stock and veggies from your crockpot chicken (See **Crock Pot Chicken** recipe for method)
- ¼ cup (or more, to taste) chopped fresh cilantro, optional
- Leftover chicken pieces from the Crock Pot Chicken

INSTRUCTIONS

1. To your blender, add leftover stock/vegetables and 1 cup of water. Purée until smooth.
2. Heat coconut oil in a large pot over medium-high heat and add cauliflower rice, a pinch of salt and pepper. **See NOTE.**
3. To the pot, add in dried lemongrass, cayenne pepper (if using), salt and pepper and allow the spices to "bloom" for a minute, stirring constantly.

4. Add in the almond or peanut butter and allow it to melt.
5. Add in the coconut milk. Stir well to combine everything.
6. Pour in puréed vegetables/stock and stir, heating it through.
7. Add in fresh cilantro.
8. Season with salt and pepper to taste, add in leftover chicken pieces, heat through and voila! Delicious Thai soup (or a dish) in about 15 minutes. Faster than take-out!

NOTE: If you would prefer to serve this as a dish OVER the cauliflower rice, then once the cauliflower rice is cooked in Step 2, transfer it to a bowl and set aside. If you would prefer more of a soup, then leave the cauliflower rice in the pot and follow the recipe as written.

HOMEMADE THAI GREEN CURRY WITH CHICKEN

Sarah Roberts

Serves 6

Why I Make This: I find it so comforting to make a big batch of something yummy that feeds a crowd and/or yields leftovers. Serving this over **Cauliflower Rice** or **Roasted Sweet Potatoes** tastes amazing, but it's also great over wild or brown rice or quinoa. I hope you love it! We make our own **Thai Green Curry Paste** for this dish, as store bought curry paste *doesn't even compare* taste-wise. But if you are short on time, feel free to use store-bought, or try the **Easy Thai Curry Seasoning** (page 47) instead. Simply add it in where you would add in the paste and allow the spices to "bloom" for one minute, stirring constantly.

INGREDIENTS

- 1 large head of cauliflower, riced, **OR** 3 large sweet potatoes (depending on whether you are serving it over cauliflower rice or roasted sweet potatoes)
- 1 Tablespoon coconut oil
- 1 large cooking onion, sliced or chopped
- 15-20 medium mushrooms, sliced
- A few big handfuls of spinach
- 2 Tablespoons Thai green curry paste (homemade recipe, see next page)
- 4 boneless skinless chicken breasts, whole or chopped into cubes
- 1 cup chicken stock or broth (or water)
- 1 can coconut milk, organic, full fat
- 4 kaffir lime leaves, whole (you can find these at Asian grocery stores and some grocery stores)
- 1/3 cup cilantro, chopped (optional)

INSTRUCTIONS

1. If serving over cauliflower rice, rice the cauliflower and continue with that recipe. See method in **Easy Side Dishes**. Or, if serving over **Roasted Sweet potatoes**, prepare that recipe first, and then continue with the rest of the dish.
2. Make the Thai Green Curry Paste (see recipe, next page).
3. Heat a large skillet over medium heat.
4. Add the coconut oil and the sliced/chopped onion and sauté for about 5 minutes, until softened and slightly golden.
5. Add in the mushrooms and allow them to soften and brown a bit.
6. Add in the curry paste and allow it to cook for 2 minutes, stirring constantly.
7. Add the whole or cubed chicken and cook for 1 minute per side.
8. Add the chicken stock, coconut milk, and whole lime leaves.
9. Cover and simmer over medium-low heat until chicken is cooked through, about 20 minutes.
10. Add in the spinach and allow it to wilt.

To serve, place **Cauliflower Rice** or **Roasted Sweet Potatoes** in a shallow bowl and place chicken on top, then spoon on the curry sauce and garnish with cilantro (if using).

NOTE: Once the dish is cooked, the lime leaves should be removed and discarded.

HOMEMADE THAI GREEN CURRY PASTE

Adapted from Jo Pratt

Makes enough for 8 people

INGREDIENTS

- 4-6 medium green chillies seeded and roughly chopped
- 2 shallots roughly chopped
- 2 one-inch nubs of ginger (fresh or frozen), grated
- 2 garlic cloves, crushed
- A small bunch of fresh cilantro, stalks and roots attached if possible
- 2 Tablespoons of dried lemongrass
- 1 lime, juice and zest
- 8 kaffir lime leaves, torn into pieces (found in health food stores and Asian markets. If unavailable, use the grated zest of 1 extra lime)
- 1 Tablespoon coriander seeds, crushed (or use coriander powder)
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- 1 teaspoon black peppercorns, crushed
- 2 teaspoons coconut sauce (aka coconut aminos--found in grocery and health food stores)
- 3 Tablespoons olive oil

INSTRUCTIONS

1. Place all ingredients in a food processor and process until it becomes a paste.

NOTE: You can store it in a jar in the fridge for up to three weeks. This quantity is enough for a curry for 8 people. You can also freeze it, so you might want to make extra!

EASY THAI CURRY SEASONING

Sarah Roberts

Makes enough for one dish

Why I Make This: When I want to create a Thai curry dish but don't have time to make the Homemade Thai Green Curry Paste, I simply combine a few dried spices and add it to dishes.

INGREDIENTS

- > 1 Tablespoon dried lemongrass
- > 1 Tablespoon coriander powder
- > 1 Tablespoon ground cumin
- > 1 teaspoon turmeric
- > ½ teaspoon ground black pepper
- > 1 teaspoon Himalayan salt, or to taste
- > 2 teaspoons ground ginger (or you can grate your frozen ginger into the dish)
- > 1 to 3 teaspoons red pepper flakes OR cayenne pepper, depending on how spicy you want it
- > Pinch of ground cloves (optional)

INSTRUCTIONS

1. Mix all spices together in a small bowl and add to any dish you want to turn into a curry. Fry this blend with a can of coconut milk if you'd like a creamy dish.

NOTE: For an EVEN faster curry, simply heat a can of coconut milk over medium heat and add 3 tablespoons of curry powder and salt to taste. Fry until slightly thickened, then add meat and vegetables until cooked through. Serve over leftover cauliflower rice, brown rice or quinoa and this becomes some serious fast food!!

CURRIED LENTILS

Sarah Roberts

Serves 8

Why I Make This: This recipe is so easy, tasty, warm and comforting and has become a staple in my kitchen. I hope you give it a try and enjoy!

INGREDIENTS

- 2 cups of green lentils, soaked (see instructions)
- 8 cups water
- 2 medium onions, roughly chopped
- 4 cloves garlic, roughly chopped
- 2 teaspoons Himalayan salt
- 4 Tablespoons curry powder
- 1 6 ounce can of tomato paste
- 1 Tablespoon ground coriander
- 1 teaspoon Garam Masala
- ¼ cup coconut oil

INSTRUCTIONS

1. Soak lentils in water for at least 1 ½ hours or overnight. The lentils will absorb a lot of the liquid. Drain the remaining liquid.
2. In a large pot on the stove over high heat, add 8 cups of fresh water. Add in the soaked lentils, onions, garlic, salt and curry powder.
3. Bring to a boil and then reduce heat to medium-low to simmer.
4. Cover pot and cook for approximately 20 minutes.
5. Add the tomato paste and continue to cook on medium-low heat for another 20 minutes until lentils are tender.
6. Add ground coriander and Garam Masala.
7. Continue cooking lentils, uncovered, until slightly thickened (about 15 minutes), stirring occasionally.
8. While the lentils are finishing up, heat the coconut oil in a small pot over medium heat and then *carefully* add oil to the cooked curry and stir well (Be careful! It will sizzle!).

NOTES:

1. Remember, lentils are a source of vegetarian protein so you'll still want to get a serving of veggies in order to round out your meal. I like to enjoy this dish served over baby spinach (it wilts nicely under the heat of the lentils) or cauliflower rice or else with a Simple Salad served on the side. Or, you can whip up some steamed or roasted veggies while the lentils are cooking.
2. You can use brown lentils, as well, but avoid red "split" lentils, as they cook too fast.
3. I almost always double the recipe as these are seriously delicious and I love leftovers, plus they freeze well!
4. Don't omit the coconut oil step! It really makes this recipe rich and delicious.

QUINOA BLACK BEAN BURGERS

Korey Kealey

Makes 8 Burgers

Why I Make This: My friend and "Kitchen Wizard", Korey Kealey, posted this recipe on her Facebook page a while back, and it has become a favorite in my kitchen. I love doing a vegetarian meal for lunch or dinner several times a week, and these burgers will have you feeling so satisfied! They really are delicious.

From Korey: These Quinoa Black Bean Burgers whip up in an instant, freeze beautifully and satisfy both hunger and taste buds! Serve on a gluten free bun or as a salad topper or make "meatballs" for an amazing vegan dinner... simply add to pasta sauces or serve as an appetizer.

INGREDIENTS

- 1 Tablespoon (15 mL) coconut oil
- ½ cup (125 mL) finely chopped onion
- 1 cup (250 mL) each: shredded carrots & zucchini
- 1 19oz./540 mL can black beans, rinsed & drained
- 2 cloves garlic, minced
- ¼ cup (60 mL) water
- 1 cup (250 mL) cooked quinoa
- ¾ cup (175 mL) gluten-free bread crumbs (**see note**)

INSTRUCTIONS

1. In a large frying pan, heat oil over medium heat; add onions and sauté 3 minutes or until slightly softened.
2. Add carrots and zucchini and cook another 2 minutes. Remove from heat and transfer to a large mixing bowl.
3. In a food processor, purée beans and garlic with water until smooth or desired texture, and transfer to a mixing bowl with the vegetables. Add cooked quinoa and breadcrumbs, combine well and form ½ cup (125 mL) mixture into patties.

4. To cook: either grill over medium heat on non-stick grill or well-greased regular grill for 2 minutes each side or sauté in frying pan for 2 minutes each side.

NOTE: Find gluten-free breadcrumbs at your grocery or health food store. Or, for a homemade, gluten-free alternative to breadcrumbs, you can use ground flaxseeds, chia seeds, almond meal/almond flour, or any combination of these that yields $\frac{3}{4}$ cup of dry ingredients. Season with salt and pepper. Add your dry mixture one tablespoon at a time to get the right consistency. You need everything to stick together to form patties.

TASTY CHICKEN TENDERS

Sarah Roberts

Serves 6-8

Why I Make This: This is a great alternative to deep-fried chicken fingers, and these have been a tasty staple in my kitchen for years. Plus, they've been kid-approved!

Serve with **Chili Lime Jicama Sticks**, some **Roasted Veggies**, a **Simple Salad** or some **Kale Chips**.

INGREDIENTS

- 4 8-ounce boneless, skinless chicken breasts
- $\frac{3}{4}$ -1 cup of almond flour or almond meal (store-bought or homemade)
- 2 Tablespoons seasoning blend of choice or just use a pinch each of salt and pepper

INSTRUCTIONS

1. Preheat oven to 425°F
2. Pour the almond flour/meal onto a large plate and add in the seasoning blend of your choice. I like Kirkland's Organic No Salt Seasoning from Costco.
3. Blend with your hands or a spoon.
- 4 Pat the chicken breasts very dry (don't skip this step) and cut into strips.
5. Coat all sides of the chicken in your almond mixture.
6. Place in a single layer on a parchment-lined baking sheet and bake at 425°F for 14-18 minutes, turning once half way through.

ADAPTATION: I often use this exact method with **fish like wild salmon, snapper, cod or halibut**. Reduce cooking time, though, as fish cooks faster than chicken and depends on your desired level of doneness.

NOTES: "Almond Flour" is blanched (skins removed), raw, ground almonds. "Almond Meal" is raw, ground almonds (skins intact). I like making my own almond meal in my food processor and I use it in this recipe for extra crunch and fiber. You can also make almond meal in your high speed blender or spice grinder.

FAST VERSION: When I am in a major hurry, here is how I make a super fast version:

I simply pat dry and slice up one or two chicken breasts, dump some almond meal/flour in a Ziploc bag, add my seasoning(s) and toss in the chicken pieces.

I shake it up--"like Shake 'n Bake!"--kids like to help with this step! And then heat a teaspoon of coconut oil in a frying pan over medium-high heat and add the chicken to the pan.

Using tongs, ensure all pieces are separated so that they cook evenly.

Cook on one side until brown, and flip to cook the other side.

Once fully cooked through, serve with a **Simple Salad** and you've got a delicious, easy meal in minutes!

EASY BAKED SALMON WITH ROSEMARY

Sarah Roberts

Serves 2 plus leftovers

Why I Make This: This recipe is so tasty and easy that I can have the salmon and a couple of side dishes on the table in no time. I love that! This recipe has become a go-to in my kitchen. I hope you enjoy!

INGREDIENTS

- One large salmon fillet
- 1 Tablespoon Dijon mustard
- 1 Tablespoon apple cider vinegar
- Black pepper, to taste
- 2 Tablespoons olive oil
- Fresh rosemary sprigs

INSTRUCTIONS

1. Preheat oven to 375°F
2. Line a baking sheet with parchment paper.
3. Place salmon fillet in a shallow dish or Ziploc bag.
4. In a large mug, combine the Dijon and vinegar, and add several cracks of black pepper.
5. Slowly drizzle in the olive oil and whisk vigorously with a fork.
6. Pour mixture over the salmon. Try to allow it to marinate for at least 20 minutes, but if you don't have time, it still tastes great. You can also do this in the morning and store it in the fridge until dinner time.
7. Arrange salmon on the baking sheet and tear off several individual pieces of fresh rosemary. Place them all over the salmon.
8. Bake for about 15-20 minutes, depending on the size of your fillet and your desired level of doneness.

Serve with cauliflower rice, roasted veggies or a salad on the side.

NOTE: This can also be done in tinfoil and placed on the BBQ.

TIP: Freeze fresh rosemary to always have some on hand!

MEDITERRANEAN SALMON

Sarah Roberts

Serves 4

Why I Make This: Even if you hate salmon, please try this! People always ask me for the recipe.

INGREDIENTS

- 2 Tablespoons extra virgin olive oil
- Juice of half a lemon (about 1 Tablespoon)
- Juice of one whole lime (about 1 Tablespoon)
- 2 cloves fresh garlic, minced
- ½ Tablespoon dried oregano
- ¾ Tablespoon dried parsley (or 1/4 cup of fresh)
- Pinch of Himalayan salt & freshly ground pepper
- 1 cup chopped tomatoes, any kind
- 2 chopped green onions
- 1/3 cup black and/or green olives, pitted & chopped
- 1 Tablespoon capers
- 1 1/2 pounds salmon fillet, skin on preferably

INSTRUCTIONS

1. Preheat oven to 425°F
2. Whisk together olive oil, lemon juice, lime juice, garlic and oregano in a small bowl and mix well.
3. Add sliced cherry tomatoes, shallots and olives. Mix well.
4. Place salmon onto a parchment-lined baking sheet. Spread the olive-tomato mixture onto the salmon, coating it entirely.
5. Bake for 15-20 minutes or until the salmon flakes easily.
6. To serve, top each portion of salmon with extra tomato-olive mixture.

VEGETARIAN CHILI

Adapted from *The Detoxinista*

Serves 6

Why I Make This: Once again, *The Detoxinista* makes a recipe that is so easy and so tasty, this is a nice alternative to your traditional chili. Enjoy!

INGREDIENTS

- 1 Tablespoon olive oil
- 1 large onion, diced
- 5 cloves garlic, minced
- 1 red bell peppers, chopped
- 1 green bell pepper, chopped
- 2 zucchini, chopped
- $\frac{3}{4}$ cup chopped celery
- 1 Tablespoon chili powder
- 3 cups Homemade Tomato sauce (or 1 24-ounce glass jar of crushed tomatoes)
- 1 (19 oz.) can of kidney beans, rinsed and drained
- 1 (19 oz.) can of chickpeas (garbanzo beans) rinsed and drained
- 1 Tablespoon ground cumin
- 1 $\frac{1}{2}$ teaspoons dried oregano
- 1 $\frac{1}{2}$ teaspoons dried basil

INSTRUCTIONS

1. Heat oil in a large saucepan over medium heat. Sauté onions and garlic until tender. Stir in green pepper, red pepper, zucchini, celery, and chili powder. Cook until vegetables are tender, about 6 minutes.

2. Stir in tomatoes and beans. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.

NOTES: To make a meal like this go further, I like to serve a salad on the side. That way, I get more veggies in and I have leftovers for lunches! I serve this just as is or on cauliflower rice, zucchini noodles, or over cooked, shredded cabbage.

I also enjoy it served over quinoa, brown rice or wild rice. I also like to eat leftover chili in a lettuce wrap with some avocado slices and sliced black olives or in a scaled down **Taco Salad** where I just make a big salad and top it with leftover chili, sliced black olives and sliced avocado.

No matter how you eat your chili, I hope you enjoy it!

BEEF or TURKEY CHILI

Adapted from The Detoxinista

Serves 6-8

Why I Make This: I wanted to adapt The Detoxinista's Vegetarian Chili recipe to include meat for those nights when you have extra ground beef or turkey and want to make a one-pot dish that yields lots of leftovers. Here we go!

INSTRUCTIONS

FOLLOW the recipe for Vegetarian Chili and:

1. Sauté the onions and garlic with 1.5 pounds extra lean ground beef or ground turkey, season with a pinch of salt and pepper and, once cooked, use a slotted spoon to transfer the meat mixture to a separate bowl.
2. Clean the pan of oil and add a drizzle of olive oil back to the pan and begin with sautéing the peppers, and continue The Detoxinista's recipe as written (previous page).
3. When the vegetables are tender, transfer the meat mixture back to the pan and continue with the tomatoes, kidney beans and seasonings. Feel free to omit the chickpeas.

CREAMY DIJON CHICKEN

Sarah Roberts

Serves 6-8

Why I Make This: I love this easy, tasty, saucy dish on cold winter nights. It feeds a crowd and makes lots of leftovers. Feel free to double this recipe.

INGREDIENTS

- I use boneless, skinless chicken thighs and I use about 15-20 of them in this recipe.
- 2 Tablespoons avocado oil or coconut oil
- 1 pound shallots (about 12), peeled and halved (if you don't have shallots, any onions will do)
- 5 garlic cloves, peeled and halved
- ¼ cup apple cider vinegar
- 3 Tablespoons Dijon mustard
- 1 ½ cups water
- 1 pint cherry or grape tomatoes (or a really good handful), cut in half

INSTRUCTIONS

1. Peel garlic and onions and cut them in half. Set aside.
2. Season chicken with salt and pepper or a seasoning blend of your choice.
3. In a large pot with a tight-fitting lid, heat oil over medium-high heat. Cook chicken thighs until browned, 3 to 4 minutes per side using tongs to turn.
4. Remove chicken from the pot and set aside.
5. Add shallots and garlic to the pot; cook, stirring occasionally, on medium-high heat until slightly softened and golden brown, about 5 minutes. You may need to add a bit more oil.
6. Add vinegar; cook until evaporated, about 3 minutes.
7. Stir in mustard and water; bring to a boil.

8. Return chicken to the pot. Reduce heat to a simmer, cover, and cook until chicken is tender and cooked through, about 20 minutes.
9. Using tongs, transfer chicken pieces to a plate and loosely tent with aluminum foil to keep warm.
10. Add tomatoes to the pot and cook on high until sauce has thickened, 6 to 8 minutes, stirring frequently.
11. Add spinach, stirring to allow it to wilt.
12. On a plate, place 2-3 chicken thighs and pour the sauce over the chicken. Enjoy!

NOTES: This is also nice served on top of cauliflower rice, wild or brown rice, roasted sweet potatoes, roasted cauliflower, quinoa, roasted broccoli or Brussels sprouts. Add a salad on the side as well if you like.

EASY, DECADENT LEFTOVER MEAL

Sarah Roberts

Serves 4

Why I Make This: This simple dish is easy to make with ANY leftover meat you have in the fridge and virtually ANY veggies. It's absolutely delicious, and totally versatile. Double the recipe if you have even more leftovers to use up. I hope you give this one a try!

INGREDIENTS

- 4 cups total of the following mixture (but you can use ANY vegetables you have on hand): Chopped leeks (or onions), cauliflower florets, chopped red pepper, sliced mushrooms
- 2 Tablespoons Extra Virgin Olive Oil (EVOO)
- Drizzle of EVOO for sautéing
- Juice of half a lemon
- ½ teaspoon Himalayan salt & freshly ground pepper
- 2 cloves fresh garlic, minced
- ½ cup chopped flat leaf parsley (or 2 tablespoons of dried)
- ¼ cup chopped fresh mint ¼ teaspoon dried oregano
- 8 Kalamata olives (or any type you like), chopped
- An ounce or two of goat cheese (chèvre), optional

INSTRUCTIONS

1. In a mug, whisk together the 2 tablespoons EVOO, lemon juice, garlic, salt and pepper. Set aside.
2. In a large frying pan over medium heat, add a drizzle of EVOO and gently sauté the vegetables.
3. Once the vegetables are softened slightly, add in the EVOO/lemon/garlic mixture and allow the vegetables to cook and the sauce to reduce by about half, stirring often.
4. Add in the chopped or dried parsley, mint, oregano and olives and mix well.
5. Add in the cooked and chopped leftover meat (I've used lamb, beef, elk, chicken and salmon and all work well). **Or, you could use a can of well-rinsed and strained black beans, kidney beans or chickpeas for a completely vegetarian meal.** Add in the goat cheese, if using, and allow it to melt into the dish slightly before serving. Enjoy!

THE BEST LAMB BURGERS

Sarah Roberts

Makes 4 Quarter Pounders

Why I Make This: Who doesn't love a good burger? But have you ever tried a *lamb* burger? SO GOOD! It gives us a change of flavor and pairs so well with roasted peppers. Plus, we can use either a lettuce bun or a Cauliflower Tortilla (recipe in Easy Side Dishes) instead of a bun!

INGREDIENTS

- > 1 pound ground lamb
- > 1 egg
- > 1 teaspoon dried oregano
- > 1 ½ teaspoons apple cider vinegar
- > ½ teaspoon red pepper flakes, optional
- > 2-4 cloves crushed garlic (depending on how much you love garlic!)
- > ½ cup green onions (aka scallions) or spring onion
- > 1 tablespoon chopped fresh mint
- > 2 Tablespoons ground flax seeds or quick cooking rolled oats--either leave them whole or slightly pulse them in a spice grinder or blender
- > Salt & pepper to taste
- > Sliced red peppers (for garnish)
- > Extra virgin olive oil (EVOO)
- > Large lettuce leaves (I like Boston lettuce) for the bun.
- > Or, make the **Cauliflower Tortillas** with mint instead of cilantro and use one as the bottom bun. See recipe in Easy Side Dishes.
- > Homemade Tzatziki, optional

INSTRUCTIONS

1. If cooking the burgers on the BBQ, preheat the grill. If cooking them in the oven, preheat the oven to 400°F.
2. Mix the lamb, egg, oregano, vinegar, red pepper flakes (if using), garlic cloves, onions, mint, flax/oats, salt and pepper in a bowl and shape into patties.
3. Slice the red pepper and drizzle a tiny bit of EVOO on the rings. Season with salt and pepper.
4. Place the peppers directly on the top rack of the oven and allow them to char slightly (you can also do this on the BBQ). Remove and set aside.
5. If you're using the BBQ, grill the lamb burgers outside, otherwise, place your baking sheet in the oven for 5 minutes to heat it up.
6. Remove the pan and cover it with parchment paper. Place the burgers on the pan.
7. Cook burgers for 5 minutes, then flip them over with tongs.
8. Cook for another 5-12 minutes, depending on the size and thickness of your patties and your desired level of doneness. I like medium rare, so I only cook them for about 6 minutes on the second side.
9. Once done, to assemble the burgers, plate the lettuce leaf or tortilla, then place the slices of grilled red pepper and then the lamb patty. Garnish with some fresh mint leaves and more green onion, if desired. Enjoy!

I like serving these with the Simple Salad or the Greek "Pasta" Salad.

NOTE: I also like serving them with a dollop of **Home Made Tzatziki**. Find the recipe in Easy Sauces, Dips and Marinades.

5-INGREDIENT PIZZA SPAGHETTI PIE

Adapted from Paleomg

Serves 3-4

Why I Make This: This is a seriously delicious take on pizza or spaghetti that I think you will love it!

INGREDIENTS

- 1 large spaghetti squash
- 1 pound lean ground beef or ground turkey
- ½ yellow onion, diced
- 1 cup of **The Best Tomato Sauce** or 1 cup crushed tomatoes
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- salt and pepper, to taste
- 3 eggs, whisked
- **Optional:** Add in things you like on pizza such as chopped peppers, mushrooms, basil, etc.)

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Roast spaghetti squash (see method in Easy Side Dishes)
3. Once squash is done cooking, remove threads using a fork and place in an 8x8 baking dish, greased with avocado oil.
4. Place a large pan over medium heat. Add beef or turkey and onion.
5. Cook until pink no longer remains in the meat and it is broken up into pieces.
6. Add tomato sauce, dried basil, oregano, and salt and pepper to the pan and mix well.
7. Add meat mixture to the 8x8 dish and mix well with spaghetti squash threads.
8. Add whisked eggs to the baking dish and mix everything until you can no longer see the eggs.
9. Place in the oven and bake for 1 hour or until the top of the mixture forms a slight crust that doesn't give when you press on it in the middle of the dish. Let it rest for 5 minutes before serving.

EASY SIDE DISH RECIPES

In order to create a complete meal, we need to round out our plates with easy, tasty side dishes that we can whip up using ingredients we have on hand. In this section, I offer several of my favorites, but remember to experiment with all sorts of vegetable sides that you'd like to enjoy!

**"Eat Food. Not Too Much.
Mostly Plants."**

~ Michael Pollan

CAULIFLOWER FRIED "RICE"

Adapted from *The Detoxinista*

Serves 2-4

Why I Make This: Cauliflower has a very mild flavor, so it blends into any dish that calls for grains and provides an extra serving of veggies! I love it and I hope you do, too. I often rice a few heads of cauliflower and freeze it so I always have some on hand. Some grocery stores are also selling it in the freezer section!

INGREDIENTS

- 1 large head of cauliflower
- Coconut oil or avocado oil
- Salt and pepper, to taste

INSTRUCTIONS

1. Break cauliflower into florets and place in a food processor.
2. Pulse a few times to get rice.
3. In a frying pan, melt some coconut oil or avocado oil over medium-high heat and toss in the cauliflower rice.
4. Sauté for a few minutes until cooked, add in a pinch of salt and pepper and serve instead of rice or pasta.

NOTE: To cook cauliflower rice from frozen, simply follow the instructions above, but it will take a bit longer to cook. It will also yield "softer" rice, but the taste is the same, so it works especially well in saucy dishes.

VEGETABLE FRIED RICE

Adapted from *The Detoxinista*

Serves: 2

Why I Make This: Once again, the Detoxinista creates a perfect recipe, and I only slightly adapted it to boost the nutrient profile. I think you will LOVE it!

INGREDIENTS

- 1 whole head of cauliflower, riced. For rice method, see page 66.
- 2 Tablespoons coconut oil
- 1 cup chopped peppers
- 1 cup chopped zucchini
- 2 Tablespoon green onion, chopped
- 2 cups chopped broccoli
- 2 garlic cloves, minced
- 1-1-inch nub of ginger, grated
- 2 whole eggs, whisked
- Coconut sauce (aka coconut aminos). This is an alternative to soy sauce.

INSTRUCTIONS

1. In a large skillet, sauté the garlic in coconut oil, over medium heat.
2. Add in the peppers and zucchini and a splash of water to prevent sticking, and cook for 5 minutes, or until peppers are crisp-tender and zucchini is cooked.
3. Add the green onion and egg, which will start to cook quickly.
4. Add in the cauliflower rice, along with a splash of coconut sauce. Stir to combine and heat through, about 3-5 minutes.
5. Serve piping hot!

NOTE: I serve this as a side dish, but I also like to add some protein right into this dish to create an easy main meal! It's a good one for using up leftover chicken, steak or shrimp.

MASHED CAULIFLOWER

Sarah Roberts

Serves 2-4

Why I Make This: Mashed potatoes are a favorite with roasts and saucy meals, but for people trying to reduce sugar responses and lower their consumption of starchy vegetables, mashed cauliflower is a fantastic option. I hope you enjoy!

INGREDIENTS

- 1 head cauliflower (about 2 cups)
- 1 tablespoon extra virgin olive oil (EVOO)
- 1-2 Tablespoons almond milk
- Salt & pepper to taste
- Pinch nutmeg
- 1 crushed garlic clove or a few roasted garlic cloves, optional
- 1 scallion, sliced, optional

INSTRUCTIONS

1. Cut the cauliflower into florets
2. In a large pot, add a few inches of water and place on the stove over high heat.
3. Once the water is boiling, add your metal steamer and place the florets on top. Steam for 12-14 minutes with the lid on and the heat on high. (Or, if you own a microwave, you can microwave on high in an inch of water for about 10 minutes, or until soft).
4. Once cooked, drain the water and put the florets back in the pot. Add EVOO, almond milk, salt, pepper, and nutmeg (and garlic, if using) and blend until creamy using an immersion blender. Or, transfer them to a blender or food processor.
5. Serve with some chopped scallions or chives, if desired.

TURNIP FRIES
Sarah Roberts
Serves 2-4

Why I Make This: I know everyone loves French fries, but white potatoes create a sugar response in the body that we may want to avoid. Enter the amazing turnip! It acts a lot like a potato, but it is non-starchy. All the flavor and texture we want without the blood sugar spike. Win-win!

INGREDIENTS

- 2 medium turnips
- 2 Tablespoons extra virgin olive oil (EVOO)
- Salt & pepper or 1 tablespoon total of seasoning blend of choice (I like a blend of onion powder, garlic salt and cayenne pepper **or** chili powder with a pinch of salt)

INSTRUCTIONS

1. Peel turnips, leaving them whole.
2. Place whole turnips in a large pot filled with cold water and seasoned with 1 tablespoon of salt.
3. Bring to a boil. Once the water comes to a boil, set the timer for 15 minutes, and boil turnips, uncovered.
4. In the meantime, preheat your oven to 425°F and line a baking sheet with parchment paper.
5. Remove turnips from the water and allow them to cool slightly before cutting them into fries.
6. Place the fries in a large bowl and drizzle them with EVOO and seasoning. Toss well to coat.
7. Arrange them in a single layer on a parchment-lined baking sheet and bake for about 30 minutes, until crispy.

Enjoy these with a juicy Pan Seared Steak or a Lamb Burger!

NOTE: These will **not** be as crispy as traditional deep-fried French fries. But they taste fantastic!

MASHED TURNIP
Sandra Deveau
Serves 2-4

Why I Make This: My partner Roger's mom, Sandra, LOVES mashed turnip... and now I do, too! Here is how she does it. Thanks, Sandra! xo

INGREDIENTS

- 2 turnips, peeled and sliced into half-moons
- Salt & pepper
- 1 Tablespoon coconut oil

INSTRUCTIONS

1. Peel each turnip and slice down the middle. Place the turnip flat-side down on the cutting board and slice it to create half-moons.
2. In a large pot, cover turnip with cold water and bring to a boil. Boil for about 25-30 minutes until fork-tender.
3. Drain turnip and return to the pot. Add coconut oil, salt and pepper and mash using a potato masher.

Enjoy as a tasty side dish to meat and poultry.

PERFECT QUINOA

Sarah Roberts

Serves Any

Why I Make This: Quinoa is not actually a grain, it is a seed or a "pseudo-cereal". I love it because it is a source of complete vegetarian protein, and it's so mild that it takes on any flavor you are pairing it with. Quinoa can be used in sweet or savory dishes, which is why it is nice as a breakfast and also as a substitute for pasta or rice! It is much lower glycemic than, say, rice, which means it doesn't spike your blood sugar the way other grains do.

NOTE: Cook quinoa at a 2:1 ratio. So, for 1 cup of dry quinoa, use 2 cups of water. 1 cup of dry quinoa makes about 2-3 cups of cooked, so I typically use 2 cups of dry quinoa with 4 cups of water to yield about 4-6 cups of cooked quinoa. This way, I have lots to store and freeze.

INGREDIENTS

- > Quinoa
- > Water

INSTRUCTIONS

1. Place cold water in a medium pot and bring to a boil.
2. Rinse quinoa VERY well using a sieve. Don't skip this step! It removes the bitter outer residue, called saponins.
3. Add quinoa to the boiling water, and stir.
4. Reduce heat to a low simmer.
5. Cover the pot and cook quinoa for 15 minutes.
6. Let stand 5 minutes, fluff with a fork and serve.

NOTE: If making a double batch, check to make sure all water is absorbed after 15 minutes. If not, cover and allow it to cook a few more minutes.

ROASTED BROCCOLI & CAULIFLOWER

Sarah Roberts

Serves 2-4

Why I Make This: Roasting veggies brings out their natural sugars and they taste so amazing cooked this way. I often just throw veggies on a baking sheet, nothing added, and eat them roasted just like that! Or, I like to dip the veggies in a little flavored olive oil. But for a little something special, here is a nice way to roast them.

INGREDIENTS

- About 4 cups broccoli or cauliflower (or both)
- Olive or avocado oil (optional)
- Himalayan salt & black pepper
- Red pepper flakes (Optional)
- Apple cider vinegar (Optional)

INSTRUCTIONS

1. Preheat oven to 400°F.
2. In a Ziploc bag or bowl, add the florets and drizzle with a bit of olive oil or avocado oil.
3. Season with salt and pepper and shake/mix. I also like to add red pepper flakes for a little kick, optional.
4. Add in a splash of apple cider vinegar, if using. Shake/mix.
5. On a parchment-lined baking sheet, pour out the seasoned vegetables in a single layer and roast them for about 20 minutes. Shake the pan halfway through cooking to move the veggies in order to get even browning.

NOTES: Cauliflower takes longer to cook than broccoli, but I don't mind the broccoli being well-browned, so I often cook them together.

I love roasting just about everything (asparagus, bok choy, Brussels sprouts, fennel...) and you can follow this method for any non-starchy vegetable you like.

SALT & VINEGAR BRUSSELS SPROUTS

The Detoxinista

Serves 4

Why I Make This: I used to haaaaaate Brussels sprouts but as I got older, I began to enjoy them more. This recipe has kicked them up another notch, and now, I can be found eating half a pan of these in one sitting! Cruciferous vegetables like broccoli, cauliflower, kale, and Brussels sprouts are known to ward off heart disease... and they taste great! Thank you, Detoxinista!

INGREDIENTS

- > 2 Tablespoons melted coconut oil
- > 1 Tablespoon raw apple cider vinegar
- > ½ teaspoon salt
- > 1 pound Brussels sprouts, halved

INSTRUCTIONS

1. Preheat your oven to 350°F.
2. In a large bowl, stir together the melted coconut oil, vinegar and salt, then add the sliced Brussels sprouts and toss well to coat (don't be afraid to get your hands dirty!)
3. Arrange the coated Brussels sprouts on a single layer on a baking sheet, cut-side facing down, and roast them until golden and tender, 25-35 minutes.
4. Serve immediately.

SARAH'S NOTE: Serve these with chicken, fish, pork, lamb, elk or beef for a complete meal. You can even use these instead of pasta. Just pour the **Meat Sauce** over them!

ROASTED PEPPERS

Sarah Roberts

Makes Any

Why I Make This: While these are less of a side dish and more of a condiment, I wanted to share my favorite method for roasting peppers. I suggest doing a few at once to save you time another day. Roasting red peppers brings out their sweetness and flavor, and they can be used in recipes or as a yummy salad topper. They are absolutely delicious and this is a great way to use up peppers that are past their peak of freshness!

INGREDIENTS

➤ Bell peppers (any color). I do a maximum of 6 at a time.

INSTRUCTIONS

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Lay the peppers on the pan and roast in the oven at 400°F for 20 minutes.
3. Using tongs, give the peppers a turn and roast for about another 20 minutes.
4. Once they are charred and cooked (they should be well-wrinkled and blackened in spots), remove them from the oven. Allow the peppers to cool for a few minutes.
5. Once cooled, slice straight down from top to bottom and pull out the stem and clump of seeds.
6. Scrape away any remaining seeds and flip the pepper over.
7. Remove the skin by peeling it away. It should peel easily.
8. Slice them into strips and enjoy them drizzled with olive oil on a salad, or else in your recipes, such as the Quinoa Pasta Salad (if past Day 21)--so good!

NOTE: If you aren't using them right away, you may want to store them whole in a sealed container.

CAULIFLOWER TORTILLAS

Adapted from TipHero.com

Makes 6 tortillas

Why I Make This: These tortillas really are easy and tasty and a fantastic alternative to bread! See my variations at the bottom.

INGREDIENTS

- > ¾ of a head of cauliflower
- > ½ teaspoon salt
- > 2 tablespoons lime juice
- > 2 eggs, whisked
- > ¼ cup cilantro, finely chopped

INSTRUCTIONS

1. Preheat oven to 375°F
2. Pulse cauliflower in a food processor.
3. Transfer cauliflower to a bowl, cover in plastic wrap and microwave on high for 2 minutes.
4. Squeeze it well through cheesecloth, a dish towel or a "nut milk" bag.
5. Place the dry cauliflower into a bowl, add salt, lime juice, whisked eggs and cilantro and stir well to combine.
6. Plan to make 6 tortillas, so divide the mixture and place on a parchment-lined baking sheet. Flatten using your hands.
7. Bake at 375°F for 17 minutes, flipping after 10.

NOTES: I don't tend to use a microwave so I rice the cauliflower and then cook it on the stove over medium heat in a large frying pan. It takes several minutes to soften, but works. I then proceed with the recipe.

If you aren't a fan of cilantro, swap it out for flat leaf parsley.

VARIATIONS:

I like to use this as a bottom bun in the **Lamb Burger** recipe. I just swap out the cilantro for fresh mint.

I also use this as a **Pizza Crust!** Simply omit the cilantro and lime and add 1 tablespoon of dried oregano and add 1 clove of crushed garlic to the cauliflower prior to cooking. Once baked, top with **The Best Tomato Sauce** and pre-cooked toppings (chicken, veggies, etc.) before popping back in the oven to warm through.

OVEN ROASTED WINTER VEGETABLES

Sarah Roberts

Serves 4

Why I Make This: There is *nothing* like the sweetness that comes from roasting winter vegetables like turnips, parsnips, winter squash (like butternut), sweet potatoes, onions, whole garlic cloves, carrots, Brussels sprouts, beets, fennel, and celery root.

Choose whatever combination of roasting vegetables you like. Of course, these vegetables are available in colder months, but you can usually find them all year round, as well. You could wrap them in tinfoil and do them on the barbecue, as well. I love them served as a side dish next to roast chicken or a good steak, but they are also fantastic on top of a bed of greens for a hearty winter salad served with hard boiled eggs sliced on top. If making the salad, drizzle lightly with the **Simple Salad Dressing**, if desired, but the flavor of the vegetables is really enough on its own! I hope you enjoy!

INGREDIENTS

- > 4 cups total chopped mixed vegetables
(choose any combination you like)
- > 1-2 Tablespoons olive oil
- > Salt and pepper, to taste
- > 3 cloves garlic, cut in half

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Cut the vegetables into 1 1/4-inch cubes. When you roast vegetables, they shrink, so be sure not to cut them too small.
3. Place vegetables in a large Ziploc bag or bowl. Drizzle them with the oil and season with salt and pepper. Shake the bag or mix well.
4. Pour them out onto a baking sheet lined with parchment paper. Arrange in a single layer.
5. Roast for 25 to 35 minutes, until all the vegetables are tender, turning once halfway through.
6. Remove from the oven and serve.

MASHED SWEET POTATOES

Sarah Roberts

Serves 4

Why I Make This: Sweet potatoes contain loads of fiber and beta carotene and they taste incredible! The addition of nutmeg will have your guests asking, "What's IN these?"--in a GOOD way! I hope you try this simple recipe and enjoy it with any meat recipe. I also like topping mashed sweet potatoes with chickpeas, kidney beans or black beans and a dollop of Tex-Mex Salsa for a tasty vegetarian meal. When I do this, I swap the nutmeg for chili powder and cumin.

INGREDIENTS

- 3 large sweet potatoes (peeled or unpeeled, depending on preference) and cubed into 1-inch cubes
- 1 teaspoon coconut oil
- Pinch of ground nutmeg, about ¼ teaspoon
- Ground black pepper, to taste
- Pinch of Himalayan salt, to taste

INSTRUCTIONS

1. Fill a large pot about halfway with cold water and a pinch of salt. Cover and bring it to a boil.
2. Add cubed sweet potatoes and cover the pot, leaving a space for steam to escape. Cook potatoes about 15 minutes until they are soft (use a fork to test).
3. Carefully strain the potatoes and return them to the pot.
4. Use a potato masher to begin to break them down.
5. Add in coconut oil, nutmeg, salt and pepper and continue to mash.
6. Serve hot!

NOTES: You may want to add a bit more oil for added richness. Also, I like my sweet potatoes with a little texture, but if you want *really* creamy potatoes, add them to a blender or food processor, add ¼ cup of almond milk and process until smooth and creamy.

ROASTED SWEET POTATOES

Sarah Roberts

Serves 4

Why I Make This: As you will see, I am a HUGE fan of sweet potatoes. This method is amazing for using them as a simple side dish, tossed into salads or to use in saucy dishes, such as the **Thai Green Curry With Chicken & Cauliflower**.

INGREDIENTS

- 3 large sweet potatoes (peeled or unpeeled, depending on preference) and cubed into 1-inch cubes
- 1 Tablespoon coconut oil, melted
- Salt & pepper, to taste

INSTRUCTIONS

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. Place cubed sweet potatoes in a large bowl.
3. Pour in melted coconut oil, and toss to coat potatoes.
4. Season with salt and pepper and toss again.
5. Spread potatoes onto your baking sheet and roast for about an hour, shaking the pan and turning potatoes once halfway through cooking.
6. Enjoy!

ROSEMARY SWEET POTATO FRIES

The Detoxinista

Serves 2

Why I Make This: Until I came across this recipe, I hadn't considered using rosemary in my sweet potato fries (call me a traditionalist) but these are to-die-for!! I hope you agree.

INGREDIENTS

- 2 medium sweet potatoes, cut into fry shapes **Sarah's Note:** I sometimes just cut mine into rounds to save time cutting and flipping! Be careful cutting, though.
- 1-2 Tablespoons coconut oil, melted
- 1 Tablespoon fresh rosemary, chopped
- Salt & pepper

INSTRUCTIONS

1. Preheat your oven to 425°F, and line a baking sheet with parchment paper.
2. Soak the cut sweet potatoes in cold water for at least 20 minutes, up to an hour if you have the time, to remove some of the starch content. (This helps make crispier fries!)
3. Drain and rinse well, to ensure the starch is removed, then pat dry with a towel, so that the resulting fries are nice and dry.
4. Transfer the fries to a clean bowl, and toss with the coconut oil and rosemary, using your hands or a spoon to coat evenly.
5. Arrange the fries into a single layer on the lined baking sheet, and bake at 425°F for 15 minutes. For crispier results, be sure to leave some space between the fries, so they don't sweat by being overcrowded.
6. After the 15 minutes, remove from the oven, flip them over using your fingers or a fork, then return to the oven for another 10 minutes, or until the fries are golden around the edges.
7. Sprinkle immediately with a generous portion of sea salt and pepper, while the fries are still hot and glossy.

THE "REAL DEAL" SWEET POTATO FRIES

Sarah Roberts

Serves 2

Why I Make This: This beautiful root vegetable turns into fries that taste indulgent without creating spikes and crashes in our blood sugar. I played with all sorts of methods to create this recipe, and I think it really delivers a crispy, tasty result without overdoing it on the oil. I hope you enjoy!

INGREDIENTS

- 1 large sweet potato, cut into fry shapes and/or sometimes half-moons. Be careful cutting!
- 1 Tablespoon coconut oil
- Himalayan salt & pepper

INSTRUCTIONS

1. Preheat oven to 450°F
2. Soak the cut sweet potatoes in cold water for at least 20 minutes, and up to an hour if you have the time, to remove some of the starch content (this helps make crispier fries!)
3. Drain and rinse well, to ensure the starch is removed, then place potatoes in a large pot covered in an inch or two of water and set the heat to High and a timer for 10 minutes. Cover the pot with a lid.
4. If the potatoes come to a boil (they usually do not), reduce the heat to medium.
5. On your baking sheet, drop one heaping tablespoon of coconut oil and place the pan in the preheated oven for about 5 minutes to get the pan and the oil hot.
6. After the potatoes have been on the stove for 10 minutes, drain them and place them on your hot pan covered in oil and slide them around to get coated in oil--be careful! The oil is hot!
7. Arrange the fries into a single layer, sprinkle with a pinch of salt and bake at 450°F for 15 minutes.
8. After the 15 minutes, remove from the oven, flip them over using tongs, then return to the oven for another 5-10 minutes, or until the fries are golden around the edges.
9. You may even want to flip them one more time, but be careful not to burn them. Once done, sprinkle immediately with a bit more salt and some pepper, if desired. Enjoy!

ROASTED SPAGHETTI SQUASH

Sarah Roberts

Serves 2-4

Why I Make This: Spaghetti squash is so easy to make and pairs effortlessly with almost any flavors you like! No matter how you want to enjoy it, prepare the squash the same way and then try some of my favorite variations, found below.

INGREDIENTS

- One medium spaghetti squash
- About 1 teaspoon olive or avocado oil
- Pinch of salt & pepper

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Cut the squash in half, lengthwise, using a large chef's knife. Be very careful not to cut yourself as the outer shell is quite tough.
3. Scoop out the seeds. Drizzle oil into the cavity and, using your fingers, rub it all over the flesh. Season with salt and pepper.
4. Place the squash cut-side-down on a baking sheet lined with parchment paper.
5. Roast in the oven for about 45 minutes, depending on the size of your squash.
6. You'll know when it's ready if you can pierce the skin easily with a fork.
7. Remove from the oven and carefully turn the halves right-side up. Allow to cool for a few minutes before removing the strands.
8. Using a fork, scrape the flesh to remove the strands and serve just like that or proceed with any recipe or variation you choose. Enjoy!

VARIATIONS: Here are some of my favorite ways to enjoy roasted spaghetti squash.

Plain: You can simply use spaghetti squash, as per the recipe, as an easy side dish seasoned with salt, pepper and a little extra virgin olive oil.

Spaghetti: I LOVE Italian food and specifically tomato sauces. Spaghetti squash provides a pasta-like taste and texture without the heavy feeling we get with traditional or even gluten-free pasta. I love getting an extra serving of vegetables that feels like spaghetti! Serve spaghetti squash as your "pasta" in the **Spaghetti and Meat Sauce** recipe as a nice change from the zucchini noodles.

Cheesy: You can add a drizzle of olive oil, a pinch of salt & pepper, and ½ cup of cottage cheese. Mix it all together and eat as is or top with meat sauce to create "lasagna"!

Creamy: Another favorite way to enjoy it is as follows: Sauté a diced onion or shallot with one clove of crushed garlic in a bit of avocado oil. Toss the cooked spaghetti squash with it, adding 1 cup of Greek yogurt at the end. Mix thoroughly and serve hot. It is so creamy and delicious! You can also follow this method and add sautéed ground beef or ground turkey with a little fresh tarragon to make "Stroganoff".

No matter how you enjoy your spaghetti squash, I hope you savor every bite of this delicious and satisfying vegetable.

EASY NAAN BREAD

Sarah Roberts

Makes 4 large (8 inch) or 8 small Naan Breads

Why I Make This: Whenever I make an Indian or curry dish, I love sopping up the sauce with a little Naan bread, but I don't like the heavy and tired feeling I get when I eat a lot of gluten. I've tried several gluten-free recipes, and nothing really works. One day, I modified the **3 Ingredient Protein Pancake** recipe, and my life was forever changed! I hope you enjoy it as much as I do!

INGREDIENTS

- > 1 cup quick cooking, wheat-free oats (if not gluten intolerant, just use regular oats)
- > 1 cup organic cottage cheese
- > 4 whole eggs
- > ½ teaspoon Himalayan salt
- > avocado oil (for frying)

INSTRUCTIONS

1. Add all of the above ingredients (except avocado oil) to a blender and blend on high until smooth.
2. Heat avocado oil in a non-stick frying pan over medium heat.
3. Pour one quarter of the batter onto the heated frying pan, making 1 8-inch Naan bread and allow to cook over medium heat.
4. When you start to see bubbles forming on top of the bread, flip it over.
5. Allow to cook on the other side and repeat with remaining batter.

NOTES: I make this recipe regularly and use it in place of bread to make open-faced chicken salad, tuna salad or egg salad sandwiches. This is a fast, easy and tasty alternative to bread with the perfect protein kick. Feel free to make a double batch and freeze them between parchment, then pop them in the toaster to warm them up.

EASY SNACK RECIPES

Staying "one step ahead" of our hunger means we never allow ourselves to become *starving*, which can lead us to make choices that don't leave us feeling our best.

Be sure to eat every few hours, which will keep your blood sugar stable, your metabolism revving and will help you more easily avoid cravings.

Having easy, accessible snacks will keep you on track. I hope you try lots of these recipes and enjoy every bite!

**Food is essential to life.
Therefore, make it good.**

EASY TRAIL MIX

Sarah Roberts

Makes over 4 cups

Why I Make This: I love eating raw nuts and seeds as a snack. They taste delicious, they provide protein and healthy fats that satisfy me, and they help ward off cravings.

INGREDIENTS

- > 1 cup raw almonds
- > 1 cup raw walnuts
- > 1 cup raw pumpkin seeds
- > 1 cup raw sunflower seeds
- > Handful of macadamia nuts
- > 1 cup raw or toasted coconut flakes

INSTRUCTIONS

1. In a medium-sized bowl, mix nuts and seeds.
2. Add in the coconut flakes.
3. Mix it all up and portion it into baggies for fast snacks.

NOTES: Feel free to use any combination of nuts/seeds you enjoy as they ALL have amazing health benefits!

You may like to add in some dried fruit like raisins, cranberries or blueberries or perhaps some dark chocolate chips for a sweet treat!

SWEET & SPICY NUT MIX

Sarah Roberts

Makes over 2 cups

Why I Make This: I love a sweet & spicy snack, but don't want all the sugar and oil found in most store-bought varieties. These will satisfy a craving without leaving you feeling heavy. If you're curious about portion size, I like to stick to about $\frac{1}{4}$ cup (or around an ounce) once or twice a day.

INGREDIENTS

- 1 cup raw almonds
- 1 cup raw walnuts and/or pecans
- Handful of raw macadamia nuts
- 1 Tablespoon coconut oil
- 1 teaspoon Ceylon cinnamon
- $\frac{1}{4}$ teaspoon turmeric
- $\frac{1}{4}$ teaspoon cumin
- $\frac{1}{4}$ teaspoon cayenne pepper (or more or less, depending on your desired level of spice)
- $\frac{1}{4}$ teaspoon salt
- A few cracks of black pepper
- $\frac{1}{4}$ cup raw sunflower seeds
- $\frac{1}{4}$ cup raw pumpkin seeds
- $\frac{1}{2}$ cup raw coconut chips or strips **(See Note)**

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Line a baking sheet with parchment paper. Set aside.
3. In a large bowl, add nuts (not the seeds or coconut yet) and stir with your hands.
4. On the stove, melt coconut oil and add all of the spices. Stir. (See

NOTE 2).

5. Pour oil and seasoning mixture into the bowl over the nuts and stir to coat.
6. Spread coated nuts onto the parchment-lined pan and roast for 8 minutes.
7. At 8 minutes, add the sunflower seeds, pumpkin seeds and raw coconut strips to the pan and stir them around.
8. Place pan back in the oven and continue roasting for a few more minutes, being careful not to let the seeds burn (about 4 minutes).
9. Remove the pan from the oven, let the nuts cool a bit, and feel free to sprinkle a little more salt or cinnamon if you like. Once completely cooled, store in a sealed container and keep them in the fridge.

NOTES :

1. For this recipe, you'll want bigger pieces of coconut (not shredded coconut) so you can pick up them up easily. Be sure the only ingredient is coconut, as there are many brands popping up that are coated in oil, sugar and salt. If you use toasted coconut chips/strips (as opposed to raw), simply add them in once your nuts are cooling.
2. If you want this recipe to be sweeter, you can add a teaspoon or so of pure maple syrup to the oil in step 4.

TACO NUTS

Sarah Roberts

Makes 2 cups

Why I Make This: I LOVE Tex-Mex flavors and these nuts are tasty and spicy and salty and irresistible! I hope you give them a try and enjoy.

INGREDIENTS

- 2 cups mixed nuts **See Note**
- 1 teaspoon chili powder
- ¼ teaspoon salt
- ¼ teaspoon cumin
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- 1 Tablespoon avocado or coconut oil
- 2 Tablespoons raw coconut strips (optional)

INSTRUCTIONS

1. Make your spice blend by combining the chili powder, salt, cumin, black pepper and cayenne pepper. Set aside.
2. Over medium heat, add the nuts to a dry skillet or frying pan.
3. Stir occasionally and don't allow them to burn. This should take several minutes. You want them to brown, but not burn!
4. Once browned, add in the oil and coat the nuts.
5. Add in the spice mixture and stir to ensure each nut is coated.
6. Transfer nuts to a parchment-lined pan and spread in a single layer to cool.
7. Sprinkle with coconut strips, if using.
8. Once cooled, store in a sealed container in the fridge.

NOTES:

1. I like almonds and pecans, but you can feel free to experiment with all sorts of nuts and seeds!
2. If adding seeds, do so halfway through cooking so they don't burn. Pumpkin seeds are especially delicious in this recipe.

EGGNOG ALMONDS

Sarah Roberts

Makes 2 cups

Why I Make This: My Dad LOVED eggnog. Every Christmas, we all looked forward to having it with a little grated nutmeg on top. But eggnog (even homemade) is sooo full of sugar that I stay away from it now. That said, I still love the flavors of cinnamon and nutmeg together, and wanted to create a snack that would combine both. I hope you enjoy!

INGREDIENTS

- > 1 egg white
- > 1 teaspoon cold water
- > 2 cups raw almonds
- > 1 Tablespoon ground Ceylon cinnamon
- > ¼ teaspoon freshly grated nutmeg
- > ¼ teaspoon Himalayan salt

INSTRUCTIONS

1. Preheat oven to 250°F.
2. In a large mixing bowl, whisk egg white and water until frothy. This should take about 30 seconds. Add almonds and stir to coat with the egg white/water mixture. Add in the cinnamon, nutmeg and salt and stir again until almonds are well coated. There is quite a bit of liquid--but don't worry!
3. Spread on a parchment-lined baking sheet and bake for 1 hour, tossing the nuts a few times during cooking to prevent burning.
4. Remove from the oven and sprinkle with a pinch more salt and cinnamon.
5. Allow to cool for about 10 minutes before taste-testing. **They taste better cool!**
6. Let them cool completely before storing in an airtight container in the fridge.

Enjoy!

YUMMY CHIA PUDDING

Sarah Roberts

Makes 3-4 servings

Why I Make This: I make a big batch of this pudding every week and portion it in containers to enjoy whenever I want a creamy snack. Packed with fat, fiber and protein, it's a great mid-afternoon pick-me-up or an after-dinner treat. For people who *loathe* the texture of tapioca or rice pudding, you can blend it to make it smooth.

INGREDIENTS

- 6 Tablespoons of chia seeds
- 2 cups of Homemade Almond Milk (Vanilla or Plain—see both recipes in Easy Breakfast Recipes), cashew milk or coconut milk (organic, full fat in a BPA free can)
- 1 teaspoon vanilla extract (unless using vanilla almond milk) or ½ of a fresh vanilla pod
- 2-3 teaspoons Ceylon cinnamon, to taste.
- Pinch of freshly ground nutmeg to taste, optional
- Pinch of Himalayan salt

INSTRUCTIONS

1. Pour Chia seeds into a bowl.
2. Whisk in milk of choice.
3. Add in vanilla (if using) and seasoning.
4. Whisk again for about 15-30 seconds.
5. Cover and allow to sit in the fridge at least 20 minutes or overnight. See Note.

To Serve: Top with a pinch of cinnamon and a teaspoon of raw or toasted coconut flakes. Enjoy with a handful of berries on top.

NOTES: If using it the same day, whisk it again after 10 minutes and then after 20 minutes, before serving.

KALE CHIPS

Sarah Roberts

Makes NOT Enough!

For those times when a salty craving hits, enter kale chips! You've probably seen these all over grocery store shelves and at health food stores, but we can get about 3 times the amount (at a fraction of the cost!) when made at home... and without any sugar or preservatives added. These are salty (without the use of very much salt), crunchy, tasty, healthy and addictive. Bet you can't stop at just one! They've even been kid-approved!

NOTE: The trick to *perfect* kale chips lies in the kale being **very** dry and it has to be a **sturdy variety** in order to crisp up properly.

INGREDIENTS

- One bunch kale, torn into bite-sized pieces
- 1 Tablespoon olive oil
- Himalayan salt

INSTRUCTIONS

1. Preheat oven to 300°F.
2. Throw your torn kale into a large bowl.
3. Drizzle with olive oil and sprinkle a **tiny** bit of Himalayan salt on top (seriously, a little goes a loooooong way)!
4. Then, mix it well, using your hands.
5. Arrange the kale in a single layer on a parchment-lined baking sheet and bake at 300°F for 30 minutes.

NOTE: You can re-use the parchment several times---I know, because I make (and eat) about 3 batches every time I make these!

CHILI-LIME JICAMA STICKS

Sarah Roberts

Serves 2-4

Why I Make This: I LOVE jicama! I hope you get into it if you aren't already. Jicama is pronounced (Hicc-um-a) and it's sweet and crunchy and absolutely delicious just eaten raw or smeared with almond butter or my **Nutty Ginger Dip**. But here is another fresh and fun way to enjoy it, and I really hope you do!

INGREDIENTS

- One or two jicama peeled, and cut into matchsticks
- Juice of 1 lime
- 1 teaspoon chili powder (or more or less)

INSTRUCTIONS

1. Add jicama to a bowl and sprinkle with lime juice and chili powder
2. Mix to coat and pour out onto a plate.
3. Serve cold.

NOTE: Start with cold jicama, so store it in the fridge until ready to use.

EASY DIPS, DRESSINGS AND MARINADES

A little sauce goes a long way in making dishes pop! I hope you enjoy making these easy dips, dressings and marinades.

Dips and dressings are a great way to help get more vegetables into your diet, and kids really like dipping their veggies, too!

When it comes to meats, marinating is one of the easiest ways to make your dishes taste incredible. Not only does marinating infuse flavor throughout the meat, but it also acts as a tenderizer, making your dishes impossible to resist.

With all that in mind, let's get saucy!

Joy is the umami of life.

TEX-MEX SALSA

Sarah Roberts

Serves 10

Why I Make This: So fresh and tasty! This salsa is also great as a Taco Salad topper along with some guacamole.

INGREDIENTS

- Handful of cherry/grape tomatoes or 3 diced Roma tomatoes
- 1-2 jalapeño peppers, stems removed, seeded and diced (add more/less to taste)
- 1 large orange bell pepper, cored and diced
- 1 large yellow bell pepper, cored and diced
- 1 large red bell pepper, cored and diced
- 1 (15-ounce) can black beans, drained and rinsed
- 2/3 cup chopped red onion
- 1 cup chopped fresh cilantro, loosely-packed (or less, depending on taste preference. Can be swapped for flat leaf parsley)
- Juice of 1 large or 2 small limes (about 2 Tablespoons)
- 1 clove crushed garlic
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon Himalayan salt

INSTRUCTIONS

1. Combine the tomatoes, peppers, black beans, onion and cilantro (or parsley) in a large bowl.
2. Whisk together the lime juice, garlic, cumin, chili powder and salt until well combined.
3. Combine everything well and allow it to sit for at least 20 minutes to let the flavors marry. Store in the fridge for up to 3 days.

HOMEMADE GUACAMOLE

Sarah Roberts

Makes about 1 cup

Why I Make This: This recipe is so easy and tasty. Avocados are high in monounsaturated fats, fiber and vitamins. They are excellent when frozen and added to smoothies to create a smooth, creamy texture. They are also the star of the show in guacamole! This recipe is dedicated to my niece, Olivia, who has been making her own homemade guacamole for ages! You're AWESOME, Liv!

INGREDIENTS

- 2 ripe avocados
- ½-1 tomato, finely chopped
- 1 shallot or 2 Tablespoons red onion, finely chopped
- Pinch of salt and pepper, to taste
- Juice of 1-2 fresh limes

INSTRUCTIONS

1. Cut each avocado in half, from top to bottom.
2. Twist to open the avocado. Carefully smack your knife into the pit and twist gently to remove it. Discard.
3. Scoop out the flesh using a spoon and place in a bowl.
4. Mash with a fork, leaving some avocado chunks.
5. Add all other ingredients and combine. Taste. Adjust seasoning with more lime juice, more salt and/or pepper, etc.
6. Serve with fresh veggies like cucumber, jicama, kohlrabi, celery, broccoli, cauliflower, zucchini, peppers, or as a topper to a Taco Salad or Easy Fajitas.

CREAMY DREAMY HUMMUS

Sarah Roberts

Makes over 2 cups

Why I Make This: Tahini is an amazing source of calcium, and the protein in the chickpeas makes hummus a satisfying snack. Omit the garlic if you're eating it at work and need fresh breath. It still tastes good... but not as good!

INGREDIENTS

- > 1 large (28 ounces) or 2 small (15 ounces) cans chickpeas (I like Eden Organic brand)
- > ¼ cup tahini
- > 1-2 cloves of garlic
- > ½ teaspoon of salt
- > Juice of one lemon
- > 1 Tablespoon of olive oil
- > Water, if necessary
- > Add-ins, if using. See below.

INSTRUCTIONS

1. Drain and rinse chickpeas very well, using a strainer or sieve.
2. Add chickpeas to a food processor or blender and add in tahini, garlic, salt, and lemon juice.
3. Purée.
4. While blending/processing, drizzle in a little bit of olive oil at a time and purée until creamy and to a desired taste.
5. Add a little water if necessary, to reach desired consistency.

NOTE: Customize your hummus further by adding roasted red peppers (see recipe in Easy Side Dishes), caramelized onions, or Flax Seed Pesto (see recipe in this section). Feel free to get creative!

GUACAMOLE HUMMUS

Sarah Roberts

Makes over 1 cup

Why I Make This: By blending two tasty dips, we create a winning combination! This is seriously delicious.

INGREDIENTS

- > 1 (15 oz.) can chickpeas, well drained and rinsed
- > 2 medium ripe avocados (cut in half, pits removed)
- > 3 Tablespoons of olive oil
- > 3 Tablespoons of fresh lime juice
- > 3 Tablespoons of tahini
- > ½ teaspoon of lime zest
- > 2 cloves of garlic, crushed
- > ½ teaspoon each of salt, cumin, cayenne pepper and freshly ground black pepper

INSTRUCTIONS

1. Add all ingredients to a blender or food processor and blend until smooth.
2. Serve with fresh veggies and enjoy!

CREAMY SPINACH ARTICHOKE DIP

Adapted from *The Detoxinista*

Makes 2 cups

Why I Make This: As you know, I ADORE the Detoxinista! Her recipes are always tasty, easy and fool-proof. I really hope you try this tasty dip and thoroughly enjoy!

INGREDIENTS

- 10 oz. frozen spinach, thawed and drained
- 14 oz. can artichokes hearts, rinsed and drained
- 1 roasted red bell pepper, peeled and chopped (**see method in Easy Side Dishes**)
- ½ ripe avocado
- 1 garlic clove, or ½ teaspoon garlic powder
- 2 Tablespoons fresh chopped basil
- 2 Tablespoons fresh lemon juice
- ½ teaspoon salt
- ½ teaspoon onion powder

INSTRUCTIONS

1. Drain the artichokes and spinach well, then add them to the bowl of a large food processor fitted with an S-shaped blade.
2. Add in the rest of the ingredients, and use the "pulse" button to combine into a chunky dip.

NOTES: Enjoy with fresh veggies or stuffed into mini peppers or mushrooms for a satisfying snack. You could even roast the stuffed mushrooms for a lovely appetizer.

This would also be delicious spread onto the cauliflower tortillas or as a topping to Easy Baked Chicken, a Lamb Burger, turkey or beef burger. Get creative, because anything goes!

FLAX SEED PESTO SAUCE

Sarah Roberts

Serves 4-6

Why I Make This: Flax seeds are a source of vegetarian Omega 3's and lignans that help balance the hormone estrogen. Usually, a pesto sauce calls for about \$15 worth of pine nuts. This one is made for a fraction of the price without sacrificing flavor... plus, it has healthy benefits! Win-Win.

INGREDIENTS

- 6 cups packed basil leaves
- 4 large cloves of garlic, roughly chopped
- ¼ cup ground flax seeds
- 1 teaspoon Himalayan salt
- 1 cup of extra virgin olive oil (EVOO)
- 2 Tablespoons fresh lemon juice

INSTRUCTIONS

1. Add all ingredients to a blender or food processor fitted with an S-blade.
2. Pulse until mixture forms a paste.
3. Add more EVOO to make a smooth but grainy texture (you don't want it oily).
4. Serve over cauliflower rice, vegetables, on quinoa (after day 21), or in hummus.

NOTE: You can also use walnuts instead of flax seeds for a different flavor and a boost of Omega 3s. If using walnuts, this recipe is nice stuffed into mushrooms and topped with a slice of grape tomato. Enjoy raw or baked in the oven at 350°F for about 15 minutes for a lovely appetizer your guests will enjoy.

HOMEMADE ALMOND BUTTER

Sarah Roberts

Makes about 1 cup

Why I Make This: Store bought almond butter is good, but homemade is always tastier... and made with love!

INGREDIENTS

> 2 cups whole, natural almonds

> Pinch of Himalayan salt

INSTRUCTIONS

1. Preheat oven to 300°F
2. Line a baking sheet with parchment paper and cover with almonds.
3. Roast for 10-12 minutes, stirring them half way through.
4. Allow the nuts to cool and place them in your food processor.
5. Add salt.
6. Pulse until they start to come together and it becomes creamy. Be patient! This can take quite a few minutes. Use your spatula to scrape down the sides.
7. Store in a jar in the fridge for up to 2 weeks.

NOTES: For raw almond butter, simply omit the roasting part.

I love spreading almond butter on my **3 Ingredient Protein Pancakes**.

I also like to add 1-2 tablespoons of Ceylon cinnamon to it for a delicious treat to spread on celery sticks! **PRO TIP:** I like to use a potato peeler to peel my celery. Just trust me on this one!

See the next recipe for one of my favorite ways to use almond butter.

NUTTY GINGER VEGGIE DIP

Sarah Roberts

Makes ¼ Cup

Why I Make This: As someone who tends to crave sugar, it's important for me to manage my blood sugar by never allowing myself to become starrrrring. Having lots of yummy snacks on hand that I can enjoy throughout the day leaves me feeling happy and calm. With its tangy flavor and creamy texture, this dip always does the trick! I hope you try it and agree.

INGREDIENTS

- ¼ cup almond butter (homemade or store-bought)
- 2 teaspoons raw apple cider vinegar
- 1 teaspoon grated fresh ginger (from your freezer!)
- Pinch Himalayan salt, optional
- Pinch of cayenne pepper, optional, depending on your desired heat level

INSTRUCTIONS

1. In a small bowl, add the almond butter.
2. Pour in the apple cider vinegar and mix well.
3. Grate in the ginger.
4. Add salt and cayenne, if using.
5. Mix well and enjoy spread on kohlrabi, cucumber, red pepper or celery sticks, or smeared onto rounds of jicama... my favorite. I make mini "sandwiches" with it!

SIMPLE SALAD DRESSING

Sarah Roberts

Makes about ½ cup of dressing.

Why I Make This: So simple, so tasty. That is all.

Note that **I like my dressing on the tangy side**, so I add lots of lemon juice. Cut the amount of lemon juice in half or add extra oil if you prefer a less tangy dressing.

INGREDIENTS

- > 1 cup extra virgin olive oil
- > ¼ cup lemon juice (about the juice of one large lemon)
- > ¼ teaspoon Himalayan salt
- > 1/8 teaspoon pepper
- > 1-2 cloves crushed garlic, optional

INSTRUCTIONS

1. In a mug, add lemon juice, salt and pepper, and garlic, if using.
2. Whisk in oil slowly until desired consistency and taste are reached.

NOTES: Feel free to make lots of this dressing and store in the fridge for weeks.

Sometimes, I use a tiny bit of my flavored spicy oil to add a little kick to the dressing!

You can swap the lemon juice for apple cider vinegar, but start with less than ¼ cup and work your way up, tasting it as you go.

If your dressing coagulates in the fridge, simply remove it 30 minutes before using and give it a good shake.

EASY CAESAR SALAD DRESSING

Sarah Roberts

Dresses One Family Sized Caesar Salad

Why I Make This: Store-bought dressings are full of saturated fat, sugar, salt and a ton of chemicals. Homemade is SO MUCH BETTER! While I usually like to use anchovies in my Caesar salad dressing, I chose to leave it out here, as it's not always a staple in everyone's kitchen. That said, if you have some, feel free to add a teaspoon of anchovy paste or 3 crushed anchovies to the dressing to deepen the flavor.

INGREDIENTS

- 1 raw organic egg yolk (see note below)
- 1 Tablespoon fresh lemon juice
- 1 Tablespoon Dijon mustard
- 1-2 cloves fresh garlic, crushed
- 10 cracks of freshly ground black pepper
- Dash each of Worcestershire sauce and Tabasco, optional
- ¼ cup extra virgin olive oil
- Freshly grated Parmesan cheese, optional

INSTRUCTIONS

1. In a mug, make dressing by combining egg yolk, lemon juice, Dijon mustard, garlic, pepper, and Worcestershire and Tabasco, if using.
2. Slowly drizzle in the olive oil, whisking vigorously with your fork, stopping the drizzle to combine, then starting again, as necessary until the consistency is thick and creamy.
3. Using a box grater or microplane, add some freshly grated Parmesan cheese right into the dressing, if desired.

NOTES: If you are concerned with raw egg (for example pregnant and nursing mothers), you may want to coddle the egg. To coddle an egg, in this case, means to cook it slightly to kill any bacteria, but leave it runny enough to use in the recipe. To do so, crack the egg, separate the yolk, and microwave the yolk on high for about 8 seconds.

If you don't own a microwave, then boil water in your kettle. Place the whole egg (in its shell) at room temperature in a mug and pour the water over the egg and let it sit for exactly one minute. Quickly plunge your egg into an ice bath (a bowl of water with ice cubes) and allow the egg to cool for 2 minutes. Then, follow the recipe as normal by cracking the egg and separating the yolk. Save the egg white to add to an omelette later for added protein!

APPLE CIDER VINEGAR DRESSING/MARINADE

Sarah Roberts

Makes about $\frac{1}{4}$ cup dressing

Why I Make This: This marinade/dressing is so easy, tastes great, and whips up in no time with ingredients I always have on hand. This recipe does one large fillet of salmon, 2-4 chicken breasts or several salads. It has a nice, velvety consistency. By adding the Dijon, an emulsifier, this dressing/marinade doesn't separate and it doesn't coagulate in the fridge.

INGREDIENTS

- > 2 Tablespoons apple cider vinegar
- > 2 Tablespoons Dijon mustard
- > 4 Tablespoons extra virgin olive oil
- > Freshly ground black pepper

INSTRUCTIONS

1. In a mug, combine Dijon mustard and apple cider vinegar.
2. Crack a bunch of pepper (as desired) into the mug and whisk with a fork.
3. Slowly drizzle in the olive oil, whisking vigorously with your fork until the consistency is thick and creamy, and the taste is tangy. **You may need to add a little more oil if making this as a marinade instead of a dressing.**

NOTE: Store in a mason jar in the fridge.

CILANTRO, LIME & AVOCADO DRESSING

Adapted from Oxygen Magazine

Makes about 1 cup of dressing

Why I Make This: A friend who loves to cook adapted this recipe found in Oxygen magazine. She shared it with me after she used it on a Taco Salad. It's fresh, tangy, creamy and delicious. I use it as a salad dressing, on top of chicken, or as a dipping sauce for any of the "fries" recipes! YUM!

INGREDIENTS

- ¼ cup of cilantro
- 2 limes, freshly squeezed
- ½ of an avocado
- ½ of a jalapeño pepper
- 1-2 garlic cloves
- 1/3 cup water
- 1/3 cup extra virgin olive oil
- Salt and pepper
- Dash of cayenne or cumin

INSTRUCTIONS

1. Add all ingredients to a blender and blend until creamy.

HOMEMADE TZATZIKI

Sarah Roberts

Makes just over 2 cups

Why I Make This: Tzatziki is a classic sauce used to accompany Greek dishes. This recipe turns out creamy and delicious! Enjoy on lamb burgers, with BBQ chicken or as a veggie dip.

INGREDIENTS

- > 1 16-ounce container of plain, organic Greek yogurt
- > ½ of an English cucumber, seeded and grated (see Note)
- > 1-2 cloves fresh garlic
- > 1 Tablespoon fresh lemon juice
- > 1 teaspoon grated lemon zest (optional—if you like it lemony)
- > 2 Tablespoons chopped fresh dill
- > Good pinch of salt & cracked black pepper, to taste.

INSTRUCTIONS

1. Combine the yogurt, cucumber, garlic and lemon juice in a bowl. Stir well.
2. Add lemon zest (if using), dill, salt, and pepper and whisk until smooth.
3. Pour into a serving dish, cover tightly, and refrigerate up to 8 hours before serving.

NOTE: To “seed” your cucumber, cut it in half and store one half. Then cut your half lengthwise down the middle and, using a spoon, scrape out the seeds. Grate the cucumber using a box grater. Squeeze out any excess liquid by squeezing the grated cucumber in paper towel. This will help your tzatziki stay creamy, not watery.

HOMEMADE TARTAR SAUCE

Sarah Roberts

Makes over 1 cup of sauce

Why I Make This: I enjoy making homemade fish sticks (see Tasty Chicken Tenders recipe for the method). You can also use crushed pistachios or pecans instead of breading them with almond flour. I like my fish sticks with just a squeeze of lemon, but having a nice tartar sauce is really decadent! I hope you try it and enjoy!

INGREDIENTS

- 1 cup organic plain Greek yogurt
- 1 Tablespoon lemon juice (about half to one whole lemon, depending on size)
- 3 finely chopped dill pickles OR 2 small cucumbers, finely chopped and 1 Tablespoon chopped fresh dill
- 1 Tablespoon Dijon mustard
- Salt & pepper to taste

INSTRUCTIONS

1. Add all ingredients to a food processor and combine well. If you don't have a food processor, use a blender or mix by hand, but make sure your pickles are chopped finely.
2. Store in the fridge until ready to use.

EASY DESSERT RECIPES

I don't know about you, but I think it's important to treat ourselves to sweet and tasty treats once in a while... because it makes us feel GOOD!

I think you will LOVE these sugar-free, gluten-free and dairy-free dessert recipes that taste amazing but that won't leave you feeling drained of energy or craving sugar later on. Win-win!

“Follow Your Bliss.”

~ Joseph Campbell

COCONUT WHIPPED CREAM WITH FRESH BERRIES

Sarah Roberts

Serves 4

Why I Make This: This coconut whipped cream is creamier and dreamier than traditional whipped cream, plus it tastes amazing even without adding sugar. I hope you enjoy!

INGREDIENTS

- > 1 can full fat coconut milk
- > ¼ of a vanilla bean (**See NOTE 1**)
- > ¼ cup of plain almond milk
- > Fresh berries (strawberries, blackberries, blueberries...)

INSTRUCTIONS

1. Place your can of coconut milk in the fridge for 6 hours or overnight (or longer).
2. Using a spoon, carefully scoop out the "coconut cream" directly into a mini food processor. You don't want to use the coconut water that will be in the bottom of the can. (**See NOTE 2**)
3. Cut off ¼ of the vanilla bean and store the rest in an airtight container away from heat.
4. Using a cutting board, carefully slice your piece of vanilla bean lengthwise down the middle and peel it open to expose the vanilla seeds.
5. Using a knife, scrape from where your fingers are holding the vanilla bean down against the board, all the way down the bean so your knife is holding the seeds.
6. Scrape the seeds into the food processor and add the almond milk.
7. Pulse the food processor several times to incorporate the ingredients and then process the cream until it is light and fluffy. This won't take long.
8. Using a spatula, scoop the whipped coconut cream into a bowl. If desired, place it in the fridge for a few minutes if you want a stiffer consistency.
9. Place a dollop over the berries and enjoy!

NOTES :

1. I much prefer the rich, real vanilla bean flavor, but if you can't find vanilla beans, look for a good quality, organic extract and use $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon in this recipe. Or, you can use vanilla almond milk in place of plain, but the end result won't have as strong a vanilla flavor.
2. The coconut cream is what forms on the top half of the can once chilled. That's all you use for this recipe, but don't throw the coconut water away. You can use it in a smoothie later!
3. I have not tried this in a blender or with an immersion blender or beaters, but I think it would work. Use a tall container if using an immersion blender and a cold metal bowl if using beaters.

DID YOU KNOW?

Vanilla beans are so expensive because they are the fruit of particular kinds of orchids, and they require special growing conditions to thrive. Once harvested, the pods also have to be dried, cured and aged.

Look for vanilla beans that are **dark and glossy** and appear to be supple. These ones are fresh. If they look pale or dry, don't buy them.

It's ok that you only get a few per container, because they are best used within a few weeks of buying them.

One vanilla bean is the equivalent of about 3 teaspoons of vanilla extract, so you can usually get a few recipes out of one pod.

You can use the scraped out pod to infuse some almond milk (or cashew milk, hemp milk, oat milk, etc..) to make mild tasting **Vanilla Milk**.

You can also make **Vanilla Salt**. Simply place **used** pods in a small jar of Himalayan salt.

COCONUT CHERRY CHUNK ICE CREAM

Sarah Roberts

Serves 4

Why I Make This: This creamy, dreamy dessert is so rich and delicious that only a little bit is needed to satisfy a craving. With the sweetness of the cherries, the richness of the coconut milk and the crunch of the coconut strips and hazelnuts, it is reminiscent of an ice cream parlour treat without the sugar hit!

INGREDIENTS

- Coconut Whipped Cream (see recipe on page 109)
- 15 organic frozen dark sweet cherries (I buy mine at Costco)
- 2 Tablespoons crushed hazelnuts (buy them whole and crush them by hand)
- 2 Tablespoons organic raw coconut strips (I buy them at health food stores). You can also use raw or toasted coconut chips if you can't find the strips.

INSTRUCTIONS

1. Make the coconut whipped cream as per the recipe.
2. While the cream is still in the food processor, add in the cherries and pulse, leaving some cherry chunks.
3. Scoop out the cream into a medium-sized bowl and stir in the chopped hazelnuts and coconut strips, reserving a little of each for garnish.
4. Place cream in the freezer for 20 minutes (for softer ice cream) or longer (for harder ice cream).
5. Scoop ice cream into individual bowls and sprinkle your reserved coconut and hazelnuts on top of each serving. Enjoy! **NOTE:** If you freeze the ice cream for a few hours, it will become frozen solid, so you will need to allow it to thaw before serving.

DID YOU KNOW? Coconuts are rich in fiber, vitamins and minerals. Coconut milk is an excellent alternative to cow's milk, especially for those who are lactose or casein intolerant, and it contains wonderfully healthy medium-chain fatty acids.

BANANA BREAD MUFFINS

Adapted from The Detoxinista's Banana Snack Cake

Makes 12 muffins

Why I Make This: I often make this recipe as a snack cake in a 9 x 13 pan but I also like to make grab-and-go muffins when I want the flavor of some good old fashioned banana bread! Sweetened only with bananas, I love that it really satisfies without the sugar crash and kids LOVE them, too. Win-win!

INGREDIENTS

- 3 large ripe bananas, mashed
- 1 cup unsalted almond butter
- 3 large eggs
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla extract (optional)--I often omit it
- 1 teaspoon ground cinnamon
- Coconut oil, for greasing the muffin tin, optional.

INSTRUCTIONS

1. Preheat the oven to 350°F and generously grease a muffin tin with coconut oil (or place paper liners).
2. In a large bowl, use a fork to mash the bananas as smoothly as possible, though it's okay if there are still a few clumps.
3. Add in the almond butter, eggs, baking soda, salt, vanilla (if using), and cinnamon and stir well, creating a runny cake-like batter.
4. Divide the batter evenly and pour into the prepared muffin tin.
5. Bake for about 20 minutes until a toothpick comes out clean.
6. Allow muffins to cool on a wire rack before removing.

DARK CHOCOLATE RASPBERRY TARTS

Sarah Roberts

Makes 4 small tarts

Why I Make This: This is decadence and sophistication made in mere minutes without the sugar hit! These are so fresh and tasty, you won't even miss the sugar.

INGREDIENTS

- 1 Tablespoon coconut oil
- 2 Tablespoons almond butter
- 1 Tablespoon unsweetened organic raw cacao powder (I like Navitas brand)
- Pinch Himalayan salt
- Good handful of raspberries, frozen or fresh
- Raw or toasted coconut flakes or strips (for garnish)

INSTRUCTIONS

1. In a small bowl, mix together the coconut oil, almond butter, raw cacao powder and salt. Set aside.
2. Roughly chop the raspberries.
3. In paper muffin liners, line the bottom with raspberry pieces (reserve some for the top) and spoon $\frac{1}{4}$ of the chocolate mixture on top of the berries so that it is evenly divided.
4. Top each one with the remaining berry pieces and sprinkle some coconut flakes/strips on top.
5. Place the tarts on a plate and pop them in the freezer to set. They will be ready in about 20 minutes, but I like mine even more frozen.

To Plate: Remove the tarts from the freezer and peel away the paper liners. They melt quickly because of the coconut oil, but they look pretty and I think you will LOVE the taste!

Serve with a dollop of coconut whipped cream, if desired.

NOTES: Feel free to swap the raspberries for about 10 frozen dark cherries for a lovely change of flavor.

If you find they need to be sweetened, add a teaspoon or two of pure maple syrup or liquid honey in Step 1.

HEALTHY CHOCOLATE BANANA MILKSHAKE

Sarah Roberts

Makes 1 large Shake

Why I Make This: I think chocolate and banana together is delicious, and this milkshake tastes like a decadent treat without causing a sugar spike due to the protein kick! Plus, it's got some Omega 3 fats and a whole serving of greens tucked inside. It is SO good even your KIDS will love it! In fact, it's a **perfect morning smoothie for them before school.**

INGREDIENTS

- > 1 cup coconut milk, almond milk, oat milk or cashew milk
- > 3 Tablespoons hemp hearts
- > 2-3 good handfuls of spinach
- > 1 Tablespoon raw, unsweetened cacao powder
- > 1 teaspoon vanilla extract or ¼ of a vanilla pod (optional)
- > 1 Tablespoon almond butter or peanut butter (or nut/seed butter of choice)
- > 1 small fresh or frozen banana
- > 3-4 ice cubes, **if using fresh banana**

INSTRUCTIONS

1. Add all ingredients to a blender, and blend until well combined.
2. Enjoy with a straw, as you will want to get every last drop!

NOTE: This also works perfectly as a post-workout snack.

CHOCOLATE PEANUT BUTTER BANANA MILKSHAKE

Adapted from *The Detoxinista*

Makes 4 1-cup Servings

Why I Make This: This milkshake is INCREDIBLE! Roger and I have now gone yearrrrs without even *craving* gelato or ice cream because of this recipe. I LOVE chocolate, banana and nut butter together, and this milkshake is a serious sweet treat that won't derail your health goals.

I like to use organic peanut butter, as conventional peanut butter can contain aflatoxins. I even like to make my own peanut butter in my high speed blender using organic peanuts (follow the same method as homemade almond butter). When I want to change things up, I swap out the peanut butter for almond or hazelnut butter. No matter how you do it, it will very likely become a staple in your kitchen!

INGREDIENTS

- 2 frozen bananas
- 1 ½ cups almond milk (preferably homemade – plain or vanilla)
- 1 heaping Tablespoon raw, organic, unsweetened cacao powder (**See NOTE**)
- 1/2 cup organic peanut butter
- Pinch of Himalayan salt
- 1 teaspoon vanilla extract (or ¼ of a pod of real vanilla), optional
- 1 tray of ice cubes

INSTRUCTIONS

1. Add all ingredients to your high speed blender, and blend until smooth and creamy. You will likely need to use your tamper for this one as it turns out almost like soft serve. (**See NOTE 2**)

NOTES:

1. You can substitute cocoa powder instead of raw cacao powder, but if you do, cut the amount in half.
2. If you don't have a tamper, you may need to increase the milk and/or decrease the number of ice cubes you use. Play with this one and enjoy!!

ONE INGREDIENT BANANA ICE CREAM

Sarah Roberts

Makes 1 or 2 servings

Why I Make This: I couldn't believe that one ingredient would become creamy, dreamy ice cream... but it does!! I highly recommend slicing up several bananas to freeze and have on hand to make this yummy treat when you would otherwise crave something that doesn't nourish your body nearly as well.

Enjoy it plain or add in a little nut or seed butter, a tablespoon of raw cacao powder, a few fresh or frozen berries (strawberries, raspberries, blackberries, etc.) or some cinnamon.

Try topping it with some crushed nuts or raw coconut strips for added texture. Play with it! I dedicate this recipe to my niece and nephew, Olivia and Brady. The first time I made it for them, we had so much fun hearing them guess what it was made from!

INGREDIENT

> 1 large ripe banana

INSTRUCTIONS

1. Peel the banana and cut it into coins.
2. Freeze the coins on a parchment-lined plate and place in the freezer until the coins are hard enough to transfer to a freezer-safe container for storage.
3. Freeze for at least 2 hours, but preferably overnight.
4. Blend the pieces in a small food processor. Begin pulsing and gradually you'll be able to blend.
5. Keep pulsing and blending until it turns into ice cream. Be patient! It takes some time, but it DOES happen!
6. If you are adding any mix-ins (other than crushed nuts--add those at the end), do so now and blend until combined.
7. Enjoy immediately if you like soft-serve, or transfer to an airtight container and place in the freezer to firm up a bit. Note that it will freeze solid if left in the freezer, so you'll need to thaw it on the counter for a bit before enjoying.

FINAL WORDS

This Recipe Guide has been created with love for YOU and your amazing body. It is my sincere hope that it helps you build confidence in the kitchen by allowing you to create nourishing meals that don't have to take a ton of time or effort (or use a whole bunch of weird and crazy ingredients!).

The easy, tasty, fast and healthy recipes found here are all designed to leave you feeling energized and happy rather than drained and frustrated.

Remember to play with the recipes to suit your tastes and preferences, and I encourage you to try some that you'd otherwise avoid; you might be surprised by what you learn about yourself!

Remember, **a health journey is a life journey**. Health is a continuum, and as long as we have life, we have health. Continue to prioritize it in as many moments as possible.

Because I want you to love your life one bite at a time.

xoS



**“We don't hate our bodies to good health;
we love them there.”**

~ Sarah Roberts