

7 Day Anti-Inflammatory Diet Kick Start Meal Plan

from

cotter CRUNCH

Healthy Gluten Free Recipes One Bite at a Time!



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BREAKFAST

Toasted Coconut and Berry Grain Free Granola { Vegan, Paleo }

Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes

Yield: 6

DESCRIPTION

Toasted Coconut and Berry Grain Free Granola {Vegan, Paleo}

INGREDIENTS

- 1 cup larger size whole mixed nuts (like brazil nuts, hazelnut, or walnuts)
 - 1 cup raw almonds
 - 1/2 cup pumpkin seeds
 - 1/4 cup coconut oil
 - 1/4 to 1/3 cup maple syrup
 - 1 tsp vanilla
 - 1 tsp cinnamon
 - 1/2 tsp ground ginger
 - dash of sea salt
 - 2/3 cup unsweetened coconut flakes
 - 1 cup to 1 1/4 cup dried berries (blueberry, cranberry, etc.)
 - Optional chia seeds (2 tbsp)
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INSTRUCTIONS

1. Preheat your oven to 325F and Line a baking sheet with parchment paper
2. In a blender or food processor combine your nuts/almonds. Pulse about 5-8 times until nuts are chopped but not ground.
3. Transfer to a large bowl and add in your pumpkin seeds, mix together.
4. In another bowl, combine your coconut oil, extract, and maple syrup. Pour this over the nuts and mix. Then add in your spices and mix again till evenly coated.
5. Spread nut mixture evenly onto the baking sheet and sprinkle a little sea salt on top. Maybe 1/4 tsp or so.
6. Place in oven and bake for 15 minutes.
7. Remove from oven and toss the nuts/seeds on the tray so they flip sides. Place back in oven and bake again for another 15 minutes.
8. Remove from oven one last time, toss nuts/seeds, then add in your coconut. You can add the coconut to the nut/syrup baking tray or on a separate baking tray. Just make sure it's spread evenly onto the tray.
9. Bake for another 5-8 minutes or until coconut is toasted.
10. Remove and let cool.

11. Once cooled, place coconut/nut granola in a bowl and mix it up a little more. Add in your dried berries and toss all together.
 12. Add any additional spices and optional chia seed to finish.
 13. Store in a seal tight container or in gift jars.
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NOTES

if you want to prevent the granola from caking, add in 1 tbsp of egg white protein or pea protein (vanilla) after it's baked and toss all together.

Makes about 3 – 4 cups depending on how finely you chop the nuts.

Gut Healing Bone Broth Latte

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Yield: 2 cups

DESCRIPTION

Bone broth latte is a delicious hot drink with nutritional benefits! It has collagen and healthy fats, and it's the perfect replacement for coffee.

INGREDIENTS

2 cups bone broth (or traditional broth with 1 scoop collagen)

1/4 tsp ground ginger

1 pinch turmeric

1 pinch cayenne pepper

1 pinch black pepper

1 tbsp grass fed butter, coconut oil, or ghee

OPTIONAL: cream or coconut cream, to taste

OPTIONAL: collagen peptides (stir in for extra protein)

1 dash sea salt

**Optional Savory latte toppings – fresh herbs, chopped green onion, red pepper flakes, etc.*

INSTRUCTIONS

1. Heat bone broth, spices, and butter over medium heat, stirring until combined.
 2. Use a hand blender or regular blender to blend the coconut cream into the broth mixture. Blend until mixture is creamy and frothy.
 3. Divide equally into 2 mugs. Top with sea salt and optional herbs or green onion. Sip and savor!
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NOTES

- The latte can also be made in the microwave, but it will not be frothy.
- recipe adapted from [The Core 4](#).

Paleo Breakfast Egg Wraps (Vegetarian Meal Prep Recipe)

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Yield: 6 wraps

DESCRIPTION

These paleo breakfast egg wraps are rich in protein with the power of Egghland's Best organic eggs! It's a customizable, easy meal prep recipe with just 2 ingredients as the base.

INGREDIENTS

Egg Wraps

- 6 organic [Egghland's Best large eggs](#)
- 2–3 tsp coconut oil or butter, divided

Fillings of Choice

herbs, paleo mayo, salsa, cream cheese (not paleo), pico do gallo, avocado, bacon, breakfast sausage, etc.

Extras – Parchment paper or foil for meal prep/storage

INSTRUCTIONS

1. Heat a medium nonstick skillet on medium high with 1 tsp oil.
 2. Whisk one egg in a small bowl then gently pour into the pan. Swirl the pan to evenly spread the egg out into a thin layer, like you're cooking an omelet. Thinner works better for eggs wraps.
 3. Once the edges start to turn golden brown and the middle is set, carefully flip the egg over. Continue to cook for a few more minutes until the egg is fully cooked in the middle.
 4. Remove each egg wrap and set on a plate to cool.
 5. Repeat with as many eggs as you want (in this case 6) and additional oil as needed to keep the pan slick.
 6. Once you've made all your wraps, fill each with your desired fillings, then roll them up tightly and wrap them in foil or parchment paper. If desired, you can brush a little oil onto the inside of the foil or parchment to keep the egg wraps fresh.
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NOTES

- Store in fridge for up to 5 days.
- You may freeze these without the filling. Just be sure to separate them with a layer of parchment or wax paper.
- **Nutrition below does not include filling.**

Stone Baked Tortilla Chips with Avocado Cranberry Salsa

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Yield: 8 to 10 servings

DESCRIPTION

Avocado cranberry salsa is a delicious snack on its own, but it's best served with stone baked tortilla chips! These gluten free, vegan friendly holiday appetizers or snacks are SO easy to make!

INGREDIENTS

HOMEMADE STONE BAKED TORTILLA CHIPS

- 12–14 street taco size corn tortillas (gluten free) See notes for substitutes.
- 1 tbsp Avocado or olive oil
- Lime (juice)
- Sea salt
- Optional pinch of cumin

CRANBERRY AVOCADO FRUIT SALSA

- 2 small avocados or 1.5 cups diced
 - 2 tbsp lime juice
 - 2 cups clementines or tangerines, peeled and diced or quartered
 - 2/3 cup fresh cranberries (other berries may be used)
 - 1 green onion, stem removed
 - 1 small bunch cilantro or 1/2 cup chopped, stems removed
 - Pinch of paprika or chili powder
 - Kosher salt and black pepper
 - 1–2 tbsp agave or honey (adjust to your taste)
 - 1 jalapeño or Serrano pepper, seeded and sliced (adjust to spice level you desire)
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INSTRUCTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Cut each tortilla into 4 chip-sized wedges. I do this using a pizza slicer. If you are using larger than 4-inch tortillas, slice into 8 chip-size wedges. Arrange the wedges in a single layer on the baking stone.
3. Coat the chips with coconut or olive oil cooking spray. Brush a little bit of lime juice on top. Sprinkle with sea salt and paprika.
4. Bake at 350 for 7 to 8 minutes. Turn wedges over and sprinkle extra salt/seasoning evenly over wedges. Bake an additional 7 to 8 minutes, or until lightly browned. Cool completely.

5. To prepare salsa, combine avocado and juice in a medium bowl; toss gently to coat. Add clementine sections and remaining 6 ingredients into KitchenAid 7 Cup Food Processor. Select and push pulse button until finely diced mixture is made and herbs/onion are diced.
6. Place into a bowl with avocado and lime and toss gently to combine. Serve salsa with chips.
Yield: 8-10 servings (serving size: 8 chips and 1/4 cup salsa)

NOTES

Don't have tangerine or cranberry? Don't worry, any orange or berry will work!

12-14 street tacos are equivalent to 6-8 regular corn tortillas.

Detoxifying Super Green Smoothie

Prep Time: 5 minutes *Cook Time:* 1 minute *Total Time:* 6 minutes *Yield:* 2

DESCRIPTION

Detoxifying Super Green Smoothie with Kiwi and Celery Juice {Paleo, Vegan}

INGREDIENTS

- 2 kiwis (peeled)
 - 1 lime (juiced)
 - 1 lemon (juiced)
 - 6 ounces fresh celery juice or unsweetened coconut water (5 to 6 large celery stalks juiced)
 - 4 oz fresh squeezed orange juice
 - 1 sprig of parsley
 - 1/2 tsp ground ginger
 - Pinch of sea salt
 - Optional – Small handful of baby spinach (for better digestion, slightly steam beforehand)
 - Optional – 1 tbsp chia seed or 2 tbsp vegan protein
 - Optional 1 tsp maple syrup or honey
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INSTRUCTIONS

1. Blend and serve! Ice is optional.
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NOTES

- You can also use 1-2 tbsp of vegan protein or 1 tbsp chia seed if you'd like to boost protein it.
- **Nutrition below** based on using celery juice and no added protein or sweeteners.
- [Hurom slow Juicer](#) is our juicer of choice

Orange Turmeric Tea Latte

{Vegan and Caffeine Free}

Prep Time: 5 minutes *Cook Time:* 5 minutes *Total Time:* 10 minutes *Yield:* 3 cups

DESCRIPTION

Boost your health with a cold busting vegan orange turmeric tea latte! This bulletproof “Golden Milk” latte is loaded with extra Vitamin C, rich in minerals, and anti-inflammatory properties.

INGREDIENTS

- 2 herbal tea bags (like ginger tea, orange hibiscus, or herbal tea of choice).
 - 6 oz almond milk, other dairy free milk, or water.
 - 10–12 ounces almond milk or coconut milk
 - 1 tsp ground ginger
 - 1 tsp ground turmeric root (see notes for brand_
 - 1/2 tsp cinnamon (divided)
 - 1 tsp whole cloves or 1/4 tsp ground cloves
 - Pinch of nutmeg (optional)
 - Optional Pinch of black pepper for better absorbency
 - 1/4 cup maple syrup or raw honey (use maple syrup vegan)
 - 1 juiced orange or blood orange
 - 1 tbs 100% pure MCT (Coconut oil) ([Bulletproof Brain Octane Oil](#))
 - pinch of cinnamon for topping (optional)
 - optional vanilla extract
 - extra froth
 - orange peel to garnish (optional)
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INSTRUCTIONS

1. Steep your tea bags in 6 oz of dairy free milk or water. You want the tea extra concentrated.
2. Next place 10-12 ounces of coconut or almond milk in small pot. Add your ginger, cloves, turmeric, cinnamon, orange juice, maple syrup, and optional nutmeg. Whisk together.
3. Bring to a soft boil, then reduce and simmer for 5 minutes to extract the spices. And until maple syrup is dissolved. Add vanilla extract here if you want. About 1/2 tsp. Mix again.
4. Strain the nutmeg if you are using whole.
5. Pour 2 – 3 ounces of the brewed concentrated tea you into a cup.
6. Whisk your golden milk (the mix in the pot) again so create a frothy textures. You can also just use a frother.

7. Pour 1/2 cup or so over your tea cup to create a latte.
8. Garnish with extra cinnamon and orange peel if desired.
9. Repeat for 3 cups.

NOTES

I use this [Turmeric Root](#) from Simple Organic.

Superfood Overnight Oatmeal

{Healthy Meal Prep Breakfast}

Prep Time: 10 minutes

Total Time: 2 hours 10 minutes

Yield: 2

DESCRIPTION

Superfood overnight oatmeal is perfect for a healthy meal prep breakfast! Blueberries, flax seeds, chia seeds, and gluten free oats will help fuel your body for the day.

INGREDIENTS

- 1/2 cup blueberries, frozen or fresh, divided
 - 1/2 cup gluten free rolled oats, divided
 - 2 tbsp chia seeds, divided
 - 4 tsp ground flaxseed, divided
 - 1 tsp ground cinnamon, divided
 - 1 cup almond milk or coconut milk
 - maple syrup for drizzling on top, if desired
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INSTRUCTIONS

1. Place 1/4 cup frozen blueberries at the bottom of the cups.☑
2. Add 1/4 cup gluten-free rolled oats to each.☑
3. Next, add 1 tbsp chia seeds into each cup followed by 2 tsp ground flaxseed and 1/2 tsp ground cinnamon.☑
4. Fill each cup with 1/2 cup almond milk or coconut milk.☑
5. Drizzle with a touch of maple syrup on top (if desired).☑
6. Stir gently, then place in the fridge for 2 hours or up to 24 hours.☑
7. Remove from fridge, then add more blueberries on top. **It's breakfast to go!**

Turmeric Pineapple Apple Cider Vinegar Drink (Detox Shrub Cocktail)

Prep Time: 5 minutes

Total Time: 5 minutes

Yield: 2 -3

DESCRIPTION

Drinking apple cider vinegar is great for gut health. Try it in this Turmeric Pineapple Shrub Morning Cocktail recipe! A detox apple cider vinegar drink.

INGREDIENTS

- 1/4 cup 100% pineapple juice
- 1 cup diced pineapple fresh
- 2 tbsp honey – raw (maple syrup may be substituted for vegans)
- 2 –4 tbsp apple cider vinegar (adjust to taste)
- 2 –3 fresh mint leaves, plus extra to garnish
- (1/4 tsp) pinch of cayenne
- (1/4 tsp to 1/2 tsp) pinch of turmeric
- Optional grated ginger – 1/2 tsp
- 1 to 2 tbsp lime juice (sliced lime to garnish – optional)
- Sparkling water
- Crushed iced

INSTRUCTIONS

1. **Place ingredients (minus sparkling water and ice) in blender or large cup with hand blender!** Blend until combined. This creates the concentrated/base of the drink. Taste and adjust as needed. **For example**, if you want it extra spicy, add more cayenne. If you want it a little more zesty or tangy, add more apple cider vinegar, mint, and lime.
2. Pour mixture into a bottle and store in the fridge until ready to drink. Once ready to drink, simply add sparkling water (adjust to taste) and optional ice. Lime and mint to garnish.

NOTES

- Want to make it into a happy hour cocktail? Simply add a splash of tequila or rum to each drink and mix.
- Taste and adjust as needed. **For example**, if you want it extra spicy, add more cayenne. If you want it a little more zesty or tangy, add more apple cider vinegar, mint, and lime. When ready to serve, add sparkling water or even kombucha! Adjust to taste.

Homemade Fruit Kvass with Mint

Prep Time: 3 to 7 days

Total Time: 3 to 7 days

Yield: 4

DESCRIPTION

This homemade Fruit kvass with blackberry lime and mint is a gluten free version of a popular Russian fermented drink. Loaded with probiotics, it's a refreshing, tangy, bubbly drink that you can make right at home.

INGREDIENTS

- Quart size mason jars
 - 1.5 to 2 cups mixed berries (blueberries, raspberries, blackberries)
 - 1 tbsp raw honey
 - 1/2 tsp sea salt (use less if you have culture starter)
 - 4 c purified water
 - Half a lime, sliced
 - 4 mint leaves
 - Optional but **recommended for quick fermentation**—> 1/4 c or less kombucha or brine from previous fermented source (i.e or kefir water). You can also use a whey, probiotic, or culture starter. ([Culture started](#), [Source and tips](#))
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INSTRUCTIONS

1. Clean and sterilize your mason jars.
 2. Divide your ingredients into 2 quart size mason jars, or one larger mason jar. **Add mint leaves last**, 2 in each Jar.
 3. Cover with purified water and shake it up to mix the honey, mint, and berries together.
 4. Seal jar with lid let it sit on the counter for 2-7 days. I let it sit for 5 days.
 5. When you start to see bubbles (usually after 1 day) release the lid and let a little air out so it won't get over carbonated. If you don't see any bubbles, just keep it sealed until the 2nd day.
 6. When your fruit looks cooked and your brew is bubbly, open lid and strain out the fruit. Place liquid in a seal proof bottle. This is your kvass.
 7. Leave the fruit kvass liquid sealed in an airtight bottle on the counter for another 1-3 days to build up more carbonation, or just feel free to go ahead and keep in fridge.
 8. Add more mint leaves and/or berries before serving, if desired. it in the fridge and enjoy!
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NOTES

The longer it ferments, the less sweet it gets. Taste kvass after 2-3 days on counter.

If you are using a culture starter, you cut the salt in half or not use at all.

Turmeric Oven Scrambled Eggs – Healthy Meal Prep

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes *Yield:* 5-6

DESCRIPTION

Kick Start your day with this anti-inflammatory breakfast recipe for Turmeric Oven Scrambled Eggs.

INGREDIENTS

- 8 -10 large eggs
 - 1/2 c unsweetened almond milk or non dairy milk of choice
 - 1/2 to 1 tsp turmeric powder
 - 1/4 tsp black pepper and kosher salt each
 - Pinch (1/4 tsp or so) of cumin
 - Small sheet pan 18" x 26" with at least 2 inches in height to prevent eggs from not spilling or 9x13 baking dish
 - Optional toppings – Cilantro, avocado, salsa, cheese, etc.
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INSTRUCTIONS

1. Preheat oven to 350 F.
 2. Whisk eggs, milk, turmeric and other spices together in a larger bowl. Gently pour egg batter on an oiled sheet pan (or in large casserole dish).
 3. Place in oven for 10-12 minutes or until eggs have started to set. Remove or gently pull the out the oven rack, stir eggs on the sheet pan with wooden spatula, then slide back in oven.
 4. Place sheet pan back in oven for about 8 – 10 minutes or until eggs are set and semi soft for scramble eggs, to your liking. Remove from oven stir again with spatula.
 5. Serve hot with toppings, like peppers and cilantro. Or store in airtight container for up to 4 days.
 6. ***Alternatively**, you can bake the eggs for 15-17 minutes without scrambling and then slice into baked eggs squares.
 7. **Optional toppings** – cilantro, peppers, avocado, salsa, etc.
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NOTES

- To clean the Turmeric off the pan, simple soak in baking soda or bar keepers solution. It comes off very easy and should be simple to clean if you greased or oiled the pan prior.

Chai Spiced Turmeric Smoothie Bowl

Prep Time: 60 minutes

Cook Time: 5 minutes

Total Time: 65 minutes

Yield: 2

DESCRIPTION

Vegan Chai Spiced Turmeric Smoothie Bowl recipe with Chia! Packed with healthy fats, anti-inflammatory properties, and full of flavor! An anti-inflammatory smoothie bowl recipe that will leave you feeling nourished and healthy.

INGREDIENTS

- 16 oz coconut or almond drinking milk
- 2 chai tea bags (or see this [bowl recipe for homemade chai spices](#))
- 1–2 tsp turmeric
- pinch of cinnamon
- 1 tbsp maple syrup or raw honey
- 2 + tbsp chia seed (divided)
- 1 tbsp almond butter
- **Optional thickeners –**
 - 1/4 cup gluten free oats
 - 1 large frozen bananas (optional)
 - 2–3 Frozen coconut milk cubes or ice cubs (optional, for thickness)
- **Optional protein –** 1 scoops plant protein powder or collagen.

INSTRUCTIONS

1. First heat your milk on stove top or in microwave. Place chai tea, turmeric, and cinnamon in pot or heat resistant jar and steep for 3-4 minutes. If using stove top, let the milk come to a quick boil then reduce and simmer for 2-3 minutes, 4 minutes all together.
2. Remove tea bags and whisk together.
3. Pour chai turmeric latte liquid mixture into a blender along with 1 tbsp chia, honey or maple syrup, almond butter, optional oats (omit for paleo option), banana, and protein. Blend together and pour into large jar. Mix in the extra 1 tbsp chia seed (add an extra 1 tbsp if you want a chia pudding like texture). *See notes
4. Place jar in fridge to cool and thicken; 1 hour up to overnight.
5. Pour smoothie into 2 bowls and top with more cinnamon, and chia or oats (if desired).

NOTES

- If you desire a smoothie bowl recipe with of more of a chia pudding like texture, then mix in one more 1 tbsp of chia after blending, plus oats or protein powder mentioned, and and let it sit overnight in bowls.
- For **Whole 30 option**– omit maple syrup and oats.

LUNCH

Creamy Fennel Roasted Cauliflower Soup

Prep Time: 5 minutes

Cook Time: 45 minutes

Total Time: 50 minutes

Yield: 4

DESCRIPTION

This creamy roasted cauliflower soup is made with a hefty dose of fennel for bone density, anti-inflammatory properties, and gut health. This vegan cauliflower soup is also gluten free, grain free, dairy free, and low carb.

INGREDIENTS

To ROAST

- 1 lb cauliflower (small 1 head) or 1 lb florets
- 1 fennel bulb/ sliced
- 2–3 tbsp olive oil (extra to garnish)
- 2 tbsp Balsamic vinegar
- 1/4 tsp Smoked paprika or regular paprika
- 1/2 tsp cumin
- Salt/Pepper

Soup Base

- 3 cups veggie broth
 - 8 to 10 ounces almond or coconut milk
 - 1 tbsp vegan butter (or clarified butter/ghee if not vegan)
 - Thyme sprigs (extra for garnishing)
 - 1 tsp minced garlic
 - 1 tbsp [arrowroot](#) starch or tapioca starch
 - 3–4 tbsp Nutritional yeast. (see notes for substitutes)
 - Optional non dairy cream or coconut cream to top.
 - Sea Salt/peppercorns to garnish
-

INSTRUCTIONS

1. Preheat oven to 450F. Cut cauliflower into pieces or florets.
2. Slice off the stem of the fennel and cut lengthwise into sections.
3. Toss cauliflower and fennel in 2 to 2.5 tbsp olive oil, balsamic, and spices and spread out evenly on baking sheet.
4. Roast for 20-25 minutes, turning over veggies halfway. Remove from oven and carefully place all ingredients into a blender. If you don't have a blender, set aside and see notes.
5. Add 1 pint of vegetable broth to blender (3 cups) and blend until combined. Next add in your 8 ounces of almond or coconut milk and blend again until you get a creamy base. The more milk you add, the thinner the soup base will be. Set aside.
6. In a large stock pot place a few sprigs thyme, garlic, butter, and sauté for 3 minutes on medium.

7. Next add your roasted cauliflower fennel soup mix to the pot the butter and garlic.. Scrape the blender with a spatula to get everything out. Add a dash more salt and pepper and bring to a boil.
 8. Reduce and then slowly mix in 1 tbsp arrowroot starch, whisking while you add.
 9. Lastly, mix in nutritional yeast (3-4 tbsp) and simmer for another 15 minutes.
 10. Serve with thyme and oregano on top to garnish
 11. Optional: drizzle olive oil and non dairy milk or coconut cream. Salt and peppercorns to garnish.
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NOTES

- If you don't have nutritional yeast and can handle dairy, Parmesan can be substituted, but it will not have the same health benefits. And if you don't have arrowroot starch, potato starch or tapioca starch may be used.
- If you don't have a blender, you can use an immersion blender. I recommended adding the ingredients into pot, after the cauliflower/fennel is roasted, little by little and blending with immersion blender. The starch will be added last before you boil again.

Grain Free Naan Bread

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes *Yield:* 4 pieces

DESCRIPTION

Grain Free Naan Bread with paleo/vegan options

INGREDIENTS

- 1 1/4 cup cassava flour (see notes below for other flour options)
 - 1/2 teaspoon baking soda
 - 1/2 tsp cream of tartar
 - 1/4 tsp of salt
 - 2 tablespoon avocado or olive oil
 - 1/3 cup plain yogurt or 1/4 cup non dairy milk – If using milk option, add in 1 tsp apple cider vinegar
 - 1/2 cup purified water (Add a little a time until you get dough like batter)
 - Pinch of black pepper
 - Extra high heat oil for cooking (i.e avocado oil, grapeseed oil, butter, or coconut oil- naturally refined).
 - 1 tbs balsamic vinegar (optional for serving)
 - garlic and herbs to taste.
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INSTRUCTIONS

1. In a bowl, sift the flour, baking soda, cream to tartar, plus salt. mix well! Next slowly mix in your yogurt or milk, 2 tsp oil, and a mix together. Then slowly add in your water a little at a time until you get a dough like texture. If you are using milk, add your apple cider vinegar last and then mix.
 1. **NOTE**– You might need more or less water depending on the brand of cassava flour you use.
2. Roll the dough into 4 -5 medium size balls (a little smaller than a baseball)/
3. Place dough balls on wax paper and roll each one out between 2 pieces of wax paper in until you form an oval shape. Shape the corners to round after. Alternatively, you can use a tortilla press to make the dough even.
4. You can roll the dough thinner but you don't want to crack the dough when rolling. The thinner the dough, the crispier the bread on the outside and less dough texture in the middle.
5. Next, heat a non stick pan, cast iron, or grill pan with oil on medium high.
6. Place each flattened dough on pan one at a time on medium high heat. Cover with lid and wait 1 + minutes. You will start to see the edges puff up. If you are using regular flour, it might take less time.
7. Drizzle more a splash of more oil on top and flip to other side. Cover and cook an additional 1-2 minutes. The thicker your dough, the longer it takes to rise or puff/cook through.
8. Remove and repeat for the next.
9. Once all cooked, sprinkle with garlic or herbs, balsamic vinegar, and oil/ghee if desired.
10. Serve with hummus or yogurt sauce

NOTES

- If you don't have cassava flour you can use whole wheat or white flour but I would let it sit after you make into a dough for about 10 minutes covered.
- Cassava flour is a little chewier in texture, so the middle of the bread might feel that way, but it will still taste wonderful!

No Mayo Chicken Salad Bowl

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Yield: 4

DESCRIPTION

A lightened up Mayo Free Chicken Salad! A chicken salad bowl that's perfect for a healthy meal or side dish. Spinach, roasted broccoli, berries, chickpeas, roasted chicken, and herbs tossed in a light yogurt olive oil dressing.

INGREDIENTS

- 3 cups rotisserie chicken (skinless, pulled or shredded)
 - 1 lb broccoli florets
 - 2 tsp to 3 tsp coconut oil or olive oil
 - Optional 1/2 tsp everything seasoning of choice (dried herbs, red pepper, etc.)
 - 2/3c to 1 c cultured plain greek yogurt or kefir yogurt
 - 1 tbsp red wine vinegar or apple cider vinegar
 - 2 garlic clove or 1 tsp minced
 - Kosher Salt and Black pepper to taste
 - 1 tbsp olive oil
 - 1 tsp Lemon juice
 - 1/2 c diced red onion
 - 4 cups spinach leaves
 - 1 to 1.5 cups fresh blueberries
 - 1/4 cup roasted sunflower seeds
 - 1/3 to 1/2 cup chickpeas (canned or roasted)
 - 3 tbsp dried goji berries (or other dried fruit of choice)
 - Lemon slices
 - 1/2 cup packed Fresh Cilantro or Parsley. Torn to mix in and garnish
 - Peppercorns or fresh pepper and optional red pepper flakes.
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INSTRUCTIONS

1. First shred your rotisserie chicken (cooked) and set aside in bowl
2. Optional method – Roast 1/2 lb of broccoli in oil for extra flavor.
3. Preheat oven to 425F. Toss half the broccoli florets (around 2 cups) in 2-3 tsp oil and seasoning of choice. Place on baking sheet and place in oven to roast for 20-25 minutes. Place the other 1/2 lbs broccoli florets in a large mixing bowl.
4. If you don't want to roast half, just toss all raw broccoli florets in a large bowl.
5. While broccoli is cooking, make your yogurt sauce for the chicken salad.

FOR YOGURT SAUCE:

1. Mix the yogurt, vinegar, garlic, salt/pepper, olive oil, lemon juice, and onion in a small bowl. Set aside.
2. Next spoon 1/2 cup to 2/3 c yogurt sauce over the chicken and toss all together. Save extra yogurt sauce for bowl.
3. Layer your spinach leaves at the bottom of a large bowl. Place your roasted broccoli and/or raw broccoli, blueberries, sunflower seeds, and chickpeas on top. Toss all together with the remaining yogurt sauce (dressing) you have.
4. Finally, add your chicken salad on top of the salad bowl.
5. Garnish with goji berries, herbs, lemon slices, and peppercorns (if desired).
6. Serve or store in fridge for later., covered. **Chicken salad can be made ahead of time** and stored in airtight container for up to 5 days. Great for meal prep!

NOTES

Chicken salad can be made ahead of time and stored in airtight container for up to 5 days. Great for meal prep! If making ahead of time, keep salad and chicken salad separate until ready to eat.

If you are using greek yogurt, the mixture will be thicker. Thin it out with more oil or a bit of broth/water (if desired).

Easy Dandan Noodles Cups

(Made with Zoodles!)

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Yield: 4 servings

DESCRIPTION

Dandan noodles is served with zoodles (zucchini noodles) for an easy, nutritious meal on the go or quick one-pan dinner at home.

INGREDIENTS

FOR THE SAUCE – You can make this ahead of time and serve it later with hot zucchini noodles or traditional noodles in a to-go cup or bowl!

- 1/3 cup Tahini or creamy almond butter (no sugar added)
- 3 cloves Garlic, minced
- 2 tablespoons Gluten-free soy sauce (we used [Kikkoman's Gluten Free Soy Sauce](#))
- 2 tablespoons Freshly grated ginger
- 2 tablespoons prepared chili oil or Asian chili paste
- 1 tablespoon honey or sugar
- 1 tablespoon toasted sesame oil
- 1 tablespoon Chinese black vinegar (see notes for alternative)
- 3 tbsp. water or low sodium broth to thin out the sauce

FOR SERVING (to prep in 3-4 large cups)

- 1 lb. veggie noodles (zoodles) – check out my recipe post on how to easily make [homemade veggie noodles](#)
 - 1/4 cup loosely packed cilantro leaves
 - 1 lightly steamed baby Bok Choy, – sliced into 4 pieces
 - 1/4 c. chopped nuts, optional
 - 1 green onions, thinly sliced
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INSTRUCTIONS

Directions: See notes if you want to make this in one pan and skip meal prep jars

1. **To make the sauce** – place the sauce ingredients in a small saucepan. Whisk on medium low until creamy and combined. If you want extra smooth sauce, use an immersion blender to blend sauce in pot until smooth. Transfer to jar or small condiment cups for meal prep.
2. **To make the veggie noodles**, [see this post](#). You don't need a spiralizer. Just be sure to salt the raw zucchini noodles then let them sit in a bowl to drain excess water. After draining water, press zoodles with a kitchen towel to absorb water. **Do this before prepping into jars.**

3. **Steam the bok choy**, in a vegetable steamer or in a microwave. Before steaming, wash the bok choy and then slice each in half lengthwise. Place side by side in shallow *microwave* safe plate or bowl. Add 2 to 3 tablespoons water or broth. Cover loosely with plastic wrap or paper towel. *Microwave* on high for 4 to 5 minutes or until tender.
4. **To prep** – Combine sauce ingredients in an airtight jar, attach the lid, and shake to blend well. If not using immediately, store in the jar. To serve, mix zoodles with sauce in mixing bowl. Divide into four cups, bowls or jars. Divide the cilantro, bok choy, nuts, and green onions evenly among the bowls. For warm zoodles, toss zoodles and bok choy in microwaveable bowl, mix in sauce, heat for 45 seconds. Top with cilantro, nuts and green onions.

NOTES

- If you want to swap out the bok choy, scallions, or any of the other ingredients for things you have on hand, by all means, go for it!
- **BLACK VINEGAR SHORTCUT** – Mix 1/2 tbsp rice wine vinegar with 1/2 tbsp balsamic vinegar and 1 tsp water. Or, if you don't have them, simply use red wine vinegar.

ONE PAN METHOD

1. Heat the sauce first in a large wok or stir fry pan.
2. Prep the vegetables then add to the pan, and toss with the sauce. Gently stir fry for 2-5 minutes on medium heat until combined.
3. Serve into bowls and garnish with cilantro, nuts, extra sauce, peppers, etc.

Persian Spiced Pan Roasted Chicken

{One Pan Meal}

Prep Time: 10 minutes

Cook Time: 25 -30 minutes

Total Time: 40 minutes *Yield:* 4

DESCRIPTION

Pan roasted chicken thighs with Persian spices, a burst of lemon flavor and tender veggies! Gluten free, grain free, Paleo friendly.

INGREDIENTS

- 4 chicken thighs (skinless) – around 1.25lbs
 - 1/2 tsp + sea salt (sea salt flakes and/or [coarse salt flakes](#))
 - 1 tsp turmeric
 - 1/2 tsp. allspice
 - 1/2 tsp. cayenne
 - pinch of paprika
 - punch of black pepper
 - 1 tsp minced garlic
 - 3 tbsp oil (olive or avocado oil)
 - 1 tbsp lemon juice
 - 1 pound small purple/gold new potatoes – quartered
 - 1 cup cherry tomatoes – sliced
 - extra lemon slices for chicken
 - Crushed Red pepper flakes to garnish
 - **Optional toppings and sides** – pomegranate seeds and peppercorns
 - Dill yogurt sauce for dipping. See notes
-

INSTRUCTIONS

- Preheat oven to 375°F. Clean chicken thighs and place on plate. Rub chicken thighs with coarse sea salt flakes
- Next Combine 1 tsp turmeric, 1/2 tsp. sea salt, 1/2 tsp. allspice, and 1/2 tsp. cayenne, paprika, pepper, 1 tsp minced garlic, 3-4 tbsp oil, and 1 tbsp lemon juice in a large bowl. whisk together.
- Then douse the chicken thighs to coat. Or use a brush. Use the remaining to coat the potatoes.
- Place in an oven safe skillet (oven safe) with potatoes (diced) and tomatoes. Sear chicken on medium high for 5 minutes, flipping chicken and potatoes over while cooking.
- Place lemon slices on top of chicken and red pepper flakes
- Place pan in oven and bake for 22 -25 minutes, broil last 2 minutes. If your chicken thighs are smaller in size, they will cook faster. Adjust times as needed.

- Check on chicken by inserting thermometer inserted into the thickest part of the chicken registers 165°F. You can also slice open one chicken breast (at the thickest part) to see if the meat is no longer pink, but white. Remove from oven when done.

To serve

- Place chicken, potatoes, tomatoes in one bowl or plate for a one pan meal. Optional sprinkle of pomegranate seeds
- If you want to serve this with a dipping sauce, mix 5 ounces of plain greek yogurt with 1/2 tsp minced garlic, 1 - 2 tsp dried dill, and 1 tsp lemon juice.

NOTES

Optional Greek Yogurt Dipping Sauce (not paleo) – mix 5 ounces of plain greek yogurt with 1/2 tsp minced garlic, 1 - 2 tsp dried dill, and 1 tsp lemon juice.

Vegan Spring Rolls with Ginger Curry Dipping Sauce

Prep Time: 30 minutes

Total Time: 30 minutes

Yield: 4-6

INGREDIENTS

Ginger Curry Dipping Sauce (2 cups)

- 6–8 ounces Pacific Foods Cashew Carrot Ginger Soup
- 3/4 cup soaked raw cashews – drained. Best to soak/soften the cashews in purified water for 30 minutes or up to 24 hours in fridge. See notes if you don't have time to soak cashews.
- 1/2 c chopped cilantro
- Splash of lime juice
- 3 – 4 teaspoons curry powder
- 3 teaspoons grated fresh ginger root
- 1 Thai pepper or jalapeño pepper – sliced and deseeded if you prefer less spicy
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon ground black pepper
- Pinch kosher salt

For the spring roll wraps

- Rice paper wrappers (16 sheets) – You should be able to find these in the international aisle in most grocery stores. Or [online](#).
- Variety of vegetables, julienned cut or shaving – carrots, cucumbers, zucchini, radish, sprouts, cabbage (shredded)
- Optional rice vermicelli noodles or [mung bean threads](#) (cooked or soaked) – Also found at most grocery stores.
- 1–2 green onions (green portion, chopped)
- 1/2 c chopped cilantro

INSTRUCTIONS

1. First prepare you sauce. Place soup, soaked cashews, cilantro, ginger, curry powder, Thai pepper, and spices in a blender or food processor. Blend until creamy thick sauce is made. If you want to thin out your sauce, add more soup or olive oil, blend again. Taste to see if the spice is to your liking. Adjust spice/salt as needed. Pour 1 cup of the curry sauce into dipping bowl and keep the rest in a sealed jar, to use for other tasty recipes!
2. Next, prepare your spring rolls/rice paper rolls.
3. Fill a large bowl or deep plate with warm water. Wide enough to place the rice paper sheets in. Submerge the 2 rice papers into the water (at the same time) for 8-10 seconds to soften. 2 rice paper sheets hold better when filling, so it's best to start off with 2 versus one.
4. Place softened rice paper sheets on cutting board or clean counter.
5. Place Sliced vegetables in the center, then add your sprouts/onion, herbs on top. If using vermicelli noodles or mung bean noodles place those inside a lettuce leaf then set next to the thinly sliced vegetables
6. Fold the left and right edges of the rice paper (as seen in photo), then starting rolling up the sheet from the bottom. Keep rolling firmly all the way up until the end of the rice paper. The rice will seal itself.

7. Place on serving tray and serve immediately with dipping sauce, or store in airtight container in fridge for later. Tip – If you separate each spring roll with portion of wax paper, they should not stick together when storing.
-

NOTES

- **If you don't have time to soak your cashews**, you can skip that part and just blend cashews as is. It just might take a little more blending and to make the dip sauce creamy. Add more soup or almond milk if you need to thin out the sauce. Adjust spices as needed.
- Pacific Foods Cashew Carrot Ginger Soup, the rice paper wrappers, and mung bean threads can all be found at most grocery stores and online.
- **OTHER WAYS TO serve the dip!** This **spring roll curry dip recipe is also great to serve at your next party**. Just follow the make-ahead directions and simply place it on the table with fresh vegetables or rice paper/spring rolls before the party starts.
- **The nutrition stats below** are based off of 2 rolls and 2 tbsp dipping sauce serving, without mung bean noodles added.

Moroccan Salad with Quinoa and Chickpeas

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes *Yield:* 3-4

DESCRIPTION

Healthy Moroccan Salad recipe with Chickpea and Quinoa. Plant based and rich in protein. Great for meal prep too!

INGREDIENTS

- 1 1/2 cup to 2 cups cooked quinoa
- 2/3 cup chickpeas (canned/drained chickpeas or pre roasted if you can find them)
 - toss fresh chickpeas in a pinch of ground turmeric, pepper, sea salt, and ginger (optional, but delicious.)
- 1/3 cup chopped onion (red onion or green work best)
- 4–6 cups leafy greens
- 2/3 cup diced tomatoes
- 1/2 cup crumbled or cubed feta cheese (about 1 ounce)
- 4 figs (dried or fresh) or pitted dated (sliced or diced)
- 1 cup diced carrot or zucchini
- 1/2 to 1 ounce pistachios

Dressing and garnishes:

- 1/4 c extra virgin olive oil
 - 2 tbsp balsamic vinegar or red wine vinegar
 - Lemon + splash of juice
 - 2 tsp honey
 - 1/4 tsp each ground paprika and cumin,
 - sea salt and pepper to taste
 - 1/4 c chopped parsley leaves (fresh)
 - 2 tbsp chopped mint (or 3 mint leaves)
-

INSTRUCTIONS

1. First, prepare your quinoa according to package. Fluff with fork and set aside.
2. Rinse your chickpeas (if using canned) and then toss them with pinch of turmeric, ginger, and pepper. Mix together with cooked quinoa.
3. Next, layer your salad. Greens, grains, vegetables, figs, feta, chickpeas, onion, pistachio and so on.
4. Whisk together honey, 1/3 cup olive oil, 2 tbsp of balsamic vinegar, and remaining dressing spices.
5. Pour over salad and toss. Mix in your chopped parsley.
6. Add a splash of lemon and lemon slices to garnish.
7. Fresh Mint on top to garnish (chopped or whole)

8. Serve immediately or cover and place in fridge for up to 2 days. For **longer** storage or meal prep, keep the dressing separate until ready to serve.
-

NOTES

- Optional protein to toss in or layer on top of salad – grilled chicken, prosciutto, salmon, seared lamb, etc.

Greek Cauliflower Salad Bowls

(Low Carb, Vegetarian)

Prep Time: 15 minutes

Total Time: 15 minutes

Yield: 3

DESCRIPTION

Greek Cauliflower Salad Bowls feature cauliflower rice, grape leaves, Mediterranean olives and seasonings, pumpkin seeds for crunch, and creamy goat cheese. This gluten-free, grain-free, vegetarian, low carb salad is perfect for lunch or meatless dinner.

INGREDIENTS

- 1 small to medium head cauliflower (riced) – **if you prefer to buy premade cauliflower rice, use 3 to 4 cups riced.**
 - 1–2 tbsp of olive oil (2 tbsp if using a large amount of cauliflower)
 - 1/2 teaspoon minced garlic (or 1/4 tsp garlic powder)
 - 1/2 teaspoon fine sea salt
 - 1/2 teaspoon ground black pepper
 - 1/4 cup pumpkin seeds
 - 1 cup [grape leaves](#) – Found in grocery aisle – a jar or can (shredded and pressed clean to remove extra water).
 - 1 cup cherry tomatoes – diced/sliced
 - 1/4 cup chopped fresh basil, parsley, or cilantro!
 - 5–7 marinated green olives (or regular stuffed olives)
 - 1/2 lemon, juiced
 - 1 ounce or more crumbled goat cheese (soft) – **skip for dairy free/vegan option!** Or **see notes** for alternatives
-

INSTRUCTIONS

1. Remove the stem from the cauliflower and cut the cauliflower head into four or five sections. Place one or two sections of the cauliflower, depending on size, into a food processor and pulse until cauliflower rice is formed, usually 3 or 4 pulses.
2. Repeat for each section of the cauliflower.
3. Place the cauliflower rice in a large bowl. Add 1-2 tbsp olive oil, garlic, salt, pepper and pumpkin seeds, and toss to combine.
4. For a fresh cauliflower salad, mix the cauliflower rice with the chopped grape leaves (**preparation instructions below**) and tomatoes. **Alternatively** you can lightly toast the cauliflower rice on an oiled baking sheet, spread out evenly. Bake for 10-15 minutes at 375F, tossing once during baking. Remove and let cool.
5. To prepare the grape leaves, rinse the grape leaves with water to remove the excess salt. Press the grape leaves with a paper towel to remove the excess water. Chop or shred grape leaves and set aside.
6. Dice the tomatoes, herbs, and olives to your liking. Place in a large bowl with the cauliflower rice, and then add the grape leaves. Toss together, mixing well. Add a fresh squeeze of lemon, salt and pepper to taste, and red pepper flakes.
7. **GARNISH** with a hefty dose of crumbled goat cheese, Red pepper flakes, herbs (cilantro or basil), and lemon slices.

8. You can serve straight from one large bowl or serve into 2 -3 smaller bowls!

NOTES

- Feel free to omit cheese for dairy free option! Or use non dairy cheese.
- If you don't like goat cheese, then feta, mozzarella balls, or even a dollop of greek yogurt is divine!

DINNER

10-minute Pan Seared Salmon with Avocado Gremolata

Prep Time: 4 minutes *Cook Time:* 6 minutes *Total Time:* 10 minutes *Yield:* 3 servings

DESCRIPTION

Pan Seared Salmon with Avocado Gremolata is a Whole30 compliant, healthy fish recipe. Making this crispy skin salmon requires just 7 ingredients and 10 minutes of cooking time! This is a quick, easy, kid-friendly meal that's grain-free, gluten-free, low carb, paleo, and using oil instead of butter, it can be dairy-free, too!

INGREDIENTS

- Salmon fillets (two 4-5 ounces each) or one larger 10 ounce salmon fillet (with skin preferred, see notes for skinless cooking times)
- 1–2 tbsp olive oil, avocado oil, or butter, for pan
- Kosher salt and black pepper, to taste

Avocado Gremolata

- 1 small avocado (ripe) or 1/2 large – diced, skin off
 - 4 tsp dried parsley or 1/3 c fresh chopped
 - 2 garlic cloves -minced
 - 1/4 tsp Lemon pepper seasoning or peppercorns
 - 1/4 tsp Sea Salt
 - 3–4 tbsp extra virgin olive oil
 - lemon juice 1 of one lemon and slices to garnish
-

INSTRUCTIONS

Before you begin – You can make the gremolata first before cooking, or quickly make it while the salmon is sitting after being cooked. It takes 2 minutes to make! Instructions below.

1. First clean your fish fillets with fresh water. Pat dry on both sides.
2. Heat a large skillet over medium-high heat. When the pan is hot, add butter (or oil) and swirl until pan is covered or butter melted.
3. Add the salmon fillets to the pan, flesh side down.
4. Pan sear the salmon flesh side down for 3 minutes, then flip with a spatula or tongs to sear the skin. If your goal is a super crispy skin, use a flat spatula to gently press down on the flesh until the fillet flattens out a little more, sealing the skin against the pan. When the flesh feels firm to the touch (3-5 minutes), the salmon is ready.
5. Depending on the thickness of your fillet, the searing time could take longer. Check to make sure the inside is no longer pink but opaque.
6. Remove pan from heat and cool the salmon in the pan for 2-3 minutes. The salmon should continue cooking (a tad) off the heat. Sprinkle the flesh side of the fillets with a little salt/pepper.

7. Top with lemon and avocado gremolata, serve, and enjoy!

To Make avocado gremolata-

- Chop your avocado and herbs.
- Mix all ingredients together in a small bowl and let it marinate in the fridge while the salmon cooks.

NOTES

- This recipe can be doubled to make 4-5 servings (**3-4 ounces of fish per serving**)
- Optional spices to add on top -Pinch or chili pepper or cayenne for spice

Chinese Cauliflower Fried Rice Casserole

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes Yield: 4-5

DESCRIPTION

Chinese Cauliflower fried rice casserole is a meal prep recipe that is perfect for low carb eaters. It's freezer friendly, easy to make, and of course it's delicious! Vegetarian and paleo recipe options.

INGREDIENTS

- Sesame oil for the pan
- Optional 5 ounces diced meat (pork or chicken)
- 1 Tbsp grated ginger
- 1 small shallot, chopped
- 2 tsp garlic, minced
- 1 lbs stir fry vegetables
- handful of mung bean sprouts, optional
- 1/4 cup gluten free [Szechuan sauce](#) or other gluten free chinese/asian sauce of choice
- 3 cups cauliflower rice or broccoli rice (*about 1 small to medium head of cauliflower)
- 2 Tbsp beef broth (you can skip if your veggies are less starchy. The broth just gives the casserole more flavor.)
- 6 [Eggland's Best cage free or organic](#) eggs (2 in stir fry and 4 on top, soft baked)

Garnishes –

- chopped scallion and cilantro to top
- sesame seeds and red pepper flakes
-

INSTRUCTIONS

1. Preheat oven to 350F.
2. Add 1-2 Tbsp sesame oil to a wok or large pan and heat to medium high. If you are wanting to add meat, do so here. Simply stir fry until browned and mostly cooked (in sesame oil), then remove meat and set aside. If you are making the vegetarian option, skip the browning and go straight to adding your shallot, ginger, and garlic to the wok/pan and stir fry ingredients until fragrant – about 2 minutes.
3. Next add all of your stir fry veggies and sauce. Stir fry for 2-3 minutes again until well coated.
4. Mix in your cauliflower rice, broth, and 2 eggs. The 2 eggs can be added to the stir fry whole, or whisked then added. Either works!
5. Stir fry for an additional 3-4 minutes to create a fried cauliflower rice. All in all, the stir frying should not take longer than 10 minutes.
6. Transfer wok/pan ingredients to [an 8 x 11 casserole dish or](#) baking dish.
7. Crack 4 eggs on top of the casserole, spacing them out evenly. Cover with foil, and place in oven at 350F for 15-20 minutes or until eggs are set. For runny eggs, remove casserole from oven after 12-15 minutes of baking and slice the yolk in the middle to create a runny egg (similar to pictures in blog).

8. Return casserole to the oven for an additional 3-5 minutes.
 9. Cool before freezing, or serve immediately.
 10. Garnish with green onion, cilantro, sesame seeds and optional red pepper flakes.
-

NOTES

- Freezer friendly for up to 3 months.
- To reheat from frozen, simply thaw overnight and reheat in oven. Or reheat in oven, covered in foil until warm.

Honey Lime Cilantro Baked Shrimp

Prep Time: 6 minutes

Cook Time: 10 minutes

Total Time: 16 minutes

Yield: 4- 5 servings

DESCRIPTION

Baked shrimp with sweet honey lime shrimp marinade is a seafood dinner idea that you can make in 20 minutes!. It's gluten free, paleo, and delicious!

INGREDIENTS

- 1 lb medium shrimp, shells on or off, deveined.
 - 1/4 cup gluten free tamari sauce or coconut aminos
 - 2-4 tbsp lime juice (1 lime)
 - 2-4 tbsp olive or avocado oil
 - 3 tbsp honey
 - 1 tbsp finely chopped cilantro
 - 1/4 tsp each black pepper and sea salt to taste
 - 2-3 slices of fresh ginger, 1 tsp or less of grated
 - Fresh cilantro and lime to garnish
 - Optional seasoning – red chili pepper flakes/seasoning
-

INSTRUCTIONS

1. Clean and devein shrimp, then place them in a baking dish.
2. Next, in a small bowl, combine your gluten free tamari sauce, lime juice, oil, honey, ginger, black pepper and sea salt (about 1/4 tsp each for seasoning). Stir in your cilantro.
3. Drizzle or brush the seafood marinade over your shrimp. There will be some liquid that sits in the dish. Be sure to leave out the ginger until the last few minutes of cooking time.
4. Roast at 400 F for 10-12 minutes. Shrimp will turn opaque and pink.
5. **Tip** -> Cover with foil for the first 8 minutes, then uncover for the rest when you add the ginger.
6. Optional – Garnish with chili pepper flakes, splash of lime, and fresh cilantro.
7. Peel and eat the shrimp!

Toasted Pine Nut and Leek Quinoa Salad

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes *Yield:* 4-6

DESCRIPTION

Toasted Pine Nut and Leek Quinoa Salad Recipe. Easy to make, gluten free, vegetarian, dairy free.

INGREDIENTS

- 3/4 cup to 1 cup uncooked quinoa
 - water or broth
 - 1/2 tsp kosher salt (divided)
 - 1/4 tsp black pepper
 - 2/3 cup thinly diced/chopped leeks (root portion)
 - 1/3 to 1/2 cup chopped shallot or onion
 - 1/3 cup pine nuts
 - 2 tsp honey (use agave nectar for vegan options)
 - cracked pepper (to taste)
 - 2-3 tbsp olive oil (divided)
 - 1/4 tsp minced garlic
 - 1 lemon (1-2 tbsp juice)
-

INSTRUCTIONS

1. First rinse your quinoa. Add 1 cup quinoa, 1/4 tsp salt, and you need about 2 cups liquid. Bring liquid to a boil with quinoa, then reduce heat to medium low and cover for 20 minutes or until fluffy. Set aside.
 2. Preheat oven to 400F. In a small bowl, combine your chopped leeks (the roots), onion, pine nuts, honey, salt, pepper, and 1-2 tbsp olive oil. Toss and then lay it flat on a baking sheet with parchment paper. Spread evenly across paper.
 3. Roast/toast for 5 to 6 minutes. Remove, toss the pine nuts and then return to oven for another 4-5 minutes or a total of 10-12 minutes.
 4. Remove from oven and combine (in a large bowl) cooked quinoa with honey toasted mixture.
 5. Mix in your minced garlic, cracked pepper, 1/2 tbsp more olive oil, and 1-2 tbsp of fresh lemon juice.
 6. Season with flaked sea salt or coarse sea salt and serve.
 7. Store in airtight container in fridge for up to 4-5 days.
-

NOTES

- For vegan option, omit honey.
- To boost protein or serve as a main meal, pair quinoa salad with chicken breast, fish, or plant based protein of choice.

Za'atar Chicken Bowls with Tomato and Cucumber Raita (Paleo Meal Prep)

Prep Time: 30 minutes *Cook Time:* 30 minutes *Total Time:* 1 hour *Yield:* 4 servings

DESCRIPTION

This paleo meal prep recipe for Za'atar Chicken with Cucumber Raita makes a paleo dinner that's packed with flavor and anti-inflammatory benefits! It's easy to make and so delicious!

INGREDIENTS

ZA'ATAR SPICE BLEND:

- 2 Tbsp fresh thyme, minced
- 2 Tbsp sesame seeds, toasted
- 2 tsp ground sumac
- 1 tsp ground cumin
- ½ tsp coarse salt

CHICKEN:

- 1 lb boneless skinless chicken breasts
- 2 Tbsp olive oil
- 1½ Tbsp Za'atar Spice Blend (or more if desired)
- ¼ tsp sea salt

KEFIR CUCUMBER RAITA:

- 1 cup kefir or coconut milk yogurt (I like goat milk kefir)
- 1 cup cucumber, peeled, seeded, and finely chopped
- 1 Tbsp fresh mint, finely chopped
- 1 1/2 Tbsp fresh dill, loosely packed, finely chopped
- ¼ tsp sea salt (optional)

FOR SERVING:

- Baby arugula
 - cucumber slices
 - cherry tomato slices
-

INSTRUCTIONS

PREPARE THE ZA'ATAR SPICE BLEND:

1. **Note:** You will have more za'atar spice blend than you need for this recipe, which you can save for future cooking endeavors—it's great on fish, beef, and pork.
2. Stir together the ingredients for the za'atar spice blend in a small bowl.

PREPARE THE ZA'ATAR CHICKEN:

1. Place the chicken in a Ziploc bag or sealable container and drizzle with olive oil. Sprinkle with 1½ Tbsp (or more, if desired) of the za'atar spice blend and sea salt.
2. Seal the bag and shake until the chicken is well-coated in spices and oil. Refrigerate and allow the chicken to marinate at least 15 minutes or up to 12 hours.
3. Preheat the oven to 375 degrees F.
4. Place chicken in a casserole dish in a single layer, allowing space between each breast for even cooking. Bake chicken 25 to 35 minutes, or until the internal temperature reaches 163 degrees. Transfer chicken to a cutting board and allow it to rest 5 to 10 minutes before slicing.

PREPARE THE KEFIR CUCUMBER RAITA:

1. Stir together the ingredients for the raita in a bowl until combined. Optional: taste and add sea salt if it needs more flavor.
2. Refrigerate until ready to use.

ASSEMBLE THE BOWLS:

1. Add the desired amount of baby arugula to each bowl or plate, top with za'atar chicken, cucumber and tomato, and kefir cucumber raita.

NOTES

1. You will have more za'atar spice blend than you need for this recipe, which you can save for future cooking endeavors—it's great on fish, beef, and pork.

RECIPE ADAPTATIONS

- If you can't find kefir: replace kefir with regular Greek yogurt.
- If you are intolerant to dairy, replace kefir with coconut milk yogurt (make sure that there is no added sugar).

PALEO MEAL PREP TIPS:

- Prepare the chicken up to 3 days ahead of time.
- Make the kefir cucumber raita up to 3 days ahead of time.
- Cook the rice up to 5 days ahead of time.

Fajita Steak Soup

(Instant Pot and Stove Top Option)

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes *Yield:* 4

DESCRIPTION

Healthy fajita steak soup (instant pot or stove top)- A Mexican inspired paleo soup that's easy and delicious! Whole 30 friendly.

INGREDIENTS

- 12 ounce steak (trimmed, fat removed) (or two 5–6 ounce steaks)- See notes for other options.
 - 1 tsp minced Garlic or 3 cloves
 - 1 tbsp Oil
 - 1 c thick chunky Salsa or pico de Gallo of choice. Mild or hot
 - 1 10 ounce can [diced tomatoes with green chili](#) or canned diced tomatoes with other Mexican spices
 - 2 c Cauliflower rice (1 small head with stem removed, see notes for easy prep)
 - 1 Bell pepper – diced
 - 1/2 tsp Cumin
 - Pinch of chili powder
 - 1 tsp sea salt
 - 1/2 tsp of black pepper
 - 4 c chicken Broth or chicken stock (gluten free)
 - 1 cup fresh (torn) Cilantro – about 1 small bunch
 - 1 Jalapeño
 - avocado slices and optional peppercorns to garnish
-

INSTRUCTIONS

- Clean and remove fat from steaks. Make sure all your other ingredients are diced and ready for the soup. Set aside.
- Place instant pot on sauté setting. Place your steak, garlic, and oil in the instant pot.
- Brown meat with garlic and oil on sauté for 2 to 3 minutes, flipping once.
- Remove from instant pot and let the steak rest for 2 minutes. Then Slice into stew meat pieces.
- Place the meat back in the instant pot and then add in the remaining ingredients; salsa, tomatoes, cauliflower rice, bell pepper, cumin, chili powder, salt/pepper, and broth. Mix until combined then place lid back on instant pot.
- Press Manual mode pressure cook. Cook for 15 min, then slow release. Quick release works just as well.
- Stir ingredients. Taste to see if it's to your liking. Add more spices while it's warm, if desired.
- Serve hot and garnish with torn fresh cilantro, jalapeño slices, avocado slices and peppercorn.

STOVE TOP OPTION

- Heat a large stock pot to medium. Add steak meat (or stew meat) and brown with oil and garlic. Slice meat once browned and rested for 1-2 minutes. If you're using stew meat, skip the resting.
- Add your vegetables (cauliflower rice and bell pepper) to the pot, sauté for 2 minutes on medium. Next add the sliced steak meat back into the pot along with salsa, tomatoes, spices, and broth. Mix together.
- Cover with lid and set to medium low for 30 – 35 min or until meat and vegetables are cooked seasoned well with the broth. Taste and adjust if needed.
- Serve and Garnish with cilantro, jalapeño, avocado

SEE NOTE FOR STORAGE. This soup does freeze well.

NOTES

- If you wish to skip searing steak fillets, you can buy stew meat already sliced and brown it in instant pot.
- Store in airtight container in fridge for up to 7 days. Or freeze for 3 months.
- If you're wondering how to rice cauliflower, see my [cauliflower rice soup recipe](#). Or you can buy prepared cauliflower rice in the freezer section!

SNACK AND DRINK OPTIONS

Gut Healing Bone Broth Latte

Prep Time: 5 minutes *Cook Time:* 5 minutes *Total Time:* 10 minutes *Yield:* 2 cups

DESCRIPTION

Bone broth latte is a delicious hot drink with nutritional benefits! It has collagen and healthy fats, and it's the perfect replacement for coffee.

INGREDIENTS

2 cups bone broth (or traditional broth with 1 scoop collagen)

1/4 tsp ground ginger

1 pinch turmeric

1 pinch cayenne pepper

1 pinch black pepper

1 tbsp grass fed butter, coconut oil, or ghee

OPTIONAL: cream or coconut cream, to taste

OPTIONAL: collagen peptides (stir in for extra protein)

1 dash sea salt

**Optional Savory latte toppings – fresh herbs, chopped green onion, red pepper flakes, etc.*

INSTRUCTIONS

1. Heat bone broth, spices, and butter over medium heat, stirring until combined.
 2. Use a hand blender or regular blender to blend the coconut cream into the broth mixture. Blend until mixture is creamy and frothy.
 3. Divide equally into 2 mugs. Top with sea salt and optional herbs or green onion. Sip and savor!
-

NOTES

- The latte can also be made in the microwave, but it will not be frothy.
- recipe adapted from [The Core 4](#).

Vegan Dark Chocolate Chewy Energy Bites

{Blender Recipe, Whole 30 Friendly}

Prep Time: 10 minutes

Total Time: 10 minutes

Yield: 20

DESCRIPTION

Vegan Dark Chocolate Chewy Energy Bites {Blender Recipe, Whole 30 friendly}

INGREDIENTS

- 1/2 cup dark chocolate chips (100% cacao for whole 30)
 - 1 cup almonds
 - 5 ounces sun dried apricot halves (no sugar added)
 - cocoa powder (unsweetened)
 - pinch of sea salt
-

INSTRUCTIONS

1. Combine the chocolate, apricots, and almonds in the blender.
 2. Blender until batter is formed.
 3. Add a pinch of salt
 4. Blend again.
 5. Remove from blender and place in bowl.
 6. Roll into bite size balls (a little smaller than golf ball size. Around 18 grams).
 7. Coat (or roll) each ball in cocoa powder.
 8. Place on a baking dish or tray with parchment paper.
 9. Continue rolling and coating until you have around 18-20 bites
 10. Sprinkle a little sea salt over each if desired.
 11. Once done, place in freezer for 30 minutes to set.
 12. Remove. Place bites in ziplock or sealed container and store in fridge for up to 8 weeks.
 13. These are delicious any time of day!
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NOTES

Pulse blender if batter keeps getting stuck.

Detoxifying Super Green Smoothie

Prep Time: 5 minutes Cook Time: 1 minute Total Time: 6 minutes Yield: 2

DESCRIPTION

Detoxifying Super Green Smoothie with Kiwi and Celery Juice {Paleo, Vegan}

INGREDIENTS

- 2 kiwis (peeled)
 - 1 lime (juiced)
 - 1 lemon (juiced)
 - 6 ounces fresh celery juice or unsweetened coconut water (5 to 6 large celery stalks juiced)
 - 4 oz fresh squeezed orange juice
 - 1 sprig of parsley
 - 1/2 tsp ground ginger
 - Pinch of sea salt
 - Optional – Small handful of baby spinach (for better digestion, slightly steam beforehand)
 - Optional – 1 tbsp chia seed or 2 tbsp vegan protein
 - Optional 1 tsp maple syrup or honey
-

INSTRUCTIONS

1. Blend and serve! Ice is optional.
-

NOTES

- You can also use 1-2 tbsp of vegan protein or 1 tbsp chia seed if you'd like to boost protein it.
- **Nutrition below** based on using celery juice and no added protein or sweeteners.
- [Hurom slow Juicer](#) is our juicer of choice

Turmeric Pineapple Apple Cider Vinegar Drink (Detox Shrub Cocktail)

Prep Time: 5 minutes *Total Time:* 5 minutes *Yield:* 2 -3

DESCRIPTION

Drinking apple cider vinegar is great for gut health. Try it in this Turmeric Pineapple Shrub Morning Cocktail recipe! A detox apple cider vinegar drink.

INGREDIENTS

- 1/4 cup 100% pineapple juice
 - 1 cup diced pineapple fresh
 - 2 tbsp honey – raw (maple syrup may be substituted for vegans)
 - 2 –4 tbsp apple cider vinegar (adjust to taste)
 - 2 –3 fresh mint leaves, plus extra to garnish
 - (1/4 tsp) pinch of cayenne
 - (1/4 tsp to 1/2 tsp) pinch of turmeric
 - Optional grated ginger – 1/2 tsp
 - 1 to 2 tbsp lime juice (sliced lime to garnish – optional)
 - Sparkling water
 - Crushed iced
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INSTRUCTIONS

1. **Place ingredients (minus sparkling water and ice) in blender or large cup with hand blender!** Blend until combined. This creates the concentrated/base of the drink. Taste and adjust as needed. **For example**, if you want it extra spicy, add more cayenne. If you want it a little more zesty or tangy, add more apple cider vinegar, mint, and lime.
 2. Pour mixture into a bottle and store in the fridge until ready to drink. Once ready to drink, simply add sparkling water (adjust to taste) and optional ice. Lime and mint to garnish.
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NOTES

- Want to make it into a happy hour cocktail? Simply add a splash of tequila or rum to each drink and mix.
- Taste and adjust as needed. **For example**, if you want it extra spicy, add more cayenne. If you want it a little more zesty or tangy, add more apple cider vinegar, mint, and lime. When ready to serve, add sparkling water or even kombucha! Adjust to taste.