



FOOD AS MEDICINE

EASY, HEALTHY DELICIOUS RECIPES

DR *Kyia* .COM

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BREAKFAST RECIPES

1

Amped Up Oatmeal

- 1/4 cup oats
- 1 scoop **Vanilla PurePaleo** or **Unflavored PurePaleo Protein Powder**
- 1 TBSP chia seeds
- 1 TBSP flax seeds
- Sprinkle Lakanto Golden monk fruit for sweetener
- 1 TBSP coconut oil
- 1/2 cup water or more depending on consistency you like

Mix all of the dry ingredients together. Pour enough boiling water over the mixture to create the consistency you desire. Let sit 5 minutes. Top with berries or fresh fruit





2

Superfood Berry Smoothie

Yield: Serves 1 Ingredients:

- 1 cup almond milk (or milk of your choice)
- 1 cup frozen berries (I used blackberries, blueberries, and raspberries)
- 1/2 Avocado
- 1 cup spinach leaves
- 2 teaspoons chia seeds

Directions:

1. Place all ingredients in a blender and blend until smooth. Serve immediately.

3 Basic Protein Smoothie

- 1 scoop protein powder
- 1 tablespoon chia seeds or freshly ground flax seeds
- 1/2 cup frozen berries
- 1/2 cup water
- 1/2 cup coconut or almond milk
- HUGE handful of spinach and/or kale
- 1/2 avocado and/or 1tsp coconut oil

This one is easy peezy. Put in a blender, blend until smooth and consume.



Chia pudding (great for breakfast- lots of protein, fiber and Omega-3)

- 1 cup unsweetened coconut or almond milk
- 2 TBSP chia seeds (more or less depending on thickness desired)
- 1 tsp honey (or 1/2 C berries)

Mix all ingredients in a small bowl or dish. Let sit for about 10 minutes and re-stir. Place in refrigerator overnight. Can add berries when you are ready to eat and enjoy!



Yield: 1

- 1 scoop **Pure Paleo vanilla protein powder**
- 1 cup unsweetened coconut or almond milk
- 1 TBSP almond butter
- 2 TBSP chia or freshly ground flax seeds
- 1 tsp coconut oil
- 1/2 banana
- Additional add-ins: Handful spinach
- Blend everything together. Add ice if you'd like it icy and frothy.



The background image shows two tall glasses filled with a thick, brown chocolate milkshake. Each glass has a light blue straw and is topped with a swirl of white whipped cream and a dusting of brown powder. The glasses are set against a light-colored, textured background.

6 Chocolate Milk Shake

Yield: 1

- 1 scoop **Pure Paleo** protein powder
- 1 Tablespoon baking cocoa powder
- 1 cup unsweetened coconut or almond milk
- 1 handful of spinach
- 1 tsp coconut oil
- handful of ice cubes
- Blend. Easy!

Yield: 6

- 1 cup of quinoa
 - 1 cup unsweetened vanilla coconut milk
 - 1 cup water
 - 1-2 bananas overripe
 - 2 TBSP chopped walnuts
 - 3 TBSP Lakanto golden monk fruit
 - 1 1/2 TBSP coconut oil, melted
 - 1/2 tsp vanilla extract
1. Mash banana in a bowl. In another bowl, mix the monk fruit and walnuts.
 2. Pour the quinoa, milk, water, coconut oil and vanilla into the crock pot. Add the mashed banana and stir evenly. Sprinkle the monk fruit and walnut mixture in and stir to incorporate.
 3. Cook on low for 4-6 hours, or until the quinoa is cooked.
 4. Enjoy! This is absolutely delicious and great for a protein rich breakfast or dessert.



Makes 12 individual servings.

Ingredients:

- Nonstick cooking spray
- 3 small sweet potatoes, shredded
- 3 tsp. olive oil, divided use
- Sea salt (or Himalayan salt)
- Ground black pepper(to taste; optional)
- 1 medium onion, chopped
- 1 cup broccoli florets, chopped
- 12 large eggs
- 1/4 cup shredded cheese (Daiya cheese during detox)

1. Preheat oven to 375° F.
2. Lightly coat a twelve-cup muffin tin with spray. Set aside.
3. Squeeze moisture from sweet potatoes using a clean kitchen towel.
4. Combine sweet potatoes and 2 tsp. oil. Season with salt and pepper.

5. Divide sweet potato mixture evenly between prepared muffin cups; press sweet potato mixture into bottom and sides of muffin cups. Bake for 14 to 16 minutes, or until edges are golden brown. Set aside.
6. Heat remaining 1 tsp. oil in medium nonstick skillet over medium-high heat.
7. Add onions and broccoli; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Remove from heat. Set aside.
8. Place eggs in a large bowl; whisk to blend.
9. Add onion mixture; mix well.
10. Evenly pour egg mixture into muffin cups. Evenly sprinkle with cheese.
11. Bake for 15 to 18 minutes, or until a toothpick inserted into the center of cups comes out clean.



Ingredients:

- 1 cup unsweetened almond milk or coconut milk
- 1 cup ice
- 1 scoop **Vanilla PurePaleo Protein**
- 1/4 large banana, cut into thick slices.
- 1/4 cup fresh (or frozen) blueberries
- 1/4 cup fresh (or frozen) blackberries
- 2 Tbsp. sliced raw almonds
- 1 tsp. chia seeds
- 2 tsp. raw pumpkin seeds

Preparation:

1. Place almond milk, ice, and PurePaleo in blender; cover. Blend until smooth.
2. Place smoothie in a medium bowl. Top with banana, blueberries, blackberries, almonds, chia seeds, and pumpkin seeds; serve immediately.





DESSERTS AND SNACKS

Banana Bread (enhanced to add even more nutrition)

- 2 ripe bananas (for those looking to lose weight or heal your diabetes, substitute the banana for apples. 2 apples chopped finely or pureed is delicious!)
 - 1 chia egg (1 TBSP chia seeds with 2 1/2 TBSP water, mix and let set for 5 minutes to form a gel)
 - 3 TBSP coconut oil, melted
 - 1/2 cup Lakanto Golden monk fruit
 - 2-3 TBSP honey
 - 3 1/2 tsp baking powder
 - 3/4 tsp salt
 - 1/2 tsp ground cinnamon
 - 3/4 cup unsweetened coconut or almond milk
 - 1 1/4 cup almond meal
 - 1 1/4 cup gluten free flour blend
 - 1 1/4 cup gluten free oats
 - Other possible add-ins: 1 scoop collagen powder, chopped nuts
1. Preheat oven to 350 degrees and line a loaf pan with parchment paper or grease with coconut oil.
 2. Mash banana in a large bowl. Add all of the ingredients through the coconut milk and whisk thoroughly. Last add almond meal, gluten free flour blend and oats and stir.
 3. Bake for 1 hour-1 hour 15 minutes. It should be firm and crackly and golden brown on the the top.
 4. Let cool completely. Note- I usually make these in muffin tins and then have a quick, easy, protein rich snack when I'm feeling hungry or need a sweet treat!



2

Dense & Fudgy Chocolate Brownies- i.e.lava cakes!

* Instead of the coconut flour and tapioca flour, we substituted plain gluten free flour. You can add a scoop of protein powder or collagen powder for extra protein. You can also substitute almond meal for one of the flours. We also put it in muffin tins and the texture was more like a lava cake..delish! You can play around with this recipe in many ways.

<http://www.tessadomesticdiva.com/2013/06/dense-fudgy-chocolate-brownies-paleo-vegan-nut-free.html>

3

Apple Bake

Yield: 1

- 1 apple of your choice. I like granny smith
- Sprinkle of cinnamon
- Sprinkle of stevia or Golden Monk fruit
- Slice up the apple, including the skin. Sprinkle with stevia and cinnamon. Microwave for 45 seconds to 1 minute. Enjoy



4 Apple (or Peach) Crisp

- 3-4 apples or peaches. I like granny smith
- 1 cup almond meal
- 4 TBSP of coconut oil
- 2 TBSP honey or pure maple syrup
- 1 tsp vanilla extract and cinnamon to add some spice!

Directions:

Preheat oven to 375 degrees F. In a small 8x8 dish, grease dish with 1 TBSP of melted coconut oil. Peel and slice apples and arrange in a baking dish. In a large bowl, combine the almond meal, coconut oil, honey and vanilla extract and mix until crumbly. Sprinkle topping evenly over the apples. Bake for 20 minutes or until the topping is bubbly and crisp.



Basic Homemade Granola Bars

Granola bars are super easy and you can tailor it to your taste with any number of substitutions.

- 1/4 cup coconut oil
- 1 cup natural nut butter
- 1/2 cup honey
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 3 cups oats
- 1/2 cup flax seed
- 1/2 cup raisins
- 1/2 cup organic dark chocolate chips*
- 1/2 cup unsweetened coconut flakes

Line baking pan (I use 11x7 or 9x9) with parchment paper.

In medium saucepan or microwave safe bowl, heat coconut oil, nut butter and honey until smooth. Stir in remaining ingredients.

Firmly press mixture into parchment lined baking pan. Refrigerate 1-2 hours until firm. Remove parchment from pan and slice into bars.

You can always leave the chocolate chips out for an even healthier snack, but we sure love them with chocolate!

Best Granola Bars (my personal updated recipe after experimenting :-)

Yield: 20 granola bars

- 3-4 C rolled oats
- 1 C milled flax (fresh milled with coffee grinder is the best)
- 1/2 C Chia seeds
- 1/2 C Almond meal
- 1 C Chopped nuts: almond, cashews
- 1/4 C Chopped dried berries
- 1/2 C chopped Dark Chocolate chips
- 1/2 C Cacao Nibs
- 1/4 C Honey
- 2 TBSP Vanilla extract
- 2 scoops **Vanilla PurePaleo Protein**
- 1 scoop collagen powder
- 1 teaspoon sea salt



Mix dry ingredients with mixer or spoon

Drizzle in while mixing 1 1/4 C melted coconut oil (until the mixture glistens). Add in 2 Tablespoon Vanilla extract. Drizzle in while mixing approx. 1/4 C Honey

Press into 9x12 with 1/2 to 3/4" sides.

Cover with parchment or wax paper Roll with rolling pin Refrigerate over 1 hour

Cut into 2" squares, place 2-4 squares in ziplock bag, Store in fridge, then with cool items in lunch bag.

Nutritional information: Makes 20 bars

Protein 11.5G Sugar 5.2G Fiber 8G each bar!

- 2 cups raspberry (if using frozen, defrost first)
- 2 tablespoons chia seeds
- 2 tablespoons warm water
- 2-4 tablespoons honey (preferably raw)*
- 1/2 teaspoon vanilla (optional)

Add all ingredients (start with 2 tablespoons of the honey) to a blender or food processor, and pulse until the it is the texture you prefer. Taste and add more honey if you would like a sweeter jam. (I like it with 2 tablespoons, but with the raspberries being a tart fruit, it isn't as sweet as regular jam, so add more if you want it like more traditional jam.) Transfer the mixture to a container with a lid (I used a mason jar) and allow to set in the fridge, about an hour. Enjoy!

*Substitute another liquid sweetener, such as agave nectar, to make this vegan



PROTEIN-PACKED ALMOND BUTTER CUPS!!

Makes 12 HUGE Cups

Ingredients:

FOR THE ALMOND BUTTER:

- 1 cup almond butter (or GMO-free nut butter of your choice)
- 1/4 cup maple syrup (or honey)
- 1/4 cup coconut oil, melted
- 1 scoop **Pure Paleo Protein Powder**

FOR THE CHOCOLATE:

- 1 cup coconut oil, melted
- 1 cup unsweetened cocoa powder
- 1 teaspoon vanilla
- 1/4 cup maple syrup (or honey)..to taste

DIRECTIONS:

1. Line a standard muffin or mini muffin tin. The paper liners can be used alone if you don't have a pan. First, prepare the chocolate. In a microwave proof measuring cup, melt your coconut oil. Add the vanilla, maple syrup and cocoa powder. Pour a tablespoon of the mixture into the bottom of the liners and carefully swirl each one to line the sides with chocolate. Place it in the freezer for 10 minutes to harden while you prepare the almond butter mixture.
2. For the almond butter: combine the melted coconut oil with the almond butter, maple syrup, and protein powder until smooth. I used a food processor to combine everything but you can use a bowl and spoon as well :-). Place a spoonful of the almond butter mixture into the center of each chocolate lined cup. Leave a little gap on the sides, then pour more melted chocolate over to seal and cover the almond butter.
3. Place in the freezer 10 min until firm.
4. Keep in refrigerator & Enjoy!!



- 1 cup strawberries
- 2 scoops **Pure Paleo Vanilla Protein Powder**
- 1/8 teaspoon vanilla extract
- 1/4 cup coconut milk

Method:

Place ingredients in a high-speed blender and blend until creamy and smooth. Put into a container and freeze.

Optional Toppings:

Shredded coconut

Banana slices

Crushed graham cracker

Cacao nibs

Makes one large serving or 2 smaller portions



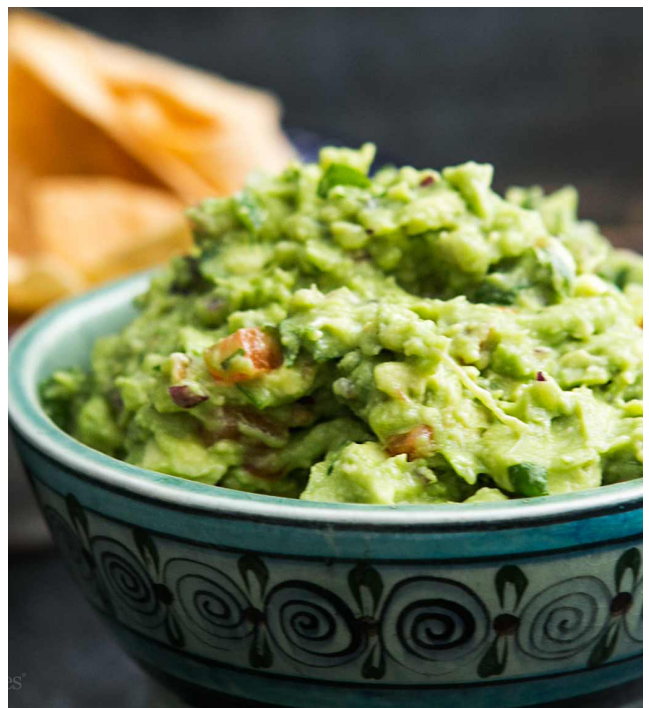


9 Guacamole Toast

- 1 ripe medium avocado, mashed
- 4 slices low-sodium sprouted whole-grain bread, toasted, such as Ezekiel Bread. During the detox, you may use glutino's brown rice variety or other gluten free bread
- 1 1/4 tsp. paprika

Preparation:

1. Spread 1/4 of avocado onto each slice of toast.
2. Top evenly with paprika



10

Spinach and Cheese Stuffed Mushrooms

- 2 tsp. olive oil
- 24 large mushrooms, cleaned. stems removed and finely chopped
- 1/2 medium onion, finely chopped
- 3 cups raw baby spinach
- 4 cloves garlic, finely chopped
- 1 dash crushed red pepper flakes
- 1/2 tsp. finely chopped fresh rosemary
- Sea salt (or Himalayan salt)
- Ground black pepper (to taste; optional)
- 1/2 cup cashew cheese (see recipe below)
- 1/2 cup Daiya cheese shreds



■ Prepare the cashew cheese and set aside:

- 1 cup raw cashews (soaked)
- ¼ cup filtered water.
- ¼ cup nutritional yeast.
- 2 Tbs. lemon juice.
- 2 cloves garlic.
- 1 TBSP apple cider vinegar
- 1 Tbs. dijon mustard.
- sea salt and pepper to taste.
- Place the cashews, water, nutritional yeast, lemon juice, garlic, ACV and mustard in a food processor and pulse. Add in salt and pepper to taste.
- Set aside and make the rest of the spinach and cheese cups. This recipe makes a LOT of cashew cheese. Any leftover can be stored in the refrigerator for up to 7 days.

■ Preparation:

1. Preheat oven to 350° F.
2. Heat oil in large skillet over medium-high heat.
3. Add mushroom stems, onion, and spinach; cook, stirring frequently, for 5 to 6 minutes or until tender.
4. Add garlic, red pepper, and rosemary. Season with salt and pepper if desired; cook, stirring frequently, for 1 minute.
5. Add cashew cheese; mix well.
6. Evenly fill mushrooms with spinach mixture.
7. Place mushrooms on large baking sheet. Evenly top with daiya cheese. Bake for 20 to 25 minutes, or until bubbly.

11 Zucchini Muffins

Makes 12 large muffins

Ingredients:

- 1/2 cup grated zucchini
- 1 chia egg (1 TBSP chia seeds with 2 1/2 TBSP water, mix and let set for 5 minutes to form a gel).
- 3 TBSP coconut oil, melted
- 1/2 cup monk fruit sweetener 2-3 TBSP honey
- 3 1/2 tsp baking powder
- 3/4 tsp salt
- 1/2 tsp ground cinnamon
- 3/4 cup unsweetened coconut or almond milk
- 1 1/4 cup almond meal
- 1 1/4 cup gluten free flour blend
- 1 1/4 cup gluten free oats
- Other possible add-ins: 1 scoop collagen powder, chopped nuts



1. Preheat oven to 350 degrees and grease your muffin tins with olive oil spray or coconut oil.
2. Mash zucchini or apple in a large bowl. Add all of the ingredients through the coconut milk and whisk thoroughly. Last add almond meal, gluten free flour blend and oats and stir.
3. Bake for 1 hour-1 hour 15 minutes. It should be firm and crackly and golden brown on the the top.
4. Let cool completely.

A still life photograph featuring a glass bottle of yellow dressing with a wooden stopper. In the foreground, there are lemons, a fork, and a bowl of green salad. A large white circle with a blue border is centered over the image, containing the word "DRESSINGS" in blue capital letters.

DRESSINGS

1

Apple Cider Vinaigrette:

- 2 Tablespoons olive oil
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon dijon mustard
- Whisk all together in a bowl until creamy.



2

Avocado dressing



- 1 large ripe avocado
- 1 garlic clove
- 1/4 tsp hot pepper flakes
- 2 Tbsp lime juice
- 2 tsp olive oil
- 1/2 cup water

Place all the ingredients in a blender and process until smooth. Adjust the amount of liquid to obtain nice creamy dressing. Enjoy!



3 Classic Vinaigrette

- 2 1/2 tablespoons infused olive oil (basil, truffle, etc.) OR extra-virgin olive oil
- 1 1/2 tablespoons balsamic vinegar
- Juice of 1/2 lemon
- Juice of 1/2 orange (or a little more lemon if you don't have orange)
- 1/2 teaspoon grated vegan Parmesan cheese (optional). Use nutritional yeast during detox period or leave out the cheese.
- Whisk together until creamy

A close-up photograph of a glass filled with water, ice cubes, lemon slices, and fresh mint leaves. The glass is partially filled, and the ingredients are clearly visible. A white circular overlay with a blue border is centered over the glass, containing the text "HEALTHY DRINKS AND TONICS".

HEALTHY DRINKS AND TONICS

01 Basic Green Juice

**I love green juice as an addition to your eating for alkalization. In general, I prefer blending so that you get the fiber and other nutrients, but I wanted to include a basic green juice recipe for you to try.

- 1 large (unwaxed) Cucumber (English)
- 2 Limes peeled
- 1 cup spinach
- 1 cup parsley
- 1 Green Apple
- 6 ribs celery
- 1 inch Fresh Ginger root
- Juice everything in a juicer, using a Blendtec is better.





02 Morning Hot Cocoa (or mocha)

-for 2 servings

- 2 TBSP coconut oil
- 1 1/2 cups coconut milk
- 2 scoops **Pure Paleo Vanilla Protein**
- 2 TBSP Collagen Powder
- 2 TBSP Pure Cocoa

In a 4 cup measuring cup (or enclosed blender such as NutriBullet), heat coconut milk and coconut oil for 1-2 minutes. Add powders and blend with an emersion blender. Add 1 cup of boiling water. *For mocha, substitute boiling water for brewed coffee.

03 Detox friendly latte

Ingredients:

- Fresh brewed coffee
- Unsweetened coconut milk
- 1 scoop collagen powder
- 1-2 tsp. Lakanto Golden monk fruit
- 1 tsp. coconut oil

Make your coffee by replacing half or all of the liquid with heated coconut milk. Add in collagen, monk fruit and coconut oil. Mix or blend in an **ENCLOSED** blender (or you can just mix with a spoon). Enjoy. *This is great for those who don't enjoy eating first thing in the morning but always have their coffee. It adds a dose of protein and healthy fat.



04 Bulletproof Coffee

Fresh brewed coffee

1 tsp coconut oil

This one is easy and delicious if you drink coffee.

Add the coconut oil to the hot coffee and blend in a nutribullet or other ENCLOSED blender. Enjoy!



05 Lemonade

- 4 lemons
- 1/2 cup stevia (or to taste)
- 1 gallon water
- Squeeze lemons and add at least 2 of the squeezed lemons into the gallon jug. Add 1 cup stevia (can do more or less based on desired sweetness). Fill jug with water and stir until stevia is dissolved.



06 Golden Milk

- 1 cup of coconut or almond milk
- 1 teaspoon coconut oil
- 1 teaspoon turmeric powder
- 1/2 teaspoon minced ginger
- 1/2 teaspoon cinnamon
- Pinch of black pepper
- Honey to taste
- Heat all of the ingredients together and drink warm. You can also blend all of the ingredients in a blender, warm up the mixture and drink.



07 Cinnamon Apple Cider Smoothie

Apples and cinnamon are perfect fall combos. If you use apple cider instead of apples, look for all-natural cider with no added sugar.

Servings 1 smoothie

Ingredients

½ cup water

½ cup all-natural apple cider (or 1 small apple)

1 scoop **Vanilla Pure Paleo Protein**

1 tsp. ground cinnamon

½ cup ice

Instructions

Place water, apple cider (or apple), protein powder, cinnamon, and ice in blender; cover. Blend until smooth.

Ingredients:

- ¼ cup water
- ¾ cup unsweetened vanilla coconut (or almond) milk
- 1 scoop **Vanilla Pure Paleo Protein**
- ½ cup canned pumpkin puree
- 1 tsp. pure maple syrup (or raw honey)
- 1 tsp. pumpkin pie spice
- 1 cup ice
- Place all ingredients in a blender. Blend until smooth.





09

Vanilla Chai Smoothie

Ingredients:

- 1 scoop **Vanilla Pure Paleo Protein**
- 1 cup brewed chai tea, cooled
- 1 tsp. raw honey
- 1 dash ground allspice
- ½ cup ice (add more to taste and consistency)
- Put all ingredients in a blender and blend until smooth.

10 Golden Milk Smoothie

- 1 cup unsweetened coconut milk
- 1 scoop **Vanilla Pure Paleo Protein**
- 1tsp coconut oil
- 1 tsp. ground turmeric
- Pinch of black pepper
- 1/2 tsp ginger (fresh or ground)
- 1 cup ice
- Put all ingredients in a blender. Blend until smooth.



11 Chile Mocha Smoothie



- 1/2 cup unsweetened coconut (or other nut) milk
- 1 cup ice
- 1 scoop **Vanilla Pure Paleo Protein**
- 1/2 cup brewed coffee, cooled
- 2 Tbsp. unsweetened cocoa powder
- 1/4 tsp. ground cinnamon
- 1/4 tsp. chili powder.
- Put all ingredients in a blender. Blend until smooth and creamy



MAIN DISHES

01 Stir-fry

Serves: At least 4!

- 1 TBSP Olive oil
- Oyster sauce
- Sesame oil
- Fresh (or minced) garlic
- 1 Onion
- 1/2 head Cabbage
- Bok Choy (or any other cabbage variety)
- Scallions
- 2-3 Carrots
- 1 Zucchini
- 1 head broccoli



Additions: shrimp, chicken or lean beef, or tofu

1. Blanche the broccoli and carrots if big. Chop everything into bite-sized pieces.
2. Put olive oil in a wok with high heat.
3. Sautee onions and garlic.
*Throw in your meat at this point if you are adding meat.
4. Throw in all of the vegetables.
5. Add oyster sauce to taste..about 1-2 TBSP
6. Put in a dash of sesame oil at the end for flavor. Can serve plain or with brown



02 Thai coconut soup

Ingredients

- 1 tablespoon vegetable oil
- 2 tablespoons grated fresh ginger
- 1 stalk lemon grass, minced
- 2 teaspoons red curry paste
- 4 cups chicken broth
- 3 tablespoons fish sauce
- 1 tablespoon lakanto monk fruit
- 3 (13.5 ounce) cans coconut milk
- 1/2 pound fresh shiitake mushrooms, sliced
- 1 pound medium shrimp - peeled and deveined
- 2 tablespoons fresh lime juice salt to taste
- 1/4 cup chopped fresh cilantro



Directions

Heat the oil in a large pot over medium heat. Cook and stir the ginger, lemongrass, and curry paste in the heated oil for 1 minute. Slowly pour the chicken broth over the mixture, stirring continually. Stir in the fish sauce and monk fruit; simmer for 15 minutes. Stir in the coconut milk and mushrooms; cook and stir until the mushrooms are soft, about 5 minutes. Add the shrimp; cook until no longer translucent about 5 minutes. Stir in the lime juice; season with salt; garnish with cilantro.

03 Lettuce Wraps

Yield: 4

1 pound of ground or chopped grilled meat

Romaine lettuce leaves



Directions

Cook your meat and season with salt and pepper. Can mix in tomatoes or small amount of brown rice if desired. Put into dish. Scoop onto romaine leaves and enjoy.

05 Turkey chili

- 2 pounds ground turkey
- 1 can black beans, undrained
- 1 can red kidney beans, undrained
- 1 onion
- 1 packet of chili seasoning (or make your own with chili powder, oregano and cumin)
- 1 large can diced tomatoes
- 1-2 cloves garlic
- Olive oil
- Sea Salt to taste

In a large pot, sauté the onion and garlic in the olive oil. Add the meat and brown. Add everything into the pot and lower the heat to a simmer. Let it simmer for about an hour until all of the flavors are melded. Serve with avocado, SoDelicious unsweetened coconut yogurt (in place of sour cream), and daiya cheese sprinkles.





06 Jambalaya

This is an easy recipe that comes out perfect every single time. It's healthy and easy!

<http://www.tasteofhome.com/recipes/forgotten-jambalaya>

Veggie Bowl With Chicken (or other meat...or none)

Serves 2-4

1 cup quinoa or brown rice, cook according to package directions

1-1/2 cups broccoli florets, chopped

1-1/2 cups cauliflower, chopped

1 cup carrots, peeled and diced

1 cup spinach, coarsely chopped

1/4-1/2 cup fresh parsley, finely chopped

sea salt and pepper to taste

drizzle of olive oil

1/2 to 1 lb cooked, diced organic chicken breast



To Prepare:

Steam broccoli, carrots, and cauliflower for 5-7 minutes, (depending on your desired tenderness)

In a large mixing bowl, toss together cooked quinoa or brown rice, steamed vegetables, spinach, and parsley.

Drizzle with olive oil, salt and pepper.

08 LENTIL SOUP

Makes 10 one-cup servings

- 1/2 pound green or red lentils
- 1/2 cup wild rice, rinsed well
- 3 large yellow onions, diced
- 2 cloves garlic, minced
- 2 tablespoons organic coconut oil
- 1 teaspoon sea salt
- 1 tsp italian seasoning
- 4 stalks organic celery, diced
- 3 carrots, diced
- 1 quart vegetable broth (no-sodium, if you buy canned)
- 1 6-ounce can tomato sauce
- 2 teaspoons red-wine vinegar
- Cover lentils and rice with boiling water and let sit for 15 minutes, then drain. In a large stock pot, sauté the onions and garlic with the coconut oil and seasonings until the vegetables are tender. Add the carrots and celery and sauté another 5–10 minutes. Add the vegetable broth, tomato sauce, and lentils and rice. Bring to a boil, reduce heat, and simmer 1 hour. Add vinegar and serve.



TIP: *This soup tastes even better the second and third days.*



Slow Cooker Cheesy Chicken Enchiladas

Ingredients:

- 1 tsp. olive oil
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 2 medium jalapeño peppers, seeded and deveined, finely chopped (optional)
- 1 lb. raw ground chicken breast
- 1 cup quinoa or 1 cup brown rice
- 1 (15-oz.) can black beans, rinsed, drained
- 1 cup frozen corn kernels (leave out during the detox)
- 1 (15-oz.) can diced tomatoes, no salt added
- 1 (10-oz.) can red enchilada sauce
- 2 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 2 tsp. ground coriander
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- 1 cup shredded Monterey jack cheese or Mexican Blend (or Daiya Cheese Shreds if detoxing)
- 3 medium green onions, chopped
- 1/4 cup finely chopped fresh cilantro



Process:

1. Heat oil in medium nonstick skillet over medium-high heat.
2. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is soft.
3. Add garlic and jalapeños; cook, stirring frequently, for 1 to 2 minutes, or until jalapeños are soft.
4. Add chicken; cook, stirring frequently, for 5 to 6 minutes, or until chicken is cooked through.
5. Place chicken mixture, beans, corn, tomatoes, 1 cup water, enchilada sauce, chili powder, cumin, and coriander in a 3-quart slow cooker; mix well and cover. Cook on high for 3 hours, or until liquid has been absorbed, and quinoa is tender.
6. Remove lid and stir mixture. Season with salt and pepper if desired. Add cheese; mix well. Cover until cheese has melted.
7. Top with green onions and cilantro.



Ingredients:

- 2 lb. raw lean ground chicken breast
- 5 Tbsp. organic coconut aminos, divided use
- 1 clove garlic, finely chopped
- Hot water
- 2 medium carrots, chopped
- 2 medium heads cauliflower, cut into bite-sized pieces
- 2 Tbsp. extra-virgin organic coconut oil, divided use
- 4 large eggs, lightly beaten (leave out eggs during the detox period. It's still good!)
- 4 green onions, thinly sliced,
- reserve a small amount of the greens for garnish

1. Combine chicken, 1 Tbsp. coconut aminos, and garlic in a medium bowl; mix well. Set aside for 30 minutes.

2. Boil water in steamer (or large saucepan) over high heat. Reduce heat to medium-high. Place carrots in steamer basket; cook for 4 to 5 minutes. Place in ice water bath to stop cooking process.

Set aside. You can also steam your carrots by placing in a microwave safe bowl, adding a tsp of water, covering and cooking for 3 minutes.

3. Place half of cauliflower in food processor; pulse until cauliflower

is chopped into pieces about the size of rice. Repeat with the other half. Set aside

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

5. Add chicken mixture; cook, stirring frequently to break chicken

into small pieces, for 4 to 6 minutes, or until chicken is no longer pink. Remove from pan. Set aside.

6. Add remaining 1 Tbsp. oil; heat, over medium-high heat.

7. Add cauliflower and remaining 4 Tbsp. coconut aminos; cook,

stirring frequently, for 2 to 4 minutes.

8. Make a well in the middle of mixture. Add eggs; cook, stirring frequently in well, for 2 to 3 minutes, or until eggs start to set.

9. Mix eggs into cauliflower mixture. Add chicken, carrots, and green onions; cook, stirring frequently, for 2 minutes, or until heated through. Garnish evenly with green onion.



Pad Thai with Spaghetti Squash

****This recipe is a bit of a process but a nutritious and yummy way to make your own nutritious pad thai during the detox period and beyond.**

Ingredients:

- 1 medium spaghetti squash (about 3 lbs.)
- 2 Tbsp. tamarind paste (or rice wine vinegar)
- 2 Tbsp. fish sauce
- 1 tsp. raw honey
- 2 to 4 Tbsp. water
- 12 ounces of chopped meat of your choice. Chicken, beef, or pork work well. Can also use tofu after the detox period
- 3 Tbsp. cornstarch (pref. GMO free) or tapioca flour
- 8 tsp. peanut oil, divided use
- 1 medium onion, thinly sliced
- 2 large eggs, lightly beaten (remove during detox)
- 4 cloves garlic, finely chopped
- 3/4 cup fresh bean sprouts
- 4 medium green onions, cut into 1-inch pieces
- 2 Tbsp. chopped peanuts
- Lime wedges
- Cilantro sprigs
- Crushed red pepper flakes



- 1.** Preheat oven to 350° F. Place squash on parchment-lined baking sheet. Poke 2 or 3 times with a fork. Bake 60 to 80 minutes. Cool 20 to 30 minutes. Cut squash in half lengthwise. Remove seeds. Scrape flesh into stringy noodles. Set aside.
- 2.** Heat tamarind paste, fish sauce, honey ,and water in small saucepan over medium heat. Cook, stirring constantly, for 1 to 2 minutes. Add additional water if sauce is too tart. Set aside.
- 3.** Coat meat in cornstarch in a small bowl; mix well. Heat large skillet over high heat. Add 2 tsp. oil, swirl to cover surface of pan. Add meat; cook, stirring constantly, until the meat is cooked all the way through. Set aside.
- 4.** Add 2 tsp. oil to pan; cook, over high heat, swirl to cover surface. Add onions; cook, stirring constantly, for 3 to 4 minutes. Remove from pan; place on plate with meat. Set aside.
- 5.** Add 2 tsp. oil to pan; cook, over high heat, swirl to cover surface. Add eggs; cook over medium heat. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath. When set, cut with spatula. Remove and place on plate with meat and onions.
- 6.** Add remaining 2 tsp. oil to pan, swirl to cover surface. Add garlic; cook, over medium-high heat, for 1 minute.
- 7.** Add spaghetti squash in a single layer; cook for 30 seconds, stir and make another single layer. Repeat 3 to 6 times, cooking for 3 to 4 minutes, until squash is warm and golden brown. Add sauce; mix well. Add bean sprouts and green onions; mix well. Add meat mixture; cook, stirring frequently, for 1 to 2 minutes, or until well mixed and heated through. Transfer to platter. Top with peanuts, lime wedges, cilantro, and crushed red pepper.

Almond Crusted Chicken Fingers

- 2 Tbsp. raw honey
- 2 Tbsp. Dijon mustard
- 2 tsp. rice wine vinegar
- Nonstick cooking spray (or olive oil cooking spray)
- 2 large eggs (during detox use chia eggs instead)
- 2 Tbsp. water
- 1 lb. raw chicken breast tenders, skinless
- 1 cup oats, ground up
- 1/2 cup finely chopped sliced raw almonds
- 1 dash sea salt (or Himalayan salt)
- 1 dash ground black pepper



- 1.** Combine honey, mustard, and vinegar in a small bowl; mix well. Chill.
- 2.** Preheat oven to 425° F.
- 3.** Line baking sheet with foil; lightly coat with spray.
- 4.** Combine eggs and water in a medium shallow bowl; whisk to blend.
- 5.** Soak chicken in egg mixture for 30 minutes, turning once; set aside.
- 6.** Combine ground oats , almonds, salt, and pepper in a large resealable plastic bag; shake to combine.
- 7.** Working with a few pieces at a time, lift chicken from egg mixture, letting excess drip back into bowl, and drop into bag containing bread crumb mixture. Seal bag and shake to coat; repeat with remaining chicken.
- 8.** Place chicken on prepared baking sheet. Bake for 18 to 20 minutes, turning after 10 minutes, until no longer pink in the middle and golden brown.
- 9.** Serve with honey mustard dipping sauce.





12

Italian Turkey Burgers

- 3/4 cup plain coconut yogurt
- 2 Tbsp. fresh lemon juice
- 2 cloves garlic, finely chopped, divided use
- 1/4 tsp. dried dill weed
- 1 1/2 lbs. raw 93% lean ground turkey
- 1 medium red onion, thinly slice half, finely chop half, divided use
- 1/4 cup finely chopped sun-dried tomatoes
- 2 oz. frozen chopped spinach, thawed
- 1 tsp. dried oregano
- 1/2 cup whole-grain bread crumbs
- 1 large egg (use chia egg during the detox)
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- 1 cooked medium beet, sliced thin
- 1/4 medium cucumber, sliced thin
- Glutino or Against the grain buns

Preparation:

1. To make yogurt sauce, combine yogurt, lemon juice, 1 clove garlic, and dill in a small bowl; mix well. Refrigerate, covered, until needed.
2. Preheat grill (or broiler) to high.
3. Squeeze out extra water from spinach with kitchen towel
4. Combine turkey, chopped onion, sun-dried tomatoes, spinach, remaining 1 clove garlic, oregano, bread crumbs , and egg in a medium bowl. Season with salt and pepper if desired; mix well with clean hands. Form turkey mixture evenly into six patties.
5. Grill (or broil) patties for about 5 minutes on each side, or until no longer pink in the middle.
6. Serve patties topped evenly with yogurt sauce, onion slices, beet, and cucumber.



13 Best Tomato Soup

1 Tbsp. olive oil
1/2 medium onion, chopped
5 medium tomatoes, chopped
3 cups organic chicken broth
(or vegetable broth)
1 tsp. lemon pepper (to taste;
optional)

Preparation:

1. Heat oil in large saucepan over medium-high heat.
2. Add onion; cook, stirring frequently, for 3 to 4 minutes, or until onion is soft.
3. Add tomatoes; cook, stirring frequently, for 2 to 3 minutes, or until tomatoes are soft.
4. Add broth; bring to a boil. Reduce heat to low and gently boil for 15 minutes.
5. Place soup and lemon pepper (if desired) in a blender or food processor; in 2 or more batches, if necessary; cover with lid and kitchen towel, blend until smooth.
6. Pour into serving bowls.



A top-down view of a white bowl filled with a colorful salad. The salad includes sliced cucumbers, halved cherry tomatoes (both red and yellow), chickpeas, and crumbled white feta cheese. Fresh green herbs are scattered throughout. A silver fork is visible in the bottom left corner. A large, light blue circular graphic with a white border is centered over the bowl, containing the text "SALADS AND SIDES" in a bold, blue, sans-serif font.

SALADS AND SIDES

01 Sassy Kale Salad

Serves: 2

- 4-6 cups washed and dried finely chopped Kale
- 1 cup cherry tomatoes, sliced
- 1/2 cup parmesan cheese (or daiya cheese during your cleanse/ detox)
- 1/4 cup dried cranberries
- 1 green apple cut into small strips
- 1/4 cup walnuts, broken into pieces
- Sea salt and pepper to taste
- Top with Sunflower seeds, pumpkin seeds or Pine nuts



02 Roasted Vegetables

Serves: 2

- 1 sweet potato
- 1/2 butternut squash
- 3 parsnips
- 1 head cauliflower
- 1tsp sea salt
- 1/2 tsp pepper
- 2 TBSP extra virgin olive oil



Preheat oven to 375 degrees. Cut all of the vegetables into chunks. Spread onto a sheet pan. Drizzle with olive oil, salt and pepper and toss it all together. Roast for 20 minutes, flip the vegetables and let it roast for another 10-15 minutes until tender.

03 Green Roasted Vegetables

Serves: 2-4

- 2 cups brussel sprouts
- 1 head broccoli
- 10 stalks asparagus
- Sea salt
- Pepper
- 2 TBSP extra virgin olive oil



Preheat oven to 375 degrees. Cut all of the vegetables into chunks. Spread onto a sheet pan. Drizzle with olive oil, salt and pepper and toss it all together. Roast for 20 minutes, flip the vegetables and let it roast for another 10-15 minutes until tender.

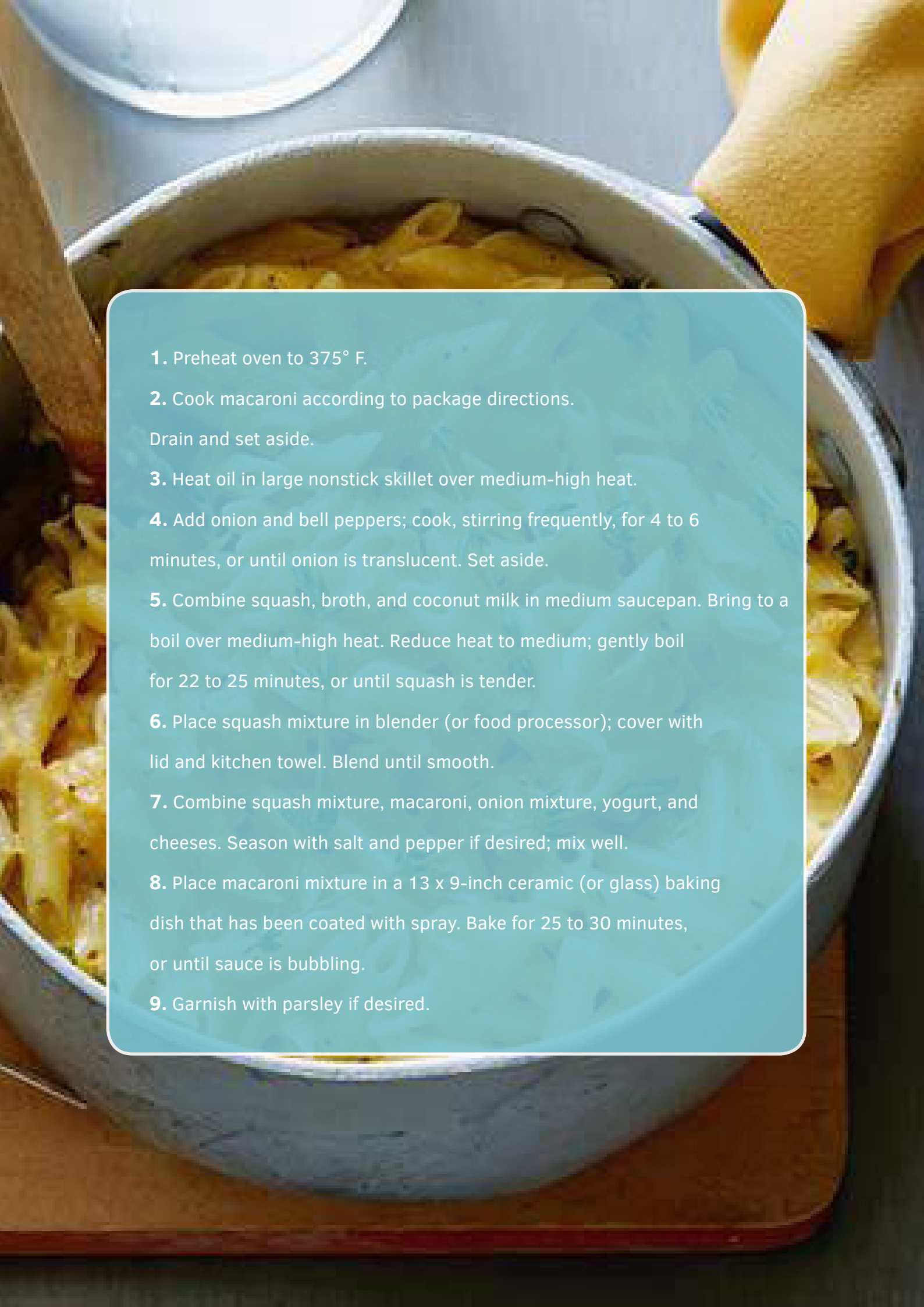
03 Butternut Squash Mac and Cheese

*For detox/cleanse period, substitute daiya cheese shreds for any cheese

Ingredients:

- 1 lb. dry brown rice (or gluten free) macaroni
- 1 tsp. olive oil
- 1 medium onion, chopped
- 2 medium red bell peppers, chopped
- 3 cups cubed butternut squash
- 1 3/4 cups low-sodium organic chicken broth
- 1 cup coconut or almond milk
- 2 Tbsp. coconut milk yogurt
- 1 cup shredded Gruyere (or Swiss) cheese
- 1 cup shredded sharp cheddar cheese
- Sea salt (or Himalayan salt)
- Black pepper (optional)
- Nonstick cooking spray
- Finely chopped fresh parsley (for garnish; optional)



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1. Preheat oven to 375° F.
 2. Cook macaroni according to package directions.
Drain and set aside.
 3. Heat oil in large nonstick skillet over medium-high heat.
 4. Add onion and bell peppers; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Set aside.
 5. Combine squash, broth, and coconut milk in medium saucepan. Bring to a boil over medium-high heat. Reduce heat to medium; gently boil for 22 to 25 minutes, or until squash is tender.
 6. Place squash mixture in blender (or food processor); cover with lid and kitchen towel. Blend until smooth.
 7. Combine squash mixture, macaroni, onion mixture, yogurt, and cheeses. Season with salt and pepper if desired; mix well.
 8. Place macaroni mixture in a 13 x 9-inch ceramic (or glass) baking dish that has been coated with spray. Bake for 25 to 30 minutes, or until sauce is bubbling.
 9. Garnish with parsley if desired.

Ingredients:

- 2 large sweet potatoes
- Sea salt
- Pepper
- Olive Oil

Preparation:

Clean and dry the sweet potatoes.

Slice thin.

Spread on roasting pan.

Drizzle with 2 TBSP of extra virgin olive oil

Sprinkle with 1 TBSP of sea salt and 1 tsp of pepper

Roast at 375 degrees for 40 minutes or until tender and crisp.



A close-up photograph of a dark-colored bowl filled with white, fluffy cauliflower rice. A small sprig of fresh green herb, likely parsley, is placed on top of the rice. The background is blurred, showing more of the bowl and some greenery.

05 Cauliflower Rice

- 1 head of cauliflower
- 2 TBSP of coconut oil (or grass fed butter)
- Sea salt
- Pepper

Cut the cauliflower into chunks. Steam or cook the cauliflower until tender. Place the cooked cauliflower, coconut oil, sea salt and pepper into a food processor and blend until it is the texture of rice. Use it as the base for your recipes that call for rice. Pair it with stir-fry, asian or indian dishes or as a side dish.

Ingredients:

- 1-2 handfuls baby spinach
- 1 cup blueberries
- 1 cucumber, sliced
- Small handful of baby kale
- 1 avocado, diced
- Salt and freshly ground pepper, to taste
- Top with Sunflower seeds, pumpkin seeds or Pine nuts

Dressing:

- ¼ cup olive oil
- 1-2 tablespoons apple cider vinegar
- 1-2 teaspoons honey
- 2-3 teaspoons Dijon mustard
- Garlic powder, to taste
- Salt and freshly ground pepper, to taste

Preparation: Combine the salad ingredients in a bowl or on two plates. Whisk the dressing together in a small bowl and drizzle over salads before serving.



Ingredients:

- 1-2 heads curly kale, chopped
- 1 red bell pepper, diced
- 1 mango, diced
- 2 carrots, chopped
- ½ cup macadamia nuts, chopped or nuts of your choice
- Sunflower seeds

Dressing:

1 avocado

½ lemon, juiced

1-2 tablespoons avocado or extra virgin olive oil.

1 tablespoon honey

1 teaspoon fresh ginger, grated

1 clove garlic, minced

Salt and freshly ground pepper, to taste

Preparation:

Place the kale in a large bowl and massage the dressing ingredients in until the kale tenderizes and starts to break down. Toss with the remaining ingredients. Can top with seared meat of your choice.



08 Coconut Rice

Ingredients:

- 2 cups of brown basmati rice
- 1 can full-fat coconut milk
- 1/2 cup water
- 1 teaspoon sea salt

Preparations

Place all ingredients in your rice cooker and voila! Yummy coconut rice.

If using a saucepan, In a medium pot with a tight fitting lid, bring all the ingredients to a boil. Cover and lower the heat to a simmer and cook for 15-20 minutes (or until all the liquid has evaporated). Remove from the heat and let sit for about 5 minutes, then fluff.



Ingredients:

1 large head cauliflower, chopped

2 tablespoons olive oil

Salt and freshly ground pepper, to taste

1-2 tablespoons nutritional yeast, or to taste

****Note:** Nutritional yeast has a cheesy, cheddar like flavor and is packed with B-vitamins and protein. It is substituted in recipes that are meat and/or dairy free.

Directions:

1.) Preheat the oven to 375°F. Toss the florets with the oil, salt, pepper until evenly coated. Lay out in an even layer on a parchment lined baking sheet (or two) and sprinkle the nutritional yeast over the top.

2.) Place the pans in the oven and roast until golden brown and slightly crisp on the edges, about 30-35 minutes.



Ingredients:

- 2 large sweet potatoes, cut into 1" cubes
- 2 tablespoons coconut oil, melted
- ½ teaspoon cinnamon
- Full-fat coconut milk, as needed
- Salt, to taste

Directions:

1.) Place the sweet potatoes in a medium pot and cover with water. Bring to a boil and simmer until fork tender, about 15-20 minutes. Drain well in a colander.

2.) Place the sweet potatoes in the bowl of a mixer with the whisk attachment (or use an immersion blender). You can also place everything into a food processor if you have one for quick, easy assembly. Slowly pour in the coconut milk and oil and spices and whip until smooth. Taste and adjust the seasoning, if needed.

