

Protein Smoothie Recipes

“Greens” Smoothie (1 serving)

½ cup kale or spinach — stems removed, chopped and firmly packed OR organic frozen option
¼ cup parsley leaves, loosely packed
½ medium organic apple, cored and coarsely chopped
½ medium organic pear, cored and coarsely chopped
2 scoops Dairy-Free FastFuel Complete
2 scoops FiberMend fiber blend
½ cup ice
¾ cup filtered water or unsweetened almond milk

Peach Melba Smoothie (1 serving)

2 scoops Dairy-Free FastFuel Complete
2 scoops FiberMend fiber blend
8–10 oz. filtered water or unsweetened coconut milk
1/3 cup raspberries (fresh or frozen)
1/3 cup peach or nectarine (fresh or frozen)
2 ice cubes (omit if using frozen berries)

Triple Berry Delight (1 serving)

2 scoops Dairy-Free FastFuel Complete
2 scoops FiberMend fiber blend
½ cup unsweetened almond or coconut milk
4–6 oz. filtered water — reverse osmosis preferred
¼ cup of organic strawberries, blueberries, raspberries, blackberries or cherries (fresh or frozen)
2 ice cubes (omit if using frozen berries)

Juicing Options (require a juicer)

The D.TOX Cleanse

½ cup wheatgrass or parsley — rich in chlorophyll and antioxidants
4 organic carrots
1 small organic apple, cut in slices
2 organic celery ribs
½ beet with top

Crazy Crucifers

3–4 kale leaves
½ cup organic broccoli with stems
½ head of cabbage (purple or green), cut into wedges
2 organic carrots
2 small organic apples, cut into slices

Greens Galore

Handful of parsley or wheatgrass
2 small organic granny smith apples, cut into slices
2 leaves of kale
1 cup of organic spinach

Immune Igniter

2 cloves of garlic
¼-inch slice of ginger
Handful of parsley
4 organic carrots
1 small organic apple, cut into slices
1 cup Jerusalem artichokes

Vegetable Options

Braised Broccoli with Garlic (4–5 servings)

1 Tbsp extra virgin olive oil
6 cloves fresh garlic, very finely minced
5 cups broccoli florets
½ tsp sea salt — Himalayan or Celtic preferred
¼ cup filtered water — reverse osmosis preferred

Place oil and garlic in a skillet over medium-low heat. Cook, stirring frequently for 2 minutes, but do not burn the garlic. Stir in broccoli, salt and water. Cover and increase heat to high. When you hear a strong sizzle, reduce heat to low and cook for 2–3 minutes, stirring frequently. Serve immediately.

Roasted Veggies (several servings)

Garlic cloves, crushed
Olive oil
Seasonings to taste (e.g., rosemary, oregano, tarragon, basil, salt, pepper)
Any combination of the following veggies, washed and cut into bite-size pieces:
Yellow or green summer squash
Broccoli
Cauliflower
Mushrooms
Asparagus
Red onion, peeled

Toss veggies with crushed garlic cloves and olive oil, and sprinkle with your favorite herbs to taste. Spread in roasting pan in single layers and roast approximately 45 minutes at 400 degrees until veggies are tender and slightly brown, stirring occasionally. Season to taste. Serve immediately while warm.

Kale Chips (multiple servings)

Large head of kale
Small bowl of extra virgin olive oil
Celtic or Himalayan sea salt
Curry or Cumin

Preheat oven to 425 degrees. Remove kale from stalk, cutting the greens into strips. Place a little olive oil in a bowl, dip your fingers and rub a very light coating of oil over the kale. Lay the kale on a baking sheet and bake for 5 minutes or until it starts to turn a little brown. Keep an eye on it; it can burn quickly. Turn the kale over, add a little salt, curry or cumin to taste, and bake another 5 minutes. Remove and serve.

Hummus (6 servings)

16-oz. can garbanzo beans (chickpeas),
or 2 cups dried, cooked
1/3 cup lemon juice
2 Tbsp extra virgin olive oil
2 cloves of garlic, crushed
Paprika, sea salt and fresh parsley to taste
1 tsp cumin
¼ cup tahini (sesame butter)

Drain beans and reserve liquid. Blend beans with remaining ingredients in blender. If mixture seems dry, add some of the reserved liquid slowly to the blender to make a smooth paste. Garnish with a sprinkle of paprika and parsley.

Soups

Bean & Greens Soup (6 servings)

2 cups white kidney beans (cannellini), canned or dried, cooked
1–2 cups kidney or red beans, canned or dried, cooked
1 cup garbanzo beans (chickpeas), canned or dried, cooked
4 cups fresh spinach, washed, drained and chopped or 10-oz. package frozen chopped spinach
4 cups organic vegetable broth
2 medium onions, chopped
1 large clove garlic, minced
1 tsp. dried basil
1 Tbsp. dried parsley
1 tsp. dried oregano

Combine all ingredients and simmer about 45 minutes, until onions are soft.

Chunky Chili (4 servings)

1 lb. grass-fed ground beef, browned in skillet
1 Tbsp. extra virgin olive oil
1 medium onion, chopped
2 whole carrots, diced
4 cloves garlic, minced
1 sweet red bell pepper, chopped
1 green bell pepper, chopped
1 jalapeño pepper, fresh or canned, finely chopped
2 Tbsp. chili powder
1 tsp. cumin
1 cup cooked kidney beans, canned or dried, cooked
1 cup cooked pinto beans, canned or dried, cooked
28-oz. can tomatoes, chopped (reserve juice)
½ tsp. freshly ground pepper
2 Tbsp. parsley, finely chopped

In a large (stainless steel) soup kettle, heat oil over low heat; add onion, carrots, garlic and peppers. Cover and cook until vegetables are very soft, about 10 minutes. Remove lid, add chili powder and cumin, and cook an additional 2–3 minutes, stirring occasionally. Add beans, tomatoes, and their juice. Simmer 20 minutes. Add pepper. Top bowls of chili with parsley. Freeze leftovers for later use.

Chicken Mexistrone Soup

1 lb. organic or pasture-raised chicken, cut into bite-size pieces
1 Tbsp organic coconut oil
1 Tbsp ghee
1 medium onion, diced
1 carrot, sliced
1 large garlic clove, minced
1 small zucchini, halved lengthwise and sliced
1 cup cooked black beans, rinsed and drained, Eden Organic brand preferred
1 cup cooked pinto beans, rinsed and drained, Eden Organic brand preferred
1 can stewed tomatoes with jalapenos (reserve the liquid)
2 tsp dried oregano
1 tsp dried basil
1½ cups organic tomato or vegetable juice

Heat coconut oil in a medium skillet; sauté chicken until meat is no longer pink. Heat butter in medium pot and sauté onion and carrot for 3 minutes. Add garlic and squash. Cook, stirring, 2 minutes. Add chicken when done. Add black and pinto beans, stewed tomatoes with their liquid, oregano and basil to other ingredients. Pour in juice and ½ cup water. Bring mixture to a boil and simmer 5 minutes. Season to taste with pepper. Soup can be made ahead and refrigerated up to 2 days.

Soups, cont'd

Asparagus Soup

¼ cup extra virgin olive oil
1 large shallot, thinly sliced lengthwise
Pinch of crushed red pepper flakes
Celtic sea salt
1 pound asparagus, trimmed, chopped, tips reserved
4 cups homemade chicken stock or store-bought organic chicken broth
1 cup loosely packed organic spinach leaves

In a medium saucepan, heat 2 tablespoons oil over medium-high heat. Add shallot, red pepper flakes and a pinch of salt. Cook, stirring occasionally, until shallots are tender and just beginning to brown, about 5 minutes. Add chopped asparagus, and cook for 1 minute. Stir in broth and 1 cup water; bring to a boil. Reduce heat to a simmer; continue cooking until asparagus is tender, about 15 minutes. Meanwhile, prepare an ice-water bath. Fill a medium saucepot with water and bring to a boil. Add salt, return to a boil, and add asparagus tips. Cook until just tender. Transfer asparagus tips to ice-water bath; let cool about 1 minute. Drain and set aside. Remove from heat; add spinach. Using an immersion blender, puree soup while drizzling in remaining 2 tablespoons oil. Return to heat and cook until heated through; season with salt. Divide soup evenly between 4 bowls, garnish with asparagus tips, and serve immediately.

Breakfast

Daiya-Quinoa Patties

1 cup quinoa
1 cup unsweetened almond milk
1 tsp extra virgin olive oil
1 cup organic vegetable broth
¼ cup onions
2 cups raw organic spinach
¼ cup Daiya (non-dairy) mozzarella

Prepare the quinoa using almond milk, olive oil and vegetable broth. Pan-fry onions and spinach until wilted. Add onions and spinach to cooked quinoa and mix together. Mix in ¼ cup Daiya mozzarella and allow to melt. Divide quinoa mixture into ¼-cup portions and make them in to patties using hands. Place the patties in a pan on medium heat, cooking until slightly crispy on each side. Different vegetable variations work too!

Lunch & Dinner Options

Sweet Potato, Black Bean & Turkey Hash

2 tsp organic coconut oil
6 ounces ground turkey
2 medium onions, chopped
1 medium sweet potato, ½-inch dice
2 large garlic cloves, minced
1 jalapeño pepper, seeded and minced
4 tsp ground cumin
¾ cup of filtered water
2 cups of black beans – Eden Organic brand preferred
2 Tbsp chopped cilantro
1 lime cut in to wedges

In skillet, cook thoroughly and brown turkey. In skillet, sauté onions until browned, 3–5 minutes. Add sweet potato and cook, stirring until it browns, about 5–7 minutes. Stir in garlic, jalapeno and cumin, and sauté until fragrant, about 30 seconds. Stir in black beans, water and turkey, and cook until heated through. Stir in cilantro and season with pepper. Serve with lime wedges.

Stir-Fried Vegetables & Chicken

1 Tbsp organic coconut oil
2 cloves garlic
¼ cup sliced ginger
2 carrots, sliced
1 cup broccoli florets
1 cup baby bok choy, sliced lengthwise
1 cup sliced zucchini, cut on an angle
3 scallions, sliced into 2-inch pieces on the bias
1 tablespoon wheat-free tamari
1 cup snap peas
2 organic chicken breasts, grilled and sliced
Fresh cilantro, for garnish

For the stir-fry, heat a heavy skillet and add oil. Keep on medium-high heat and add garlic and ginger for one minute, stirring with a wooden spoon. Add the rest of the vegetables a little at a time to keep heat up, except the snap peas. Toss, flip, or just use a wooden spoon to coat vegetables and prevent scorching. Add the tamari and 2 tablespoons water. Finally, add the snap peas for 1 minute. Garnish with fresh cilantro, and serve chicken breasts on the side.

Tomato & Bean Salad with Grilled Tuna

1 pound heirloom tomatoes (about 2), cored and cut into pieces
15-oz. can beans (white, black or red), drained and rinsed – Eden Organic brand preferred
¼ cup fresh tarragon leaves
1 tablespoon fresh lemon juice, plus wedges for serving
3 scallions, thinly sliced
1 tablespoon extra virgin olive oil, plus more for grates
Celtic Sea salt
Ground pepper
4 tuna steaks (about 8 ounces each)

Combine tomatoes, beans, tarragon, lemon juice, scallions and oil; season with salt and pepper. Set aside. Heat grill to medium; lightly brush grates with oil. Season tuna, on both sides, with salt and pepper. Grill, turning once, until medium-rare, 2 to 4 minutes. Serve tuna topped with tomato and bean salad.

Lettuce Leaf Wrap-Ups

8 large romaine lettuce leaves
1 cup guacamole
1 cup grated carrot
½ cucumber, cut in half horizontally, seeded and sliced into ¼-inch slices
1 cup sprouts (alfalfa, broccoli or mung bean)
1 cooked organic chicken breast, cooled and shredded, or
1 cooked wild salmon fillet, cooled and flaked, cut in 1-inch strips, sautéed and cooled (optional)

Wash and dry whole lettuce leaves and cut off the bottom 1 inch of stems. Drop 2 tablespoons of guacamole onto the lettuce leaf. Spread the guacamole across the leaf using the back of a spoon, being careful not to tear the leaf. Spread 2 tablespoons each of the carrot, cucumber and sprouts across the guacamole. Place 2 tablespoons of the chicken or salmon across the vegetables and roll up the lettuce leaf like a burrito, gently rolling one side over until the wrap is complete.

Lunch & Dinner Options, cont'd

Almond Butter Coconut Curry with Chicken & Veggies Quinoa

Organic chicken breast sautéed in organic coconut oil

Steamed Vegetables:

Broccoli

Spinach

Carrots

Red, yellow or green bell pepper

Bok choy

Quinoa – cook according to package instructions.

Curry Ingredients:

1 cup water

13.5-oz. can coconut milk (unsweetened)

½ cup almond butter

1 tablespoon tomato paste

1 tablespoon mild curry powder

2 minced garlic cloves

Ginger to taste

Cube chicken breast and sauté in coconut oil.

In medium saucepan, heat “curry ingredients” while whisking regularly; cook to desired thickness, adding water if necessary to thin. Steam the vegetables and mix all ingredients, except quinoa, together. Serve over cooked quinoa.

Beef Stuffed Peppers

4 medium organic green, red or yellow bell peppers (or combination of colors)

1 lb grass-fed ground beef or bison

¾ cup chopped onion

¼ cup uncooked brown or wild rice

¼ cup tomato paste

1 tbsp tomato paste (for sauce)

1 tsp dried oregano

¼ tsp black pepper

1 can (14½ oz) Italian-style stewed tomatoes, undrained (for sauce)

Heat oven to 350 degrees F. Cut off tops of bell peppers; remove seeds. Set aside. Cook the brown or wild rice. Combine ground beef, onion, rice, tomato paste, ½ tsp oregano and black pepper in large bowl, mixing lightly but thoroughly. Spoon into bell peppers; stand peppers in 8x8 inch baking dish. Combine sauce ingredients (Italian-stewed tomatoes, 1 Tbsp tomato paste, ½ tsp dried oregano), pour over peppers. Cover dish tightly with aluminum foil. Bake in pre-heated oven 1–1½ hours until cooked to medium (160 degrees F), or until beef is not pink in center and juices show no pink color.

Mango & Black Bean Salad with Grilled Tuna

1 lb tuna steaks

15-oz. can black beans – Eden Organic brand preferred

1 large ripe mango, peeled, cubed

2 plum tomatoes, chopped

½ medium cucumber, chopped

4 green onions and tops, sliced

2 Tbsp lime juice

1 Tbsp white wine vinegar

1 Tbsp water

½ tsp dried mint leaves

¼ tsp dried tarragon leaves

For the Salad – Grill tuna over medium-hot coals, or broil 6 inches from heat source until fish is tender and flakes with a fork, 4–5 minutes on each side. Cool several minutes and cut into 1-inch pieces. Combine tuna, beans, mango, tomatoes, cucumber and green onions in bowl; drizzle with island lime dressing and toss. Spoon salad onto plate.

Island Lime Dressing – In a small bowl, whisk together olive oil, vinegar, water, mint, and tarragon. Refrigerate until serving time.

Snacks

Spicy Nuts

½ cup pecans*
½ cup almonds*
1/3 cup pistachios*
1/3 cup cashews*
1/3 cup pumpkin seeds*
½ tsp curry powder
1/8 tsp cayenne (or more to taste)
½ tsp dried rosemary
¼ tsp Celtic sea salt
Cooking spray

*All nuts are shelled, unsalted and unroasted (raw).

Preheat oven to 325 degrees F. Combine nuts and seeds in a medium-sized bowl. Add the spices and salt and toss to combine. Spray a baking sheet with cooking spray, then transfer coated nuts to baking sheet and spread evenly in 1 layer. Bake 15–20 minutes, stirring once, until nuts are fragrant and lightly toasted.