

THE VIRGIN DIET

COMPANION
COOKBOOK

JJ Virgin

JJ Virgin, CNS, CHFS

THE VIRGIN DIET

Companion Cookbook

Published by:
JJ Virgin & Associates, Inc.
30 Lincoln Place
Rancho Mirage, CA 92270
info@jjvirgin.com

www.TheVirginDiet.com

© Copyright 2012. ALL RIGHTS RESERVED JJ Virgin & Associates, Inc.

The contents of The Virgin Diet Companion Cookbook are licensed to you by JJ Virgin & Associates, Inc. for your personal use only and are subject to the TERMS AND CONDITIONS at www.jjvirgin.com. The recipes have not been reviewed or approved by any government, healthcare organizations or physicians. Recipes must be prepared according to provided instructions. Consult your primary health care provider with any related questions concerning your personal nutrition and fitness needs and the suitability of any recipes in light of your personal physical condition and circumstances.

Welcome!

When I thought up the idea of this collaborative cookbook I fell in love with it for a few reasons:

1. I can showcase so many of my amazing peers who I continue to learn from and I want to share them with you :)
2. Prove that it can be simple and delicious to cook and eat this way by showing how my clients and people just like you and me have successfully done it.

So I cast a net out to all of my friends and clients to help me put this together and I was overwhelmed by their generosity and creativity! If you have been following me at all you know that I am the "anti-chef" and I go for meal assembly that can be done in 15 minutes or less. I pretty much had my stable of "staples" so it is great to get some new ideas for me too!

I would love to hear about your favorites from this cookbook, and if you create a few of your own I would love it if you would share them with my community at www.facebook.com/jjvirginfanclub.

I also want to thank a few of my favorite companies who helped support this project and make my life more delicious:

So Delicious® Dairy Free

This is my go-to brand for all things coconut AND almond. I am especially fond of the unsweetened vanilla coconut milk (I travel with the small boxes), the coconut Greek style yogurt, and the coconut ice cream sweetened with monk fruit (1 gram of sugar). They also just launched Almond Milk Plus that has 5 grams of added vegan protein.

Vital Choice Wild Seafood & Organics

The top choice for wild fish AND amazing dark chocolate! Everything they carry is organic and the owner Randy Hartnell is a wild fish specialist who only brings in the best!

Artisan Bistro

Okay, I admit it, when I found this I thought...I never have to assemble a meal again!! These meals are made to The Virgin Diet specs and are created with organic ingredients and wild fish, grass fed beef, and free range chicken. Best of all, they taste amazing - you could serve them for a dinner party and no one would ever guess they were frozen meals.

Malaysian Palm Fruit Oil

This is the prettiest oil on the planet! The red version is rich in carotenoids. Both the red and yellow are loaded with tocotrienols, sustainably harvested, and stable at high heat. I use it to roast veggies, sauté peppers and onions, and on those rare occasions... I even bake with it!

Enjoy!



JJ'S SHOPPING LIST

These are the items I keep on hand so I can assemble healthy, delicious Virgin Diet meals in minutes!

FOR YOUR FREEZER:

Grass-fed beef tenderloin
Pasture-fed pork tenderloin
Organic chicken and turkey sausages
Organic free-range chicken and turkey breasts
Frozen shrimp
Frozen berries (blueberries, strawberries, and cherries are wonderful)
Frozen veggies (have a wide variety and use them for sides, soups, and stir-fry)
Wild caught fish – favorites are sole, salmon, scallops
King crab

FOR YOUR FRIDGE:

Organic turkey slices
Roast beef slices
Roasted whole chicken
Nut butters: almond butter, pecan butter, walnut butter, macadamia butter and cashew butter
Guacamole
Fresh salsa
Dijon mustard (gluten free)
Salad greens (look for baby spinach & arugula in tubs)
Heintzman Farms golden flax seeds (grind fresh before use)
Chia seeds
Lemons
Limes
Sparkling mineral water
Hummus
Iced green tea (make fresh, no sugar added)
So Delicious® Coconut milk
Fresh, low-glycemic index fruits such as berries and apples
Asparagus
Mushrooms
Broccoli
Red Peppers
Red Onions

FOR YOUR PANTRY:

Organic chicken broth
Brown rice
Quinoa
Brown rice pasta
Quinoa pasta

JJ'S SHOPPING LIST

Rice noodles

Nuts (choose from raw almonds, cashews, pecans, walnuts, macadamia nuts, Brazil nuts, pistachios)

Green teas (to drink both iced and hot)

Garbanzo beans

Black beans

Lentils

Artichoke hearts

Diced green chilies

Sun-dried tomatoes in olive oil

Thai Kitchen Red Curry Coconut Sauce

Vinegar (red, balsamic, rice) for salad dressings

FOR YOUR VEGGIE/FRUIT BIN:

Store these in open bins in dark spot, not the fridge

Garlic & onions

Sweet potatoes

Tomatoes

Avocados

Beets

Butternut squash

Kabocha squash

KEY OILS TO HAVE ON HAND:

Coconut oil and Malaysian palm fruit oil (for high temperature cooking)

Olive oil (for medium temperature cooking)

Extra virgin olive oil (for raw use)

SPICES TO HAVE ON HAND:

I use McCormick's Spices

Sea salt

Black peppercorn

Red pepper

Italian spice blend

Mexican spice blend

Herbes de Provence

Rosemary

Oregano

Basil

Red Chile

Cumin

Curcumin (Turmeric)

Cinnamon

Thank you to our Sponsors



So Delicious® Dairy Free provides the broadest selection of delicious alternatives to dairy-based foods and beverages. Ideal for 50 million lactose-intolerant Americans and millions more with a variety of food sensitivities, So Delicious® Dairy Free is proud to offer truly delicious solutions for people with special dietary needs and others who are seeking dairy-free options. All So Delicious® Dairy Free frozen desserts, beverages, “yogurts,” “coffee creamers,” and probiotic beverages are 100% plant based, GMO free, and made without artificial sweeteners, trans-fats or hydrogenated oils. To explore all of their delicious offerings and complete nutritional information, visit them online at: www.sodeliciousdairyfree.com



VitalChoice®

WILD SEAFOOD & ORGANICS

Founded by former Alaska fisherman Randy Hartnell, Vital Choice is a trusted source for home delivery of the finest wild seafood and organic fare, sustainably harvested from healthy, well-managed wild fisheries and organic farms. The company's products are recognized for their superior purity, culinary quality, and health benefits, and endorsed by leading health and wellness experts. www.vitalchoice.com

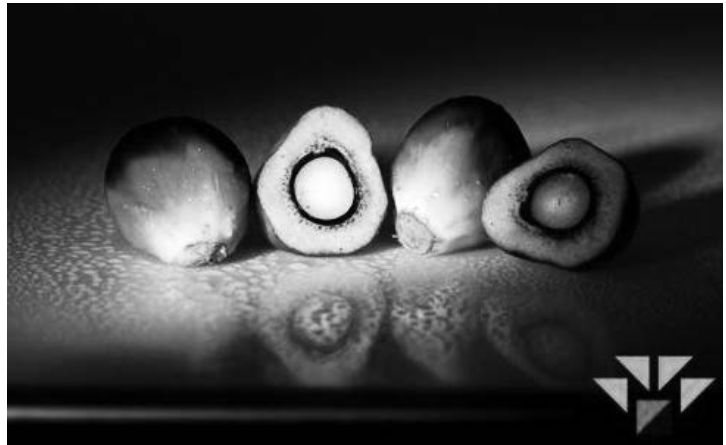


Thank you to our Sponsors

Malaysian Palm Council

Healthy palm fruit oil, which is produced using environmentally sensitive cultivation methods, contains almost equal amounts of unsaturated fats and saturated fats, (mainly palmitic and smaller amounts of stearic acids). As a result of its unique balanced composition, palm fruit oil has almost no impact on your cholesterol as long as your total dietary fat intake is in line

with the levels recommended by health agencies such as the American Heart Association. Basically it behaves more like a healthier monounsaturated fat (the type of fat found in nuts, canola and olive oil) than a saturated fat. The virgin and red varieties of palm fruit oil are also rich in powerful antioxidants called tocotrienol and tocopherols (vitamin E), as well as carotenes (vitamin A). www.PalmOilHealth.org



Artisan Bistro Home Direct makes eating healthy easy. This health care professional sponsored frozen meal delivery program was co-created with Jim and Laura LaValle, Dr. Pam Smith, Dr. Andy Heyman, and JJ Virgin to meet the weight management goals of their clients and patients. There are 20 high protein, low carb, gluten-free meals featuring organic vegetable servings, free-range chicken, all-natural turkey, and wild-caught salmon. Many of the meals are soy, dairy and peanut free. They taste delicious, cost \$7.50 to \$8.50 and come with a 100% money back guarantee. The meals are shipped to your doorstep packed in dry ice so you need not be home to receive your order. They are available on line at www.theartisanbistro.com/homedirect or you can contact them at (866) 328-8638 ext. 107.

Artisan Bistro

Home Direct



Healthy eating made easy!

Index

Shakes & Drinks	11
Breakfasts	17
Main Dishes	21
Side Dishes	75
Soups	97
Salads	113
Desserts	129
Snacks	133
Cycle 2 & 3 Recipes	141
Our Contributors	155



Shakes and Drinks

Strawberry Lemonade

Ingredients:

3 cups spring or filtered water
½ - ¾ cup organic lemon juice
6 organic strawberries, fresh or frozen
3-4 packets of stevia, or to taste

Directions:

Combine all ingredients in a blender until smooth.

Dr. Josh Axe

www.draxe.com

Beauty Juice, AKA 5-A-Day

Recipe is for 1 person to have in 3-4 servings over the course of the day or for 3-4 people to share at once.

Ingredients:

1 handful prepped and cleaned baby carrots
2 ribs celery hearts
1 handful pre-prepped baby spinach leaves
1 handful frozen blueberries
1 large or 2 small Roma tomatoes
2 cups cold water
1 handful of ice cubes

Directions:

Place all ingredients in high-powered blender (Vitamix or Ninja blenders work well), starting with water, ice, blueberries and tomatoes. Blend on high power for 2 minutes. Yields about 1 liter of juice.

Benefits

- * Tastes amazing!
- * Full day's worth of produce for when you're too busy to prep, cook, and clean
- * Glowing skin
- * Fills you up on few calories
- * Easy to find ingredients
- * 3 minutes start to finish
- * Zero cutting or peeling required
- * High fiber
- * Lots of potassium
- * Alkalizing
- * Serve with a piece of cooked poultry, fish or meat and call it a meal

Alan Christianson

www.myintegrativehealth.com

Minty Green Juice

This is the juice I recommend to all my patients when they are detoxing. It is very cleansing and wonderful to start the day with the concentrated nutrition in this drink.

Servings 2

Ingredients:

2 medium stalks Swiss chard, large stems removed
 2 medium stalks collard greens, large stems removed
 2 medium stalks kale, large stems removed
 ¼ lime with rind removed
 1 thin slice of ginger with rind removed (size of nickel)
 6 leaves mint
 6 leaves basil
 3 sprigs cilantro
 ⅔ cup water
 1 cup ice

Directions:

Combine everything in a blender or Vitamix and blend until smooth.
 In a Vitamix, blend on high. If your juice is too thick, add more water.

Kim Millman MD PhD and Marilyn Abedin

For more JJ approved recipes by Dr Kim, go to www.RecipesToEnergizeYourDay.com

Pumpkin Pie Protein Shake

This healthy pumpkin smoothie is like chilled pumpkin pie in a glass, but without the fat and calories. Pumpkin is loaded with beta carotene, fiber, and zinc that can boost your immunity through the seasons. This amount makes a pretty large amount - easily could be shared between two people or if you feel the need for an extra-large smoothie, this will do the trick.

Ingredients:

½ cup So Delicious® coconut milk (I used full fat and it was so creamy and delicious but I think it would be terrific with a low fat coconut milk too)
 ½ cup canned pumpkin (during the off season, it is sold at Whole Foods in the dog food section all year round)
 1 teaspoon Trader Joe's pumpkin pie spice
 1 teaspoon vanilla extract
 ¾ scoop of Thorne Research VegaLite Vanilla Protein Powder
 ¼ cup cold water
 approx. ¾ cup crushed ice cubes or 8-10 ice cubes

Directions

Blend all ingredients in a blender – add more liquid, spices, or ice to your desired taste and consistency.

Jeanne and Allen Peters MD

www.nourishingwellness.com

Dr. Sara's Hormone-Balancing Smoothie

Greens reduce estrogen dominance, a problem facing 80% of women over 35.

Ingredients:

2 cups dino kale
1 handful fresh borage flowers
1 tablespoon fresh thyme
3 tablespoons soaked chia seeds (I prefer this as my source of fiber - you might want less chia depending on desired thickness)
1 serving vanilla protein powder (e.g. Thorne Research VegaLite)
½ cup frozen blueberries
12 ounces water

Directions:

Add to Vitamix and blend. I make extra and sip over several hours.

Dr. Sara Gottfried, MD

www.saragottfriedmd.com

Dr. Sara's Maca/Cacao Hormone-Balancing Smoothie

*Maca is proven in randomized trials to raise sex drive and reduce anxiety and depression.
Cacao at breakfast is associated with weight loss!*

Ingredients:

2 tablespoons raw cacao powder
2 tablespoons maca powder (I like Navitas Naturals)
3 tablespoons soaked chia seeds (I prefer this as my source of fiber - you might want less chia depending on desired thickness)
1 serving vanilla protein powder (e.g. Thorne Research VegaLite)
12 ounces water

Directions:

Add to Vitamix and blend.

Dr. Sara Gottfried, MD

www.saragottfriedmd.com

Pomegranate & Lime White Wine Spritzer

Ingredients:

½ cup white wine
½ cup sparkling water
2 tablespoons pomegranate seeds
½ lime

Directions:

Add ice to a glass. Add wine, top with seltzer. Add pomegranate seeds and lime wedge.

Dr. Sara Gottfried, MD
www.saragottfriedmd.com

Tangy Lime Chia Quencher

Ingredients:

16 ounces of good water in a jar for shaking
1 lime juiced into water
1 to 2 tablespoons of Chia seeds placed into jar with lime water.

Directions:

Shake together and share. Use as a snack to hold you over until your next meal.

Cynthia Galas

Healthy Berry Smoothie

Ingredients:

½ avocado
½ cup of blueberries, raspberries
½ cup of coconut milk (or almond milk, or hemp milk)
1 tablespoon chia seeds
½ teaspoon of vanilla

Directions:

Whirl it all up in a blender for 1 minute.

Michelle Leverette



Breakfasts

Beautifying Breakfast Cereal

Ingredients:

4 tablespoons raw sunflower seeds

¼ cup blueberries

¼ cup strawberries

1 teaspoon cinnamon

½ cup So Delicious Coconut Milk

Directions:

Combine sunflower seeds, sliced almonds, and berries in a bowl and pour coconut milk over them. Top with cinnamon and serve!

Cynthia Pasquella

www.cynthiapasquella.com

Turkey Apple Walnut Goodness

Ingredients:

½ to 1 apple - chopped into bite-size chunks

About 4 ounces sliced turkey (nitrate/nitrite-free kind like Applegate Farms or Trader Joe's)

- also chopped into bite-size pieces

About ¼ cup of walnuts

Directions:

The measurements are approximate; you can use more or less depending on your taste preferences. Melt some ghee or coconut oil in a pan and add the apple. Let that sauté for a while, then add the turkey and stir it all together. Sauté until the apple pieces start getting just a bit soft. Add the walnuts last and let everything heat up for a little longer. Serve with some freshly cracked black pepper. I love this for breakfast because it keeps you full and has a good amount of protein, fat, and fiber to keep your blood sugar stable.

Evelyne Lambrecht

www.healthcoachsd.com

Strawberry Almond Bowl

Ingredients:

½ cup cooked quinoa – cold
 ½ cup slightly thawed sliced strawberries
 ¼ cup unsweetened almond milk
 1 tablespoon sliced almonds

Directions:

Top cooked quinoa with strawberries and almond milk. Sprinkle sliced almonds on top.

Cyndi Petray

Dr. Anna's Foul Moudammas

My favorite all time breakfast recipe is Foul Moudammas. In my home growing up, it was like living in the United Nations with a constant flow of family and friends from around the world. Our lives revolved around the kitchen table where for breakfast a meza or tapas would be set. That means a selection of small dishes. As kids we always wanted Foul Moudammas - mom said it made us smarter (amazing nutrition) and fuss more (in Arabic fuss means pass gas!) - my brothers would eat a lot!!! Don't let that deter you because it fills you up and the nutrients are fueling! A little goes a long way. Here's my favorite family recipe:

Serves 6

Ingredients:

2 cans fava beans
 1 can chick peas
 1 clove garlic - crushed
 Juice of 2-3 lemons
 ½ teaspoon salt
 2 tablespoons chopped parsley
 Optional: 1-3 teaspoons tahini

Directions:

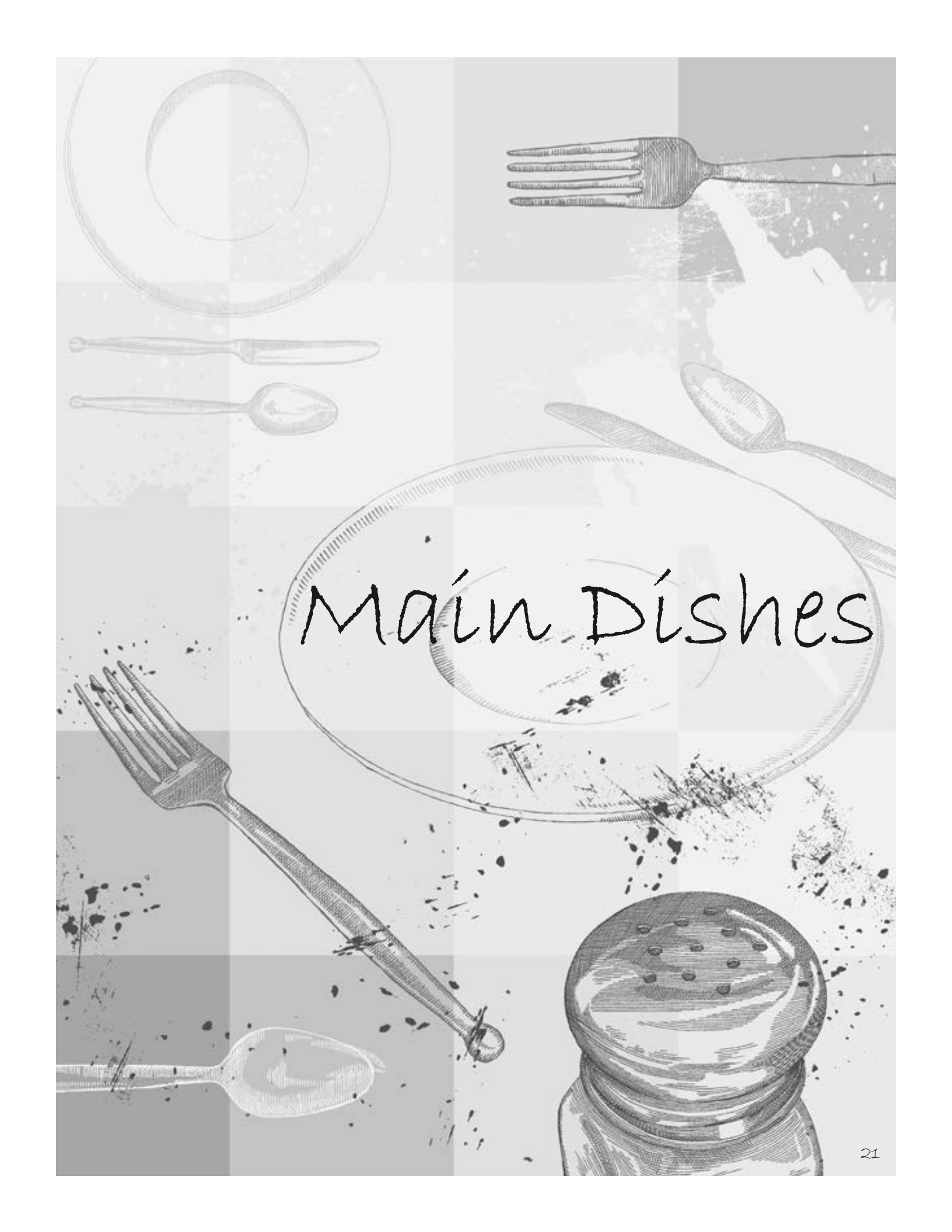
Drain the cans and rinse with water. Heat in pot with 1 cup water and bring to a simmer, skim off any foam that arises. Combine crushed garlic, salt, and lemon juice and pour over top, stir in, add tahini if desired to taste. Cover and cook for 15 minutes, until tender but not mushy. Crush beans slightly with pestle or potato masher.

Pour into large bowl, sprinkle with parsley, olive oil generously, and enjoy! You may want to serve with sliced tomatoes, eggs, and onions, on the side.

The Arabs have a saying: Breakfast like a king, lunch like a prince, and dinner like a pauper.

Dr. Anna Cabeca

www.cabecahealth.com



Maín Dishes

Chile Lime Chicken with Veggie

The marinade for the chicken in this recipe can also be used to marinate the veggies, or you can use the Marinade Variation for the veggies. In any case, both versions of the marinade involve some of the same ingredients, so think ahead while you are chopping and juicing so you make enough for both the chicken and the veggies. It will save you time. Try doubling the marinade recipe.

4 Servings

Ingredients:

2 chicken breasts
2 tablespoons macadamia nut oil or grapeseed oil
1 lime, juiced
1 tablespoon red wine vinegar
2 tablespoons cilantro, finely chopped
½ teaspoon paprika
1 teaspoon chili powder
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon Real Salt
Pepper, to taste
Pinch of cayenne pepper, to taste
Optional: 1 jalapeño pepper, seeded and finely chopped

Marinade Variation:

2 garlic cloves, minced
3 tablespoons macadamia nut oil or grapeseed oil
1 tablespoon red wine vinegar
2 lemons, juiced
1 teaspoon Real Salt
¼ teaspoon pepper
2 tablespoons fresh sage, chopped

Preparation for Chicken:

In a small mixing bowl, whisk together oil, lime juice, and vinegar. Add cilantro, paprika, chili powder, garlic powder, onion powder, cayenne pepper, and jalapeño (if using), salt, and pepper.

Place chicken breasts on a cutting board. Pound chicken lightly with meat mallet until chicken breasts are about ¼ inch thick.

Whisk marinade again before coating chicken breasts with mixture.

Place chicken breasts in baking dish and brush remaining marinade over breasts. Cover dish and refrigerate. If possible try to marinate for at least 2 hours so meat will be tender and flavorful. Marinate no less than 1 hour and no longer than 24 hours.

Heat grill to medium. Cover chicken while grilling.

Grill chicken for 8-10 minutes, turning once. Check one piece by cutting into the center. Center should not be pink.

Ingredients for Veggie Kabobs:

1 cup red, yellow, or green bell pepper (mixed), chunks

1 cup sweet red onion, chunks

1 cup mushroom caps

1 cup zucchini, chunks

1 cup yellow squash, chunks

Optional: 1 cup cherry tomatoes

Preparation for Veggies:

Whisk all ingredients together in a small mixing bowl.

Put vegetables in the smallest bowl that they will easily fit in. Pour marinade over vegetables and toss.

Cover and refrigerate for minimum of 2 hours, up to 8 hours. Toss veggies at least once during marinating time.

Remove from refrigerator and thread vegetables onto wooden skewers. Alternate vegetables by color for attractive kabobs.

Grill over medium heat for 8-10 minutes, turning occasionally. Cook a little less time for crispy veggies (healthier), or until slightly charred for more tender veggies.

Serve chicken and veggie kabobs together.

Tana Amen, B.S.N., RN

www.amenclinics.com

Poached Sea Bass in Tomato Broth

4 servings

Ingredients:

2 large sea bass fillets (8-10 ounces)
1 tablespoon refined coconut oil
½ onion, chopped
2 garlic cloves, minced
1 teaspoon ground coriander
¼ teaspoon cayenne pepper
½ teaspoon Real Salt
2 fennel bulbs, quartered and sliced lengthwise
¼ teaspoon cinnamon
1 14-ounce can whole tomatoes
2 cups low sodium vegetable broth
1 cup water
1 teaspoon Earth Balance Organic Coconut Spread

Directions:

Prepare sea bass in advance by rinsing with cold water and patting dry with paper towels. Set aside.

Heat oil in large pan over medium heat. Sauté onion and garlic for about 3 minutes. Stir in coriander, salt, pepper, and cinnamon. Add tomatoes, broth, and water.

Add fennel when broth comes to a boil.

Reduce heat to low and simmer for 5 minutes.

Place sea bass in sauce. Increase heat to medium for 5-6 minutes. Turn fish over and cover pan. Allow fish to poach for another 5-6 minutes.

Carefully cut both fillets in half and place in shallow bowls. Spoon sauce over the top of each fillet and serve hot.

Tana Amen, B.S.N., RN
www.amenclinics.com

Roasted Fish with Chermoula Sauce

Ingredients:

¼ -½ pound steaks of sea bass or halibut
Extra virgin olive oil
Salt and pepper
6 tablespoons dry white wine
Moroccan Chermoula Sauce

Directions:

Brush fish with the extra virgin olive oil and season lightly with salt and pepper.

Spread Moroccan Chermoula Sauce over the fish. Marinate for 30 minutes

Pour white wine into baking dish. Place fish in the baking dish, making sure the Chermoula sauce thickly covers the fish.

Bake at 375 degrees for 20-35 minutes depending upon the thickness of the filets.

Place a few sprigs of fresh cilantro on top of the fish before serving.

Moroccan Chermoula Sauce

(Can also be used as a dip served with vegetable crudités)

Ingredients:

1 large bunch cilantro (2/3 cup)
4 cloves garlic crushed
1 teaspoon ground cumin
1 teaspoon paprika (smoky paprika if available)
¼ teaspoon cayenne (optional)
6 tablespoons virgin olive oil
Juice of one lemon

Directions:

Blend together in a food processor.
Will keep in the refrigerator for up to one week.

Dr. Nalini Chilkov

www.integrativecanceranswers.com

Turkey Loaf

Ingredients

1 pound ground turkey
2 carrots, finely chopped
1 large onion, finely chopped
1 large red pepper, diced
1 ½ stalks celery, finely chopped
1 tablespoon Worcestershire sauce (We use Robbie's Worcestershire made with Apple Cider Vinegar)
½ teaspoon sea salt
1 tablespoon whole grain mustard
½ teaspoon garlic pepper powder
2 tablespoons parsley flakes

Directions:

Combine all ingredients and mold into loaf pan. Bake at 350 degrees for 1 hour.

Donna Gates

www.bodyecology.com

Sizzling Steak Stir-Fry

Serves 4.

Ingredients:

1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 tablespoon ground cumin
1 tablespoon crushed red pepper flakes
2 teaspoons chili powder
2 pounds lean beef steak (whichever cut is on sale), cut into thin strips
2 tablespoons coconut oil
1 small onion, chopped
2 cloves garlic, pressed
2 tablespoons red wine vinegar
¼ cup finely chopped cilantro

Directions:

In a small bowl, combine spices (salt through chili powder); sprinkle evenly on all sides of steak strips; set aside (marinate overnight covered in the fridge if you can). Heat the coconut oil in a wok or large skillet over medium-high heat. Add onion and garlic and cook until onion is translucent, about 2 minutes. Add steak strips and cook for 1 minute per side. Add vinegar and cook for another 30 seconds. Serve with chopped cilantro on top.

Leanne Ely

www.SavingDinner.com

Thymeless Lemon Halibut

Ingredients:

1 teaspoon sea salt
 1 teaspoon freshly ground pepper
 1 teaspoon chopped fresh thyme
 2 tablespoons olive oil
 2 cloves garlic, pressed
 4 (6-oz.) halibut fillets OR other firm-fleshed wild white fish
 3 tablespoons lemon juice

Directions:

Preheat oven to 375 degrees. In a small bowl or cup, combine salt, pepper, and thyme. In a separate small bowl or cup, combine olive oil and garlic. Place fish on a baking sheet; baste with garlic olive oil then add seasonings and drizzle with lemon juice. Bake for 12 minutes or until fish flakes easily when tested with a fork. Serves 4

Leanne Ely

www.SavingDinner.com

Summer Fresh Shrimp

Serves 4

Ingredients:

1 tablespoon coconut oil
 1 tablespoon olive oil
 1 medium onion, chopped
 1 jalapeño pepper, de-seeded and chopped
 3 cloves garlic, pressed
 3 medium vine-ripened tomatoes, chopped
 ½ teaspoon crushed red pepper flakes
 1 teaspoon sea salt
 1 teaspoon freshly ground black pepper
 2 tablespoons lime juice
 1 pound large shrimp (25 to 30), peeled and deveined
 A handful of freshly chopped cilantro

Directions:

Heat the coconut oil and olive oil together in a large skillet over medium-high heat. Add onion, jalapeño and garlic; cook and stir for 2 minutes. Add tomatoes and cook for 2 minutes. Add crushed red pepper flakes, salt, pepper, and lime juice; cook for 4 to 6 minutes or until tomato mixture has reduced. Add shrimp and cook, stirring frequently, for 5 to 8 minutes or until shrimp are pink and opaque. Serve with chopped cilantro on top.

Leanne Ely

www.SavingDinner.com

Fajita Fish Fiesta

Serves 4

Ingredients:

- 1 tablespoon paprika
- 2 teaspoons dried oregano
- 2 teaspoons sea salt
- 2 teaspoons freshly ground black pepper
- 1 teaspoon cayenne pepper
- 4 (6-oz.) firm-fleshed white fish fillets
- 3 tablespoons olive oil
- 2 cloves garlic, pressed
- 1 medium onion, chopped
- 1 medium red bell pepper, de-seeded, de-ribbed and chopped
- 1 medium green bell pepper, de-seeded, de-ribbed and chopped
- 2 tablespoons lime juice
- 8 large Romaine lettuce leaves
- 1/3 cup chopped cilantro

Directions:

In a small bowl or cup, combine paprika, oregano, salt, pepper, and cayenne pepper; sprinkle mixture evenly over fish fillets; set aside. Heat the olive oil in a large skillet over medium-high heat. Add garlic, onion, and bell peppers and cook for 5 minutes; remove from pan and set aside. Add fish fillets and lime juice to the skillet; cook fillets for 3 minutes per side then remove from skillet and shred just enough to serve in lettuce leaves with bell pepper mixture and chopped cilantro.

Leanne Ely

www.SavingDinner.com

Paleo Turkey Bolognese

Serves 4

Ingredients:

- 1 large spaghetti squash, halved
- 2 tablespoons coconut oil
- 3 cloves garlic, pressed
- 1 medium onion, chopped
- 2 large carrots, peeled and chopped
- 2 medium stalks celery, chopped
- 8 vine-ripened tomatoes, chopped
- 1 cup dry white wine
- 1 cup low sodium chicken broth
- 1 cup unsweetened coconut milk
- 1/4 finely chopped parsley
- 4 cups chopped boneless skinless turkey breast meat, cooked
- 1/2 teaspoon crushed red pepper flakes
- Sea salt and freshly ground black pepper, to taste

Directions:

Preheat oven to 375 degrees. Place squash halves on a baking sheet, flesh sides up; bake for 30 minutes or until tender; remove from oven and set aside to cool slightly. Heat the coconut oil in a large skillet over medium-high heat. Add garlic, onion, carrots, and celery; cook until onion is beginning to be translucent, 4 to 6 minutes. Add tomatoes and wine to the skillet and whisk up all of the browned bits from the bottom of the pan. Bring mixture to a boil and cook for 2 minutes. Add remaining ingredients (chicken broth through pepper); bring to a boil then reduce heat and simmer for 30 minutes or until sauce reduces and thickens. Scoop the seeds from the squash then, using a fork, scrape the flesh out of its shells in long, thin (spaghetti-like) strands. Serve turkey mixture over squash “noodles”.

Do-ahead tip: Cook turkey.

Leanne Ely

www.SavingDinner.com

Coconut Cilantro Shrimp

Serves 4

Ingredients:

1 tablespoon coconut oil
 2 pounds shrimp, peeled and deveined
 Sea salt and freshly ground black pepper, to taste
 5 cloves garlic, pressed
 1 teaspoon crushed red pepper flakes
 1 lime, juiced
 ¼ cup finely chopped cilantro

Directions:

Heat the coconut oil in a large skillet over medium-high heat. Add shrimp; season with salt and pepper and cook for 2 minutes. Turn shrimp; add garlic and crushed red pepper flakes and cook for 2 to 4 minutes. Remove skillet from heat and place mixture in a large bowl; sprinkle with lime juice and chopped cilantro; toss and serve.

Serving Suggestions:

Serve over Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam “rice” till tender; drain; salt and pepper to taste and fluff with a fork). Add steamed asparagus on the side.

Leanne Ely

www.SavingDinner.com

Cook 'Em Like a Chef Chicken Breast

Serves 2

Ingredients:

2 4-6 ounce chicken breasts

Olive or coconut oil

Seasonings of choice (basil, parsley, lemon pepper, sea salt...)

Directions:

Preheat oven on to 350 degrees. Clean and rinse 2 medium size chicken breasts (approximately 4-6 ounces each). Rub exterior of breast with seasoning such as black pepper, lemon pepper, sea salt, thyme, oregano or other gluten free/dairy free poultry seasoning.

On your stove-top, heat a sauté pan or skillet to medium heat, place a tablespoon of olive oil or coconut oil in the pan. When pan or skillet is hot, place chicken breasts in pan just long enough to turn the outside golden brown then flip over and move entire pan into the oven to finish cooking, about 8-12 minutes (if your pan is not oven resistant, preheat cookie sheet or roasting pan and transfer chicken breasts to it). Chicken breasts are done when they are firm to touch and if, when pierced or sliced, their juice runs clear.

This method can also be used for fish, turkey breasts, and steak.

Jill Lane

www.JillLane.com

Scallops and Baby Broccoli

Meal assembly is key when you are living a full, fabulous life. Keep vegetables on hand that you can grab, along with protein that is delicious and easy to prepare. Here is a 10 minute meal for two.

Ingredients:

8 medium-sized scallops

1 tablespoon coconut oil for sautéing scallops

2 large handfuls baby broccoli

2 handfuls of raw spinach

4 large radishes, cubed

3 young carrots, sliced

Coconut Aminos (Like Tamari but soy free!)

1 clove garlic, chopped

Directions

Steam baby broccoli for 5 minutes or until al dente while sautéing scallops in coconut oil, chopped garlic and a few tablespoons of Coconut Aminos. Put a handful of spinach in each shallow bowl, sprinkle the carrots and radishes and cover with hot broccoli and scallops.

Robin Nielsen

www.togrowyoung.com

Chicken and Black Bean Wraps in Steamed Collard Greens with Avocado and Salsa

Serves 4

Ingredients:

½ tablespoon ground cumin
 2 teaspoon paprika
 Pinch cayenne pepper
 Pinch sea salt
 ½ pound boneless, skinless chicken breast
 1 tablespoon extra virgin olive oil or grapeseed oil
 1 tablespoon fresh lemon or lime juice
 2 cups water
 4 large collard greens
 1 can (15 ounces) black beans, drained
 1 ripe avocado sliced
 Optional: hot sauce

For Salsa:

2 medium ripe tomatoes, diced
 1 tablespoon red onion, diced
 1 tablespoon garlic, minced
 ½ tablespoon olive oil
 1 tablespoon fresh cilantro, chopped
 1 tablespoon fresh lemon juice
 Pinch sea salt

Directions:

In a large bowl, combine cumin, paprika, cayenne and sea salt. Slice chicken into thin strips and coat in olive oil or grapeseed oil, then toss in spices.

Heat a large skillet on medium heat and lightly coat with additional oil as needed. Lay chicken strips in hot pan and sear on all sides until cooked through, about 5 minutes depending on the thickness of your chicken, sprinkle with lemon or lime juice, and set aside to cool.

Place water in a sauté pan and bring to a boil. Add collard greens, cover, and cook for 1 minute, then remove and rinse under cold water to cool.

To prepare salsa, combine all salsa ingredients in a small bowl and stir.

To make wraps, layer chicken strips, black beans, avocado slices, and fresh salsa on collard greens, tucking in the edges. Add hot sauce for extra heat.

Dr. Mark Hyman

The Blood Sugar Solution

www.drhyman.com

Red Lentil Stew

Serves 6

Ingredients:

2 tablespoons extra virgin olive oil
½ onion, diced
2 tablespoons garlic, minced
2 teaspoons black mustard seeds
1 teaspoon cumin
1 teaspoon turmeric
½ teaspoon coriander
1 small carrot, diced
2 cups cauliflower, small florets
1 ¼ cups red lentils, rinsed
6 cups water
1 cup tomato, diced
2 cups broccoli, small florets
½ teaspoon sea salt
1 tablespoon lemon juice
Chopped fresh parsley or cilantro for garnish

Directions:

Heat olive oil in a large soup pot on medium heat. Sauté onions and garlic until tender. Add mustard seeds and stir until they begin to pop. Add other spices and sauté one minute. Add carrot and cauliflower and stir to coat. Add lentils and water and bring to a boil. Reduce to low and simmer until lentils are soft, about 25 minutes. Add tomato, broccoli, and salt and continue to simmer 5 more minutes. Just before serving, stir in lemon juice, and sprinkle with parsley or cilantro.

Dr. Mark Hyman

The Blood Sugar Solution

www.drhyman.com

Sundried Tomato Turkey Burgers

Makes 4 patties

Ingredients:

3 tablespoons sundried tomatoes
1 teaspoon extra virgin olive oil
1 pound organic ground turkey meat
1 tablespoon balsamic vinegar
2 to 3 tablespoons fresh basil, chopped
1 tablespoon garlic, minced
1 ½ teaspoon Dijon mustard
Pinch sea salt
Pinch black pepper

Directions:

Cover sundried tomatoes in warm water and soak until soft. This will take about 10 minutes, depending on how soft your tomatoes are to start with. Drain and chop tomatoes into small pieces. Combine with remaining ingredients and form into four patties. Grill, pan sear, or bake in the oven at 375 degrees until done, about 8 minutes.

Serve over a large salad.

Note: flavors melt together as they sit so feel free to mix up ingredients ahead of time. As long as you started with fresh turkey (not frozen), uncooked patties can be frozen for future use.

Dr. Mark Hyman

The Blood Sugar Solution

www.drhyman.com

Roasted Roots with Turkey

Serves 4

Ingredients:

1 small carrot, diced

1 small yam, peeled and diced

1 small onion, diced

1 small beet, peeled and diced

½ red pepper, remove seeds then dice

½ pound organic ground turkey

1 tablespoon extra virgin olive oil

1 teaspoon dried sage

½ teaspoon dried basil

¼ teaspoon sea salt

Pinch black pepper

¼ teaspoon chili pepper (optional)

Directions:

Pre-heat oven to 375 degrees. In a large bowl, mix all ingredients until well combined. Place in a baking dish and cover. Bake for 20 minutes, then bake uncovered for another 10 minutes to crisp vegetables.

Dr. Mark Hyman

The Blood Sugar Solution

www.drhyman.com

Lentil and Chicken Stew

Serves 4

Ingredients:

2 tablespoons sesame oil
1 small onion, diced
2 stalks celery, diced
2 small carrots, diced
2 garlic cloves
11 tablespoons tomato paste
2 large organic skinless chicken breasts, bone in
1 tablespoon Za'atar spice mix *
1 teaspoon sea salt
¼ cup cooking wine (white or red)
1 cup French lentils
5 cups water or stock
2 tablespoons extra virgin olive oil

Directions:

In a large pot, heat the sesame oil on medium heat and then sauté onions, celery, and carrots until soft. Add garlic and tomato paste and continue to sauté a few minutes. Add chicken, Za'atar (or other herbs), and salt and sauté a few minutes until vegetables begin to stick to pan.

Deglaze the pan with the wine (to do this – splash the wine on the bits that have stuck to the pan during sautéing, then scrape the pan to release the bits and the flavor). Add lentils and water or stock. Bring to a boil, reduce heat to medium-low, cover, and simmer for 45 minutes, until chicken is cooked through and lentils are soft. During cooking the chicken may fall off the bones. Remove the bones before serving.

Splash olive oil on top of the chicken just before serving. Serve with Roasted Quinoa with Kale and Almonds (see side dishes)

* Note: Za'atar is a Middle Eastern spice made with Sumac thyme and sesame seeds. If your local food stores do not carry it, simply substitute equal parts thyme, oregano, and sesame seeds.

Dr. Mark Hyman
The Blood Sugar Solution
www.drhyman.com

Fish and Vegetables in Parchment

Serves 4

Ingredients:

1 ½ pounds fresh fish filet (best is haddock or cod)
Pinch sea salt and freshly ground black pepper
1 small fennel bulb, sliced into julienne strips
1 small leek, sliced into julienne strips
1 small carrot, sliced into julienne strips
4 stalks broccolini, sliced lengthwise
4 cloves of garlic, crushed
1 ½ tablespoons extra virgin olive oil
4 slices of lemon
½ teaspoon fennel seeds, crushed
2 tablespoons white wine
Chopped fresh parsley for garnish

Directions:

Preheat oven to 450 degrees. Cut parchment baking paper into eight pieces approximately twice the size of each piece of fish. Stack 2 pieces of parchment on top of an equal size piece of aluminum foil.

Cut fish into four pieces and season with salt and pepper to taste. On each parchment / aluminum foil stack, arrange ¼ of the vegetables and garlic, then place one piece of fish on top and drizzle some of the olive oil. Lay a slice of lemon on each piece of fish and sprinkle on a little of the fennel seed. Splash with white wine.

Fold the parchment and foil to enclose the fish and crimp the edges neatly to seal completely. Place the packets on a large baking sheet and bake for 20 minutes, until parchment is puffed. Cut open packets and garnish with parsley. Parchments can be placed directly on individual plates for service or fish and vegetables can be gently removed and placed on a serving platter.

Serve with Pecan Wild Rice and Goji Berry Pilaf (see Cycle and 3 Recipes)

Dr. Mark Hyman
The Blood Sugar Solution
www.drhyman.com

Ground Beef and Cabbage

Ingredients

1-2 pounds ground beef (grass-fed)
2 medium onions
1 head of cabbage
24 ounces (3 cups) of organic spaghetti sauce (glass jar with no added sugars)
Extra spices to taste (basil, oregano, garlic, salt, pepper, etc.)

Instructions

Brown the meat in a large oven safe skillet (like cast iron). If using grass-fed, it will be leaner, so you may need to add a few tablespoons of coconut oil or olive oil to make sure it doesn't stick.

While meat is browning, peel onions, cut in half, and thinly slice. When meat is almost browned, add the onions and cook until meat is done.

While onions/meat are finishing, thinly slice cabbage into thin strips as you would for sauerkraut. Add cabbage (may have to add in several batches as it cooks down, depending on the size of your skillet).

Add any spices to taste. When cabbage is cooked until soft and it is spiced to your taste, add the sauce and stir well.

Annika Rockwell
www.FoodForKids.com

Dr. Anna's Scallops

Ingredients:

10-14 large scallops
¼ cup dry falafel mix (I use Ziyad brand which is chick pea flour and spices - you can make your own and spice to taste)

Directions:

Dip the scallops in the falafel mix, then cook in a skillet on med - high heat with coconut oil. When they start to brown - usually 2 - 4 minutes, flip over and brown the other side.

You're done! Serve with my tomato salad. Enjoy.

Dr. Anna Cabeca
www.cabecahealth.com

Dr. Anna's Tomato Salad

Slice large tomatoes, and arrange slices side by side in serving dish. Sprinkle sea salt, fresh ground pepper, balsamic vinegar, and extra virgin olive oil over top. Decorate with fresh parsley and Greek olives.

Dr. Anna Cabeca
www.cabecahealth.com

Dr. Anna's Fish and Vegetable Sauté

healthy in a hurry

Ingredients (approximate because I never measure):

1 each, red, yellow bell peppers - slice long and thin

1 zucchini - slice round 1/4 inch thick

1 - 2 cups eggplant - cubed

1 large red or Vidalia onion

1 - 3 cloves garlic - chopped

½ teaspoon sea salt

1 teaspoon cumin

1 pound white fish filet (I usually use tilapia or whatever wild caught fresh fish is available at the grocery store)

Directions:

In a large skillet or wok on high temp, heat up coconut oil, add chopped garlic and onion and allow to get soft and slightly brown, add the eggplant, and cover for 5 minutes, turn down the heat, then add the rest of the sliced vegetables and spices and stir and cover till just starting to get soft (usually 5 minutes). Stir well, add the fish, stir again and cover again. This will be done quickly and is ready when the fish begins to flake.

Serve and eat hot. Leftovers for breakfast are great too!

Dr. Anna Cabeca
www.cabecahealth.com

The 5 Minute “Insane Man Hunger” Cure

This is something we have made in our house for a few years now. We found a shortcut to this recipe this winter while traveling. This shortcut or "secret" dramatically cut the time it took to make it, and actually made the taste more consistent. Another secret to this recipe is that it also cures Insane Woman Hunger as well. ;)

Ingredients:

1 container (12 ounces) of your salsa of choice (salsa is the secret ingredient because it contains everything you want to make this recipe super tasty, and all you need to do is open the container into the pan or pot). We find that the hottest salsa provides the most flavor, and dissipates once among the other ingredients.

½ pound of ground bison, lamb or grass fed beef. You can add more meat if you like, but we would strongly advise spending a little more for higher quality meat. A little meat goes a long way; you get plenty of protein from other sources as well. Bison and grass fed beef don't have added hormones, antibiotics. Bison is even high in Omega 3's. For those of you who are vegetarian or vegan, there are a whole host of replacement items here, which you already know about and love. Most lamb is grass fed. A half pound portion of organic ground lamb will cost about \$4 at Whole Foods. (As the quality of meat goes down, so does the price).

2 cans of beans. These can be any beans you like. We use one can of black beans and one can of kidney beans. We have also used chick peas and white beans. If you soak your own beans, great. If the beans are organic, even better.

½ pound of chopped greens. Fresh spinach works great, just give it a quick whack on the cutting board. You can also use frozen greens here. Spinach, kale, escarole - whatever you have.

Optional Ingredients:

Muchi curry or curry powder

4-6 cloves of garlic, smashed by the palm of your hand.

Shaved fresh ginger

Extra onions. The salsa contains some onions, but if you have one lying around, you might want to chop up the whole thing and sauté it in a tiny amount of oil before starting this recipe. You can add the ginger, garlic and curry at this point. This will take more time, but if you learn to "make sweet love" to the onions as you sauté them- they will love you back. This whole mix of onion, garlic and ginger is a powerful combo and has been shown to help fight all sorts of really nasty diseases.

Directions:

Take a big pan or a pot; turn the heat on the stove. Throw the meat and the salsa in, and start mixing the meat and salsa together as the pan heats up. This takes a minute. While the mix is starting to cook, get the beans ready, drained and then throw them in the mix. Mix it around. After three minutes, put the greens in, turn down the heat a touch and cover the pot or pan. Let it simmer for a couple more minutes.

The greens cook almost instantly, the beans heat up quickly. The key is to make sure the meat cooks.

Feel free to add more greens; you can serve this over quinoa, with other vegetables. There are all sorts of options. You should be able to get all these ingredients for about \$10, and this will serve several people with room for leftovers.

When you travel or are on the go, you can make a mix of this and put in containers. You can even put servings of this in a large Ziploc bag and put it in your jacket when you ski or are outdoors!

Habib Wicks
www.PEERtrainer.com

Poached Salmon with Spring Onions and White Wine

I use a stainless steel fish-poaching pan for this recipe, which, along with the salmon and spring onions, creates a gorgeous presentation. You could also use a 10-inch skillet though you would need to cut the fish fillet in half to make it fit correctly. I prefer using Coho salmon for all poached recipes because it is thin and cooks evenly in the poaching liquid.

Serves 4 to 6

Ingredients:

One 2-pound wild salmon fillet
2 spring onions
3 to 4 sprigs fresh thyme
3 tablespoons extra virgin olive oil
½ cup white wine
Herbamare and freshly ground black pepper

Directions:

Rinse and the fish fillet and pat dry. Place into pan skin-side down.

Trim the ends off of the onions and cut in half lengthwise; run under cool water to remove any dirt and sand. Place the spring onions and fresh thyme on top of the salmon. Drizzle with olive oil. Add the white wine to the pan and then season the fillet with Herbamare and freshly ground black pepper.

Cover and poach over medium to medium-low heat for 10 to 12 minutes. Serve immediately.

Alissa Segersten, and Tom Malterre, MS, CN
Nourishing Meals cookbook, Whole Life Press 2012
www.NourishingMeals.com

Roasted Fish Fillets with Fresh Herbs

Serves 4

Ingredients:

4 fish fillets, 6 ounces each, skin on

Juice of 1 lemon

Salt and ground black pepper to taste

1 clove garlic, crushed

½ cup of chopped fresh herbs – parsley, dill, garlic, oregano, basil – pick your favorites

Extra virgin olive oil

Lemon wedges, optional

Directions:

Preheat oven to 375 degrees. Moisten the fish with lemon juice, season with salt and pepper.

Mix together the garlic, herbs and a little extra virgin olive oil to hold the herbs together. Spread the herb mixture evenly on the fish fillets.

Place the fillets skin side down on a lightly oiled baking sheet and roast in the oven until cooked (they should flake easily with a fork and be opaque), about 12 – 15 minutes depending on the thickness of the fish.

Serve with additional lemon wedges if desired.

Dr. Frank Lipman

www.bewellbydrfranklipman.com

Evelyne's Pasta Sauce

Ingredients

2-3 yellow squash (depending on size)

2 zucchini

2 large cans or jars of organic marinara sauce - check ingredients - look for one without preservatives, stabilizers, or added sugars

1 package ground turkey

1 onion

A few garlic cloves

Mushrooms – I use 1 bag of sliced mushrooms

Assorted bell peppers – I use 1 of each color

Optional: cup or so of grape tomatoes

Directions

Sauté onions, garlic, mushrooms in some olive oil, add the bell peppers and tomatoes, then add the zucchini and squash.

In a separate pan, sauté the ground turkey until browned.

Combine the sautéed veggies and turkey in a big pot. Add the marinara sauce. Once boiling, turn down the heat to medium-low and cook for at least 30-40 minutes up to a few hours. This will taste even better the next day.

You can serve this with spaghetti squash or kelp noodles.

To make eggplant lasagna, prepare the sauce as directed above.

Peel 2-3 eggplants and cut into ¼ inch slices. Layer the eggplant and sauce into a dish. Bake in oven at 350 degrees for 10 minutes

Evelyne Lambrecht
www.healthcoachsd.com

Lemon & Artichoke Chicken

You can make this recipe with whole chicken legs, bone-in, skin-on chicken breasts, or a whole chicken.

Serves 4

Ingredients

4 tablespoons coconut oil, divided
2 shallots or ¼ of one onion, sliced
2 cups artichoke hearts, thawed and/or drained and rinsed
¼ cup capers, drained
Juice of 2 lemons
2 pounds bone-in, skin-on chicken
Sea salt and black pepper to taste

Directions

Preheat oven to 375 degrees F.

In a large, oven-safe skillet over medium heat, melt 2 tablespoons of coconut oil. Add the shallots, and sauté them until they are translucent. Add the artichoke hearts, capers, and lemon juice. Stir to combine.

Place the chicken pieces in the skillet, drizzle with the remaining coconut oil. Place the entire skillet into the oven for 45 minutes or until the chicken reaches an internal temperature of 165 degrees F.

Diane Sanfilippo
www.balancedbites.com

Connie's Mustard-Dill Salmon

Serves 2

Ingredients:

2 teaspoons extra-virgin olive oil

2 4-ounce salmon fillets

Juice from 2 lemons

1 ½ tablespoons stone-ground mustard (or to taste)

2 to 4 teaspoons capers

2 tablespoons chopped dill

Optional: dash of cilantro

Directions:

Preheat oven to 400 degrees, and use oil to lightly oil a baking sheet.

Place salmon on baking sheet. Squeeze lemon on salmon. Slather with mustard, top with capers, and sprinkle liberally with dill. Add cilantro, if desired.

Grill or broil salmon for about 20 minutes in oven, or just until opaque in the center.

Connie Bennett

www.BeyondSugarShock.com

Dijon Shrimp

Serves 2

Ingredients:

8 ounces cleaned large shrimp

2 tablespoons coconut oil or extra-virgin olive oil

1 clove garlic, minced

1 cup no-sugar added marinara sauce

1 tablespoon Dijon mustard

Directions:

Sauté or grill shrimp in 1½ tablespoons oil until cooked through. Set aside.

Cook garlic in ½ tablespoon oil in sauté pan over medium heat, add marinara sauce and mustard. Add shrimp and stir for 2-3 minutes.

Connie Bennett

www.BeyondSugarShock.com

Slow-Cooked Coconut Ginger Pork

A recipe slow cooker aficionados and newbies will love. A large cut of pork is slow cooked until tender and infused with spicy, aromatic flavor of ginger, garlic and coconut milk. Salty, savory pork fat drips off the roast as it cooks, swirling with the ginger-scented coconut milk to create an incredibly flavored broth. Unless you are feeding a large group, this will provide leftovers. On the first night, serve in bowls filled with raw shredded cabbage. The next day, shred the meat over a salad. After that, add the meat to a stir-fry or omelet (in Cycle 2 or 3!)

Serves 6-8

Ingredients:

3-4 pound boneless pork butt/shoulder roast
1 teaspoon ground coriander
1 teaspoon salt
1 teaspoon black pepper
2-inch piece of ginger, peeled and thinly sliced
4 cloves of garlic, finely chopped
1 onion, peeled and cut into 8 chunks
½ can of coconut milk
Lime wedges for garnish

Directions:

Mix together the coriander, cumin, salt and pepper. Use your fingers to rub the seasonings all over the roast. Place the meat in a slow cooker and surround with onions, garlic, ginger and the half can of coconut milk.

The roast will give off moisture and fat while cooking, doubling or tripling the amount of broth by the time the roast is ready.

Cover the slow cooker and cook on high for 5-6 hours or on low for 8-10 hours. Although both cooking temperatures give delicious results, meat cooked on low will be more tender.

Mark Sisson

www.PrimalBlueprint.com

www.Marksdailyapple.com

Indian-Spiced Turkey Burgers

Pair it with a salad or roasted veggies for a super simple supper.

Serves 4

Ingredients

1 pound ground turkey (or beef)

1 tablespoon Indian Spice Blend (easiest if made ahead in bulk)

Sprigs of fresh cilantro for garnish

Indian Spice Blend (yield: 4 ½ tablespoons)

2 tablespoons onion powder

2 teaspoons garam masala

2 teaspoons coriander

1 teaspoon sea salt

1 teaspoon black pepper

½ teaspoon cinnamon

½ teaspoon red pepper flakes

Directions:

In a large mixing bowl, combine turkey and Indian Spice blend until well integrated. Form the turkey into four 4-ounce patties, adding a thumb-print dimple in the center of each one to allow for even cooking.

Grill or skillet-cook the burgers for approximately 4 minutes per side over medium-high heat or until they are cooked through with no remaining pink and have reached an internal temperature of 165 degrees F.

Use a lettuce wrap or serve these burgers on a Portobello mushroom “bun.” You can grill or bake the Portobellos at 350 degrees F for about 10 minutes before using with these burgers.

Diane Sanfilippo

www.balancedbites.com

Lemon Rosemary Broiled Salmon

3-4 servings

Ingredients

2 tablespoons coconut oil

1 pound wild salmon, either whole or in portions

1 lemon

¾ teaspoon dried rosemary

¼ teaspoon sea salt

Directions

Preheat oven to a low broil setting.

Spread ½ of coconut oil in bottom of baking dish. Place the salmon in the dish and sprinkle

with the rosemary and salt. Drizzle remaining coconut oil on top of the salmon, and top with slices of lemon.

Broil on low for approximately 10-12 minutes or until the salmon is cooked to your liking.

Notes: If you don't have a broiler or if your oven doesn't have a broil setting, you can bake the salmon at 350 degrees F for about 10-15 minutes.

Diane Sanfilippo
www.balancedbites.com

Primal Texas Chili

4-6 servings

Ingredients:

3 pounds beef chuck, cut into 1 inch pieces
2 tablespoons olive oil
2 onions, chopped
4 cloves garlic, minced
1 6-ounce can of tomato paste
3 tablespoons chili powder
1 tablespoon dried oregano
1 teaspoon sweet paprika
1 teaspoon dried cumin
Optional: cayenne pepper to taste

Directions:

Lightly season beef with salt. Heat olive oil in a large pot over high heat. Working in 3 batches, brown beef, about 3 minutes per batch.

Transfer beef to plate.

Turn down heat to medium. Brown onions and garlic, about 5 minutes. Return the beef to the pot and stir in tomato paste.

Cook 10 minutes stirring frequently, scraping bottom of pot. Add chili powder, oregano, paprika, and cumin (and optional cayenne if using).

Add 4 cups of water and bring to a boil. Reduce heat to medium low, simmer partially covered, stirring occasionally, until meat is tender, about 2 hours.

Mark Sisson
www.PrimalBlueprint.com
www.marksdailyapple.com

Herb Roasted Leg of Lamb

Ingredients:

5-6 pound boneless leg of lamb
6 sprigs fresh parsley, leaves and stems
2 sprigs fresh rosemary, needles pulled off stems
¼ cup olive oil
4 cloves garlic, peeled
1 teaspoon kosher salt

Directions

Take the lamb out of the refrigerator an hour before cooking. Heat oven to 425 degrees.

In a food processor, blend parsley, rosemary, olive oil, garlic and salt until herbs are well chopped (you can also just use a sharp knife to finely chop the herbs and garlic)

Rub the whole leg down really well with the herb mixture. The leg might be held together with netting – it's easiest to keep this on and rub around it. If the meat isn't held together with netting, use kitchen twine to secure the meat so it holds together while it cooks.

Put the lamb on a rack over a roasting pan filled with 2 cups of water. Far easier clean-up, consider covering the bottom of the roasting pan with foil.

Roast the lamb for 30 minutes then take a peek. If it looks and smells like the meat and/or the herb paste is starting to burn, then turn the temperature down to 350 degrees for the remaining cooking time. Otherwise leave it at 425 degrees.

Let the meat cook 30 minutes more and then check the temperature of the meat in several places at the thickest part. When the instant-read thermometer reads 125 degrees the meat is rare, 130 degrees for medium rare. When the middle is medium rare, the outer edges of the meat will be medium. Remove the meat from the oven and let it rest 15-20 minutes before carving.

Mark Sisson

www.PrimalBlueprint.com

www.Marksdailyapple.com

Ground Beef, Kale, and Mushroom

This recipe is like a meal in a bowl. It is incredibly satisfying and yummy!! Heats up really well and is easy to make ahead!

Ingredients:

2 tablespoons garlic, minced
2 tablespoons ginger, minced
1 large onion, coarsely chopped
1 tablespoon ghee

1 tablespoon palm kernel oil
 8 ounces oyster mushrooms or other type of mushroom, sliced
 2 pounds grass fed ground beef
 1 tablespoon turmeric
 1 bunch kale coarsely chopped
 1 teaspoon salt
 ½ teaspoon pepper

Directions:

In a Dutch oven, melt ghee and palm kernel oil over medium heat. Add onions to the pan and cook for 3 minutes, or until translucent. Add garlic and cook for 1 minute.

Add ground beef. Stir slowly, as it browns. As it begins to brown, increase the temperature to medium/high. Cook for two minutes, stirring occasionally.

When you see the oils coming from the beef, add 1 tablespoon of turmeric and cook for 1 minute. Add mushrooms and salt and cook three minutes. Add kale, turn the temperature to low. Cover and cook for 5 min.

Change it up by swapping out kale and mushrooms for any combinations of veggies and herbs. A favorite of mine is zucchini and green beans with purple Thai basil.

Kim Millman MD PhD and Marilyn Abedin

For more JJ approved recipes by Dr Kim, go to www.RecipesToEnergizeYourDay.com

Grilled Turkey Breast

Serves 2

Ingredients:

2 turkey breasts (cut into six ounce portions)
 1 tablespoons virgin olive oil
 2 medium garlic cloves, minced
 1 teaspoon rosemary leaves, dried
 ½ medium lemon, juiced

Directions:

Marinate turkey breasts in oil, garlic, rosemary, and lemon juice for 30 minutes. Grill about 8-10 minutes per side. Brush or drizzle a few spoonful's of marinade after turning once over the turkey on the grill.

Dr. Stephen & Nicole Masley

www.drmasley.com

www.tenyearsyounger.com

Cioppino

This is a San Francisco version of an Italian seafood stew, a favorite in our home with company. Ensure you find very fresh fish and shellfish options. Vary ingredients with availability.

Serves: 4 (makes about 8-10 cups)

Ingredients:

1 tablespoon virgin olive oil
1 medium onion, chopped
½ teaspoon sea salt
1 cup mushrooms, sliced
1 teaspoon Italian herbs, dried (rosemary, thyme, oregano, basil)
¼ teaspoon black pepper, ground
3 large carrots, chopped
3 stalks celery, chopped
1 cup red wine (good not fabulous drinking wine)
1 medium potato, 1-inch cubed
1 cup tomato sauce
2 cups vegetable broth
¾ pound salmon, cut into 1-inch pieces
⅔ pound shrimp
1 pound muscles (in the shell)
8 large scallops
½ cup parsley, chopped

Directions:

Heat a large pot over medium high heat. Add oil, then onions, salt, mushrooms, herbs, black, pepper, and stir. Heat 2 minutes. Add carrots and celery and heat another 2 minutes. Add wine and allow to de-glaze for 30 seconds while stirring. Add potatoes, tomato sauce, and broth and let simmer for 15-20 minutes, until carrots and potatoes are nearly cooked.

Meanwhile, bring another pan with a steamer tray to a boil, add muscles and cook until they open. Set aside.

Increase to medium high heat, and add salmon, shrimp, and scallops. Heat until shrimp are pink, add muscles and simmer another minute.

Set table with large bowls to discard the shells. Garnish bowls with parsley.

Dr. Stephen & Nicole Masley

www.drmasley.com

www.tenyearsyounger.com

Sea Scallops

1 serving

Ingredients:

Juice from 1 lemon and 1 lime

1 teaspoon dried basil or 2 teaspoons finely chopped fresh basil

1 teaspoon dried parsley or 2 teaspoons finely chopped fresh parsley

4-5 ounces sea scallops

2 teaspoons olive oil

Directions:

In a zippered plastic bag, mix citrus juice and herbs.

Add scallops and marinate for 30 minutes.

Heat oil in frying pan over medium-high heat. Add scallops and cook until brown, about 2 minutes each side.

Connie Bennett

www.BeyondSugarShock.com

Quick and Easy Chili

Ingredients:

1 can Eden Organic (BPA free cans) kidney beans

1 can Eden Organic (BPA free cans) black beans

1 Pom carton of crushed tomatoes

1 cup celery

1 cup mushrooms

1 medium onion

1 tablespoon garlic

1 cup spinach

1 cup black olives sliced.

Salt, pepper, chili powder to taste

1 pound grass fed beef or bison or venison

Directions:

Sauté onion, garlic, celery. Sauté meat. Combine tomatoes, beans, mushrooms, spinach olives, mushrooms in big sauce pan. Bring to a slight boil and reduce heat and simmer. Add sautéed ingredients and add water to our desired thickness.

Beth Schupanitz

Seared Scallops with Salsa Romesco

Ingredients

1 to 1¼ pounds dry sea scallops, approximately 16
4 teaspoons Malaysian Palm Oil
Kosher salt
Freshly ground black pepper
Romesco Sauce [recipe follows]

Directions

Remove the small side muscle from the scallops.

Add the oil to a 12 inch sauté pan on high heat. Salt and pepper the scallops. Once the fat begins to smoke, gently add the scallops, making sure they are not touching each other. Sear the scallops for 1½ minutes on each side. The scallops should have a ¼ - inch golden crust on each side while still being translucent in the center. Serve immediately with sauce.

Romesco Sauce

2 cups

Ingredients:

12 blanched almonds
10-12 hazelnuts
1 head garlic
2 ripe medium size tomatoes
2 large roasted red peppers, well-drained
1 cup Malaysian Red Palm Oil
½ cup red wine or sherry vinegar
¼ teaspoon red pepper flakes

Directions:

Roast garlic by first rubbing off excess dry skin from garlic head. Then place on baking sheet and drizzle a bit of olive oil on top. Roast in oven for 20 minutes at 300 degrees or until garlic on inside is roasted and soft.

If almonds are not already blanched: While garlic is roasting, blanch almonds, then peel. Make sure almonds are completely dry after blanching. Place almonds and hazelnuts into food processor and process until finely ground.

Cut tomatoes into quarters and sauté in same pan, adding oil if needed. Sauté for 4-5 minutes. Remove pan from heat.

Add sautéed tomatoes and continue to process. Squeeze roasted garlic from the skins into the processor. Place roasted red peppers into the processor with the other ingredients and process until ingredients are a thick puree.

While processor is running, slowly drizzle in the Palm oil and vinegar. Add salt to taste.

Chef Gerard Viverito
The Malaysian Palm Council

Pan-Roasted Salmon, Halibut, or Cod with Tomato Vinaigrette

You can use any variety of wild salmon ... or feel free to substitute cod or halibut.

Ingredients:

1 pint grape tomatoes, halved
1 medium shallot, thinly sliced
2 tablespoons balsamic or red wine vinegar
Sea salt
3 tablespoons organic extra virgin olive oil
4 (6 oz each) wild Alaskan salmon fillet portions or 6 oz halibut portions
Organic ground black pepper
½ teaspoon ground organic cumin
½ teaspoon organic fennel seed
1 tablespoon minced fresh parsley
1 tablespoon chopped fresh basil

Directions:

Preheat the oven to 425 degrees F.

In a bowl, toss the tomatoes with the shallot, vinegar, and ½ teaspoon of salt.

In a medium ovenproof skillet, heat 1 tablespoon of the olive oil. Season the salmon with salt and pepper and add it to the skillet. Cook over moderately high heat until well-browned on the bottom, about 3 minutes. Carefully flip the fillets.

Transfer the skillet to the oven and roast until the salmon is cooked through, about 5 minutes. Transfer the fish to plates and pour off any fat in the skillet.

Place the skillet over moderate heat and add the tomato mixture along with the pepper, cumin, fennel seed, and the remaining 2 tablespoons of olive oil. Cook, scraping up any bits stuck to the skillet, until the tomatoes just soften, about 2 minutes.

Pour the sauce over the salmon, sprinkle with the parsley and basil and serve immediately.

Vital Choice Wild Seafood and Organics
www.vitalchoice.com

Seared Halibut over Beet Salad with Broken Tomato and Red Palm Oil Vinaigrette

4 servings

Ingredients:

4 halibut fillets, 5 ounces each

Palm Oil Vinaigrette:

5 large vine-ripened tomatoes or 1 can if out of season

$\frac{2}{3}$ cup Malaysian Palm Oil

2 teaspoons minced garlic

1 tablespoon freshly squeezed lemon juice

Gray salt and freshly ground pepper

Vinaigrette Directions:

Core the tomatoes, chop, place in a blender, and puree. Strain through a sieve into a bowl. You should have about 2 $\frac{1}{2}$ cups puree.

Heat 1 tablespoon of the palm oil in a non-reactive medium saucepan until hot. Add the garlic and sauté briefly until golden. Add the puree, bring to a boil, and reduce to a simmer for 5 minutes. Strain through a fine-mesh sieve into a bowl, discard the solids. Repeat twice more until it is as thick as cream, about 15 minutes total cooking time. Be sure to lower the heat as the mixture thickens to prevent scorching. You should have about $\frac{1}{4}$ cup of very smooth tomato juice. Add 1 tablespoon lemon juice and taste for salt and pepper. Coat the glass bottle with palm oil and the funnel before straining tomatoes so they don't stick. Cool and strain the tomato juice into the bottle. Add palm oil - mixture should be half palm oil and half tomato. Shake gently.

Raw Beet Salad

Ingredients:

3 small raw beets, trimmed and peeled

$\frac{1}{4}$ teaspoon grated orange zest

1 shallot, minced

1 tablespoon apple cider vinegar

2 teaspoons local organic honey

2 tablespoons good-quality extra virgin olive oil

$\frac{1}{4}$ teaspoon Dijon mustard

Salt and pepper to taste

Directions:

Cut the beets on the julienne blade of a mandolin, or grate them on a box grater if you don't have a mandolin.

Combine the beets, orange zest and shallots in a medium bowl.

In a small bowl, whisk together the apple cider vinegar, honey, olive oil, mustard, salt and pepper. Pour the dressing over the salad and toss gently to combine.

Fish:

Season the fish on both sides with salt and pepper. Heat 2 tablespoons of Malaysian Palm Oil in a large sauté pan over medium-high heat until hot. Put presentation side of the fish (non-skin side) in pan first as it gets the best caramelization. Cook until golden on the first side, about 3 minutes. When you see it getting opaque around the edges, give it another minute and flip sides. Cook another minute on other side. Remove from pan and plate over beet salad, spoon dressing around the plate.

Chef Gerard Viverito
The Malaysian Palm Council

Green Curry with Shrimp

Ingredients:

2 tablespoons coconut oil
2 cups diced zucchini
2 cups diced red bell pepper
1 cup cut broccoli
½ chopped white onions
1 cup thinly sliced red bell peppers
2 teaspoons minced garlic
2 - 4 tablespoons Thai Kitchen Green Curry paste, depending on desired degree of heat
1 tablespoon finely grated lime zest
2 tablespoons Thai Kitchen fish sauce
1 14-oz can coconut milk
1 cup bottled clam juice
1 ½ pounds shrimp, peeled and de-veined
¼ cup basil
¼ teaspoon sea salt
1 tablespoon xylitol
Steamed brown rice

Directions:

In a large sauté pan, heat oil over medium heat. Add zucchini, broccoli, onions, and bell pepper and cook until softened, 2-5 minutes. Add garlic and cook, stirring until fragrant, about 30 seconds. Add the curry paste, lime and fish sauce – cook, stirring for 15 seconds. Add the coconut milk, and clam juice and bring to a boil. Lower heat and simmer until thickened, about 3 minutes. Add the shrimp and cook until pink, about 2 minutes. Stir in half the basil and remove from heat.

Season with sea salt, garnish with remaining basil, and serve with brown rice.

Christa Orecchio
www.thewholejourney.com

Seared Mackerel with Citrus Palm Oil Bagna Cauda and Sun Dried Tomato Risotto

6 servings

Bagna Cauda Ingredients

5 tablespoons Malaysian Palm Oil, plus 2 teaspoons
4 anchovy fillets, minced
1 ½ teaspoons minced garlic
2 tablespoons orange juice
2 tablespoons thinly chiffonade basil leaves
1 teaspoon lemon zest
1 teaspoon orange zest
6 (6-ounce) mackerel fillets or other sustainable species
Salt and freshly ground pepper

Directions

Heat the red palm oil in a heavy medium saucepan over low to medium heat just until warm. Add the anchovies and stir until the anchovies dissolve, about 2 minutes.

Add the garlic and cook just until fragrant, about 30 seconds. Remove from the heat. Stir in the orange juice, basil, and lemon and orange zests. Season the sauce, to taste, with salt.

The Bagna Cauda sauce can be made 1 day ahead. Cool, then cover and refrigerate. Rewarm before using.

Risotto Ingredients:

5 cups vegetable stock
1 onion, minced
3 cloves garlic, minced
3 tablespoons Palm Fruit Oil
1 cup Arborio or carnaroli rice
Salt and pepper to taste
½ cup sun-dried tomatoes in oil, drained and sliced
¼ cup fresh chopped basil
Optional for Cycle 2-3: ⅓ cup Parmesan cheese

Directions:

Heat a sauce pot over medium high heat, add the red palm oil and lightly sweat the onion and garlic in for 3 to 5 minutes or until soft and translucent. Add the rice and cook for 2-3 minutes while constantly stirring to avoid burning. Allow to cook for about 2 to 3 minutes, or until rice just starts to brown.

Add the vegetable stock ⅓ at a time and stir well to combine. Add more after absorbed. When most of the liquid has been absorbed, add the sundried tomatoes and herbs.

As the moisture gets absorbed, continue to add broth or water one cup at a time, stirring frequently, until the rice is cooked.

Sprinkle with Parmesan cheese before serving, if desired for Cycle 2 or 3.

Assembly

Meanwhile, preheat an oven to 200 degrees and place a sauté pan over medium high heat.

Season the fish with salt and pepper and brush both sides of the fish with remaining 2 teaspoons palm oil. Working in 2 batches, sauté the fish until just opaque in center, about 3 minutes per side. Transfer fish to platter and keep warm in the oven while cooking the second batch of fish. Drizzle the sauce over and around the fish and serve.

Chef Gerard Viverito
The Malaysian Palm Council

Lentil Chicken Glosch over Quinoa

Ingredients:

- 1 small bag uncooked lentils
- 2 – 16 ounce containers free range / gluten free chicken broth
- 1 pound free range ground chicken
- 1 large red onion, chopped
- 1 head, (not clove) garlic, chopped
- 2 cups cooked quinoa
- 2 packs cut up mushrooms
- Sea salt & pepper to taste

Directions:

Soak lentils overnight in refrigerator with 16 oz. chicken broth. When ready to prepare bring out of refrigerator and add half of the other 16 ounce container of broth and cook over medium heat until lentils are almost done.

In another pan over medium heat put the other half of the broth, chopped onions and chopped garlic and cook until a little tender then add ground chicken and cook until done. Add that mixture to the lentils, add mushrooms and continue to cook for about 10 to 15 minutes or until mushrooms shrink. Serve over the cooked quinoa.

NOTE-For an added little goodie, I'll put a dab of homemade Garlic Hummus on top.

James Hall

Quinoa, Avocado Veggie Wrap

Ingredients:

Coconut wraps (or brown rice wrap)
Avocado
Quinoa, cooked
Pepper rings
Bell pepper
Onions (my fave are the purple ones)
Celery
Cucumber (my fave are Persian cucumbers)
Pepper, garlic blends to taste (optional)
Spinach (other greens can be used as well)
Tomatoes
Ingredient amounts are strictly by taste.

Directions:

Chop onions, celery, bell pepper, cucumbers, pepper rings and mix together with black pepper and garlic blend.

Shred or chop the spinach (or greens).

Slice open the tomato and remove the seeds and juice, then dice the meat of the tomato (this will keep the wrap from getting too soggy)

Smash avocados, chunky is good,

Now, as my mom always said “It’s time to BUILD your sandwich” or in our case WRAP.

Spread the smashed avocado on the inner half circle of the wrap (not just down the middle) leaving the edges dry. Spread quinoa down the middle of the wrap.

Stack the veggie mixture, then the tomato and topped with the shredded greens.

Then fold the wrap like a burrito, by folding over two sides and then rolling. I usually wrap this in plastic wrap and take it to work with me. By the time lunch rolls around, the wrap has set up and pretty secure so it’s nice and tidy to eat.

Tip: To save time you can slice the veggies and leave the greens unshredded. However, it’s harder to roll the wrap.

Options: For a Mexican flair, use guacamole with salsa & black beans. Exchange jalapeños for the pepper rings for a bit of punch!

Try different veggies, you’ll never know what combos you’ll come up with that you like the most. I sometimes use Trader Joe’s Artichoke spread. YUM!

Resa Roberts

Salmon Scramble

Serves 2

Ingredients:

1 12 oz. can wild-caught Sockeye Salmon, drained
¼ cup onion, chopped
2-4 cloves garlic, smashed & chopped
1 handful spinach, kale, or other leafy green, chopped
1 tomato, chopped
2 tablespoons organic coconut oil
Sea salt & pepper as desired

Directions:

Heat coconut oil in a skillet over medium low - medium heat. Add onions and sauté until translucent. Add garlic and salmon. Stir occasionally for 3-4 minutes, or until salmon is heated through. Add greens and tomatoes. Stir an additional 4-6 minutes, or until greens are wilted. Serve and enjoy!

Gerilyn Burnett, CSCS

DB's Meatloaf

Ingredients:

1 to 2 pounds of grass fed ground beef
1 red bell pepper – chopped
1 green bell pepper – chopped
½ red onion- chopped
1 tablespoon of garlic powder
1 tablespoon of onion powder
1 tablespoon of basil
1 tablespoon of red pepper
2 tablespoons of almond flour

Directions:

Mix all the ingredients together and place in a loaf pan. Salt and pepper the top for taste and bake in the oven at 375 degrees for 40 minutes.

Denise Bodman

Quick Beef Chili with Adzuki Beans

Ingredients:

2 cloves of garlic
2 tablespoons grapeseed oil
½ cup chopped white onion
1 can Eden Organic Adzuki Beans
1 pound ground grass fed beef
1 ½ teaspoons ground cumin
1 teaspoon red chili flakes
1 pinch cayenne pepper
3 drops Stevia
1 teaspoon ground black pepper
1 cup marinara sauce (without sugar)

Directions:

Sauté garlic and onions in grapeseed oil. Add turkey and cook on medium heat for 5 minutes. Add all spices and sweetener and stir for a few minutes. Then add adzuki beans and marinara sauce. Let mixture simmer for 5-7 minutes to allow flavors to blend.

Christa Orecchio

www.thewholejourney.com

Savory Mexican Chicken

Serves 4

Ingredients:

¼ cup Dijon mustard (gluten free)
1 cup organic jarred salsa (gluten free)
Juice of 1 lemon
4 boneless, skinless, chicken breast halves
2 tablespoons olive oil (divided)
Salt and pepper, to taste
A few sprigs of fresh cilantro

Directions:

Combine the first 3 ingredients (to lemon) in a bowl and marinate chicken for at least 1 hour. Using a large skillet with a tight-fitting lid heat 1 tablespoon of the oil over medium-high heat; add chicken (save marinade), salt & pepper and brown for 4 minutes per side. Remove chicken from the pan and set aside. Add remaining oil and reserved marinade to the same pan. Stir and scrape the bottom to release the brown bits. Add the chicken back to the pan, cover, reduce heat and simmer for 10 minutes or until chicken is cooked through. Place the chicken on plates, spoon the savory sauce on each breast and garnish with fresh cilantro. Serve with brown rice mixed with chopped green onion and a green salad.

Nancy Sinsel

Yummy Asian Ostrich

Serves 4

Ingredients:

1 tablespoon coconut oil – melted in a sauté pan on low to medium heat
 1 pound ground ostrich
 1 bunch fresh cilantro – washed well and coarsely chopped
 1 clove garlic – crushed and minced
 1 large scallion – washed and sliced thin including the green part
 1 teaspoon powdered ginger
 ½ teaspoon Celtic sea salt or Real Salt
 1 bunch bok choy - thinly sliced
 1 small carrot – thinly sliced on diagonal or grated (for color)
 1 small package frozen snap peas
 Season this dish with several drops toasted sesame oil and Celtic sea salt to taste

Directions:

In a 12 inch sauté pan, heated very warm, brown ostrich meat, salt, cilantro, garlic, salt, ginger and scallion in the coconut oil on medium heat. When the meat is done completely through, add the bok choy, carrot and snap peas and heat through. When everything is hot, turn off heat and add toasted sesame oil.

Linda Hendrex

Veggie Nori Burritos

Ingredients:

1 to 2 tablespoons tahini
 2 sheets toasted nori (seaweed used to wrap sushi)
 1 cup cooked brown rice
 1 avocado, sliced
 1 medium tomato, sliced
 6 to 8 large romaine lettuce or spinach leaves, sliced into thin strips
 A handful of sunflower sprouts
 1 to 2 tablespoons olive oil
 2 pinches of sea salt

Directions:

Spread a thin layer of tahini onto each nori sheet. Place half the rice in the center of each sheet. Add the avocado, tomato, greens, and sprouts on top of the rice. Drizzle with olive oil and sprinkle with sea salt. Roll the nori into a cone shape by wrapping the ends around the filling. Seal the end by moistening your finger to dampen the edge and create a seal.

Sara Avant Stover

Chicken “Parmesan”

Ingredients:

¼ cup coconut milk

¼ cup brown rice flour

2 boneless skinless chicken breast, butterflied and pounded 1/4 inch thick

1 teaspoon organic garlic powder

½ teaspoon sea salt

¼ teaspoon fresh cracked pepper

½ teaspoon dried basil

½ teaspoon dried oregano

Spaghetti squash - pierce with a fork, place in a baking dish and bake at 400 degrees for 1 hour.

While this is baking, start the sauce:

2 14.5 ounce cans of organic tomatoes,

2 tablespoons organic tomato sauce

2 cloves garlic, pressed

¼ teaspoon fresh ground pepper

¼ teaspoon sea salt

½ teaspoon dried basil, oregano, thyme

Directions:

Put it all in a sauce pan and bring to a simmer over medium heat, cover and reduce heat to medium-low. Allow to simmer while the rest of the meal is cooking, a minimum of 20 minutes.

In a shallow pan, mix the flour, salt, pepper, basil, oregano, and garlic powder.

Place the coconut milk in a shallow dish.

Dredge the chicken in the flour mixture, then dip into the coconut for a quick bath, then back into the flour mixture for a nice coating.

In a non-stick skillet, heat on medium-high, add the coated chicken breast and sauté for 3 minutes per side, just to brown them. Set aside.

In a deep baking dish, add ½ cup of the sauce to the bottom of the baking dish. Layer the sautéed chicken breast in the pan with sauce.

Bake in oven at 350 degrees for 20 minutes.

When the squash is done, split open the spaghetti squash by cutting in half, scoop out the seeds and goopy part. Using a fork, scrape out the flesh of the squash, it will come out like threads of angel hair spaghetti. Toss with a splash of olive oil, salt and pepper. Serve with the chicken.

Add a salad on the side of dark green leafies, and your favorite chopped veggies with a splash of olive oil and balsamic vinegar (gluten free of course).

Kimberly Gray

Mango/Jicama Salsa for Grilled Fish or Chicken

Ingredients:

1 peeled and diced mango (let juices go into the mixing bowl)
 ½ cup diced jicama
 3 tablespoons cilantro leaves, chopped
 4 tablespoons fresh lime or lime juice
 1 tablespoons zested lemon
 ½ jalapeño pepper minced, leave out ribs and seeds
 ½ cup red onion, diced or minced
 Dash of sea salt
 Dash of peppercorn

Directions:

Add zest of lemon to medium sized mixing bowl. Add 4 tablespoons fresh squeezed lime or lime juice to mixing bowl. Add ½ cup diced jicama to mixing bowl. Let sit for 20-30 minutes.

After, dice mango over bowl to ensure all mango juice is in bowl. Add cilantro to mixing bowl; add jalapeño pepper to mixing bowl. Add sea salt and peppercorn to taste.

Mix well and serve immediately. Can be stored in fridge for later use.
 Serve over grilled fish or chicken.

Norma Covington

Full Tummy Goulash

Ingredients:

1 pound grass fed ground beef
 1 zucchini sliced thin
 ½ onion, chopped
 4 mushrooms sliced thin
 ½ bell pepper (red or green) chopped
 24 ounces tomato sauce
 1 teaspoon salt
 1 garlic clove minced
 2 tablespoons chili powder
 1 tablespoon coconut oil

Directions:

Brown ground meat, drain and set aside. In a skillet add coconut oil and all veggies, sauté until tender. Add beef and all remaining ingredients back to the pot simmer for 10-15 minutes on low. Serve with a large salad.

Amy Furbee

Gabby's Beef Pörkölt over Cauliflower “Rice”

Ingredients:

3 tablespoons olive oil
2 whole medium brown onions, diced
1 tablespoon of Hungarian paprika (can be hot or mild)
1 small tomato chopped
1 small capsicum chopped
Handful of chopped green parsley leaves
1¾ pounds ground beef
Sea salt ONLY if needed
1 cauliflower to serve

Directions:

First heat the oil and brown the onion. Mix the tomato and capsicum and add it to the onion. When they softened, add the beef and mix it gently on a very low heat. Sprinkle the paprika and a bit of salt (if needed) and add water until it just covers the meat!

Cook it on a very low heat with LID ON until the meat is very tender. (Add water during cooking if needed) Approximately 2 ½ hours. I usually serve it with Cauliflower Rice.

Cauliflower Rice

Wash and gently tear cauliflower apart and in a blender pulse it until it looks like uncooked rice. I microwave it on high for about 5 minutes until it softened but do not overcook it as it becomes too mushy. Serve it hot and cover with the Beef Pörkölt and sprinkle it with heaps of fresh parsley leaves!

Gabriella Brezovszky

Marie-Helene’s Sauce for Quinoa or Quinoa Pasta

Ingredients:

½ cup of olive oil
5 sliced garlic cloves
1 red onion medium size chopped grossly
1 small eggplant cut in cubes (if you have time, salt it for about 30 minutes to remove excess water and rinse it well and paper towel it after)
11 asparagus cut in about 2 inches long
2 cup of broccoli florets
2 colored peppers cut in pieces
1 cup sun dried tomatoes in oil cut in juliennes
2 cups of artichokes from glass jar
2 cups sliced mushrooms
¾ cup white wine
⅓ cup rinsed capers

½ pounds prosciutto cut in small pieces
 2 cups of cherry tomatoes
 2 cups of baby spinach
 ½ cup chopped parsley,
 1 tablespoon red pepper flakes
 ½ cup of roasted pine nuts

Directions:

Sauté mushrooms with olive oil until well cook. Add wine and reduce for 2 minutes. Keep on low heat until ready to add to the rest.

Sauté on medium heat the garlic and onion for about 1 minute until soften but not burn. Raise the heat to medium/high. Add eggplant cubes and mix well. Add asparagus, broccoli and peppers and sauté for 2 minutes. Add sun dried tomatoes and rinsed artichokes. Sauté for another minute and add mushrooms and wine. Add the red pepper flakes and stir. Add capers, prosciutto and cherry tomatoes. Sauté for a couple of minutes. Add spinach and parsley and mix well and cook until spinach is wilted about 1 minute.

Serve it alone or over quinoa or quinoa pasta with a sprinkle of parsley and pine nuts.

Marie-Helene Ryder-Cook

Shiitake Chicken

Ingredients:

4 whole chicken legs
 4 medium-sized sweet potatoes, quartered
 10 Shiitake mushrooms, stems removed, sliced
 10 Cipollini onions, skins removed and halved
 ½ cup white wine
 ½ cup chicken broth
 2 tablespoons flax oil
 1 tablespoon Herbes de Provence
 Salt & pepper to taste

Directions:

Heat oven to 350 degrees.

Add oil to skillet and cook on medium high heat until oil gets shiny. Add chicken legs and brown on both sides. Remove chicken and put in large baking dish. Add mushrooms, potatoes and onions to hot pan and stir quickly until slightly browned. Pour veggies into baking dish with chicken. Add wine to skillet to deglaze. Pour wine and chicken broth over chicken. Add Herbes de Provence and salt and pepper to taste. Cover baking dish with foil and bake 30 minutes on each side (total 1 hour) or until cooked through.

Annette Alfieri, MS

One Pot Southwest Chicken Breast

Ingredients:

2 tablespoons olive oil
6 large skinless boneless chicken breasts
1 large onion chopped
1 large green pepper chopped
4 celery stalks sliced
1 can great northern beans
1 can kidney beans
1 can black beans
2 cans roasted diced tomatoes
1 can spicy Ro-tel Diced Tomatoes with Chilies
1 can Ro-tel Diced Tomatoes with Lime Juice and Cilantro
1-2 cloves garlic
1 teaspoon garlic salt
1½ tablespoons ground cumin (to taste)
Fresh cilantro (optional garnish)
Sliced scallions (optional garnish)

Directions:

In large pan, sauté onion, green pepper and celery in olive oil until tender. Add beans, tomatoes, garlic, garlic salt and cumin. Bring to boil. Line bottom of 9 x 13 glass pan (or lasagna pan) with ¼ of hot mixture. Place chicken breasts on top. Spoon remaining chili mixture over chicken breasts. Bake in 350 degree oven for 25-30 minutes. Spoon one chicken breast and chile into individual bowls and garnish with fresh scallions and cilantro.

For Cycle 2-3 you can top with shredded cheddar cheese to garnish.

Laura McFarlin

Zucchini Pasta with Chicken and Peppers

Serves 4

Ingredients:

For chicken
2 tablespoons coconut oil
8 chicken tenderloins
1 head garlic
1 red bell pepper
¼ cup chicken broth
Salt and pepper to taste

Zucchini pasta:

4 large zucchinis
1 tablespoons olive oil
8 cloves garlic, minced

Directions:

In a large skillet, heat the coconut oil. Brown chicken on both sides. Mince garlic and cut peppers into cubes. Add garlic and peppers to chicken and sauté for another minute. Add chicken broth, salt and pepper to taste, then reduce heat and simmer for 20 minutes or until chicken is fully cooked and peppers are tender. Cut chicken into bite sized cubes.

Meanwhile, using a vegetable peeler, apply gentle but steady pressure and slice zucchini lengthwise into large strips, stopping at seeds and turning as needed to get all sides. In another skillet heat olive oil. Add zucchini and minced garlic. Sauté until "al dente". Remove from heat.

Divide zucchini pasta into four bowls and top generously with chicken and peppers. Serve hot.

Valerie Remy-Milora

Cod “en Papillotte”

“Papillottes” are little packages. In this case, a little meal wrapped in foil. This is a wonderful and easy method to prepare a simple, nutritious and delicious complete meal with very little mess and in very little time. Kids love to unwrap their little surprise!

Serves 4

Ingredients:

4 medium organic zucchini
 2 shallots, finely minced
 4 cod steaks
 8 cloves garlic, finely minced
 6-8 sprigs fresh tarragon, minced
 Olive oil
 Salt & pepper to taste

Directions:

Preheat oven to 400 degrees.

Prepare 4 sheets of foil, about 18 inches long to properly seal around fish and vegetables.

Slice zucchini as thinly as possible - a food processor or mandolin can make this task easier. Make a little pile of zucchini, using the equivalent of 1 zucchini, on each of piece of foil. Sprinkle minced shallots onto zucchini. Place one cod steak on each pile of vegetables. Drizzle with olive oil. Sprinkle on minced garlic and tarragon.

Carefully fold each piece of foil lengthwise, bringing edges together at top, then folding a couple of times. Flatten, then fold each side into the middle 2 or 3 times to ensure a good seal.

Place “papillottes” in the oven and cook for 15 minutes or until cooked.

When fish is cooked, remove and serve either in the foil or alongside brown rice and a green salad. Be careful as you open the “papillotte” as the escaping steam will be quite hot.

Valerie Remy-Milora

Zucchini Spaghetti

For some time I avoided anything that resembled pasta for fear that I would only think about the cheese I was missing. Then I tried pine nuts as a topping and I knew I could eat faux pasta!

Ingredients:

½ cup pine nuts, raw
1 pound grass-fed ground beef
2 cloves of garlic, crushed
1 tablespoon Italian herb blend
2 teaspoons chili powder
Crushed red pepper, to taste (optional, if you like some heat)
28 ounces roasted crushed tomatoes
1-2 tablespoons olive oil
4 medium zucchini, julienned
Sea salt, to taste

Directions:

Toast the pine nuts in a dry, nonstick skillet until a golden brown. Watch them carefully as nuts can burn quickly. Remove from pan and set aside.

Brown ground beef in a large skillet. Drain any excess fat. Add garlic and spices to the browned meat. Just when you can smell the garlic, add the tomatoes. Let the mixture simmer on low while you make the zucchini (cover if you want to let it simmer longer for the flavors to meld.)

In the pan that you toasted the pine nuts, heat olive oil, then add the julienned zucchini and a dash of sea salt. Sauté until softened. This only takes a few minutes.

To serve, pile the zucchini in a bowl, top with plenty of sauce, and then sprinkle with the toasted pine nuts.

Lisa Bryant

Marinated Shrimp with Artichoke Hearts

Ingredients:

1 pound uncooked shrimp, peeled and deveined
2 7-ounce jars marinated artichoke hearts – reserve ⅓ cup of the marinade
2 large garlic cloves, coarsely chopped
½ cup olive oil
2 tablespoons chopped fresh basil
Salt and pepper to taste

Directions:

Preheat oven to 400 degrees.

Place shrimp, artichoke hearts and liquid, garlic, ¼ cup olive oil, 1 tablespoon of the basil, and salt and pepper in a large bowl. Mix well. Cover and let marinate at least 20 minutes, stirring several times.

Remove shrimp from marinade and place in glass baking dish. Mix shrimp with remaining olive oil, and reserved artichoke marinade. Cover tightly and bake until shrimp are cooked—approximately 15 -17 minutes. Sprinkle with remaining basil and serve.

Marcelle Pick

Are You Tired and Wired? 2011 Hay House Inc., Carlsbad, CA

www.tiredandwired.com

Chicken Kale Sauté

Serves 6

Ingredients:

12 organic chicken legs or thighs
 2 tablespoons olive oil plus 1 tablespoon olive oil
 2 teaspoon paprika
 1 leek thinly sliced
 1 chopped red bell pepper
 1 cup mushrooms sliced
 ½ cup black or green olives
 3-4 garlic cloves minced
 ½ teaspoon ground black pepper
 1 teaspoon sea salt
 2 bay leaves
 ½ -1 cup chicken broth
 ¼ cup dry white wine
 1 bunch chopped kale (about 3 cups)
 ¼ cup Italian parsley chopped

Directions:

Pat dry chicken. In a large skillet heat 2 tablespoons olive oil on medium high flame. Place chicken in skillet and begin to sauté – let chicken brown before turning over. Once chicken is browned, sprinkle with paprika and reduce heat to medium, cover with lid. Continue to cook chicken. In a few minutes, add ½ cup chicken broth and cover again with lid and cook for 30 min. In large separate skillet, heat 1 tablespoon of olive oil to medium high. Add leeks. Sauté until barely browned. Add red bell peppers, cook for 2 to 3 minutes. Add mushrooms, olives, garlic, black pepper, sea salt, and bay leaves. Cook for 1-2 minutes. Add kale, remaining chicken broth, and white wine. Cover with lid and cook until kale wilts. Remove chicken from skillet and place in large serving dish. Pour kale sauté over chicken, sprinkle with Italian parsley and serve.

Nancy Newcomer

www.nancynewcomer.com

Chinese Turkey-Veggie Endive Wraps

In Los Angeles, where I live, one of the most perennially popular dishes at virtually all the popular chain restaurants (P.F. Changs, The Cheesecake Factory, Elephant Bar) is the lettuce wrap. Each restaurant does its own twist on it, but the basic idea is a nice mixture of warm, Asian-spiced meat wrapped up in cool lettuce leaves, often accompanied by a variety of dipping sauces. This is our take on that classic favorite—a calorie-light version that really satisfies and that almost no one will believe you made in 15 minutes! And the ingredients are stellar: shiitake mushrooms, a classic food for building immunity, mixed with a variety of typically Asian white vegetables like mung bean sprouts and water chestnuts (I recommend you use those!) all complement perfectly the low-fat, high protein ground turkey. Note: If you want to try a variation, grass-fed beef works well as a substitute for the turkey. Either way, you'll love it —Dr. Jonny

4 servings

Ingredients:

- 1 ½ tablespoons sesame oil
- 4 ounces pre-sliced shiitake caps, chopped
- 3 large garlic cloves, minced
- 1 pound leanest ground turkey (or use leanest ground beef)
- 2 tablespoons low-sodium tamari
- 2 ½ tablespoons oyster sauce
- 2 tablespoons mirin (or sake)
- 1 teaspoon toasted sesame oil
- ¾ cup sliced green onion (greens only)
- 1 ½ cups mung bean sprouts
- 2 tablespoons toasted sesame seeds, optional
- 4 heads endive, cored

Directions:

In a large skillet, heat the oil over medium high. Add the shiitakes and garlic and sauté for 2 minutes. Add the turkey and sauté for about 3 minutes or until almost no pink remaining, draining any excess oil, if necessary.

Stir tamari, oyster sauce, and mirin into the turkey to incorporate well, and continue to cook until turkey is completely cooked, about 3 minutes.

Remove from heat and stir in sesame oil, green onions, bean sprouts, and sesame seeds, if using. Divide into 4 portions and serve with 1 head endive each. To eat, separate leaves and use as edible scoops for the turkey.

Notes from Chef Jeannette, the Clean Food Coach: If you've got 5 more minutes add some low-calorie crunch with 1 stalk of celery, diced fine, and/or one drained 8-ounce can of sliced water chestnuts, chopped. Add them at the end of the shiitake sauté time, just before the turkey.

Adapted from "The Healthiest 15-Minute Recipes on Earth" by Jonny Bowden, PhD, CNS (www.jonnybowden.com) and Jeannette Bessinger (www.thecleanfoodcoach.com)

Spicy Shrimp over Zucchini “Pasta”

You know that old expression about having your cake and eating it, too? That’s how I feel about pasta. I want to control my blood sugar, which I generally do by keeping my carb intake reasonably low, but I want my pasta, too. Solution? Come up with pasta “substitutes” that are lower in carbs and just as satisfying in the taste and texture department. Here Chef Jeannette has devised a “faux” pasta made of low-calorie, high-nutrient zucchini, and combined it with antioxidant-rich tomatoes and high-protein shrimp in a relatively low-calorie dish that satisfies. Bonus points for the fabulous super spice turmeric, one of the most anti-inflammatory compounds on the planet! —Dr Jonny

4 servings

Ingredients:

2 medium zucchini, stemmed

1 tablespoon plus 2 teaspoons olive oil, divided

2 small cloves garlic, minced

Salt and fresh ground pepper, to taste

1 teaspoon cumin

1 teaspoon turmeric

1 teaspoon coriander

½ teaspoon salt

¾ teaspoon cracked black pepper

¼ teaspoon cardamom

1 14.5-ounce can diced tomatoes, undrained

1 ½ pounds raw medium shrimp, peeled and deveined (fresh or frozen, thawed)

Using the grating attachment on your food processor shred the zucchini (this is easiest if you slice them in half lengthwise and feed halves through the opening). Heat 1 tablespoon oil in a large sauté pan over medium heat and add shredded zucchini. Season with salt and fresh ground pepper, cover, and cook for about 6 minutes, stirring occasionally. Remove the lid, stir, and test for tenderness. If zucchini is very juicy, drain and discard extra liquids. Continue cooking for another minute or so until tender, if required.

While the zucchini is cooking, heat the remaining 2 teaspoons of oil in a large skillet over medium. Add all the spices from cumin through allspice and sauté for 1 minute or until very fragrant.

Stir in tomatoes and shrimp, and cook until shrimp are just cooked through. Serve the shrimp over the squash “pasta”.

Notes from Chef Jeannette, the Clean Food Coach: To save even more time you can simply serve the grated zucchini raw. I like using a spiralizer tool to make long “noodles” out of raw summer squash. Under a warm sauce you won’t know it’s not cooked.

If you have an extra minute, chop ⅓ cup fresh parsley or cilantro and stir it in to the shrimp just before serving.

Adapted from "The Healthiest 15-Minute Recipes on Earth" by Jonny Bowden, PhD, CNS (www.jonnybowden.com) and Jeannette Bessinger (www.thecleanfoodcoach.com)

Pan-Seared Tilapia over Hot Lemon Tomatoes

I live in Los Angeles, supposedly one of the trendiest cities in the nation, and as I write these words there's hardly a restaurant in the City of Angels that doesn't feature tilapia. If fish were starlets, tilapia would be on the cover of People Magazine! It's a light white fish, high in protein, ridiculously low in calories, and much like Forrest Gump, it seems to be able to take on the flavor of anything it's paired with. In this case, the chunky rustic Italian vegetables combine beautifully with this flaky fish to give it a salty tang that literally sings on your tongue! (Good to note: This is one of Chef Jeannette's favorites!)

—Dr Jonny

4 servings

Ingredients:

1 tablespoon macadamia nut oil (or rice bran oil)

1 ¼ pounds boneless, skinless tilapia filets

Salt and cracked black pepper, to taste

2 tablespoons olive oil

1 large clove garlic, crushed and sliced

1 large lemon, peel and pith cut away, and roughly chopped and seeded

1 pound Campari tomatoes, halved (or use 2 pints, whole cherry tomatoes to save chopping time)

½ cup whole pitted Kalamata or green olives, drained

2 tablespoons capers

½ lemon, optional

¼ cup chopped parsley, optional for garnish

Heat the macadamia nut oil in a large skillet or Dutch oven over medium high.

Evenly season the tilapia filets to taste with salt and pepper. Add the filets in a single layer to the skillet and allow them to cook, undisturbed, $\frac{3}{4}$ of the way through, about 3–4 minutes depending on the thickness of the fillets. Gently flip the fish and sear the other sides for 1–2 minutes or until just cooked through. (Try to flip the fish only once to prevent breakage.)

While the fish is cooking, heat the olive oil in large sauté pan at just below medium-high heat. Add the garlic, lemon, and tomatoes, and sauté for 3–4 minutes until tomatoes start to soften. Add the olives and capers and sauté for 2 minutes more, (bursting some of the cherry tomatoes, if using) until everything is hot and tender.

Make a bed of the hot lemon tomatoes and olives, and arrange the fillets on top. Squeeze lemon over all and garnish with parsley, if using.

Adapted from "The Healthiest 15-Minute Recipes on Earth" by Jonny Bowden, PhD, CNS (www.jonnybowden.com) and Jeannette Bessinger (www.thecleanfoodcoach.com)

Marinated Chicken Kebobs with Grecian Salad

Marinated chicken ingredients:

4 large chicken breasts
 1-2 large lemons - juiced
 2 tablespoons extra virgin olive oil
 4 tablespoons apple cider vinegar
 ¼ teaspoon sea salt
 ½ teaspoon ground peppercorns
 3 teaspoons garlic powder
 1-2 teaspoons organic oregano

Directions:

Cut chicken breasts into large chunks. Place chicken with all ingredients in bowl or gallon size freezer bag and marinate overnight.

Cut desired vegetables into large chunks:

Organic red peppers
 Zucchini
 Red onion

Prepare skewers alternating chicken with vegetables.

Drizzle vegetables with extra virgin olive oil and sprinkle with garlic powder.

Place on hot grill for 10 minutes on each side or until done.

(Note: chicken breasts can be cooked whole instead of making skewers)

Grecian Salad

Ingredients:

3 cups organic romaine leaves
 3 tomatoes, sliced in quarters
 1 cucumber, peeled & sliced
 ¼ red onion, sliced
 10 pitted Kalamata olives
 1 tablespoon extra virgin olive oil
 2 tablespoons apple cider vinegar or white vinegar
 ¼ teaspoon coarse ground peppercorns
 Dash of sea salt (optional)

Directions:

Combine all ingredients in large bowl and mix well. Serve chilled.

Angela Metropulos

Cashew Chicken

Serves 6

Ingredients:

6 boneless, skinless chicken breast halves
Salt and freshly ground black pepper to taste
1 tablespoon olive oil
½ cup sliced cashews
⅔ cup dry white wine
¾ cup water
2 garlic cloves, finely minced
¼ cup butter
2 tablespoons fresh lemon juice
Season with salt and pepper to taste.

Directions:

In large skillet heat oil over medium-high heat, brown chicken breasts on each side. Reduce the heat to medium-low, cover and cook chicken for about 10-12 minutes or until cooked through. Remove from pan, and keep warm.

Heat drippings left in skillet over medium heat and add cashews, stirring, for 1 minute, or until they are golden. Transfer to a paper towel to drain.

In the same skillet, add wine, water, and garlic; boil until reduced by half. Remove skillet from heat, stir in butter, lemon juice, and cashews. Season.

Spoon cashew sauce over chicken breasts and serve.

Marcelle Pick

The Core Balance Diet, published 2009 Hay House Inc., Carlsbad, CA
www.tiredandwired.com

Chili

Ingredients:

1 pound grass fed beef (or organic ground chicken or turkey)
1 tablespoon olive oil
1 small onion, finely chopped
1 large clove of garlic, chopped and crushed
2 boxes of Pomi Tomatoes, (these can be pureed in blender if want smoother texture)
2 cups of black beans, drained (optional, can add to individual servings for those who do like beans)
2 teaspoons garlic
1 tablespoons chili powder
1 tablespoon cumin
1-2 teaspoons of smoked chipotle powder (omit if you want it very mild)
3/4 teaspoon of sea salt
1/4 teaspoon unsweetened cocoa
1/4 teaspoon cinnamon
1 large bay leaf

Toppings: chopped avocado, lime, and cilantro

Note: This is a mild chili recipe that is kid-friendly. If you prefer a spicier version add more chili powder and smoked chipotle powder.

In a large pan combine oil, chopped onions, and crushed garlic. Cook over medium high heat until onions are translucent. In a separate skillet brown ground meat until fully cooked, drain fat, and add it to the pan with cooked onions and garlic. Add tomatoes, black beans, and spices to meat and onion mixture and bring to a boil. Reduce heat to low and cook for 30 minutes to an hour. The longer it simmers the better the flavor. Top with chopped avocados, lime, and cilantro.

Eileen Andrejeski, CNC



Side Dishes

Quinoa Tabbouleh

6 to 8 servings

Salad Ingredients:

6 cups cooked quinoa
1 large cucumber, diced (about 2 to 3 cups)
2 cups diced fresh tomatoes
½ cup finely chopped fresh mint
½ cup finely chopped parsley

Dressing Ingredients:

½ cup fresh lemon juice
⅓ cup extra virgin olive oil
2 cloves garlic, crushed
1 teaspoon Herbamare seasoning salt

Directions:

Scoop cool, cooked quinoa into a large bowl. Add diced cucumber, tomatoes, fresh mint, and parsley.

In a small bowl whisk together the ingredients for the dressing. Pour dressing over quinoa and vegetables. Toss together. Serve.

Store any leftovers in a covered container in the refrigerator for up to 5 days.

Alissa Segersten, and Tom Malterre, MS, CN
Nourishing Meals cookbook, Whole Life Press 2012
www.NourishingMeals.com

Chickpea Curry Comfort

Ingredients:

1 tablespoon coconut oil
1 onion, finely chopped
2 garlic cloves, finely chopped
1½ cups chickpeas (or 1 can chickpeas, drained and rinsed)
2 ripe tomatoes, diced
2 tablespoons curry powder
Sea salt to taste

Directions:

Heat oil in a large pot and add onions and garlic. Cook until translucent (about 5 minutes). Add curry to the pot and cook until fragrant (about 1 minute). Add the chickpeas and tomatoes and cook, stirring occasionally, for about 20 minutes.

Serve with brown rice or quinoa.

Cynthia Pasquella
www.cynthiapasquella.com

Apple Sauerkraut

Ingredients

2 small heads yellow or green cabbage, cored and shredded very finely
1 large apple, cored and shredded very finely
2 tablespoons unrefined sea salt

Equipment

Large mixing bowl
1 large or 2 small Mason jars with lids, or fermentation crock, or vegetable fermenter
Wooden spoon or thick dowel

Directions:

Put all ingredients in a large mixing bowl.

Knead and squeeze the cabbage and salt mixture thoroughly by hand to break up the structure of the cabbage shreds. They should be limp, almost translucent and should release their juice readily.

Layer this mixture of kneaded salt and cabbage into a mason jar and pound it down with a wooden spoon or dowel so that the sauerkraut is thoroughly packed into your fermentation vessel.

Continue layering and pounding until your cabbage and apple mixture is exhausted, the cabbage is thoroughly packed within the jar and the level of brine exceeds the level of the solids.

Weigh the cabbage down within the jar to prevent it from floating to the top of the brine and contaminating your sauerkraut. Cover and allow fermenting at room temperature for at least two weeks before tasting it. If you prefer stronger sauerkraut, allow it to ferment for an extended period of time until it achieves the desired level of sourness.

Transfer to cold storage. Sauerkraut will keep for one year, properly fermented and properly stored.

Annika Rockwell, CN
www.FoodForKids.com

Millet Cauliflower Mash

Serves 4

Ingredients:

1 tablespoon extra virgin olive oil
½ small onion, diced
½ cup millet, rinsed
4 cups cauliflower, chopped
1 teaspoon dried sage or 1 tablespoon fresh sage
1 ½ cup water
¼ teaspoon sea salt
Chopped fresh parsley for garnish

Ingredients:

In a medium saucepan over medium heat, heat olive oil and sauté onions until they start to brown. Add millet, cauliflower, and sage and sauté for one minute. Add water and bring to a boil, then add salt. Cover, reduce heat and simmer for 20 minutes, until millet is soft. When done, blend with a potato masher. Sprinkle with chopped parsley and serve.

Dr. Mark Hyman

The Blood Sugar Solution

www.drhyman.com

Coconut-Lime Cauliflower “Rice”

Using cauliflower is a fantastic grain-free option to rice. By grinding it up in the food processor you get the look and consistency of white rice but with many more nutrients and cancer-fighting compounds such as sulforaphane. Serve this “rice” dish along with baked fish or roasted chicken and a green salad.

4 to 6 servings

Ingredients:

1 medium head cauliflower
1 cup coconut milk
½ cup water or chicken stock
1 to 2 tablespoons freshly squeezed lime juice
2 cloves garlic, crushed
1 to 2 teaspoons grated ginger
½ to 1 teaspoon crushed red chili flakes
½ teaspoon Herbamare seasoning salt or sea salt

Garnishes:

Sliced green onions
Chopped cilantro
Lime zest

Directions:

Break or cut the cauliflower into smaller pieces and place them into a food processor fitted with the “s” blade. Pulse until the cauliflower is coarsely ground. It takes about two minutes of pulsing to accomplish this. Be careful not to over-process and turn the cauliflower to mush.

In a large skillet or wide pot, such as an 11-inch deep skillet, heat the coconut milk, water or stock, lime juice, garlic, ginger, chili flakes, and salt over medium heat. Once the mixture is simmering add the ground cauliflower.

Stir together and simmer uncovered for 10 to 15 minutes, stirring every few minutes, or until the cauliflower is cooked to your liking. Garnish with sliced green onions, chopped cilantro, and lime zest. Serve hot.

Alissa Segersten, and Tom Malterre, MS, CN
Nourishing Meals cookbook, Whole Life Press 2012
www.NourishingMeals.com

Roasted Quinoa with Kale and Almonds

Serves 4

Ingredients:

1 tablespoon sesame oil
 1 cup quinoa, rinsed
 2 cup kale, chopped into small pieces
 1 ¾ cup water
 ½ cup toasted almonds, chopped or slivered)

Directions:

Heat sesame oil on low heat in a medium saucepan. Add quinoa. Bring to medium heat and sauté for 3 to 4 minutes, until quinoa begins to get fragrant. Add chopped kale and stir to combine. Add water and bring to a boil. Reduce heat to a low simmer, cover, and cook for 12 minutes. Remove from heat and allow quinoa to sit covered for another 10 minutes. Add toasted almonds and serve.

Dr. Mark Hyman
The Blood Sugar Solution
www.drhyman.com

Quinoa and Black Bean Salad

Serves 4

Ingredients:

2 teaspoons grated lime zest
2 tablespoons fresh lime juice
½ teaspoon raw honey
2 tablespoons extra-virgin olive oil
1 clove crushed garlic
¼ teaspoon ground cumin
Dash of red pepper flakes, optional
1 cup quinoa
1 15-ounce can of organic black beans, rinsed and drained
2 tomatoes, chopped
4 scallions, chopped
¼ cup fresh cilantro, chopped
Salt and fresh-ground pepper

Directions:

Mix together the lime zest, lime juice, raw honey, cumin, crushed garlic, olive oil, and red pepper flakes if using them.

Cook the quinoa according to instructions on the box and allow to cool.

Mix all the ingredients together in a larger bowl. Salt and pepper to taste.

Dr. Frank Lipman

www.bewellbydrfranklipman.com

Herb Rice Salad

Ingredients:

½ cup prepared wild/brown rice blend
1 - 1½ cups of finely diced fresh herbs: cilantro, mint, lemon balm, parsley
¼ cup diced onion
1 - 2 tablespoon extra virgin olive oil (coconut oil is tasty also)
1 tablespoon fresh squeezed lime juice
Himalayan salt to taste.

Directions:

Mix all ingredients together and enjoy!

Lisa Denzell

Simple Sautéed Greens

Ingredients:

2 -3 cups of chopped Swiss chard and/or other greens such as sorrel, rappini, turnip or beet greens or use Trader Joe's ready-to-cook bags of Southern Greens Blend

1 tablespoon olive oil, almond oil, or ghee

½ -1 medium onion, finely chopped

1-2 cloves of garlic, minced

Dash of balsamic vinegar or lemon juice (this promotes more absorption of the minerals)

Options: Sesame seeds, pine nuts, chopped apple.

Cycle 2 & 3 options: goat cheese, grated hard cheese

Directions:

Sauté onion and garlic in fat for about 2-3 minutes until browned. Add chard stems and cook, stirring occasionally for 2 minutes. Add rinsed chard leaves and simmer until leaves are tender, about 2- 3 minutes.

If desired, add any of the options to round out the flavors.

Jeanne Peters, RD

www.nourishingwellness.com

Broccolini with Mushrooms and Shallots

Ingredients:

3 shallots, minced

3 cloves garlic, minced

½ pound mushrooms, washed and sliced

½ teaspoon salt

¼ teaspoon pepper

2 pounds broccolini, washed

2 tablespoons ghee, coconut oil, or palm kernel oil

Directions:

Heat a large pan over medium heat. Add a little bit of water to the bottom of the pot. When the water is gone, your pan is hot enough to cook on. Add 2 tablespoons of ghee. Once melted, add shallots, and cook for 3 minutes. Add garlic and cook for 1 minute.

Add the mushrooms and salt and cook for 3 minutes.

Separate the stems from the tops of the broccolini. Cut the stems into 1 inch pieces. Add them to the pan and cook for 5 minutes. Add the broccolini spears and flowerets and cook for 3 minutes. When they are done, they will brighten up in color and will still be a bit crunchy, don't overcook.

Kim Millman MD PhD and Marilyn Abedin

For more JJ approved recipes by Dr Kim, go to www.RecipesToEnergizeYourDay.com

Roasted Brussels Sprouts

Ingredients:

30 to 40 Brussels sprouts, washed and trimmed
3 tablespoons olive oil
½ teaspoon sea salt
¼ teaspoon pepper

Directions:

Preheat oven to 350 degrees and put the baking shelf on the upper third of the oven. Place a 10"x15" baking tray in the oven, and take it out after one minute. Add 3 tablespoons olive oil to the baking sheet and spread it out. Put the baking sheet back in the oven for five minutes.

Take baking sheet out of the oven and carefully put Brussels sprouts on the tray. Shake lightly from side to side allowing the sprouts to be covered evenly by the oil. Sprinkle the sprouts with salt and pepper to coat. Put in the oven and bake for 15 minutes.

Take the tray out of the oven. Shake it from side to side, and then put back in the oven for another 15 minutes.

Remove the tray from the oven. Let sprouts cool. Bite into one, and if it is soft on the inside, they are done! If they are not, give them a few extra minutes in the oven.

Kim Millman MD PhD and Marilyn Abedin

For more JJ approved recipes by Dr Kim, go to www.RecipesToEnergizeYourDay.com

Mushroom and Fermented Cabbage Relish

Ingredients:

2 cups of sliced mushrooms
1 cup of fermented cabbage
½ medium julienned red onion
1 garlic clove, sliced
¼ teaspoon of turmeric
½ tablespoon coconut oil

Directions:

Heat the coconut oil in a skillet. Add turmeric, garlic, onion and stir until well cooked. Add the mushroom and cook at medium heat.

Remove from heat and add cabbage.

Serve on a bed of greens.

Wendy Alfaro

Braised Swiss Chard and Kale

Ingredients:

1 tablespoon coconut oil
 1 tablespoon ginger, finely minced
 1 tablespoon garlic, minced
 ½ teaspoon sea salt
 ¼ teaspoon pepper
 Large bunch kale, washed and trimmed
 Large bunch Swiss chard, washed and trimmed

Directions:

Separate the stems from the leaves for both of the greens. Chop stems into ½ inch pieces and coarsely chop the leaves.

Put a large pan on the stove and turn the heat to medium. Put a little water in the bottom. When the water is gone, your pan is hot enough to add the oil. Add 1 tablespoon of coconut oil to the pan, and spread it around to cover the bottom.

Add ginger and cook for 1 minute. Add garlic and cook for 1 minute. Add Swiss chard and kale stems and cook for 3 minutes. Add kale leaves and salt to the pan. Cook for 2 minutes or until kale leaves are soft. Add Swiss chard leaves and cook for 1 minute. Turn heat to low. Cook for another 5 minutes, or until greens are tender, stirring occasionally.

Kim Millman MD PhD and Marilyn Abedin

For more JJ approved recipes by Dr Kim, go to www.RecipesToEnergizeYourDay.com

Olivia's Spinach

Ingredients:

1 tablespoon coconut oil
 10 cloves of garlic
 1 large bag of baby spinach
 1 bouquet of cilantro
 Salt and black pepper to taste

Directions:

Heat the coconut oil in a very large pan at medium fire. Cook the garlic cloves in the warm oil until tender and translucent, and then add the spinach progressively tossing more in as it becomes cooked.

Reduce heat (or turn it off if it's electric, the residual heat will suffice) and put lid on pot for 5 minutes so that it steams in the flavor.

Put on serving plate with the cilantro and a toss of the black pepper mill.

Olivia Sigal

Marinated Beets

Servings 6

Ingredients:

1 bunch beets, washed and trimmed
½ red onion, thinly sliced
4 whole cloves
2 tablespoons olive oil
Juice of 1 lemon
½ teaspoon salt
⅛ teaspoon pepper
¼ bunch cilantro, finely chopped

Directions:

Put beets in a medium sized pan and cover the beets with water. Bring water to a boil. Cook beets for 20 to 30 minutes over low heat until fork tender. Take beets out of the pan and let cool. Peel skins off the beets. Be careful, the natural dyes in the beets will stain everything red. Cut beets into 1" pieces.

Mix together onion through cilantro and combine with beets. Marinate beets in mixture for 30 minutes or more and enjoy!!

Kim Millman MD PhD and Marilyn Abedin

For more JJ approved recipes by Dr Kim, go to www.RecipesToEnergizeYourDay.com

Eggplant Steaks with Nut Crumbles

Ingredients:

1-2 eggplant (cut lengthwise into steaks, about ½ inch, I leave the skin on it, but it requires a good steak knife)
Extra virgin olive oil
Red pepper, cut to bite size pieces or julienned
1 cup portabellos, sliced (or more to your liking)
1 red onion, roughly chopped (or into rings)
1 tablespoon garlic, chopped (or more to taste)

Nut Crumble: Brazil nuts, macadamia, cashews, hazelnuts and other nuts of your choice broken into chunky pieces (use a hand nut chopper with a turn crank) and add 1 tablespoon or more of garlic. Add enough olive oil to combine and add the nut crumble to the top.

Directions:

In a 12" stainless steel sauté pan (no Teflon!), sauté the eggplant with extra virgin (some people prefer to cook with virgin olive oil). Keep the lid on and reduce to a lower temp until the eggplant is tender, 10-12 min.

Toss in the red pepper, onion, and portabellos with 1 tablespoon of garlic. Feel free to add organic peppers and other herb/spices of your choosing.

When vegetables are tender, toss some olive oil into a 9 x13 baking dish and layer out the eggplant and arrange the veggies.

Top with the “pesto” of nuts and bake 5-10 min at 425 F or broil to toast the nuts. Beautiful, delicious, and SO good for you!

Jana Manville

Black Beans & Red Quinoa

A healthier version of Red Beans & Rice

Makes 6 - 8 servings

Ingredients:

1 cup onion chopped
 2 links Aidells Chicken Andouille, cubed
 1 tablespoon olive oil
 ½ cup red bell pepper, cubed
 1 cup celery, cubed
 2 cloves garlic, pressed
 ¾ teaspoon Tabasco
 ½ teaspoon thyme
 ½ teaspoon oregano
 1 bay leaf
 ½ cup tomato sauce
 4 Roma tomatoes, seeds removed and cubed
 4 cups chicken broth
 2 cans (15oz each) black beans
 1 cup red quinoa (uncooked)
 1 bunch green onions, chopped
 Salt & pepper to taste

Directions:

Sauté onion and Andouille in olive oil. Add bell pepper and celery and cook until tender. Add garlic, Tabasco, thyme, oregano, bay leaf, tomato sauce, and tomatoes. Add chicken broth and black beans. Bring to a simmer. Add quinoa and green onions. Return to simmer and cover. Cook for 30 minutes.

Granny Lala

Aka: Lara Weibs

Yummy Recipe

Cook ½ cup red lentils (set aside)

Cook ½ cup quinoa (set aside)

Sauté in a large pan (in coconut oil)

Fresh garlic

1 yellow onion ---sliced paper thin

1 red onion ---sliced paper thin

1 fennel bulb --sliced paper thin

Add a little Marsala cooking wine for flavor and needed liquid (to simmer)

Add in the lentils and the quinoa, add fresh basil leaves, Sea salt, pepper to taste.

Let the above ingredients cook on top of the stove until it gets thick and yummy (I let it cook around 40 minutes) Serve in a bowl.

Serve with a green salad.

Elyse Walters

Tabbouleh Stuffed Avocado

Ingredients:

1 ½ cups raw parsley

¼ cup red onion (white onion will work in a pinch)

Juice of ½ lemon

1 tablespoon olive oil

Sea salt to taste

½ cup diced tomato

2 tablespoons hemp hearts

1 tablespoon of soaked sunflower or pumpkin seeds, optional

1/2 of an avocado

Directions:

In a food processor blend the first five ingredients until almost a pesto texture. Taste and adjust lemon and salt accordingly. Stir in tomatoes, hemp seeds and optional seeds. Spoon the tabbouleh mixture into half an avocado, or dice the avocado and add the entire mixture to a bed of greens.

Angela Dansie

Mediterranean Quinoa Cakes

Ingredients:

2 cups cooked quinoa

1½ cups mashed cannellini beans

½ cup nutritional yeast

⅓ cup sundried tomatoes, soaked for 15 minutes, drained, then diced

1 clove garlic, crushed

2 tablespoons capers

½ cup pine nuts

½ teaspoon Pink Himalayan salt or sea salt

Freshly squeezed juice of 1 lemon

2 tablespoons coconut oil

Garnishes: Sliced tomatoes, sliced avocados, Balsamic vinegar, fresh squeezed lemon juice

To cook quinoa: In a saucepan, bring 1½ cups water to a boil. Add quinoa and simmer, covered, for 15 to 20 minutes. Set aside and let it cool. You can also use leftover quinoa for this recipe.

Meanwhile, in a large bowl, combine the rest of the ingredients, except coconut oil. Once the quinoa has cooled add it to the bowl, mixing it in with the other ingredients. Slightly wet your hands and form mixture into small cakes, about 3 inches in diameter.

Heat coconut oil in a sauté pan or on a griddle over medium/high heat. Add cakes and turn when lightly browned. Flip and cook other side until lightly browned and crispy. Remove from pan.

Serve over a bed of fresh spinach and top with fresh sliced tomatoes, sliced avocado, and a drizzle of Balsamic vinegar or fresh squeezed lemon juice, if desired.

Christie Woodall

Hearty Brussels Sprouts

Ingredients:

1-2 pounds Brussels sprouts
8 ounces organic nitrate free bacon
1 cup balsamic vinegar
2 cloves garlic, chopped

Directions:

Steam Brussels sprouts (halved) until just starting to glisten and tenderize.

In frying pan, cook bacon, cut into half inch pieces. Remove bacon, pour out most of the fat and discard, and then add Balsamic vinegar to deglaze pan, scraping cooked bacon bits off pan to dissolve. Add garlic while this is simmering. Add Brussels sprouts and bacon into it. Toss, cover and reduce heat to low-med. Heat through for 5 minutes or until liquid is mostly gone. Toss and serve. Salt to taste.

Add or subtract bacon or Brussels sprouts as desired for your taste. Can add sautéed or caramelized onions or shallots for fun.

This one will make you feel like you are being bad, but will fill you up without a lot of allergens.

Michael J. Gilmore, D.O.

Lentils and Spinach

Ingredients:

1 tablespoon olive oil
1 sweet onion chopped
3 garlic cloves minced
½ teaspoon cumin
½ teaspoon salt
½ teaspoon black pepper
¼ teaspoon chili powder (optional)
1 cup organic free range chicken broth
1 14 ounce can fire roasted diced tomatoes with green chilies (drained)
1 jar roasted red and yellow peppers
2 16 ounce packages of frozen organic chopped spinach
1 package of steamed lentils (17oz package)

Directions:

Heat the oil in a large sauce pan. Add diced onion and sauté 5 minutes. Add minced garlic and stir 30 seconds. Lower the heat and add the cumin, salt, pepper, chili powder. Stir to combine.

Chop the roasted peppers and add to the onion mixture. Add the diced tomatoes, lentils, and chicken broth, stir to combine. Add the frozen chopped spinach to the lentil mixture and roughly stir to combine. Cover and cook on low for two hours, stirring once or twice to combine.

Alisa Langevin

Garlicky Ginger Black Beans

Ingredients:

- 1 ½ cups black turtle beans
- 4 cups water
- 1 strip kombu (sea vegetable found in the Asian foods section of your market)
- 2 teaspoons gluten free tamari sauce
- 1 inch piece of ginger, grated
- 2 cloves fresh minced garlic
- 1 jalapeño pepper (seeded and chopped)

Directions:

Sort beans for rocks, then wash and soak overnight. Place in pressure cooker and boil uncovered 5 minutes. Skim off foam. Add kombu, cover and bring to pressure, then cook 1½ hours. Bring down from pressure, add tamari, ginger, garlic and jalapeño and simmer 10 minutes. (To boil in a pot – simmer 2-3 hours until tender, adding water as needed for “saucy beans”).

Note from Chef Ellen: Put a pot of these on the stove and go about your weekend chores in the house. You just have to check on them every once in a while so you can get these done any time you are home for a block of time. It will be well worth it! Serve with brown rice, quinoa or perk up your steamed veggies by adding these.

Ellen Harnett

June Cline's Sassy Cherry Tomatoes

Ingredients:

- 1 large box of cherry (or grape) tomatoes (Costco size)
- 1 tablespoon infused olive oil (I use Mexican Lime Olive Oil)
- 1 teaspoon Lemon Pepper Seasoning
- 1 teaspoon Garlic Herb Seasoning

Optional - 1 teaspoon sea salt (Pink Himalayan)

Directions:

Place washed & drained cherry tomatoes in a large zip lock bag. Pour olive oil over tomatoes in bag, and gently rotate tomatoes until evenly coated lightly in oil. Add all other ingredients and gently rotate until covered. Place in serving dish.

Ready to serve immediately but better if prepared about an hour before serving so spices can blend together.

June Cline

Brown Rice & Spinach Puttanesca

Ingredients:

- 2 cups steamed brown rice (soaked the night before)
- 2 cups tomato sauce (organic if available)
- 2 cups fresh organic baby spinach
- 3 fresh ripe tomatoes (medium)
- 1 cup chopped fresh mushrooms (baby portabello best)
- 6 chopped kalamata olives (can substitute large green olives if desired)
- 2 tablespoons capers
- 3 tablespoons olive brine
- ½ cup chopped raw onion
- ¼ cup sun-dried tomatoes (packed in pure olive oil)
- ¼ cup cold pressed extra virgin olive oil (organic if available)
- 4 cloves garlic
- 1 teaspoon garlic powder
- 1 teaspoon dried organic oregano (¼ cup chopped if using fresh)
- 1 teaspoon basil (¼ cup chopped if using fresh)
- ½ teaspoon ground pepper
- ¼ teaspoon dried red pepper (optional)
- ½ teaspoon Italian mixed herb seasoning (optional)
- Dash of Himalayan salt or Real Salt (from Utah)
- Raw pumpkin seeds and walnuts (garnish, if desired)

Directions:

Soak 1 cup of brown rice overnight in filtered water, rinse, and cook / steam as usual in 2 cups filtered water the next day. Set aside.

In a large cast iron skillet (or non-Teflon frying pan), over medium heat, sauté mushrooms, onion, garlic in the olive oil and olive brine. After a few minutes, add in the sundried tomatoes, olives, capers, and all spices (garlic powder, oregano, basil, ground pepper, red pepper, and Italian herb mix). While this is going, chop up your ripe tomatoes. Once the mushrooms soften up and the onion is semi-transparent, add in your chopped tomatoes and tomato sauce and bring to a boil. Once bubbling, turn down heat to simmer. Salt to taste (usually the olive brine is enough, but it may still need a touch of salt). Spread a layer of baby spinach over the sauce, place lid on skillet/pan, and continue to simmer for 3-5 minutes - this will lightly steam the baby spinach to perfection.

Remove skillet/pan from heat source. Divide pan into appropriate portion size and with spatula place spinach-topped sauce over a lovely bed of your steamed brown rice. Sprinkle with pumpkin seeds and walnuts (if desired).

Egypt Brown

Roasted Cauliflower

Ingredients:

2 heads of organic cauliflower
Extra virgin organic olive oil
Himalayan sea salt

Directions:

Cut the heads off the cauliflower and chop into small chunks into a big mixing bowl (the smaller the chunks, the better). Saturate the cauliflower with olive oil and Himalayan salt to taste.

Pour all onto a parchment paper lined baking pan. Roast in oven at 400 degrees until brown and crispy. Serve hot or cold.

Alexis Neely
www.EyesWideOpenLife.com

Orange Hummus-Stuffed Tomatoes

One of the big misconceptions about hummus is that it's fattening. Yes, a cup of conventional prepared hummus is high in calories (435) but who eats a cup? More important, it's rich in protein, healthy fat, and fiber (from those wonderful chickpeas), plus it has a decent amount of calcium, iron, phosphorus, and potassium as well. In this dish, Chef Jeannette uses a hint of orange to lighten up the classic hummus in this non-traditional salad. The recipe makes a terrific light, cooling meal, perfect for a summer afternoon or evening. Brimming with antioxidants from the heirloom tomatoes and the red onion, this dish is refreshing and satisfying without being heavy.

—Dr Jonny

4 servings

Ingredients:

- 1 15-ounce can chickpeas, drained and rinsed
- 3 tablespoons roasted tahini (or raw)
- 2 cloves garlic, minced
- ½ cup fresh-squeezed orange juice
- 1 tablespoon apple cider vinegar
- 2 teaspoons orange zest
- ¼ teaspoon ground fennel
- ¼ teaspoon ground ginger (or ½ teaspoon prepared ginger juice)
- Pinch cardamom
- ½ teaspoon salt
- 4 large heirloom tomatoes

Directions:

In a food processor, combine chick peas, tahini, garlic, orange juice, vinegar, zest, fennel, ginger, cardamom, and salt, and process until smooth, scraping down the sides, as necessary. Set aside.

Slice off the tops of each tomato and, using a spoon, remove and discard (or eat!) the seeds, hollowing out the centers. Spoon each tomato full of hummus.

Any extra hummus can be added to suggested salad greens or refrigerated for later.

Notes from Chef Jeannette, the Clean Food Coach:

If you want to make a meal of it, nestle the tomatoes into a bed of tender lettuce, mild sprouts (such as clover or alfalfa), and sliced red onion. Drizzle olive oil over all, if desired

Adapted from "The Healthiest 15-Minute Recipes on Earth" by Jonny Bowden, PhD, CNS (www.jonnybowden.com) and Jeannette Bessinger (www.thecleanfoodcoach.com)

Roasted Eggplant Pate

Serves 4

Ingredients:

1 eggplant, chopped into cubes
 1 onion, chopped
 5 cloves of garlic, finely chopped (or more if you like a stronger flavor)
 3 small sweet peppers or 1 large green/red/yellow pepper, chopped
 Olive oil
 Sea salt and pepper
 Cayenne or chili pepper (optional to spice it up)
 Tomato, chopped (optional to add during blending)
 2 tablespoons tahini (sesame paste)

Directions:

Add chopped vegetables, sea salt and pepper to a casserole dish and add olive oil. Stir well to make sure everything is covered in olive oil. Bake/roast covered at 350 degrees for 45 minutes, stirring at least every 15 minutes.

Remove from heat and add to a blender with the tahini. Blend to a fine paste and spoon into a loaf pan and leave to set in the fridge. Serve as a pate with crackers or chopped fresh veggies (like tomatoes, zucchini, mushrooms and celery) or as a side-serving for a main meal.

Option 1: serve warm immediately after you've removed it from the oven and blended it. It makes a nice "sauce" for serving over vegetables.

Option 2: don't even blend it – just eat it as a delicious side dish of vegetables

Trudy Scott

www.everywomanover29.com

Baked Cauliflower

Easy scrumptious crucifers

Take one head of organic cauliflower and rinse, then break it apart into florets, spreading it into baking dish. Sprinkle with olive oil, salt, and nutmeg (lightly).

Cover and bake at 425 degrees for 45 -60 min or until soft, then uncover until it gets a light-medium brown tinge on the ends.

This is one my kids love! I throw it in the oven when I get home and it is done by the time the rest of the meal is and everyone's at the table. Enjoy!

Dr. Anna Cabeca

www.cabecahealth.com

Crispy Vegetable Stir-Fry

This recipe works great as a side for strips of grilled free range or organic chicken or grass feed beef. No grill, try sautéing the meat in the oil, garlic, and red crushed pepper in the wok and then add the vegetables and remaining ingredients.

This dish opens itself to lots of creative vegetable combinations. If these vegetables are not readily available try other seasonal or more exotic vegetables like fresh green beans, mushrooms, bok choy or sugar snap peas.

Ingredients

2 tablespoons organic coconut oil (this comes solid, but heat turns it into liquid so don't stress!)
2 cloves garlic, crushed
1-2 teaspoons, crushed red pepper flakes
1 cup, organic red onions, sliced
1 ½ cup, small organic broccoli florets
1 cup, organic red bell peppers, cut in strips
1 cup, organic asparagus, remove the ends, chop in 3 inch sections
1 cup, rough chopped kale (remove the stems, they can be bitter)
1 tablespoon, toasted sesame seed oil (organic preferred)
¼-½ cup, tamari sauce (alternative to soy-sauce) or Organic Coconut Aminos from Coconut Secret® (both are gluten and soy-free, add depending upon your taste preference)
¼ cup chopped green onions and 2 tablespoons of toasted sesame seeds

Directions:

In a wok, heat oil, Sauté garlic, red crushed pepper and onions for 30 seconds.

Add broccoli, red bell peppers, and asparagus, and sauté for 1 minute.

Add kale, and toasted sesame oil, sauté for an additional minute.

Turn heat to medium, add tamari or coconut aminos, sauté for another minute.

Serve immediately (you want to keep those vegetable crisp). Garnish your stir-fry with green onions and sesame seeds. Even leftover thin slivers of red bell peppers make a colorful garnish

Astisan Bistro

"Healthy eating made easy"

www.theartisanbistro.com/homedirect

Grilled Vegetable Salad with Sun Dried Tomato Vinaigrette

Using the grill to create food is a great excuse to get more connected to the outdoors. Grilling is also a common entertaining method to bring friends, family and your neighborhood together. So when you want to share healthy food with a group, this recipe is sure to impress and show people that eating healthy can be delightful!

Ingredients

1 medium organic zucchini, sliced
 2 medium organic red bell peppers, sliced into strips
 1 medium organic red onion, sliced
 2 medium organic leeks, white part only, halved lengthwise
 1 large organic carrot, sliced diagonally, blanched (for 2 minutes and chill in iced water)
 6 radicchio leaves, blanched (for 15 seconds and chill in iced water)
 8-10 organic cherry or grape tomatoes
 olive oil (as needed for grilling)

Sun Dried Tomato Vinaigrette

Ingredients:

1 ½ ounces balsamic vinegar
 ½ teaspoon sea salt, finely ground if possible
 ¼ teaspoon ground black pepper
 1 ½ teaspoon minced shallots
 ½ teaspoon minced garlic
 4 large pieces of oil-packed sun dried tomatoes, chopped or diced
 2 ½ ounces organic olive oil
 1/3 cup organic basil leaves, finely shredded and firm packed

Vinaigrette directions:

Blend all ingredients in a food processor or blender.

Directions for the Grilled Vegetable Salad:

Preheat grill. When the grill is ready, lightly brush the oil on both sides of all the vegetables (this includes the tomatoes, blanched carrots and radicchio leaves).

Grill for about 1 minute or less on each side, just enough to get some grill marks on each side.

Transfer the vegetables to a large bowl and immediately toss with vinaigrette.

Artisan Bistro

"Healthy eating made easy"

www.theartisanbistro.com/homedirect

Lemon Herb Quinoa with Asparagus

Serves 4 as an entree, 8 as a side dish

Ingredients:

4 cups water

1¼ teaspoons sea salt

3 medium asparagus spears, trimmed and cut into 1 inch pieces

1 cup uncooked quinoa, rinsed and drained

¼ cup chopped white onion

Fine zest of ½ lemon

Juice of ½ lemon

1 tablespoon chopped fresh thyme leaves

1 teaspoon ground black pepper

Directions:

Fill a small bowl with ice and add about 2 cups of water or enough to cover ice. Fill a medium stockpot or saucepan ½ full with water. Set over high heat, add ¼ teaspoon sea salt, and bring to a boil. Add asparagus pieces, and when all asparagus are in, drain and quickly pour asparagus into the ice bath. Set aside.

In a medium saucepan over high heat, combine quinoa, white onion, and remaining 2 cups water. Bring to a boil, cover, reduce heat to low, and simmer for 15 minutes or until almost all the liquid has been absorbed.

Drain asparagus from ice bath and pat dry using a paper towel or clean kitchen towel. Add asparagus, lemon zest, lemon juice, thyme leaves, remaining teaspoon sea salt, and black pepper to quinoa mixture, stir to combine, and serve.

*Drizzle with a ½ tablespoon of extra virgin olive oil when serving, if desired.

The super-non-grain-grain, quinoa is naturally gluten-free, and though it has a nutty flavor, quinoa is not a nut and provides a good nut flavor "fix" to those who have nut allergies. A complete protein, quinoa is a delicious nutrient-rich ingredient to support all diets, including vegetarian and vegan diets.

Susan Irby

Recipe adapted from *The Complete Idiot's Guide Quinoa Cookbook* by Susan Irby, The Bikini Chef, copyright 2012



SOUPS

Shrimp Chowder

Serves 6

Ingredients

1 pound fresh shrimp, deveined, and peeled (optional: you may choose to remove tails)
1 cup fresh peas (or you may use canned peas if you prefer)
1 cup fresh spinach
2 teaspoons macadamia nut oil or coconut oil
4 small sweet potatoes, diced
1 medium yellow onion, diced
8 celery stalks, chopped
3 carrots, chopped
1 14-ounce can coconut milk
2 cups unsweetened almond milk
½ teaspoon Thai Green Curry Paste
½ teaspoon vanilla
½ teaspoon pepper
Optional: 1 teaspoon sea salt

Directions:

Heat oil in a large skillet over medium-high heat. Sauté potatoes, onion, celery, and carrots briefly, but do not overcook, about 5 minutes. Add coconut milk, almond milk, green curry paste, and vanilla. Mix well. Turn heat down to simmer.

Add shrimp, peas, and spinach to base and cook for about 3-4 minutes or until shrimp are pink and no longer translucent. Do not overcook or shrimp will become tough.

Transfer one-third of entire soup mixture to blender to puree. Transfer pureed mixture back to soup pot and mix well. You may skip this step to save time or if you prefer a thinner soup base. However, this step makes the soup more like chowder.

Ladle chowder into bowls and serve hot.

Tana Amen, B.S.N., RN
www.amenclinics.com

Mindful Minestrone Soup

Makes 6 servings

Ingredients:

¼ cup vegetable broth or 2 tablespoons coconut oil (we prefer broth)
1 onion, coarsely chopped
2 celery stalks, chopped
2 small sweet potatoes, cubed
1 carrot, chopped
1 zucchini, sliced

1 teaspoon fresh thyme
 1 bay leaf
 1 15-ounce can stewed tomatoes
 4 cups low-sodium vegetable broth
 2 cups kidney beans, soaked, rinsed, and cooked (only use canned beans in a pinch)
 2 cups fresh spinach
 2 tablespoons fresh parsley
 Salt and pepper to taste

Directions:

Heat $\frac{1}{4}$ cup vegetable broth for sautéing, or coconut oil if desired. Stir in onion, celery, potatoes, and carrot. Stir frequently for about 5 minutes.

Add zucchini, thyme, and bay leaf, and cook for another 2 minutes.

Stir in tomatoes and vegetable broth. Bring to a boil, reduce heat, and simmer for 10 minutes. Stir in beans and simmer for 10 minutes.

Add spinach and parsley last, just before serving. Stir in and let settle for a minute. Season with salt and pepper to taste.

Tana Amen, B.S.N., RN
www.amenclinics.com

White Bean & Spinach Soup

Ingredients:

1 cup dried great northern beans, cooked
 1 clove garlic, minced
 1 cup onion, chopped
 1 stalk celery, minced
 2 cups vegetable broth
 1 tablespoon extra virgin olive oil
 1 tablespoon lemon juice
 2 cups fresh spinach, chopped
 $\frac{1}{4}$ cup fresh parsley, chopped
 $\frac{1}{4}$ teaspoon dried thyme
 Pinch dry oregano
 Sea salt and fresh ground black pepper to taste

Directions:

Add cooked beans to a pot. Add remaining ingredients and bring to a simmer. Cook until onions are tender (about 15 minutes).

Cynthia Pasquella
www.cynthiapasquella.com

Winter Squash and Coconut Milk Bisque

Serves 4

Ingredients:

1 onion diced
1 whole clove garlic crushed
4 cups peeled and diced butternut squash or pumpkin
2 medium carrots diced
1 teaspoon sea salt
1 teaspoon garam masala (Indian spice mixture*)
1 cup unsweetened coconut milk
Juice of 1 lime
Freshly ground black pepper (garnish)
Torn fresh cilantro leaves (garnish)

Directions:

Bring 3 cups of water to a boil in a saucepan over a high heat. Add onion and garlic. Reduce the heat and simmer 2-3 minutes.

Add squash and sea salt and return to a boil. Reduce the heat, cover and simmer 15 minutes.

Add garam masala, continue to simmer 5 minutes.

Allow the mixture to cool. Puree in a blender with the coconut milk.

Reheat and add the lime juice. Serve garnished with fresh ground black pepper and fresh cilantro leaves.

Garam masala can be purchased at most grocery stores or you can make your own:

1 tablespoon ground cumin
1 ½ teaspoons ground coriander
1 ½ teaspoons ground cardamom
1 ½ teaspoons ground pepper
1 teaspoon ground cinnamon
½ teaspoon ground cloves
½ teaspoon ground nutmeg

Mix cumin, coriander, cardamom, pepper, cinnamon, cloves, and nutmeg in a bowl. Place mix in an airtight container, and store in a cool, dry place.

Dr. Nalini Chilkov

www.integrativecanceranswers.com

Broccoli with Fresh Fennel Soup

Very popular as a breakfast soup. Fennel aids digestion. Be sure to buy a bulb of fennel that has a generous amount of the feathery fennel tops. They look a lot like fresh dill.

Ingredients:

1 large head broccoli (separate florets and stems)
1 large onion, chopped
4-6 cloves garlic, chopped
1 tablespoon organic, unrefined coconut oil, ghee or butter
Feathery fennel tops from on bulb fresh fennel
6 cups water
Ground fennel seed, 1 teaspoon or more to taste
Sea salt to taste or Herbamare
Scallions and parsley, finely chopped, for garnish

Directions:

Remove tough outside layer of broccoli peel from stems and chop (discard any woody pieces).

Sauté onion, garlic and ground fennel seed in oil until onion is translucent. Add broccoli stems and most of florets, reserving a handful of the smallest ones to use later. Add fennel and water. Simmer until tender, about 20 minutes.

Puree mixture in blender for several minutes until very smooth.

Return to stockpot, adding sea salt or Herbamare to taste. Simmer 10 more minutes, adjust seasonings before serving. Garnish with parsley, scallions or chopped red bell pepper strips.

Donna Gates

www.bodyecology.com

Quick & Easy Pho Soup

Pho soup is a Vietnamese soup high in Umami, the 5th flavor (the flavor of satisfaction). Traditional Pho soup takes hours to make but here's a simplified version of it without sacrificing the flavor. Umami curbs appetite and gives you a sense of feeling satisfied after eating.

Ingredients:

1 raw chicken breast (8 ounce)
8 cups of filtered water
½ teaspoon of coriander
1 cup of white onions
1 cup of celery
2 bay leaves
4-5 cloves of garlic
¼ teaspoon black pepper
½ teaspoon sea salt
½ teaspoon garlic powder
¼ dried oregano
1 cinnamon stick
¼ dried basil
½ cup of fresh basil
½ cup of fresh cilantro
½ lime
2-4 thin slices of jalapeño (optional)

Directions:

In a pot, combine chicken, cloves of garlic and water to boil then simmer. While simmering, add salt, black pepper, cinnamon stick, dried oregano, dried basil, bay leaves, coriander, onions, celery, garlic powder.

After 30 minutes, add 1 more cup of water to the soup. Then bring it boil and simmer for another 15 minutes.

When the soup is done, the chicken should be tender.

Before serving, add fresh cilantro, basil and squeeze lime all over the soup. You can also add jalapeños if you like it spicy.

May be served alone or you may add cooked brown rice, cooked brown rice noodles or cooked quinoa to the soup. Traditional Pho soup is served with white rice noodles.

Grace Suh Coscia

www.liveasensuallife.com/jj-virgins-cookbook-recipe/

Korean Seaweed Soup

Ingredients:

½ cup of dried wakame seaweed (found in health food stores)

3 cloves of garlic- minced

½ tablespoon of avocado oil

¼ pound of sirloin beef

24 – 36 ounces of organic low sodium chicken broth depending on number of servings (low sodium is a must because the seaweed is salty)

Green onions - chopped

Directions:

First soak wakame seaweed in water for 10 minutes. Wash wakame under water, using fingers to massage and rinse away any dirt and residue off the seaweed. Rinse 3 times.

Heat oil and sear beef on both sides in soup pot.

Add broth, seaweed and garlic to the seared beef, and bring to boil.

Simmer for 45 minutes. Slice up the sirloin into small pieces and serve soup with beef on top of seaweed with freshly chopped green onions.

Serve with ½ cup of quinoa or brown rice on the side, with a fresh green salad.

Dr. Susanne Bennett

www.drussannebennett.com.

Moroccan Bean Curried Soup

Ingredients:

3 cans garbanzo beans (rinsed thoroughly in cold water)

2 cans of chicken broth 28 ounce; or a 32 ounce boxed size

1 can (14 ounces) of coconut milk

6 cloves of garlic, minced (I use my garlic press)

Himalayan pink salt or sea salt to taste

Curry powder to taste (I use at least a tablespoon)

Directions:

Put all the ingredients into your soup pot. Turn on high, bring to a boil, turn down to low and cover and simmer for 20 to 25 minutes. Let cool a bit, and then blend it all up with a hand immersion blender. Leave a few of the beans whole. Top with a some chopped parsley if desired

Judy Ashton

PEERtrainer Cleanse Soup

8 - 10 servings

Ingredients:

2 large heads of chopped broccoli
1 large head of chopped cauliflower
1 ½ pounds of sliced white button mushrooms
1 large yellow or sweet onion
1 can (approximately 13.6 to 15 ounces) of coconut milk
1 box (32 ounces) of free range chicken broth or mushroom
1 teaspoon coconut or olive oil
5 cloves garlic
2 fingers of peeled fresh ginger
1 finger of peeled fresh turmeric
Sea salt
Optional: 1 pound of spinach.

Directions:

Heat pot to medium and add oil and onion to pot slowly. Brown onions while stirring continuously. Once light brown, add mushrooms to light brown.

Add broth, coconut milk and turn to heat to high.

Add broccoli, cauliflower, mushrooms, ginger, turmeric and garlic. Bring to boil and then simmer for 15 minutes. Let stand for 10 minutes then use an immersion blender to blend until smooth. Usually takes about 3 minutes. Add a few shakes of salt.

Serve!

How to peel turmeric and ginger:

Simply take a regular spoon and use the end to scrape off the peel. Don't be intimidated to ask your supermarket for help in buying fresh ginger and turmeric. They are happy to help and these are powerful herbs that make things taste great.

Jackie Wicks

www.PEERtrainer.com

Organic Chicken and Veggie Soup

All ingredients are organic and hormone free!

Ingredients:

2 chicken thighs with bone and skin
2 chicken legs and skin
1 large chicken breast with ribs/bone and skin
1-1 ½ tablespoons of avocado oil (coconut oil is acceptable)
5 garlic cloves, minced
½ yellow onion, chopped to ½ inch size pieces

2 stalks of celery, chopped to ½ inch size pieces
 2 large carrots, chopped to ½ inch size pieces
 ½ cup of cilantro minced
 ¼ cup of green onions, chopped
 6-8 cups of water, depends on the amount of the chicken and veggies
 Sea salt
 Pepper

Directions:

Clean chicken, and use butcher knife to make cuts into the bone to expose bone marrow (easy way, chop the bone, and turn over on to the other side, and chop that side, then break the bone in half, cut meat to expose bone marrow). The bone marrow is what makes the soup taste rich and yummy! Sprinkle with salt and pepper. Do not over-salt.

In large soup pot, at medium heat, add oil, garlic and onions. After sautéing for a 1 or 2 minutes, add chicken on top of onion and garlic, and sear chicken on both sides. Add celery, and carrots. Pour water over the chicken and veggies, until it is fully submerged, up to 1 inch above the ingredients. Turn heat up high and boil. Skim foam and residue off the top as it collects on the surface. Reduce heat and simmer for 2 hours or until the chicken meat falls off the bone. Be careful of bones. Discard the boiled skin if possible. Salt and pepper to taste.

Add cilantro and green onions into the pot 10 minutes before serving.

For leftovers, add a little more water to make more broth.

Dr. Susanne Bennett
www.drussannebennett.com.

Split Pea Soup

Serves 2

Ingredients:

1 cup split pea flakes (Whole Foods has this)
 3 tablespoon olive oil
 1 small shallot, minced
 1 carrot, minced
 1 celery stalk, minced
 1 bay leaf
 1¼ cup water
 Salt and pepper

Directions:

Sauté shallot, celery and carrot in olive oil, add split pea flakes, bay leaf, and water bring to a boil, then turn heat off and let stand 5 minutes. Remove bay leaf and serve.

Kimm Bolin

Slow-Cooked Chicken “Noodle” Soup

Ingredients:

8 cups low sodium chicken broth
2 large carrots, chopped
3 medium stalks celery, chopped
1 medium onion, chopped
3 cloves garlic, pressed
1 tablespoon sea salt
1 tablespoon freshly ground black pepper
1 teaspoon dried thyme
1 teaspoon crushed red pepper flakes
2 bay leaves
4 boneless skinless chicken breast halves
1 large spaghetti squash, halved

Directions:

In a slow cooker, combine first 11 ingredients (broth through chicken). Cover and cook on LOW for 8 to 10 hours. One hour before serving time, preheat oven to 375 degrees. Place squash halves on a baking sheet (skin facing down, flesh up) and bake for 20 to 30 minutes or until tender; remove from oven and set aside to cool slightly. Scoop out seeds, then using a fork, scrape squash out of its shell in long, thin (spaghetti-like) strands. Add “noodles” to slow cooker. Cook for remaining 30 minutes and serve.

Leanne Ely

www.SavingDinner.com

White Bean and Kale Soup

Ingredients:

1 onion diced
2 carrot, diced
2 ribs of celery diced
1 tablespoons extra virgin olive oil
2 cloves garlic minced
½ teaspoon dried ground rosemary
½ teaspoon dried thyme
1 bay leaf
½ teaspoon white pepper
1 cup white beans, soaked (or canned)*
2 cups of diced nitrate free sausage
5 cups water
1 teaspoon sea salt
½ pound kale stems and center ribs discarded and leaves chopped into bite size pieces
Optional for Cycle 2 or 3: ¼ cup freshly grated parmesan cheese

Directions:

Dice onion, carrot and celery into even ½ inch pieces.

In a medium pot heat oil, then add the onion, carrot and celery and sauté vegetables for 4 -6 minutes until onions are translucent. Add fresh garlic and dried herbs and sauté 1 minute more.

Add beans, salt, pepper, bay leaf and 5 cups of water Cover the pot and bring up to a boil. Turn down heat and simmer for 50-60 minutes until beans are tender.

*If using canned beans reduce cooking time to 20 minutes. Add ½ -1 cup more water until desired consistency.

Sauté sausage in pan then add to the other ingredients. Add kale and simmer stirring occasionally until kale is tender 10-12 minutes.

Optional for Cycle 2-3, serve soup garnished with freshly grated parmesan cheese.

Beth Schupanitz

Coconut Lime Turkey Soup

Serves 4

Ingredients:

3 cups low sodium chicken broth

¼ cup lime juice

1 cup unsweetened coconut milk

1 head cauliflower, finely chopped

2 cloves garlic, pressed

1 medium onion, chopped

1 jalapeño pepper, de-seeded and chopped

2 teaspoons sea salt

½ teaspoon paprika

½ teaspoon cayenne pepper

2 pounds turkey breast meat, cubed

¼ cup chopped cilantro

Directions:

In a large slow cooker, combine all ingredients except cilantro; stir well to combine. Cover and cook on LOW for 8 to 10 hours. Serve topped with chopped cilantro.

Leanne Ely

www.SavingDinner.com

Green Gazpacho Soup

Serves 4

Ingredients:

4 cucumbers
2 limes
5 pieces of celery
1 bunch of cilantro
2 mild green chilies
A chunk of ginger (about an inch or more thick)
2 cloves of garlic
2 scallions
3 kale leaves
1 tablespoon of white vinegar
1 tablespoon of olive oil

Directions:

Chop one cucumber into small cubes, dice one scallion, and mince about $\frac{1}{3}$ of the cilantro and put all of these ingredients into a medium size bowl. Add oil and vinegar to bowl and chopped ingredients. Take the rest of the ingredients and put through a juicer. Pour juice over chopped ingredients and dressing in bowl. Scrape some of the pulp out of the juicer, about $\frac{1}{3}$ of a cup and add to soup to thicken a little. Stir. Salt to taste. Serve immediately.

Jamie Parolini

Italian Chicken Soup

Serves 4

Ingredients:

1 14 ounce can low-sodium chicken broth (make sure it's gluten-free)
1 14.5 ounce can stewed tomatoes
1 clove garlic, minced
1 teaspoon basil
2 chicken breasts, cooked and chopped, approximately 1 cup
1 $\frac{1}{2}$ cup escarole, chopped
1 $\frac{1}{2}$ tablespoons olive oil

Place chicken broth, tomatoes, garlic and basil in a large saucepan. Cover and slowly bring all ingredients to a boil. Reduce heat to low and add chicken, escarole, and oil.

Simmer for 10 minutes

Marcelle Pick

Are You Tired and Wired, published 2011 Hay House Inc., Carlsbad, CA
www.tiredandwired.com

Spicy Red Gazpacho

Ingredients:

4 large tomatoes
 2 cucumbers
 4 carrots
 3 or 4 pieces of celery
 1 red bell pepper
 1 lemon
 2 cloves of garlic
 1 2-inch chunk of ginger
 1 1-inch chunk of turmeric root
 ¼ bunch of cilantro
 1 jalapeño with seeds and inside scraped out
 1 tablespoon of olive oil
 1 tablespoon of vinegar
 2 avocados

Directions:

Chop 1 tomato, 1 cucumber, 1 jalapeño, all cilantro, and place in a medium sized bowl. Add oil and vinegar to the bowl. Feed all remaining ingredients through a juicer, except the avocados. Pour over the ingredients in the bowl. Stir. Scrape some of the pulp from the juicer into the bowl to thicken if you wish. Stir. Add salt & pepper to taste. Serve in individual bowls with chopped avocado. Serve immediately.

Jamie Parolini

Chicken and Rice with Kale Soup

Ingredients:

1 tablespoon coconut oil
 ½ cup chopped onion
 8 cups chicken broth
 4 cups raw kale chopped (remove the stems)
 2 cups cooked chicken cut into small pieces
 1 cup pre-cooked brown rice
 Salt and pepper to taste

Directions:

Heat oil in soup pot and sauté onions for 5 minutes. Add the chicken broth, kale, chicken, and rice and simmer for 1 hour. Add salt and pepper to taste.

Jackie Stocker

Black Bean, Butternut, and Tomato Soup

Ingredients:

Water to cover all the veggies below

1 medium onion

2 cloves of garlic (best if sautéed first)

1 butternut squash - small, peeled and seeded

About 3 tomatoes - plum are best, any will do, cut up

1 can of black beans with the liquid

Boil until everything is soft.

Add:

Salt and pepper to taste

2-3 tablespoons lemon

1 tablespoon parsley

Cumin, two shakes

Cayenne pepper to taste

When all the veggies are soft: Puree with a hand blender

You could garnish this with bits of parsley, or even a few pumpkin seeds.

Laya Saul

Nancy's Butternut Squash Soup

Ingredients:

2 tablespoons olive oil

½ small onion chopped

1 medium sweet potato peeled and cubed

1 large butternut squash, peeled, seeded, and cubed

4 cups chicken broth

⅛ cup juice from fresh orange

1 teaspoon sea salt

½ teaspoon nutmeg

Sprigs of parsley for garnish

Directions:

Sauté onion, potatoes, and squash in olive oil until slightly browned.

Transfer into soup pot and add enough broth to cover veggies. Bring to a boil and then lower to a simmer for 30-40 minutes—until veggies are soft.

Let cool off a little and either use a blender “wand” OR just throw into a blender to puree until smooth. Add orange juice and stir in.

Pour back into pot and add as much of the remaining chicken broth for the consistency you prefer. I like mine a little on the thicker side. Reheat to barely a boil.

When ready to serve, garnish with parsley sprinkles.

Nancy Newcomer
www.nancynewcomer.com

Red Lentil Soup

Serves 6-8

Ingredients:

- 1 ½ tablespoon olive oil
- 1 medium onion, finely chopped
- 2 carrots, finely chopped
- 3 stalks celery, finely chopped
- 2 garlic cloves, finely minced
- ½ teaspoon cumin
- ½ teaspoon red chili flakes
- 1 teaspoon turmeric
- 1 teaspoon paprika
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- 1 cup chopped tomatoes, use canned if not in season
- 1 cup lentils, rinsed and picked through for stones
- ¼ cup fresh cilantro, chopped (you may substitute Italian parsley if you're not a cilantro fan)
- 6 cups veggie or chicken stock
- 1 cup fresh spinach chopped

Directions:

Heat oil in a large stockpot over medium heat. Add onion and leek, and cook until softened. Add carrots, celery, garlic, chili flakes, cumin, turmeric, paprika salt, and pepper. Cook for 5 minutes and continue to stir. Add tomatoes, lentils, cilantro, and vegetable stock.

Bring to a boil, and then reduce heat to low and simmer, covered, until lentils are soft, about 30 minutes. Add chopped spinach and let it wilt -about 1-2 minutes. Feel free to sprinkle a little more paprika to make it pretty.

Nancy Newcomer
www.nancynewcomer.com

A grayscale collage of kitchen items. In the top left, there's a plate with a smaller circular object inside. To its right is a fork. Below the top-left plate are a knife and a spoon. In the center, a large plate has the word "salads" written on it in a cursive font. To the right of this plate is another knife and spoon. In the bottom left, there's a large fork and a spoon. In the bottom right, there's a salt shaker. The background is a grid of squares with some splatters and textures.

salads

Warm Spinach Asparagus Salad with Quinoa

6 servings

Ingredients:

3-4 tablespoons low sodium vegetable broth for sautéing,
or 2 teaspoons refined coconut oil
¼ cup onion, finely diced
4 garlic cloves, diced
1 tablespoon refined coconut oil to coat quinoa
1 cup quinoa, rinsed
2 cups low sodium vegetable broth or water
1 bunch asparagus tips
2 handfuls spinach, chopped
1 tablespoon fresh sage (optional)
2 tablespoons chives
¼ cup pine nuts, raw
Real Salt and pepper to taste
Optional: 1 tablespoon olive oil

Directions:

Heat 3-4 tablespoons of vegetable broth or 2 teaspoons oil in large pot over medium heat. Sauté onions for 1 minute in broth. Add garlic and sauté for additional minute.

Add 1 tablespoon of oil to pot. Add quinoa and stir well to coat lightly with oil. Turn heat up to medium-high and stir quinoa constantly for about 10 minutes or until quinoa is lightly toasted. Add broth and turn heat to high. Bring to a boil. Reduce heat to medium-low and simmer for 15 minutes or until liquid is absorbed.

Add asparagus tips to quinoa during last 2 minutes of cooking. This will give you crunchy, healthy asparagus and ensure that they are not overcooked. It also eliminates the step of having to sauté or steam them separately (but if you prefer softer veggies you may cook them separately and add them).

Add the spinach to the quinoa while the quinoa is still warm and mix it in. It will wilt the spinach without overcooking it, thus retaining most of the nutritional value. Add sage and chives.

Optional: You may want to toss salad with 1 tablespoon of refined coconut oil or olive oil to fluff the salad and give it a nice texture.

Add pine nuts and stir well. Add salt and pepper to taste. Serve warm

Tana Amen, B.S.N., RN
www.amenclinics.com

Fresh Herb and Tomato Side Salad

Serves: 2-3 people as a side dish

Ingredients:

1 package cherry or plum tomatoes, or 4 Roma tomatoes diced
 1 cucumber, peeled and diced
 3 stalks organic celery, cleaned and diced
 ¼ red onion, diced
 3-4 tablespoons extra virgin olive oil
 1 tablespoon each of fresh chopped cilantro, basil, parsley
 1 tablespoon lemon zest
 2-3 tablespoons apple cider vinegar
 Sea salt and fresh ground black pepper, to taste

Directions: Toss all ingredients together in a large bowl, add salt and pepper to taste.

Jill Lane

www.JillLane.com

Tuna Broccoli Slaw

a great high fiber, protein packed lunch

Serves: 1 person

Ingredients:

1- 6 ounce can/package water-packed tuna
 2-3 cups broccoli slaw
 1/3 cup chopped tomato
 1/3 cup cooked beans (low/no sodium if canned)
 2 tablespoons extra virgin olive oil*
 1-2 tablespoons balsamic vinegar*
 Sea salt and pepper to taste

Directions:

Toss ingredient together in a medium bowl, enjoy.

*Add an Asian flair by substituting toasted sesame oil and rice wine vinegar for the olive oil and balsamic vinegar.

Jill Lane

www.JillLane.com

Seaweed or Wakame Salad

High in minerals, alkalizing and naturally relieves constipation by lubricating the intestines.

Ingredients:

2 cups of dried seaweed or wakame that you can purchase at any Asian market, local health food stores, or on Amazon.com

½ teaspoon xylitol or lo han (sweetener you can get at your health food store or amazon.com)

Sea salt to taste

3-4 teaspoons of rice vinegar, lemon or lime

1-2 cloves of garlic, minced

Directions:

First soak the seaweed or wakame in filtered cool water for 20 minutes. The seaweed/wakame will expand when soaked in water. Drain, then transfer it to a non-toxic dish either glass or ceramic dish.

Add the xylitol (if you're using xylitol, you need to soak xylitol in 1-2 tablespoons of hot water until the crystals dissolve and then transfer the xylitol water to the seaweed or wakame) or if you are using lo han, add the powder to the seaweed.

Then add garlic, vinegar, salt, and toss. Let it marinate for 15 minutes in the refrigerator before serving.

*The taste should be tangy with a touch of sweetness. Please feel free to add more vinegar, lemon, or lime.

Grace Suh Coscia

www.liveasensuallife.com/jj-virgins-cookbook-recipe/

Cucumber Salad

Antioxidant and anti-inflammatory while cooling the nervous system in Eastern nutrition.

Ingredients:

Use either 1 regular organic cucumber or 2 small Persian cucumbers

¼ teaspoon xylitol or lo han (sweetener you can get at your health food store or amazon.com)

Sea salt to taste

2-3 teaspoons of rice vinegar, lemon or lime

Directions:

Thinly cut the cucumbers, or use a mandolin to cut the cucumbers. Put the cucumbers in a non toxic dish, either ceramic or glass dish. Add xylitol (if you're using xylitol, you need to soak xylitol in 1-2 tablespoons of hot water until the crystals dissolve and then use add this to the cucumbers) or lo han, salt and vinegar and toss. Ready to serve.

*The taste should be tangy with a touch of sweetness. Please feel free to add more vinegar, lemon, or lime.

Grace Suh Coscia

www.liveasensuallife.com/jj-virgins-cookbook-recipe/

Summer Salad

Ingredients:

4 cups arugula
 2 cups cooked chickpeas (or 1 can chickpeas, drained and rinsed)
 1 medium green bell pepper, sliced
 1 cucumber, diced
 1 medium tomato, diced
 ¼ red onion, sliced thinly
 ½ avocado
 2 tablespoons So Delicious Coconut Milk
 1 tablespoon lemon juice
 1 tablespoon coconut oil
 2 cloves garlic
 2 tablespoon fresh basil leaves
 Sea salt and fresh ground black pepper to taste

Directions:

Combine chickpeas, bell pepper, cucumber, tomato, and red onion in a large bowl.

Combine avocado, coconut milk, lemon juice, coconut oil, garlic, and basil in a blender or food processor. Blend until creamy.

Place chickpea mixture over arugula and top with avocado dressing. Add sea salt, and pepper to taste.

Cynthia Pasquella

www.cynthiapasquella.com

Gary's Quinoa Salad

Ingredients:

2 cups quinoa
 1 ½ tablespoons cider vinegar
 1 can pinto beans (garbanzo, red beans, or whatever kind you prefer work too!) washed and drained
 2 tablespoons grapeseed oil (olive oil works too)
 Any raw veggie you like. We like small broccoli, slivered carrots, zucchini etc.
 Cucumber slivers are especially good.
 Sea salt to taste

Directions:

Cook quinoa according to package directions.

Add veggies and beans. Drizzle olive oil and cider vinegar over the top, salt, and stir it all together.

Holly Duncan

Asian Coleslaw with Dressing

Ingredients:

1 head (6 cups shredded) Napa cabbage, or purple cabbage (or a combination)
¼ cup minced scallions, including some green
1 tablespoon minced fresh ginger

Dressing Ingredients:

⅓ cup rice wine vinegar
1 tablespoon olive brine (or Umeboshi Vinegar/Ume Plum vinegar, or balsamic plus Celtic sea salt)
2 tablespoons dark toasted sesame oil
2 tablespoons extra virgin olive oil
⅛ teaspoon hot red pepper flakes, optional
1 tablespoon minced cilantro
¼ cup chopped pecans

Directions:

Remove and discard the outer leaves of the cabbage and shred the rest of the head of cabbage. You should have about 6 cups of shredded cabbage. Mix the scallions and ginger in a bowl and set aside.

Make the dressing: just mix everything together and taste to see if you'd like to add the hot red pepper flakes.

Annika Rockwell
www.FoodForKids.com

Jackie's Vail Chophouse Salad

Ingredients:

¼ to ½ pound of mixed greens
¼ of thinly sliced red onion (lengthwise, not chopped!)
½ of a fresh avocado
½ lemon
Fresh salt and pepper
8 ounces of your choice of: baked salmon or grilled chicken
Optional: 5 chopped cashews OR 1 ½ slices of crumbled bacon

For the baked salmon:

Preheat oven to 400 degrees. Place salmon in parchment paper, squeeze with lemon or lime and fresh salt and pepper. Wrap and place on cookie sheet or pan. Bake for 25 minutes (depending on thickness check after 15 minutes).

For grilled chicken:

Place a teaspoon of olive oil in sauce pan. Take lean chicken cutlet and slice into pieces with chicken shears. Place in pan with salt and pepper. Cook for about 8 minutes total (4 minutes each side) until inside is no longer pink.

In very large mixing bowl, place greens, onions, avocado, lemon, salt and pepper (and cashews or bacon). Mix well. Then place warm salmon or chicken and mix. Immediately serve.

There is no extra dressing. The mixed avocado and lemon, along with the salt and pepper give it the perfect moist consistency.

Jackie Wicks
www.PEERtrainer.com

Coleslaw

Servings: 8

Ingredients:

½ head green cabbage, washed and cored
 ½ head purple cabbage, washed and cored
 3 carrots, finely shredded
 2 stalks green onion, finely chopped
 ½ cup cilantro, coarsely chopped
 1 ½ tablespoons rice wine vinegar
 2 tablespoons olive oil
 ½ teaspoon salt
 ¼ teaspoon pepper
 Juice from a ½ of a lemon
 1/8 teaspoon sesame seed oil

Directions:

Combine the shredded cabbages, carrots, onion, and cilantro in a bowl.

To make the dressing: Mix together rice wine vinegar, olive oil, salt, pepper, lemon juice, and sesame seed oil.

Mix the dressing with the greens and enjoy!

Kim Millman MD, PhD, and Marilyn Abedin
 For more JJ approved recipes by Dr Kim, go to www.RecipesToEnergizeYourDay.com

Wild Herb Salad

Ingredients:

½ cup of prepared wild and brown rice blend
½ cup of finely diced red onion
2 cups of diced fresh herbs: parsley, cilantro, mint, lemon balm
3 tablespoons olive or coconut oil
Juice of half a lime (or lemon if you prefer)
Scant teaspoon sea salt

Directions:

Mix thoroughly and enjoy!

Options: Add diced cucumbers, tomatoes, peppers and radishes. As JJ has taught us, these foods have a diuretic influence (plus they are very yummy!).

Lisa Denzel

Kale, Fennel, and Tuna Salad

Serves 4-6

Ingredients;

8 leaves organic green kale
1 bulb fennel
2 avocados
2 ounces alfalfa sprouts
10 ounces white albacore tuna in water
Apple cider vinaigrette

For Vinaigrette: (yields ¾ cup)

1 tablespoon Dijon mustard
¼ cup apple cider vinegar
½ cup virgin olive oil
Salt and fresh ground pepper to taste

Directions:

Tear green kale into bite size pieces and place in salad bowl. Cut fennel bulb into quarters and slice thinly. Add to kale. Cut avocados into ½” squares and toss in salad bowl. Tear apart alfalfa sprouts and toss into salad. Drain tuna, and then gently crumble into salad with a fork. Drizzle with apple cider vinaigrette, toss and serve.

Valerie Remy-Milora

Buckwheat Summer Salad

This is one of those nutritional powerhouse salads. If you are going to have grains, buckwheat is a good choice. It's cool and refreshing.

Ingredients:

2 cups buckwheat
 4 cups water
 1 bunch spinach, washed and coarsely chopped
 1 pound green beans, trimmed and chopped into ½" pieces
 2 tablespoons ghee
 4 cloves garlic, minced
 1 red onion, finely chopped
 ½ jalapeño, seeded and finely chopped
 1 teaspoon turmeric
 3 stalks of celery, diced
 1 English cucumber, peeled, seeded, and chopped into ½" pieces
 4 tomatoes, diced
 3 carrots, peeled and diced
 ½ bunch mint, washed and minced
 ½ bunch cilantro, washed and finely chopped
 2 tablespoons olive oil
 1 tablespoon of flax oil
 1 teaspoon salt
 ½ teaspoon pepper
 Juice of 2 lemons
 ½ bunch Thai purple basil, washed and coarsely chopped

Directions:

Put buckwheat and water in a large pot and bring the mixture to a boil. Reduce heat to low and simmer until the buckwheat is tender, about 20 to 30 minutes. Take the pan off the heat. Add chopped spinach and green beans. Cover for five minutes. The spinach should wilt slightly and the green beans should cook but still be crunchy.

While cooking the buckwheat, melt ghee in a large fry pan. Add onion and cook over medium heat, stirring frequently until onion is tender, about 3 minutes. Add jalapeño to pan and cook for 2 more minutes. Add garlic and turmeric to pan and cook 1 additional minute. Take pan off the heat and put to the side.

Combine celery through cilantro in a large serving bowl. Add buckwheat mixture to the bowl and mix. After cooled, add the onion mixture and combine.

To make the dressing, combine olive oil and flax oil as well as salt, pepper, lemon juice in a small bowl and stir.

Add dressing and basil to the salad and enjoy!!

Kim Millman MD PhD and Marilyn Abedin

For more JJ approved recipes by Dr Kim, go to RecipesToEnergizeYourDay.com

Black Bean Salad

Ingredients:

6 Roma tomatoes, diced
1 small red onion, diced
½ bunch cilantro, finely chopped
2 avocados, diced
2 cups black beans, drained and rinsed

Dressing:

⅓ cup olive oil
1 teaspoon salt
Juice from 1 lemon

Directions:

Mix the dressing. Mix everything else and pour dressing over it all. Stir with a rubber spatula, and stir from the bottom of the bowl especially just before serving. This salad is best if made the day before.

Kerri Hamilton

Lemon Garlic Salad Dressing

Ingredients:

Juice and zest of 1 large organic lemon
1 large garlic clove, pressed or minced
1 teaspoon of kosher salt
2 tablespoons of apple cider vinegar
½ cup of organic extra virgin olive oil

Directions:

Combine all ingredients in a blender and mix for about a minute until dressing appears creamy. Store tightly sealed in refrigerator for up to 2 weeks. Remove from fridge about 15 minutes before serving (dressing may separate in cold temperatures) and whisk to combine.

What better accompaniment to a delectable leafy green or sliced tomato salad than a fresh, vibrant healthy dressing? You can also drizzle a teaspoon over steamed veggies or use as a marinade for lean protein and grilled fish. A little goes a long way!

Lori Geishecker

“Greek Style” Quinoa Salad

Serves 4-6

Ingredients:

1 cup dry quinoa (option: dry toast in pan first)
 1 can organic chickpeas or 1 ½ cups fresh cooked
 1 cup frozen organic peas (thawed)
 1 large heirloom tomato (or 4-5 plum tomatoes) seeded
 1 small cucumber (peeled, seeded and chopped)
 2-3 tablespoons fresh chopped basil
 1 tablespoon fresh chopped parsley
 1-2 cloves fresh garlic chopped
 1 tablespoon Dijon mustard
 1 tablespoon fresh lemon juice
 1 tablespoon extra virgin olive oil
 10 Greek olives chopped (optional)
 Sea salt
 Freshly ground pepper

Directions:

Rinse quinoa. If you want to toast it, place it in medium skillet and stir over medium flame until it is dry, golden brown and fragrant. Place toasted quinoa in 1½ cups of water. Bring to boil, cover and turn heat to lowest simmer. Cook 12-15 minutes or until all water is absorbed. Remove from heat and allow to cool for 2 minutes. Uncover, fluff with fork, and cool.

Chop tomatoes, cucumber, basil, and garlic and add to cooled quinoa. Add garbanzo beans, peas, olives, oil, mustard, lemon juice and toss into mixture. Season with sea salt and pepper. Serve warm or cold over a bed of spinach if desired.

Ellen Harnett

Fiesta Tuna Salad

Ingredients:

1 pouch of low sodium tuna
 ¼ avocado, diced
 ¼ cup jarred red antipasto peppers in water, chopped
 8 Kalamata olives, pits removed, diced small
 Shallots finely chopped to taste (optional)

Directions:

Mix all ingredients together and enjoy over lettuce.

Annette Alfieri, MS

Broccoli-Artichoke Salad

Ingredients:

½ cup cooked short grain brown rice
1 cup quartered artichoke hearts
1 cup steamed broccoli
½ cup green pepper strips
½ cup thin sliced red onion
½ cup chopped fresh tomato
Juice from 1-2 lemons
2-3 teaspoons extra virgin olive oil
Lots or coarsely chopped flat leaf parsley
Fresh ground salt and pepper to taste
Optional -- 1 small garlic clove, crushed

Directions:

Put rice and vegetables in a bowl. Add garlic if desired. Drizzle lemon juice and olive oil on top. Grind salt and pepper to taste. Sprinkle parsley on top. Toss and enjoy. Serve hot, at room temperature, or cold. Makes a great meal.

Nancy Hutner

Confetti Salad

Ingredients:

4 cups cooked black beans or canned/rinsed
1 large yellow, green, orange, and red pepper, seeded and finely diced
1 large red onion, finely diced
3 small jalapeño peppers, seeded, and finely diced
¼ cup apple cider vinegar

Directions:

Toss all in a large bowl, allow to sit for about 1 hour (if you can wait).
Serving size is about ½ -1 cup.

Can use different peppers, can add chopped tomatoes, chopped cilantro. Can even vary the beans...navy, adzuki, or garbanzo.

Lucia Dibartolomeo

Quinoa Salad

Cook 1½ cups of quinoa in 3 cups of water.

Meanwhile mix:

2 cups of pomegranate

¾ cup of pumpkin seeds (shelled)

½ cup of shredded coconut, unsweetened

2 tablespoons of olive oil

juice from ½ a lemon.

Add quinoa, mix well and serve. Best served chilled.

Sandy Evanovich

Broccoli Pesto Salad

1 bunch fresh broccoli

1 pepper, fresh or marinated

For Pesto:

½ cup pine nuts

1 bunch fresh basil

½ cup olive oil

¼ cup apple cider vinegar

Squeezed lemon juice of ½ lemon

Salt, cayenne pepper to taste

Directions:

Cut the broccoli florets in half.

Make the pesto by soaking the pine nuts for 2 hours for easier digestion, and then blending all the pesto ingredients in the blender.

Mix the broccoli with pesto.

Decorate with red, yellow, or orange pepper and cut into strips or quarters.

Karo Caran

Chicken Salad with Apples and Walnuts

Serves 4

Ingredients:

2 cups cooked white meat chicken, cubed

2 scallions finely chopped

½ stalk celery chopped

1 Granny Smith apple peeled and cubed (squeeze a little lemon juice on apples to keep them from turning brown)

⅓ cup chopped toasted walnuts

2 tablespoons olive oil

2 tablespoons chopped fresh basil

Sea salt and fresh pepper to taste

Directions:

Mix all ingredients together and serve over bed of baby spinach.

Ellen Hartnett

Avocado Canoes

Ingredients:

3 medium tomatoes, chopped

2 large avocados, diced (shells sliced lengthwise and then kept for recipe)

½ cup celery finely chopped

½ cup green onion, chopped

¼ cup red onion, finely chopped

¼ cup chopped cilantro

½ lemon, juiced

½ teaspoon of sea salt

⅓ teaspoon cayenne pepper, or to taste (optional)

½ cup slivered almonds

Directions:

Mix all ingredients gently with the exception of the slivered almonds. Scoop mixture into half of avocado shells and then top with slivered almonds.

Elizabeth Hirsh

Chicken Salad

Ingredients:

$\frac{2}{3}$ cup celery, chopped

$\frac{2}{3}$ cup basil, chopped

1 piece cooked chicken breast (great way to use last night's leftovers)

$\frac{1}{3}$ cup chopped red onion

2 avocados, chopped in small pieces

$\frac{1}{2}$ teaspoon sea salt

$\frac{1}{4}$ cup olive oil

$\frac{1}{4}$ cup chopped walnuts

Directions:

Mix everything together and enjoy.

Debbie Sipowicz

A collage of silverware and dishes on a checkered background with splatters. The central focus is a large, shallow plate with the word "Desserts" written in a handwritten font. Surrounding it are various pieces of silverware: a fork, a knife, and a spoon. There are also smaller plates and a glass jar with a lid. The background is a light gray checkered pattern with dark splatters scattered throughout.

Desserts

Vanilla Chia Pudding

Ingredients:

¼ cup chia seeds
1 ½ cups unsweetened almond or coconut milk
5 drops liquid stevia extract or 1 packet stevia powder
½ teaspoon vanilla extract
Optional: ¼ teaspoon ground cinnamon

Directions:

Combine all in a mixing bowl. Whisk well and allow to sit at room temperature for 20 minutes.
Eat & Enjoy!

Alexandra Jamieson

www.alexandrajamieson.com

Strawberry Milkshake

Ingredients:

½ cup sliced organic strawberries (frozen are best, but fresh also work)
¼ can (about 3 ½ ounces) organic full-fat coconut milk
4 ounces water
Ice to thicken (more ice will make a thicker shake)
Xylitol to sweeten (optional)

Directions:

Blend, pour, and enjoy!

Jason Boehm

www.jasonboehmnutrition.com

Chocolate Coconut Popsicles

Ingredients:

2 scoops Thorne Research MediClear SGS chocolate (you can also use VegaLite or another chocolate pea/rice protein)
¼ can (about 3 ½ ounces) organic full-fat coconut milk
6 - 8 ounces water
(Note: you can alternately use 12 ounces of So Delicious unsweetened coconut milk instead of the canned milk and water.)

Directions:

Shake in a shaker cup or blend in the Magic Bullet. Pour into popsicle molds and freeze.
Make extras because kids and adults will love these!

Jason Boehm

www.jasonboehmnutrition.com

Lime Sherbet

This lime sherbet is so delicious you'd never guess that it's just 3 ingredients.

Ingredients

2 small limes or 1 large one (you can substitute a lemon)
1 avocado
1 cup ice
1 packet stevia

Directions:

Blend in Vitamix or high speed blender that will chop ice.
Serve immediately.

Holli Thompson, CNHP, CHHC
www.NutritionalStyle.com

Nutty "Ice Cream"

Ingredients:

½ cup almonds (or nut of your choice)
½ cup pecans (or nut of your choice)
2 cups ice
Pinch cinnamon and/or nutmeg
¼ teaspoon vanilla

Directions:

Mix in Vitamix (or other high powered blender) on high until smooth (but not too long that it melts).

Mara Madden

Strawberry Avocado "Ice Cream"

Ingredients:

1 large ripe avocado
2 cups frozen strawberries
2 tablespoons unsweetened almond milk
½ packet stevia or to taste

Directions:

Blend together in a food processor or blender until creamy and smooth. Tastes like strawberry ice cream!

Emily Barker, CHHC

Apples and Cinnamon

Ingredients:

Apples (Granny Smiths are preferred)
Cinnamon
Walnuts

Directions:

Core apples and place in baking dish with about ¼" of water on the bottom. Sprinkle with cinnamon. Crumble walnuts on top and bake at 350 degrees for 30 to 45 minutes.

When you are craving something sweet, boil them in a pan with about ¼" to ½" of water on the stove, they will cook much faster. Cut them into pieces first and you'll have a delicious treat in about 10 minutes.

Rosemary Sneeringer

Coconut Oil Chocolate Covered Blueberries

Serves 2

Ingredients:

1 ½ tablespoons unrefined extra virgin coconut oil
1 tablespoon unsweetened cocoa
¼ teaspoon vanilla
½ packet Stevia or ½ teaspoon xylitol
1 tablespoon chia seeds
1 cup frozen wild blueberries

Directions:

Mix coconut oil, cocoa, vanilla, and stevia together to make a chocolaty slurry. (If it summer, you're in luck! The coconut oil will already be soft. If not, I set in near the stove while I'm making dinner. By the time I'm ready to use it it's soft!)

Have the blueberries and chia seeds measured out in another small bowl. Add them to the chocolaty mix and quickly stir, covering the berries. The coconut oil will freeze when it hits the berries, making a delicious, frozen healthy chocolate coating.

Jenny Jerman



Snacks

Almond Feta “Cheese”

Makes 1 ½ cups

Ingredients:

1 cup whole, organic blanched almonds
¼ cup + 1 tablespoon freshly squeezed lemon juice
½ cup extra virgin olive oil, divided
1 small clove garlic, peeled
1 ¼ teaspoon salt

Directions

Place almonds in medium bowl, and cover with 3 inches cold water. Cover with plastic wrap or a clean kitchen towel. Refrigerate and allow to soak for 24 hours.

Drain and rinse the almonds under cold running water, and drain again.

Combine the almonds, lemon juice, ¼ cup olive oil, garlic, salt, and ½ cup cold water in a food processor. Process for 5 minutes, or until very smooth. You may need to add extra olive oil or water, 1 tablespoon at a time, to reach the creamy consistency desired. You'll need to stop the processor and scrape the sides down with a rubber spatula a couple of times to make sure you don't miss any almond chunks.

Place a large, fine-mesh strainer over a medium mixing bowl, and line with a triple layer of cheesecloth. Spoon the almond mix into cheesecloth. Bring corners and sides of cloth together, and twist around cheese, forming into orange-size ball. Gently secure with a rubber band or string. Refrigerate the “cheese” in the strainer and bowl for 12 hours, or overnight. Discard any excess liquid.

Serve at room temperature with crudités.

Alexandra Jamieson

www.alexandrajamieson.com

Rice Cake Blueberry Delight

Ingredients:

1 brown rice cake
2 tablespoons almond butter
Handful of ripe blueberries

Directions:

Assemble in order and eat!

We have found that it is also wonderful with frozen blueberries on top. Use the largest you can find, as we have found the smaller ones tend to be a bit bitter.

Karen Floyd

Crispy Bacon Wrapped Liver Bites

Ingredients:

- 1 pound of pasture raised chicken livers cut into half inch bite sized pieces
- 1 pound pasture-raised, nitrate-free bacon

Directions:

In a pan over medium heat, cook livers in a little bacon fat or coconut oil (high heat stable) for two minutes on each side. Remove livers from the pan and let cool slightly.

Wrap one piece of bacon tightly around each liver so that the liver is almost entirely covered by bacon.

Return bacon-wrapped livers to the pan and continue to cook over medium heat for about 3-6 minutes on each side, until bacon is nicely browned.

Annika Rockwell

www.FoodForKids.com

Green Garbanzo Guacamole

Makes about 2 cups

Ingredients:

- 1 (10-ounce) bag frozen organic green garbanzo beans
- 1 clove garlic, halved
- 1 avocado
- 2 tablespoons chopped cilantro
- 1 tablespoon lime juice
- ½ teaspoon fine sea salt
- 1 fresh plum tomato, seeded and chopped
- 1 tablespoon minced fresh jalapeño pepper, optional

Directions:

Cook beans according to package instructions. Drain and run under cold water to cool. Place cooled beans and garlic in the bowl of a food processor and pulse until coarsely chopped but not puréed. Transfer to a medium bowl and add avocado, cilantro, lime juice, and salt. Mash until evenly blended. Stir in tomato and jalapeño, if using. Keep chilled until ready to serve.

Serve this extra-green guacamole with raw veggies or add to your salad.

Robin Nielsen

www.togrowyoung.com

Super Green Guacamole

Ingredients:

½ scoop vegetable based protein powder
½ scoop of greens powder
2 medium organic avocados
1 diced organic tomato
½ chopped organic onion
½ - 1 Serrano chile pepper, seeded and minced
1 teaspoon extra virgin olive oil
Juice from one organic lemon (or lime)
Sea salt and fresh ground pepper to taste

Directions:

Shell the avocado and remove the pit. Mash the avocado and mix in the ingredients.

Try adding some cayenne pepper or fresh garlic.

Serve with your favorite vegetables: bell pepper, celery, cauliflower, broccoli.

Jini Cicero

www.jinifit.com

Jalapeño Cilantro Hummus

Ingredients:

2 cloves garlic
2 cans garbanzo beans
3 tablespoons lime juice
½ teaspoon sea salt
½ cup olive oil
¾ cup fresh cilantro, chopped
2 jalapeño peppers, seeded & minced

Directions:

Place all ingredients in a food processor or blender and blend together.

Dr. Josh Axe

www.draxe.com

Connie's Crispy Kale Chips

Makes 3 servings

Ingredients:

1 head kale, washed with bottoms pulled off and the leaves pulled into large pieces

1 tablespoon coconut oil

Dash of Maine Coast Kelp Granules, Dulse Flakes and/or some Eden Organic's Gomasio.

Add a few pieces of SeaSnax or other nori seaweed.

Directions:

Heat the frying pan with the kale at the lowest possible heat. Turn kale over several times.

Cook until crisp.

Note: You can also add additional spices like turmeric, cayenne, dill weed, or cumin if you'd like more kick.

Connie Bennett

www.BeyondSugarShock.com

Kale Chips

Ingredients:

1 bunch of kale

Sea salt

2 tablespoon of olive oil

Directions:

Pre-heat oven at 350 degrees for 5 minutes. Wash kale and then let it dry. Cut into bite size and transfer into a bowl. Add olive oil and sea salt and toss well.

Transfer kale to an oven pan. Separate each piece.

Bake at 300 degrees for 10-12 minutes on one side and then flip to the other side for 5 more minutes. Make sure that it doesn't burn. Adjust according to your oven.

Kale chips should be crispy and light.

Grace Suh Coscia

www.liveasensuallife.com/jj-virgins-cookbook-recipe/

Guacamole

Ingredients:

3 avocados
4 tablespoons fresh cilantro
1 tablespoon ground cumin
¼ teaspoon Celtic sea salt
1 garlic clove, minced
¼ cup finely chopped onion
3 tablespoons fresh lime juice
2 tablespoons fresh salsa or chopped tomato
Jalapeño, chopped (only if you like it spicy...take out seeds)

Serve with fresh veggies.

Jan Shelton

OMG Protein Balls

2 servings

Ingredients:

3 tablespoons almond butter (best is the fresh ground...a bit chunkier than the totally smooth brand name kinds)
½ scoop greens mix
½ scoop Thorne Research VegaLite in vanilla (any veggie protein brand will work)
1 teaspoon raw honey
½ tablespoon coconut oil
1 tablespoon organic, unsweetened coconut flakes

Directions:

Mix first 6 ingredients in a bowl 'til completely mixed (should be very thick). Cut dough in half and roll each half into a ball. Place each ball in a cupcake liner and sprinkle coconut flakes on top...press flakes into the dough. Refrigerate and enjoy!!

Kristy Stabler

Spinach and Avocado Dip

Ingredients

1 ripe avocado
4 large handfuls of spinach
1 teaspoon lemon or lime juice
1 garlic clove
¼ teaspoon cumin
¼ teaspoon sea salt
Dash of cayenne pepper

Directions:

Add all of the ingredients into a blender and blend until smooth

Kate Criswell

Green Plantain Chips

Ingredients

3 unripe (green) plantains, peeled*

2 tablespoons refined coconut oil

½ teaspoon sea salt

Coarse sea salt to sprinkle

Directions:

Peel and slice the plantains into about ¼ inch slices and lay flat on a cookie sheet for about an hour (this can be skipped if plantains don't seem very moist, wet on the fresh slice side)

Add the plantains and oil to a food processor and combine until smooth. Once all the lumps are gone, add the sea salt and quickly combine.

Place the mixture on a sheet of parchment paper the size of your cookie sheet. If the dough is dry enough, place another piece of parchment over the top and with a rolling pin, roll out to about ⅛ inch thick rectangle. If the dough seems too wet, spread out evenly with a spatula.

Using a sharp knife or pizza cutter, cut into the shape and size of chip you prefer. Sprinkle coarse sea salt or regular sea salt over the top of the dough and slide the paper onto a cookie sheet

Bake at 400 degrees for 25-30 minutes until golden brown. You may need to remove some chips as you go that brown faster than the others. Make sure to cook them long enough or they will be chewy instead of crunchy.

Remove cookie sheet and let chips cool. You may need to re-cut the chips or you can break them along the cut lines Store in an airtight glass container.

*The easiest way to peel a plantain is to first cut off the ends. Then with a knife, slice along the pronounced ridges (about 3 of them). Don't worry if you cut into the plantain, it won't matter. Peel one section at a time; it should come off pretty easily.

Kate Criswell

Speedy Spinach Dip

Serves 4-6 / makes about 4 cups

Ingredients:

1-2 cloves crushed garlic
1 cup chopped onion
2 cups chopped mushrooms
1 tablespoon butter or olive oil or coconut oil
1 cup water
1 ¼ cups frozen spinach or 5 cups fresh spinach
1 teaspoon sea salt
3 tablespoons lemon juice
¼ cup broth
½ cup tahini (sesame butter)
¼ cup nutritional yeast flakes (optional)
4 tablespoons flax oil or olive oil
⅛ teaspoon cayenne pepper
½ teaspoon dill weed

Directions:

Sauté the garlic, onion and mushrooms in the oil over low heat, until soft.

Cook the frozen spinach as per directions or steam the fresh spinach until wilted (about 5 minutes).

Combine all ingredients in a blender and puree until creamy.

Chill and serve as a dip – delicious for summer barbecues. Also delicious hot, as a topping for veggies.

For a super-speedy version, just cook the chopped garlic, onion, and mushrooms with the spinach and then add the rest of the ingredients and blend.

Trudy Scott

www.everywomanover29.com



Cycle 2 & 3
Recíipes

Turkey and Spinach Meatloaf

Serves 4

Ingredients:

1 ½ cup pecans
1 pound lean ground organic turkey
10-ounce package frozen spinach, thawed and squeezed dry
2 eggs
1 tablespoon extra virgin olive oil
½ small onion, diced
1 teaspoon dried basil
¼ teaspoon sea salt
Pinch black pepper

Directions:

Preheat oven to 375 degrees. In a food processor, grind the raw pecans to a medium-fine texture. In a large mixing bowl, combine ground pecans with remaining ingredients. Mix well. Place into an oiled loaf pan and bake for 30 minutes. Remove from oven and allow to cool for 5 minutes before serving.

Serve with Millet Cauliflower Mash (see Side Dishes)

Dr. Mark Hyman

The Blood Sugar Solution

www.drhyman.com

Warm Autumn Salad

Ingredients:

1 small butternut squash
2 apples, chopped
1 half red onion, chopped
1 cup Brussels sprouts, chopped
2 tablespoons grapeseed oil
¼ cup crumbled goat cheese
¼ teaspoon cardamom
Chopped parsley as garnish
Sea salt and pepper

Directions:

Preheat oven to 400 degrees.

Mix in bowl, squash, apples, Brussels sprouts, onions, oil, cardamom, salt and pepper. Lay ingredients out on baking sheet. Roast for 45-50 minutes, tossing every 15 minutes. Let cool for 5 minutes. Top with goat cheese and parsley garnish.

Dr. Josh Axe

www.draxe.com

Organic Scrambled Eggs with Chicken Sausage

Ingredients:

1 chicken apple sausage (free of nitrates/nitrites and MSG)
2 eggs
Green onion, chopped
Cilantro
Marinated artichoke hearts in olive oil, chopped
1 teaspoon of coconut or avocado oil for cooking

Directions:

Cut chicken apple sausage length wise so it is flat and grill on ceramic, enamel, or iron pan until heated. Then chop into bite size pieces. Set aside.

In a bowl, crack 2 eggs, and mix well.

Sauté the green onion, cilantro and artichoke hearts in either coconut oil or avocado oil. Add egg mix. Scramble and cook.

When the eggs are just about thoroughly cooked, add the sausage and finish cooking.

Dr. Susanne Bennett
www.drussannebennett.com.

Florentine Omelet

Ingredients:

1 tablespoon coconut oil
3 eggs (cage free organic)
1 handful spinach
¼ small onion, sliced very thin
½ cup mushrooms
1 tablespoon garlic, pressed
½ cup sundried tomatoes
3 tablespoons crumbled Feta cheese

Directions:

In a bowl, beat the eggs. Stir in spinach, onion, mushrooms and garlic. Cook over medium heat about 3 minutes. Flip and continue cooking 2-3 minutes. Reduce heat to low and cook for another 2-3 minutes.

Top with tomato and crumbled Feta.

Dr. Josh Axe
www.draxe.com

Raw Kale Salad

This bone building salad is made with either strips of Italian black kale or traditional curly kale, fresh lemon juice, extra virgin olive oil, crushed garlic, grated Pecorino, Tuscano or Parmesan cheese. These bright, refreshing flavors keep well in a container for several days in the fridge without fuss. Feel free to add leftover protein to make it a more substantial lunch or dinner item.

Ingredients:

4-6 cups kale, loosely packed, sliced leaves of Italian black (Lacinato, "dinosaur," with midribs removed) or curly kale
juice of 1 lemon
3-4 tablespoons extra-virgin olive oil
2 cloves garlic, mashed (optional)
salt and pepper to taste
1 apple, chopped into bite size pieces or ¼ cup dried cranberries
⅔ cup grated raw hard cheese such as Pecorino, Toscano, or Parmesan

Directions:

Whisk together lemon juice, olive oil, garlic, salt, pepper to taste. Pour over kale in serving bowl and toss well. Add apple or cranberries. Add cheese. Let kale sit for at least 5 minutes to wilt and let flavors marry.

Will keep well in fridge for 4-5 days.

Jeanne Peters

www.nourishingwellness.com

Detox Diva Salad

Ingredients:

6 kale leaves, remove the stalk
½ avocado, cubed
1 tablespoon dried cranberries
1 tablespoon dried goji berries
Sea salt to taste
1 lemon, juiced
2 tablespoons extra virgin olive oil

Directions:

Cut or tear apart the kale leaves and place on a plate. Top with the avocado, cranberries, and goji berries.

Combine the lemon juice and olive oil and drizzle over salad. Add sea salt to taste.

Cynthia Pasquella

www.cynthiapasquella.com

Quinoa Gratin with Kale, Herbs, and Vegan Cheese

Ingredients:

6 ounces kale, washed and roughly chopped
1 tablespoon coconut oil
1 tablespoon extra virgin olive oil
1 cup leeks, chopped
3 garlic cloves, minced
5 cups cooked quinoa (1-1 ¼ cups uncooked)
3 pastured eggs
4 ounces vegan cheese, grated (about 1 cup)
2 teaspoons chopped fresh parsley and/or marjoram
Salt and pepper to taste

Directions:

Cook quinoa according to instructions, ideally in a rice cooker, until water is completely absorbed.

Preheat oven to 425 degrees. Use coconut oil to prepare a baking dish, 8x8 inches or gratin size.

Heat coconut oil in a large frying pan over medium-heat, add leeks and cook until tender for approximately 10 minutes. Add garlic and sauté another 5 minutes. Mix in the chopped kale until wilted.

Beat eggs in a large bowl and add 1 teaspoon salt. Fold in cooked quinoa, leek and kale mixture, vegan cheese and herbs. Top with freshly ground pepper and stir. Scrape into baking dish. Sprinkle with remaining vegan cheese and drizzle with 1 tablespoon olive oil. Bake until browned, about 25 minutes. Allow to sit for 5 minutes and serve.

Dr. Sara Gottfried, MD
www.saragottfriedmd.com

Kale Salad with Pine Nuts and Dried Cranberries

4 servings

Ingredients:

1 bunch Lacinato kale
½ cup lemon juice
2 tablespoons virgin olive oil
½ teaspoon sea salt
¼ teaspoon fresh ground black pepper
1 large red bell pepper diced
½ cup pine nuts
½ cup dried cranberries

Directions:

Whisk lemon juice, olive oil, salt and pepper into a large bowl.

Remove the spines from the kale leaves and discard. Chop kale into bite sized pieces. Add kale, red bell pepper, pine nuts, and dried cranberries to bowl. Toss together and serve immediately

If the kale is tough, steam it very lightly for 4-5 minutes and remove from heat immediately. Serve warm or at room temperature.

Dr. Nalini Chilkov

integrativecanceranswers.com

Quinoa with Dried Wild Blueberries and Fresh Herbs

Helps support the adrenals; this recipe is high in Vitamin C, sustains energy, and wakes up your senses.

Ingredients:

1 cup of quinoa
2 cups of filtered water
½ cup of minced onions
1-2 cloves of garlic
½ cup of minced red bell peppers
½ cup of minced green bell peppers
¼ cup of cilantro
¼ cup of basil
¼ minced parsley
½ cup of dried wild blueberries (if you can't find dried wild blueberries, then you can use cranberries)
2 tablespoons of extra virgin coconut oil
2 tablespoons of extra virgin olive oil
Sea salt
Black or white pepper

¼ teaspoons of coriander
 ¼ cup of water
 ½ lemon

Directions:

Quinoa: Bring quinoa and water to boil and simmer for 15-20 minutes over medium heat. To prevent mushiness, avoid overcooking.

While quinoa is cooking, get a separate pan and sauté garlic, onions, and extra virgin coconut oil until it turns a little brown, and then add the red and green bell peppers and sauté until the peppers are slightly brown. Add a ¼ of cup of water, salt, pepper, coriander and sauté until the water has evaporated completely. Set aside.

Combine quinoa and sautéed vegetables in a non-toxic dish (either ceramic or glass dish), add extra virgin oil, cilantro, basil, parsley, dried wild blueberries salt, pepper to taste and lastly squeeze the lemon all over just before serving. Serve over salad or serve with your favorite meat dishes.

Grace Suh Coscia

www.liveasensuallife.com/jj-virgins-cookbook-recipe/

Fresh - No Cook Tomato Pasta

Ingredients:

One package of gluten free pasta - our favorite is quinoa spaghetti
 1 or 2 pounds of cherry tomatoes cut in half
 5 cloves of garlic mashed - or more to taste!
 10 fresh basil leaves sliced
 Sea salt to taste
 Parmesan cheese

Directions:

Best to make tomato mixture 5-6 hours ahead - cover with plastic wrap and leave on the counter or fridge...if refrigerated, make sure you take it out and let it get to room temperature.

When you are ready, boil the noodles according to package directions. When al dente add tomato mixture, mix well. For a little spice I add few tablespoons of red chili flakes and top with Parmesan cheese.

Add a few more strands of fresh basil after it is served...yummmm!

Marguerite V. Brown

Pecan Wild Rice and Goji Berry Pilaf

Serves 4

Ingredients:

1 tablespoon extra virgin olive oil
½ cup leeks, diced
1 carrot, diced
2 stalks celery, diced
¾ cup long grain brown rice
¼ cup wild rice or wehani
Fresh herbs (we suggest rosemary, thyme)
Pinch sea salt
2 cup water
½ cup dried goji berries
½ cup walnuts, chopped, roasted
Chopped fresh parsley for garnish

Directions:

Heat olive oil in medium pot over medium heat, lightly sauté the leeks, carrots, and celery. Add the rice, herbs, and salt and stir to combine. Add the water and bring to a boil. Cover and reduce to a simmer for 30 minutes until rice is tender.

When rice is done, add goji berries and walnuts, fluff, and serve with a sprinkle of fresh parsley.

Dr. Mark Hyman
The Blood Sugar Solution
www.drhyman.com

Walnut Pesto

Ingredients:

2 cloves garlic
2 cups basil
½ cup walnut halves
3 tablespoon grated Pecorino cheese
⅓ cup high quality olive oil
½ to 1 teaspoon sea salt

Directions:

Place garlic cloves in food processor and pulse until garlic is chopped finely, about 30 seconds. Add basil, walnuts, and Pecorino cheese and pulse until chopped. Add lemon juice, then with the food processor running on low, slowly pour olive oil in. Add salt to taste.

Fabulous over roasted veggies, pasta, or wonderful for dipping.

PS - You may prefer to toast your walnuts before making them into pesto. If so, please spread halves over a baking sheet and pop in the oven at 300 degrees for about 5 minutes—watch ‘em so they don’t burn.

Nancy Newcomer
www.nancynewcomer.com

Luscious Moroccan Lamb Burgers

One person who sampled these babies put it this way: “These are freaky good.” You could almost expect that, given that this is one of those dishes where just reading the ingredients can make your mouth water. (At least it did mine.) Chèvre, the generic name for goat cheese, is just luscious, and mixed with lamb and raisins it becomes nothing short of divine. Tender and moist, the hint of sweetness from the plump raisins and the touch of tangy salt from the rich chèvre finish perfectly with that bite of red onion—delicious! PS: Chef Jeannette made these for a dinner party one night and the guys were literally dueling over the last one!
—Dr. Jonny

4 servings

Ingredients:

1 pound lean ground lamb
 1/3 cup tomato sauce
 1/4 cup gluten-free oats
 1/4 cup raisins, optional (or 3 tablespoons dried currants)
 1 large clove, minced
 3/4 teaspoon coriander
 3/4 teaspoon cumin
 1/2 teaspoon salt
 1/8 teaspoon cayenne, optional
 1/4 teaspoon black pepper
 4-8 tablespoons Chèvre, optional
 Red onion rings, to taste, optional
 4 slices ripe tomato, optional

Preheat grill to medium low.

In a large bowl, mix together lamb, sauce, oats, raisins, if using, garlic, coriander, cumin, salt, cayenne, if using, and black pepper well with hands. Form into 4 1/2-inch patties and grill for 4–5 minutes per side or to desired doneness. Smear 1 - 2 tablespoons of the Chèvre on top of burger and garnish the red onion, and a slice of tomato, if using.

Notes from Chef Jeannette, the Clean Food Coach

In place of starchy buns, try serving the burgers over lots of torn, crisp lettuce and extra sliced tomatoes with a squeeze of lemon or a sprinkle of salt.

Adapted from "The Healthiest 15-Minute Recipes on Earth" by Jonny Bowden, PhD, CNS (www.jonnybowden.com) and Jeannette Bessinger (www.thecleanfoodcoach.com)

Bombay to Bangkok Vegetable Curry

Serves 4

Ingredients

¼ cup dry shredded unsweetened coconut
1-2 tablespoons coconut oil
½ cup chopped onion
4 cloves minced garlic
2 thumb-size pieces fresh ginger, thinly sliced into matchstick-like pieces
½ teaspoon curry powder
1 ¾ cups vegetable stock
6 kaffir lime leaves
1-3 teaspoons Thai chili sauce (based on heat preference)
3 tablespoons gluten-free tamari
½ teaspoon stevia powder
1 sweet potato or yam, peeled and cut into ½-inch cubes
1 cup cauliflower, cut into florets
2 large carrots, sliced
1 red bell pepper, de-seeded and sliced into thin strips
¾ package firm tofu or 12 ounces tempeh, cut into triangular pieces ½ inch thick
1 cup frozen peas
1 – 1 ½ cups Unsweetened So Delicious® Dairy Free Coconut Milk
¼ teaspoon coconut extract
Juice of ½ lime

Optional ingredients:

Eggplant, chopped into bite-size pieces
Green beans

Directions:

Place shredded coconut in a dry wok or large frying pan over medium heat. Stir continuously until the coconut turns a light golden brown. Pour coconut into a small bowl as soon as it is toasted, to prevent burning.

Replace the wok or frying pan on the stove. Heat coconut oil over medium heat until melted, and then add onion, garlic, ginger and curry powder. Stir-fry 1-2 minutes, or until onion begins to soften.

Turn up the heat to high. Add the stock, plus the lime leaves, chili sauce, tamari, sweetener, and most of the toasted coconut (reserve 1 to 1 ½ tablespoons). Stir everything together.

Add the sweet potato or yam, cauliflower, carrots, and eggplant (if using). Allow to reach a boil, and then reduce heat to medium. Allow to simmer for 2-3 minutes.

Add the red pepper and tofu or tempeh, stirring to incorporate. Cover and allow to simmer for 15 minutes, until sweet potato and eggplant are fully cooked.

Add the peas and green beans (if using), and cook another 2-3 minutes, or until peas have softened but are still bright green. Don't worry if the curry seems too thick with vegetables at this point. Simply stir them in the best you can. The curry will thin out.

Turn heat down to low and add the coconut milk and extract, stirring well. Add up to 1 ½ cups coconut milk, depending on how much sauce you want with your curry.

Stir in lime juice. Remove from heat and taste for saltiness and spice, adding more tamari or chili sauce (or fresh-cut chilies) if desired.

To serve, scoop the curry onto individual plates or into serving bowls. Top with a sprinkling of the reserved toasted coconut. Serve with brown basmati rice.

Gail Davis
www.SoDeliciousdairyfree.com

Dr. Jen's version of Muffin in a Minute

Ingredients

¼ cup almond flour
 2 tablespoons golden flaxseed meal
 ½ teaspoon baking powder
 ½ tablespoon extra virgin coconut oil
 1 large organic egg
 Pinch sea salt
 Stevia drops about 5, can use vanilla flavored or any other that suits you
 ¼ teaspoon cinnamon or herbs

Directions

Combine dry ingredients in a coffee mug. Add egg and melted coconut oil. Add stevia drops and mix well.

Microwave for 1 minute.

Let cool and enjoy.

Dr. Jen Landa
www.jenlandamd.com

Turkey Kufteh Kabob and The Best Sauce Ever

Kufteh:

1 package extra lean ground turkey (about 1 pound)
¼ cup chopped cilantro
¼ cup chopped onion
1 egg
Big pinch each of sea salt, cumin, pepper
Coconut flour (optional)

Directions:

Combine everything but the coconut flour in a medium bowl. Don't be a wuss, just do it with your hands. Roll the meat into medium-large sized balls, coat lightly with coconut flour if desired.

Line a 9"x13" dish with aluminum foil (makes clean up 1000 times easier) and place meatballs in the dish. Bake at 400 degrees for about 25 minutes or until cooked through.

Sauce:

½ cup organic tomato sauce (more if you want more sauce!)
10 or so sprigs of cilantro
1 jalapeño pepper, top removed and seeded if you wish (I didn't seed it)
4 cloves garlic
2 tbsp coconut oil, melted
Pinch of sea salt

Pulse cilantro, jalapeño and garlic in a food processor until finely minced. Heat tomato sauce on medium-high heat, mixing in the cilantro mixture and coconut oil. Once sauce comes to a light boil, reduce heat to low and let simmer until slightly thickened. Add salt to taste.

Makes 8 meatballs. Serve Kufteh Kabob with sauce.

Neghar Fonooni
www.negharfonooni.com

Zughetti Pesto with Shrimp

Perfect Pesto Ingredients

2 cups packed fresh organic basil leaves
 ½ cup freshly grated organic Parmesan or Romano cheese
 ¼ cup organic pine nuts
 2 large garlic cloves, quartered
 Unrefined sea salt to taste
 ¼ cup cold pressed organic extra virgin olive oil

Other Ingredients

4 or 5 large zucchini (to make zughetti)
 2 tablespoons cold pressed organic extra virgin olive oil (or ghee)
 1 pound raw shrimp (between 20 – 25)

Directions:

First - make the pesto. Combine basil, cheese, pine nuts, and garlic into a food processor and blend until evenly and finely chopped. On a low setting slowly add olive oil until the sauce has a thick even texture.

Second - Create Your Zughetti

Prepare the zucchini into noodles using either an inexpensive julienne peeler or vegetable mandolin/spiral slicer. We love the long zughetti ribbons that the spiral slicer forms—you can even wrap them around a fork like the real thing. A small investment with a ton of great uses.

Put the zughetti ribbons in a colander and toss it with 2 teaspoons of unrefined sea salt. The salt will help pull the water out of the zucchini and make them even more noodle-like. Place the colander over a bowl to catch released water. Let stand for 20 minutes. Rinse the zughetti well. Pat dry.

Third - Ready the Shrimp

Heat the olive oil in a large skillet over medium heat. Add your shrimp (cleaned) and cook, stirring occasionally until they appear pink, approximately 5 - 6 minutes.

Fourth - Toss It All Together

Add the pesto and dry zughetti noodles to the large skillet. Toss and coat the noodles and allow to cook on medium heat for 2 to 3 minutes.

Serve and Enjoy!

Mira & Jayson Calton
www.CaltonNutrition.com

Zucchini Cakes

2 servings

Ingredients:

1 cup grated zucchini

1 tablespoon oil

2 eggs slightly beaten

½ clove minced garlic


1 tablespoon grated onion

Mix all ingredients in large bowl. Heat oil over medium-high heat in large skillet. Drop mixture by heaping teaspoons into hot oil. Cook on each side until browned. Top with butter or sour cream. Makes 4 cakes.

Marcelle Pick

The Core Balance Diet, published 2009 Hay House Inc., Carlsbad, CA

www.tiredandwired.com



About our
Contributors

CONTRIBUTORS

Tana Amen, B.S.N., RN

Tana Amen is affectionately known as “The Brain Doctor’s Wife.” Working alongside her husband, award-winning physician and New York Times best-selling author Daniel Amen, Tana is a highly respected health and fitness expert, who graduated magna cum laude from Loma Linda University’s nursing program. Tana is the author of 4 highly successful books, including 3 brain healthy cookbooks and a coaching guide. In May of 2013 St. Martin’s Press will publish Tana’s new book, *The Omni Diet: 2 Weeks to Lose Weight, Reverse Illness and Control Your Genes*. www.amenclinics.com

Dr. Josh Axe

Author of *The Real Food Diet Cookbook*, released in 2010, a radio host and physician, Dr. Axe combined the power of advanced nutrition with simple and easy to follow recipes, to create 140 healthy meals that taste great. Dr. Axe has helped thousands of people transform their health and life through his strategies in advanced nutrition, burst training, weight loss, superfoods, healthy recipes and anti-aging!

Founder of www.DrAxe.com and www.burstFIT.com.

Connie Bennett, CHHC

Connie Bennett is author of both *Sugar Shock* and *Beyond Sugar Shock*. She is The Sugar Freedom Coach, who has been helping sugar addicts break free since 2002.

www.BeyondSugarShock.com

Dr. Susanne Bennett

A holistic chiropractic physician specializing in allergies and environmental medicine, clinical nutrition and lifestyle medicine with an emphasis in pediatric care. Dr. Bennett is the author of *The 7 Day Allergy Makeover*, providing easy to implement natural solutions without drugs or injections, to help individuals who want freedom from allergy symptoms and environmental illnesses. In her Santa Monica, CA Wellness For Life Center, she combines Eastern, Western, and Energetic medical modalities to treat a wide range of patients and illnesses. Dr. Bennett frequently speaks to professional and consumer audiences nationwide, on topics including allergies, mold and heavy metal toxicity, liver and kidney detoxification, teenage health and life enhancement protocols. www.drussannebennett.com.

Jason Boehm, MS, CNS, MMC

Jason Boehm is a Chicago-based Board Certified Nutrition Specialist who specializes in nutrition counseling, nutrition writing, and healthcare-focused social media. He is a frequent contributor to PEERtrainer.com and coaches several national-based weight loss programs. www.jasonboehmnutrition.com

Jonny Bowden, PhD, CNS

Dr. Jonny is a board certified nutritionist and a nationally known expert on weight loss. He's the best-selling author of 13 books including *Living Low Carb*, *The 150 Healthiest Foods on Earth* and *The Great Cholesterol Myth*. [@jonnybowden](https://twitter.com/jonnybowden). www.jonnybowden.com

Dr. Anna Cabeca

A functional gynecologist and pelvic and sexual health specialist, Dr Anna Cabeca, Cabeca-Health.com, created virtual wellness programs including www.WomensRestorativeHealth.com and www.SexualCPR.com. She is a mother of 5 and believes strongly in food as medicine. Her love for knowledge and healing has taken her around the world. She is a sought after speaker and sees clients for private consultations.

Mira & Jayson Carlton

The Carltons are the authors of *Naked Calories* and *Rich Food, Poor Food*, and are among the world's leading experts on the topics of weight management, lifestyle medicine, and micronutrient deficiency. It is their belief that becoming micronutrient sufficient is the first step towards preventing and reversing many of today's most prevalent health conditions and diseases. www.CaltonNutrition.com

Jini Cicero

Jini Cicero is a Los Angeles-based health coach with over 20 years of dedication helping people live healthier, happier lives in the nutrition and fitness industry. While Jini works with rock star clients (literally!) like Gene Simmons as well as Hollywood actors, her expertise and impact encompass a broad range of demographics, including cancer patients, athletes, teens, and obese individuals. www.Jinifit.com

Nalini Chilkov

Dr. Nalini Chilkov, OMD is an expert and pioneer in Integrative Cancer Care, Cancer Prevention and Immune Enhancement combining the best of modern science and traditional healing wisdom. She is the founder of IntegrativeCancerAnswers.com. Dr. Chilkov has been recognized as one of the Top Ten Online Influencers in Breast Cancer Awareness, is a regular contributor to the Healthy Living section of the Huffington Post and is on the Scientific Advisory Board of the Mederi Foundation for Integrative Cancer Research. To learn more about her exclusive science based natural healing programs on Living Cancer Free, Enhancing Your immunity and Transforming Your Health and Longevity visit www.integrativecanceranswers.com

Dr. Alan Christianson

Dr. Christianson is co-author of *The Complete Idiot's Guide to Thyroid Disease*, and founded Integrative Health in 1997. He resides in Scottsdale, Arizona, with his wife Kirin, their two children and his 6 unicycles. www.integrativehealthcare.com

Grace Suh Coscia

Grace Suh Coscia is an acupuncturist who combines ancient wisdom with cutting-edge science to empower clients to stay lean and sexy for life. For the past 13 years she has maintained a busy practice in Venice, California. www.liveasensuallife.com/jj-virgins-cookbook-recipe/

Gail Davis, So Delicious® Dairy Free

Gail Davis Rhamy is a vegan author, food coach, and blogger, who has taught thousands of eager epicureans how to celebrate the joys of preparing delicious green cuisine. You can find her online at: www.hungryvegan.blogspot.com and www.youcangreenyourcuisine.com

Leanne Ely

New York Times best selling author Leanne Ely began SavingDinner.com in 2001, the web's first menu planning service. These paleo style recipes come from SavingDinner.com's Menu-Mailer™, a menu plan delivered weekly to her members via email. www.savingdinner.com

Neghar Fonooni

is a fitness blogger, presenter, and coach on the East Coast via Los Angeles. She is the founder of Eat, Lift and be Happy - a blog and online business that educates and inspires readers to find their best possible nutrition, fitness, and lifestyle strategies. Fonooni is also a co-founder of Girls Gone Strong, the Women's Fitness Authority. www.negharfonooni.com

Sara Gottfried, MD

Dr. Sara teaches women how to balance their hormones naturally so they can feel at home in their bodies again. She is a Harvard physician, speaker, yoga teacher, and author of *The Hormone Cure: Reclaim Balance, Sleep, Energy, and Vitality with The Gottfried Protocol* (Scribner/Simon & Schuster, 2013). Dr. Sara also teaches online workshops to cultivate your most vibrant vitality. Find out more about her at www.saragottfriedmd.com

Dr. Mark Hyman

Dr. Mark Hyman has dedicated his career to identifying and addressing the root causes of chronic illness through a groundbreaking whole-systems medicine approach known as Functional Medicine. He is a family physician, a five-time New York Times bestselling author, and an internationally recognized leader in his field. www.drhyman.com

Susan Irby

The Bikini Chef, host of Bikini Lifestyles "Wine Dine and Workout" PBS, AMERICA ONE, AM 790 KABC Los Angeles

Alex Jamieson

Alex Jamieson is a holistic nutrition expert, professionally trained healthy gourmet chef, and "cravings whisperer." She has been seen on Oprah, CNN, Fox News, USA Today and People Magazine. She also played an integral part in creating the award-winning documentary Super Size Me. In her three books, *Vegan Cooking For Dummies* (Wiley, 2010), *Living Vegan For Dummies* (Wiley, 2009) and *The Great American Detox Diet* (Rodale, 2005), Alex offers remarkably sane – and tasty – advice on how to detox, live healthfully and feel fantastic. www.alexandrajamieson.com

Evelyne Lambrecht

Evelyne is a holistic health coach and personal trainer who specializes in working with women who look good on the outside but don't feel good on the inside. She uses a holistic approach to guide women to look AND feel their best. www.healthcoachsandiego.com or www.evelynelambrecht.com

Dr. Jen Landa

Dr. Jen Landa is the MD Sexpert, helping women to enjoy healthy, pleasurable, intimate sex at any age. Author of the bestselling book, *The Sex Drive Solution for Women*; Creator of REWIRE YOUR DESIRE, a program to help women with low sex drive get the passion back in their lives; Ob/gyn and Hormone Specialist; and Chief Medical Officer of BodyLogicMD, Dr. Jen can help you get your sexy back. Learn more at www.jenlandamd.com

Jill Lane

Pro-Athlete Health and Nutrition Coach is on a quest to clean up the sports nutrition industry by helping Pro-Athletes up their game and future health with science-based peak performance, nutrition and health programs. Want your student athlete to get this inside info? Learn more at www.JillLane.com, www.JillLaneFan.com

Dr. Frank Lipman

Dr. Frank Lipman is an acclaimed Integrative Physician, and the founder and director of the Eleven Eleven Wellness Center in New York City. For over 20 years his personal brand of healing has helped thousands of people reclaim their vitality and recover their zest for life. Focused on sustainable wellness—instead of quick fixes—he offers patients a customized blend of Western medicine with acupuncture, nutritional counseling, vitamins and herbs, relaxation techniques, physical therapy, and bodywork. He is the host of the new TV Wellness Series, *Be Well Week, Be Well Weekend* on the Reserve channel on YouTube and is the author of *Revive: Stop Feeling Spent and Start Living Again* and *Total Renewal: 7 Key Steps to Resilience, Vitality and Long-Term Health*. www.bewellbydrfranklipman.com

Alissa Segersten, and Tom Malterre, MS, CN

Nutritionist Tom Malterre and Whole Foods Chef Ali Segersten form the husband and wife team at Whole Life Nutrition. They have co-authored two gluten-free, whole foods cookbooks. The best-selling *Whole Life Nutrition Cookbook*, and *Nourishing Meals*. Ali contributes hundreds of nourishing, whole foods recipes on their NourishingMeals.com food blog, while Tom uses his two nutritional science degrees and near decade of clinical experience to break down the science of optimal health on their www.WholeLifeNutrition.net website. Whole life nutrition specializes in food sensitivity diets, gut health, environmental exposures, autism, autoimmune disorders, as well as optimal nutrition for pregnancy, lactation, and childhood.

Dr. Stephen Masley MD, FAAFP, CNS, FACN, CCD

Steven Masley, MD is a physician, nutritionist, and he completed a chef internship at the Four Season's restaurant to ensure his recipes were healthy, nutritious, and delicious. Dr. Masley and JJ Virgin completed their nutrition training together with the American College of Nutrition. Dr. Masley has published several health books, including *Ten Years Younger*, and numerous scientific articles. His work has been featured on the Discovery Channel, the Today Show, plus over 250 media interviews. www.drmasley.com, www.tenyearsyounger.com

Kim Millman MD, PhD and Marilyn Abedin

Dr Millman is a holistic MD who believes that most chronic disease can be reversed by eating nutritious whole foods and attacking a problem at its roots. She integrates internal medicine with 25 years of functional medicine and nutrition training to offer virtual wellness programs including Zap Your Cold & Flu Bug, Exorcise Your Food Demons, and Healthy Bones, Active Life. She has a busy holistic medical practice in San Jose, California.

www.RecipestoEnergizeYourDay.com

Nancy Newcomer

Nancy is a food blogger, radio personality, and an accomplished cook and creator of simple meals made from fresh, organic ingredients. With an emphasis on local farmer's market bounty, her blog, "Back to the Kitchen: Healthy Living with Real Food" is followed by people in more than 25 countries. For more, go to www.nancynewcomer.com

Christa Orecchio

Christa Orecchio is a clinical and holistic nutritionist, and founder of The Whole Journey, a nutrition practice and informational website with a functional medicine spin. Christa has been regularly featured as a health expert on TV and in print nationwide. She is the Fox5 San Diego weekly health expert where she speaks about using food as medicine and a mind-body approach to eating. www.thewholejourney.com

Cynthia Pasquella

Cynthia is a clinical nutritionist, holistic life coach, media personality and best-selling author. Her unique method of Transformational Nutrition™ has helped hundreds of thousands of women across the world change their bodies and their lives. Cynthia is the co-founder of SoCal Cleanse, an award winning detoxification company, and the author of the *Hungry Hottie Cookbook* and P.I.N.K. Method. She is the nutrition expert for The Doctors, Dr. Phil, The Today Show and has been featured on Access Hollywood, E! News Live, Harper's Bazaar, Fitness Magazine, Shape Magazine and Marie Claire. Visit her at www.cynthiapasquella.com

Jeanne and Allen Peters MD

Jeanne and Allen Peters MD are Healthy Aging Experts at the Nourishing Wellness Medical Center. Their recipes focus on nourishing foods to optimize your hormones and grow younger, naturally! You can learn more about their practice and online cooking programs at www.nourishingwellness.com

Marcelle Pick, OB/GYN, NP

Co-founder of the world renowned Women to Women Clinic, and co-founder of Women to Women's Personal Program (www.womentowomen.com), presents some of her favorite recipes from her two best-selling books - *The Core Balance Diet* (Hay House, 2009) and *Are You Tired and Wired?* (Hay House, 2011). Throughout her thirty years in practice, Marcelle has helped women improve their health and create wellness by raising awareness of the impact that nutrition and lifestyle have. This also helps whole families and generations of women to come, as nutrition and lifestyle changes continue to influence those around them.

Annika Rockwell

Annika Rockwell has been a Certified Nutritionist for over 13 years, and specializes in children's nutrition at www.FoodForKidsHealth.com. She is passionate about educating parents on how to heal their kids' health concerns by changing the foods they eat. Annika addresses the underlying issues and nutritional imbalances that cause common symptoms including eczema, allergies, constipation, gastrointestinal issues, ear infections, ADHD, and her specialty: helping parents with "Picky Eaters".

Diane Sanfilippo BS, Certified Nutrition Consultant, HLC

Diane is a Certified Nutrition Consultant specializing in Paleo nutrition, blood sugar regulation, food allergies/intolerances, and digestive health. She is the author of *Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle*, co-hosts the top-rated weekly radio show "The Balanced Bites Podcast," and teaches nutrition seminars nationwide. Find out more about Diane, her book, and her work at www.balancedbites.com

Trudy Scott

Trudy Scott, food mood expert and nutritionist, author of *The Antianxiety Food Solution*. www.everywomanover29.com

Mark Sisson

Mark Sisson is the author of a #1 bestselling health book on Amazon.com, *The Primal Blueprint*, as well as *The Primal Blueprint Cookbook* and the top-rated health and fitness blog MarksDailyApple.com. He is also the founder of Primal Nutrition, Inc., a company devoted to health education and designing state-of-the-art supplements that address the challenges of living in the modern world. www.PrimalBlueprint.com and www.Marksdailyapple.com

Holli Thompson, CNHP, CHHC

is a Nutritional Stylist, and the founder of www.NutritionalStyle.com. Holli has been profiled in More Magazine, and featured in More's "Reinvent Yourself" TV special. She appears on CBS, ABC and FX networks as a nutrition and food expert, and speaks to women's groups and national organizations, including the American Heart Association. Holli writes a weekly blog featured regularly in The Daily Love, and Ask Miss A. She offers group programs, including her popular Cleanse with Style detox, as well as individual coaching. Holli is co-author of the book *Optimism!* and is currently writing her own book to be published in 2013.

Jackie & Habib Wicks

Habib and Jackie Wicks founded and run PEERtrainer.com, which helps people transform their weight loss, health and fitness. The site focuses on support and motivation, as well as providing access to the leading edge voices in health and nutrition. To learn more visit www.peertrainer.com

A big Thank You to my faithful readers who submitted their own recipes!

I love a challenge. I'm always looking for awesome recipes that fit The Virgin Diet criteria. That's where you stepped up and made The Virgin Diet Companion Cookbook a successful reality. Great recipes like the ones you submitted will help countless others make better, more enjoyable food choices as they embark on this journey. Thank you! Now, let's eat...

— JJ

Mara Madden

Cyndi Petray

Cynthia Galas

Michelle Leverette

Beth Schupanitz

Resa Roberts

Gerilyn Burnett, CSCS

Denise Bodman

James Hall

Angela Metropulos

Nancy Sinsel

Linda Hendrex

Kimberly Gray

Norma Covington

Amy Furbee

Gabriella Brezovszky

Marie-Helene Ryder-Cook

Annette Alfieri, MS

Laura McFarlin

Valerie Remy-Milora

Lisa Denzell

Sara Avant Stover

Lisa Bryant

Wendy Alfaro

Olivia Sigal

Jana Manville

Granny Lala

Elyse Walters

Angela Dansie

Christie Woodall

Michael J. Gilmore, D.O.

Alisa Langevin

Emily Barker, CHHC

June Cline

Egypt Brown

Judy Ashton

Kimm Bolin

Karo Caran

Lucia Dibartolomeo

Sandy Evanovich

Kerri Hamilton

Jamie Parolini

Jackie Stocker

Laya Saul

Holly Duncan

Lori Geishecker

Nancy Hutner

Ellen Harnett

Debbie Sipowicz

Elizabeth Hirsh

Rosemary Sneeringer

Eileen Andrejeski

Jenny Jerman

Karen Floyd

Jan Shelton

Kristy Stabler

Kate Criswell

Marguerite V. Brown

A grayscale collage of dining-related items. In the center, a large white plate contains the handwritten text "Thank You". Surrounding the plate are various pieces of silverware: a fork at the top right, a knife and spoon to its right, a fork at the bottom left, and a spoon at the bottom left. A salt shaker is in the bottom right. The background features a grid pattern and scattered dark specks.

Thank
You