

# **21 Day Purification Program**

## **Meal Guide**



# Hypo-Allergenic Diet Basics

## Foods to Avoid:

All gluten-containing foods like wheat, rye, oats and barley which are commonly found in breads, pasta and other products from refined flour.

- *The most common allergies are caused by this group of foods. By avoiding these foods for a few weeks your system gets a chance to relax and clear itself out. You may not even know you have an allergy to these foods because the symptoms may be so subtle.*

Alcohol, caffeine (coffee, black teas, sodas and soy milk), soda and fruit drinks that are high in refined sugars.

- *Both alcohol and caffeine are hard on the liver. So give your liver a vacation!*

Pork, cold cuts, bacon, hot dogs, canned meat, sausage and shellfish.

- *Meats are typically high in nasty ingredients such as estrogens, antibiotics and others typical of processed foods.*

Common Table Salt

- *Use SEA SALT: "Celtic Sea Salt", or "Real Salt"*

Dairy (milk, cheese, butter, yogurt, etc.)

- *Dairy products are most likely to cause allergies and increase pain. Whey Protein is O.K.*
- *Raw organic butter is ok*

Foods high in fats and oils, including peanuts, refined oils, margarine and shortening.

- *This diet was designed to lessen the burden placed on your system by eliminating many foods, including those high in fats and refined and processed oils.*

Any other foods not listed on these pages that you know you are allergic to.

- *Give your healthcare practitioner a list of foods that you know you are allergic to.*

## INGREDIENTS TO AVOID

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### Fats (trans fats)

- hydrogenated oils
- partially hydrogenated
- monoglycerides
- diglycerides
- vegetable shortening

### Saturated fats (tropical, oils)

- **vegetable shortening**
- **palm oil**
- **palm kernel oil**
- **cottonseed oil**

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### Sugars

- sucrose
- glucose
- dextrin
- dextrose
- monosaccharides
- turbinado sugar
- disaccharides
- corn syrup
- corn sweetener
- high fructose corn sweetener
- high fructose corn syrup
- sucanat

### Artificial sweeteners

- aspartame (NutraSweet , Equal) (blue)
- saccharin (Sweet 'n Low) (pink)
- sorbitol
- xylitol

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### Monosodium Glutamate (MSG)

- **hydrolyzed vegetable protein (HVP)**
  - **autolyzed yeast extract**
  - **natural flavors**
  - **potassium glutamate**
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## **Dietary Do's**

1. Eat whole, natural foods.
2. Eat only foods that will spoil, but eat them before they do.
3. Eat naturally-raised meat including fish, seafood, poultry, beef, lamb, game, organ meats and eggs.
4. Eat whole, naturally-produced milk products from pasture-fed cows, preferably raw and/or fermented, such as whole yogurt, cultured butter, whole cheeses and fresh and sour cream.
5. Use only traditional fats and oils including butter and other animal fats, extra virgin olive oil, expeller expressed sesame and flax oil and the tropical oils—coconut and palm.
6. Eat fresh fruits and vegetables, preferably organic, in salads and soups, or lightly steamed.
7. Use whole grains and nuts that have been prepared by soaking, sprouting or sour leavening to neutralize phytic acid and other anti-nutrients.
8. Include enzyme-enhanced lacto-fermented vegetables, fruits, beverages and condiments in your diet on a regular basis.
9. Prepare homemade meat stocks from the bones of chicken, beef, lamb or fish and use liberally in soups and sauces.
10. Use herb teas and coffee substitutes in moderation.
11. Use filtered water for cooking and drinking.
12. Use unrefined Celtic sea salt and a variety of herbs and spices for food interest and appetite stimulation.
13. Make your own salad dressing using raw vinegar, extra virgin olive oil and expeller expressed flax oil.
14. Use natural sweeteners in moderation, such as raw honey, maple syrup, dehydrated cane sugar juice and stevia powder.
15. Use only unpasteurized wine or beer in strict moderation with meals.
16. Cook only in stainless steel, cast iron, glass or good quality enamel.
17. Use only natural supplements.
18. Get plenty of sleep, exercise and natural light.
19. Think positive thoughts and minimize stress.
20. Practice forgiveness.

## **Dietary Don'ts**

1. Don't eat commercially processed foods such as cookies, cakes, crackers, TV dinners, soft drinks, packaged sauce mixes, etc.
2. Avoid all refined sweeteners such as sugar, dextrose, glucose and high fructose corn syrup.
3. Avoid white flour, white flour products and white rice.
4. Avoid all hydrogenated or partially hydrogenated fats and oils.
5. Avoid all vegetable oils made from soy, safflower, sunflower, corn, canola or cottonseed. (The 3 C's and the 3 S's)
6. Do not use polyunsaturated oils for cooking, sautéing or baking.
7. Avoid fried foods.
8. Do not practice veganism; animal products provide vital nutrients not found in plant foods.
9. Avoid products containing protein powders.
10. Avoid pasteurized milk; do not consume low fat milk, skim milk, powdered milk or imitation milk products.
11. Avoid battery-produced eggs and factory-farmed meats.
12. Avoid highly processed luncheon meats and sausage containing MSG and other additives.
13. Avoid rancid and improperly prepared seeds, nuts and grains found in granolas, quick rise breads and extruded breakfast cereals, as they block mineral absorption and cause intestinal distress.
14. Avoid canned, sprayed, waxed, bioengineered or irradiated fruits and vegetables.
15. Avoid artificial food additives, especially MSG, hydrolyzed vegetable protein and aspartame, which are neurotoxins. Most soups, sauce and broth mixes and commercial condiments contain MSG, even if not so labeled.
16. Avoid caffeine-containing beverages such as coffee, tea and soft drinks. Avoid chocolate (except dark chocolate).
17. Avoid aluminum-containing foods such as commercial salt, baking powder and antacids. Do not use aluminum cookware or aluminum-containing deodorants.
18. Do not drink fluoridated water.
19. Avoid synthetic vitamins and foods containing them.
20. Do not drink distilled liquors.
21. Do not use a microwave oven.

# Cranberry Drink

This mixture should be taken three times per day (three 8 oz glasses):

1. First thing in the morning
2. Before lunch
3. Before dinner

Ingredients:

- Spring water – 6 oz
- Organic Unsweetened cranberry juice – 2 oz
- Organic Lemon juice – 1/3<sup>rd</sup> of a fresh lemon
- Organic Apple Cider Vinegar – ½ to 1 tsp
- OPTIONAL – 2 TBS fiber

It is recommended that you mix the entire combination together in a container the night before and place it in the refrigerator. If you absolutely cannot stand this drink mixture, don't force yourself to drink it. Some bodies just can't tolerate the vinegar; so, there is **some** flexibility in drinking the mixture without the vinegar.

## **Purpose of the Ingredients:**

### **Organic Unsweetened Cranberry Juice**

- Helps support normal kidney, bladder, and urinary tract functions – the body's filtration system.
- Very high in potassium and low in sodium

### **Lemon Juice**

- Supports normal immune function

### **Apple Cider Vinegar**

- Balances the pH of the body
- Eliminates waste acids
- Provides potassium
- Fortifies the friendly bacteria in your intestines
- Reduces water retention

### **Fiber**

- Reduces hunger

# How to bring out the hidden health benefits of garlic

## **Why chopping garlic is important:**

The latest scientific research tells us that slicing, chopping, mincing, or pressing garlic before cooking will enhance its health-promoting benefits. A sulfur-based compound called alliin and an enzyme called alliinase are separated in the garlic's cell structure when it is whole. Cutting garlic ruptures the cells and releases these elements, allowing them to come in contact and form a powerful new compound called allicin, which not only adds to the number of garlic's health-promoting benefits but is also the culprit behind its pungent aroma and gives garlic its "bite."

By chopping garlic more finely, more allicin may be produced. Pressing garlic or mincing it into a smooth paste will give you the strongest flavor and may also result in an increased amount of allicin. So, the next time you chop, mince, or press your garlic, you will know that the more pungent the smell, the better it probably is for your health.

## **Why you should let garlic sit for 5-10 minutes:**

To get the most health benefits from garlic, let it sit for a minimum of 5 minutes, optimally 10 minutes, after cutting and before eating or cooking. Waiting 5-10 minutes allows the health-promoting allicin to form. If you do not let it sit, allicin is never formed, so it is worth the wait.

## **How cooking affects the nutrients in garlic:**

Heating garlic without letting it sit has been found to deactivate the enzyme that is responsible for the formation of allicin. However, if you have allowed your garlic to sit for 5-10 minutes, you can cook it on low or medium heat for a short period of time (up to 15 minutes) without destroying the allicin. This is because letting it sit not only ensures the maximum synthesis of the allicin, but also makes it more stable and resistant to the heat of cooking.

Research on garlic reinforces the validity of this practice. When crushed garlic was heated, its ability to inhibit cancer development in animals was blocked; yet, when the researchers allowed the crushed garlic to sit for 10 minutes before heating, its anticancer activity was preserved.

## **Cooking for:**

5-15 minutes: minimal loss of nutrients

15-30 minutes: moderate loss of nutrients

45+ minutes: substantial loss of nutrients

Taken from: *The World's Healthiest Foods by George Mateljan*

# Healthy Cooking Methods

## Healthy Sauté:

“Healthy Sauté” will concentrate both the flavor and nutrition of your vegetables and has the benefits of three methods:

1. It is a sauté – uses broth in place of heated oils
2. Like a stir fry – brings out the robust flavor of foods but cooks them at a lower temperature
3. Like steaming – there is enough moisture to soften the cellulose and hemicelluloses, which aids digestibility

How to “Healthy Sauté”

1. Heat broth in a stainless steel skillet
2. When broth begins to steam, add vegetables
3. Cover if necessary and sauté

## Healthy Steaming:

“Healthy Steaming” is one of the best cooking methods for retaining flavor and nutrients in food. Foods simply steamed and flavored with fresh herbs, lemon, and olive oil can be very satisfying and delicious.

Steaming for the minimal amount of time produces vegetables cooked *al dente*, crisp inside and tender outside, and is an ideal way to maximize their nutrients.

How to “Healthy Steam”

1. Fill bottom of steamer with 2 inches of water (so you don’t burn the pot) and bring to a rapid boil
2. Turn the heat to a moderate temperature
3. Add vegetables to steamer
4. Cover steamer
5. Steam vegetables for the recommended time

## Quick Boil

Very short cooking at 212°F in boiling water produces relatively little nutrient loss, one boiling goes on for anything more than a few minutes, the nutrient loss becomes significant.

How to “Quick Boil”

1. Fill a 3 quart pot  $\frac{3}{4}$  full with water and bring to boil
2. Add vegetables, **but do not cover**
3. Begin cooking time as soon as you drop vegetables into the water.
4. Strain and serve



## Guide to the healthiest way of Cooking Vegetables

	Healthy Sauté	Healthy Steaming	Quick Boil	Preparation
Asparagus	5 min			Cut off ruff stems
Avocados				Slice or cube
Beets		15 min		Quarter
Beet greens			2 min	Chop 1" thick
Bell Pepper	7 min			Slice
Bok Choy	4 min			Slice 1" thick
Broccoli		5 min		Cut florets in quarters
Brussels Sprouts		5 min		Cut in quarters
Carrots		5 min		Slice ¼" thick
Cabbage: Red	5 min			Chop ¼" thick
Cabbage: Green		5 min		Chop ¼" thick
Cauliflower	5 min			Cut florets into quarters
Celery	5 min			Cut
Collard Greens		5 min		Chop ½" thick
Corn		5 min		Shuck and cut off ends
Crimini Mushrooms	7 min			Cut onto quarters
Cucumbers				Slice
Eggplant	7 min			Cut into ½" slices
Fennel	5 min			Slice thin
Garden Peas	3 min			Shell
Garlic	1 min			Chop
Green Beans		5 min		Cut off ends
Kale		5 min		Chop ½" thick
Leeks	7 min			Slice thin
Mustard Greens	3 min			Chop ¼" thick
Olives				Already prepared
Onions	7 min			Chop or slice thin
Potatoes		10 min		Cut into 1" cubes
Shitake Mushrooms	7 min			Slice and cut stems off
Spinach			1 min	Cut off roots and cook
Squash, Summer	3 min			Slice ¼" thick
Squash, Winter		7 min		Cut into 1" cubes
Sweet Potatoes		10 min		Cut into 1" cubes
Swiss Chard			3 min	Slice into 1" pieces
Tomatoes	5 min			Chopped for sauté

**Note: You can cook more than one vegetable at a time:**

“Healthy Sauté” for 3 minutes:	Green peas, summer squash, and tomato
“Healthy Sauté” for 4 minutes:	Bok Choy
“Healthy Sauté” for 5 minutes:	Cauliflower, red cabbage, and asparagus
“Healthy Steam” for 5 minutes:	Broccoli, kale, collard greens, Brussels sprouts, and carrots
“Healthy Steam” for 7 minutes:	Bell pepper, onions, leeks, and mushrooms
“Healthy Steam” for 10 minutes:	Potatoes, sweet potatoes, and winter squash

All vegetables can be served with **Mediterranean Dressing:**

- 3 Tablespoons of organic extra virgin olive oil (cold pressed)
- 2 Teaspoons lemon juice
- 1 medium clove garlic
- Celtic sea salt and pepper to taste

## **Lentil Cooking Tips**

- Lentils are a natural in **soups** and stews and also make a great cold **salad**.
- Lentils need no pre-soaking and cook much more quickly than other dried legumes.
- To cook lentils, simply pick over to remove debris or shriveled lentils, rinse, and drain. Cover with water or broth and boil for 2 to 3 minutes (to aid in digestion). Reduce heat and simmer until tender. Depending on the variety and age, cooking time may take anywhere from 10 minutes to 1 hour.
- When using a pressure cooker to cook lentils, add a teaspoon of oil to keep the scum from blocking the safety valve.
- Salt added to the cooking water will toughen the beans. Add salt once the lentils are completely cooked.
- Acidic ingredients such as wine or tomatoes can lengthen cooking time. You may wish to add these ingredients after the lentils have become tender.
- Lentils should be liberally seasoned.
- The high protein content in lentils makes them an excellent **meat substitute**.
- Older lentils will take longer to cook because they have lost more moisture. Do not mix newly-purchased lentils with old ones. They will cook unevenly.

## Salads

### Chopped Asian Salad with Sesame Vinaigrette

Serves: 4

#### Ingredients

- 1 Tbsp(s) organic tamari (gluten free soy sauce)
- 1 Tbsp(s) organic rice wine vinegar
- 1 medium cucumber, peeled, seeded and chopped
- 4 cup(s) organic baby bok choy, chopped
- 1 medium organic red bell pepper, julienned
- 1 Tbsp(s) organic grated ginger
- 8 spear(s), small organic asparagus, blanched, halved
- 1 tsp(s) organic toasted sesame oil
- 1 medium organic carrot, julienned
- 2 Tbsp(s) fresh organic cilantro, chopped
- 1 medium organic spring onion, sliced thin on the bias
- 1 Tbsp(s) organic lemon juice

#### Directions

In a non-reactive bowl, combine the bok choy, red pepper, asparagus, cucumber, carrots, scallions and cilantro. Whisk the rice wine vinegar, tamari and ginger, lemon juice and sesame oil in a small bowl. Pour the dressing over the vegetables, tossing to coat. Serve.

### Crucifer "Cleanse"

Serves: 2

#### Ingredients

- 8 whole organic Brussels sprouts, finely sliced
- 1 Tbsp(s) raw organic extra virgin coconut oil
- 1 cup(s), chopped organic red cabbage
- 1 cup(s) organic broccoli, finely chopped
- 4 Tbsp(s) fresh organic lemon juice

#### Directions

Mix lemon juice and coconut oil in a small bowl. Combine sliced Brussels sprouts with chopped red cabbage. Place on serving dishes. Top with finely chopped broccoli. Drizzle with lemon/coconut oil. Sprinkle with mineral-rich Celtic sea salt, if desired.

# Chopped Mediterranean Salad

Serves: 4

## Ingredients

- 2 medium organic scallions, chopped
- 1 medium organic green pepper, seeded and chopped
- 2 Tbsp(s) fresh mint, chopped
- 1 Tbsp(s) fresh lemon juice
- 1 cup(s) canned organic chickpeas, drained, chopped
- 2 medium organic tomatoes, seeded and chopped
- 1 ½ Tbsp(s) fresh, flat leaf parsley, chopped
- 1 medium cucumber, peeled, seeded and chopped
- 8 ounce organic spinach, chopped

## Directions

Add spinach, tomatoes, chickpeas, pepper, cucumber, scallions, mint and parsley to a nonreactive bowl. Drizzle with salad dressing, stir well to combine.

# Crisp Asian Salad

Serves: 4

## Ingredients

- 1 cup(s) fresh organic snow pea pods
- 1/2 cup(s) fresh organic green beans
- 1 medium organic carrot, halved and cut in 3-inch by ¼-inch
- 1 ounce(s) organic water chestnuts, canned
- 1/4 cup(s) chopped organic chives
- 2 cup(s) fresh organic bok choy white part only, chopped
- 1 Tbsp(s) organic soy sauce (tamari)
- 2 Tbsp(s) organic rice wine vinegar
- 1 Tbsp(s) organic lemon juice
- 1 tsp(s) organic toasted sesame oil
- 1/2 tsp(s) organic olive oil

## Preparation

Bring a medium-sized pot of water to a boil. Fill a large bowl with cold water and ice cubes. Blanch the pea pods for 30 seconds. Use a slotted spoon to transfer them to the ice water. Add the beans to the pot and cook 2 minutes. Transfer them to the ice water. Blanch the carrot pieces 3 minutes, and then add them to the ice water. Drain the vegetables well, and place them in a bowl. Add the bok choy, water chestnuts, and chives to the other vegetables. Whisk the vinegar, soy sauce, and lemon juice into the sesame and olive oils. Pour this dressing over the vegetables, tossing to coat them. Serve immediately.

# Asian Rotisserie Chicken Salad

Serves: 4

## Ingredients

- 2.5 pound(s) rotisserie chicken, meat only
- 1/4 head(s), medium organic red cabbage, cored and thinly sliced
- 1 head(s) organic romaine lettuce, torn into bite-size piece
- 1/2 tsp(s) freshly ground pepper
- 1 medium organic scallions, thinly sliced
- 1/4 cup(s) fresh organic lime juice (from 2 limes)
- 1 tsp(s) red bell pepper, thinly sliced
- 2 cup(s) fresh cilantro leaves and soft stems
- 0.125 tsp(s) Celtic sea salt
- 1/4 cup(s) organic olive oil

## Directions

Make dressing: In a blender, combine cilantro, lime juice, and oil; season with salt and pepper. Blend until smooth. In a large bowl, combine chicken, cabbage, bell pepper, and scallions; season with salt and pepper. In another large bowl, toss lettuce with 1/2 cup dressing. Divide among four bowls, and top with chicken mixture. Drizzle all with remaining dressing.

# Crisp Asian Salad

Serves: 4

## Ingredients

- 1 cup(s) fresh organic snow pea pods
- 1/2 cup(s) fresh organic green beans
- 1 medium organic carrot, halved and cut in 3-inch by 1/4-inch
- 1 ounce(s) organic water chestnuts, canned
- 1/4 cup(s) chopped organic chives
- 2 cup(s) fresh organic bok choy white part only, chopped
- 1 Tbsp(s) organic soy sauce (tamari)
- 2 Tbsp(s) organic rice wine vinegar
- 1 Tbsp(s) organic lemon juice
- 1 tsp(s) organic toasted sesame oil
- 1/2 tsp(s) organic olive oil

## Directions

Bring a medium-sized pot of water to a boil. Fill a large bowl with cold water and ice cubes. Blanch the pea pods for 30 seconds. Use a slotted spoon to transfer them to the ice water. Add the beans to the pot and cook 2 minutes. Transfer them to the ice water. Blanch the carrot pieces 3 minutes, and then add them to the ice water. Drain the vegetables well, and place them in a bowl. Add the bok choy, water chestnuts, and chives to the other vegetables. Whisk the vinegar, soy sauce, and lemon juice into the sesame and olive oils. Pour this dressing over the vegetables, tossing to coat them. Serve immediately.

## Soups & Stews

### Bean and Veggie Soup

Fresh veggies prepared simply in celebration of their essential flavors

Serves: 4

#### Ingredients

- 1 tsp(s) dry thyme
- 2 cup(s), chopped organic broccoli
- 1 1/2 cup(s) slices organic carrots
- 1 Tbsp(s) coconut oil
- 1 cup(s) chopped yellow onion
- 1 cup(s) chopped red bell pepper
- 2 clove(s) garlic, crushed
- 4 cup(s) organic, low sodium chicken broth
- 2 whole bay leaves
- 1 1/2 cup(s) organic chick peas, canned
- 2 Tbsp(s) parsley, chopped
- 2 tsp(s) freshly ground black pepper

#### Directions

In a soup pot, heat oil over medium heat. Add onion and cook until translucent. Add red bell pepper, garlic, broth, bay leaves, parsley, black pepper and thyme. Stir well. Add broccoli, carrots, and garbanzo beans. Simmer over medium heat for 20 minutes, so that vegetables are crisp tender and beans are firm.

### Slow Cooker Butternut Squash Soup

Serves: 8

#### Ingredients

- 2 cup(s) organic leeks, sliced
- 4 cup(s) organic chicken broth
- 1 cup(s) spring water
- 1/2 tsp(s) Celtic sea salt
- 1/4 tsp(s) red pepper flakes
- 1 medium organic butternut squash, peeled, seeded and diced
- 2 small organic apples, peeled, cored and diced

#### Directions

Add all ingredients to slow cooker. Cover; cook on Low for 6-6 1/2 hours or 3-4 on High. Puree soup in food processor. Cook on High for an additional 30 min.

# Hearty Chicken Stew

Serves: 4

## Ingredients

- 3 -8oz. breast(s) organic chicken
- 4 Tbsp(s) spring water
- 1 clove(s) organic garlic, minced
- 1/2 medium organic onion, chopped
- 3/4 tsp(s) Celtic sea salt
- 1 1/2 medium organic tomatoes, chopped
- 1/2 tsp(s) fresh parsley, chopped
- 1/2 cups(s) organic celery, finely chopped
- 1 medium organic carrots, chopped
- 1/4 tsp(s) freshly ground black pepper
- 1 whole bay leaves

## Directions:

Remove the skin from the chicken and any extra fat. In a large skillet, combine chicken, water, garlic, onion, salt, pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes. Add celery, carrots, and bay leaves. Continue to cook for 15 more minutes or until chicken and vegetables are tender. Remove bay leaves before serving.

# Slow Cooker White Chicken Chili

Serves: 8

## Ingredients

- 2 16-oz can(s) organic white beans, drained
- 1/2 tsp(s) ground cumin
- 1/2 tsp(s) Celtic sea salt
- 4 medium organic red peppers, chopped
- 4 -8oz. breast(s) organic cooked chicken, cubed
- 6 clove(s) organic garlic, minced
- 1 tsp(s) oregano
- 2 medium organic onions, chopped
- 3 cup(s) organic chicken broth

## Directions

Combine all ingredients in slow cooker. Cover; cook on Low 8-10 hours or High 4-5 hours.

# Minestrone

Serves: 8

## Ingredients

- 4 cup(s) spring water
- 1 tsp(s) organic oregano, dried
- 2 tsp(s) organic basil, dried
- 1 16-oz can(s) organic kidney beans
- 1 16-oz can(s) organic cannellini beans
- 1 cup(s) organic peas (canned or fresh)
- 4 clove(s) organic garlic, sliced
- 1 medium organic onion, diced
- 1 28-oz can(s) organic whole tomatoes
- 2 medium organic carrots, sliced
- 1 cup(s), chopped organic broccoli

## Directions

Put the water in a large pot and bring to a boil. Add half the garlic cloves and half the diced onion. Simmer 15 minutes. Crush up the canned tomatoes and add along with the carrots, broccoli, remaining onion and garlic, basil and oregano. Simmer over medium-low heat for 20 minutes. Add the kidney beans, cannellini beans, and peas. Serve.

# Thirty Minute Chili

Serves: 8

## Ingredients

- 1 28-oz can(s) organic diced tomatoes with peppers, onions
- 32 ounce(s) organic, grass-fed lean ground beef
- 1/2 cup(s) chopped organic onion
- 1 16-oz can(s) organic kidney beans, drained and rinsed
- 1 16-oz can(s) organic black beans, drained and rinsed
- 1 Tbsp(s) organic Chili seasoning (try Simply Organic)
- 1 cup(s) spring water
- 1 16-oz can(s) organic tomato sauce

## Directions

Brown beef in a Dutch oven or deep pot over medium-high heat, stirring often, 4 to 5 minutes or until beef crumbles and is no longer pink; drain well. Return beef to Dutch oven; sprinkle evenly with seasoning mix, add onion and sauté 1 minute over medium-high heat. Stir in diced tomatoes and remaining ingredients; bring to a boil over medium-high heat, stirring occasionally. Cover; reduce heat to low, and simmer, stirring occasionally, 15 minutes.



# Spicy Red Lentil Curry

Serves: 8

## Ingredients

- 1 large organic onion, diced
- 1 Tbsp(s) organic extra virgin avocado oil
- 1 tsp(s) organic turmeric, ground
- 1 tsp(s) organic ginger root, minced
- 1 tsp(s) Celtic sea salt
- 1 Tbsp(s) Thai Kitchen Red Curry Paste
- 1 tsp(s) organic garlic, minced
- 2 cup(s) organic red lentils
- 1 Tbsp(s) organic curry powder
- 1 tsp(s) ground cumin
- 1 16-oz can(s) organic tomato puree
- 1 tsp(s) chili powder

## Directions

Rinse the lentils in cold water until the water runs clear. Add the lentils to a large pot with filtered/purified water to cover. Bring to a boil and simmer covered until lentils tender (about 15 minutes). Meanwhile, add oil to a large, safe, non-stick skillet over medium heat. Add the onions and sauté until fragrant, about 5 minutes. Combine the curry paste, curry powder, turmeric, cumin, chili powder, salt, garlic, and ginger in a mixing bowl. Mix well. Add the curry mixture to the onions and cook over a medium-high heat, stirring constantly, for 1 to 2 minutes. Stir in the tomato puree and reduce heat to low. When the lentils are tender, drain. Mix the curry base into the lentils. Serve.

# Coconut Lemongrass Soup

Serves: 6

## Ingredients

- 2 cup(s) organic coconut milk
- 2 Tbsp(s) fresh organic lemongrass
- 2 clove(s) organic garlic, minced
- 1 whole organic jalapeño pepper, sliced
- 1 medium organic sweet red pepper, sliced
- 4 slice(s) organic firm tofu, cut into cubes
- 1 cup(s) sliced organic carrots
- 1 medium organic zucchini squash, sliced
- 4 Tbsp(s) fresh organic lime juice
- 2 cup(s) spring water

## Directions

In a large pot, combine all ingredients and let simmer over medium heat for about 30 minutes.

# Lentil and Mushroom Soup

Serves: 6

## Ingredients

- 2 Tbsp(s) organic low sodium chicken broth
- 2 cup(s) chopped organic onion
- 2 clove(s) organic garlic, minced
- 6 cup(s) spring water
- 2 cup(s) organic lentils, rinsed
- 2 cup(s) organic carrots, diced
- 2 cup(s) sliced organic mushrooms
- 1 tsp(s) organic rosemary
- 1 cup(s) chopped ,seeded organic plum tomatoes
- 1/2 cup(s) organic parsley
- 1 cups(s) organic celery, diced
- 1 whole bay leaf
- 1/2 tsp(s) crushed red pepper (optional)
- 1 Tbsp(s) organic red wine vinegar

## Directions:

Heat 2 tablespoons of broth in saucepan; add onions, sauté 10 minutes. Add garlic, stir. Add water, lentils, carrots, mushrooms, celery, bay leaf, rosemary, crushed red pepper (if desired), and boil. Reduce heat to medium. Simmer 30 minutes. Discard bay leaf, add tomatoes and vinegar, simmer 5 minutes. Sprinkle with parsley and serve.

# Tomato-Curry Lentil Stew

Serves 4

## Ingredients

- 1 cup dry lentils
- 2 cups water
- 10 ounces stewed tomatoes
- 1/4 cup chopped onion
- 4 stalks celery, chopped, with leaves
- 1/2 teaspoon curry powder
- 6 cloves garlic, minced
- salt to taste
- ground black pepper to taste

## Directions

Combine lentils and water, bring to a boil. Lower heat to simmer; add tomatoes, onion, and celery. Cover and let simmer 45 minutes. Check every 15 minutes to stir, and add water if necessary. Add spices last 15 minutes to taste. Taste and re-spice if necessary before serving.

# Jamaican Lentil Stew with Coconut

Serves: 4

## Ingredients

- 1 medium onion, minced
- 2 garlic cloves, pressed
- 1 inch piece gingerroot, grated
- 2 tablespoons coconut oil
- 2 teaspoons ground coriander
- 1-2 teaspoon ground cumin (adjust according to taste)
- 1 (13 ounce) can coconut milk
- 1 liter vegetable stock
- 4 ounces split red lentils, washed and drained
- 1 small sweet potato
- 1 (15 ounce) can pumpkin puree
- 1/2-1 teaspoon Thai red curry paste (optional)
- black pepper, to taste

## Directions

Make a thick paste by mashing ginger and garlic together using a pestle and mortar or a mash in a bowl and the heel of a wooden spoon. Heat coconut oil over medium heat in a large saucepan; add the onion and sauté until transparent. Add the garlic ginger paste and sauté another 2 minutes until fragrant; lower heat and stir constantly to avoid burning the paste. Add the spices and sauté for a minute more. Stir in the coconut milk, stock, lentils, sweet potato and pumpkin puree. Simmer over medium - low heat for 40 - 50 minutes or until sweet potato is soft and almost melting into the stew. Be sure to stir occasionally. Before serving, stir in the red curry paste if you are using it or adjust seasoning with black pepper.

NOTE: The stew has a creamy texture and is thick with lentils, sweet potato and pumpkin that melt into a delectable base. If you prefer a lighter soup then add more stock to thin the base, or try adding more coconut milk for a very savory and unique taste.

## Vegetable Side Dishes

### Garlicky Greens

Serves: 4

#### Ingredients

- 1 cup(s) organic, low sodium chicken broth
- 1 Tbsp(s) organic extra virgin olive oil
- 1/4 tsp(s) fresh ground black pepper (to taste)
- 3/4 cup(s) sliced leek, white part only
- 1/2 cup(s) chopped organic scallions
- 1 Tbsp(s) minced organic garlic
- 3 cup(s) chopped organic kale
- 1 cup(s) chopped organic broccoli rabe
- 3 cup(s), chopped organic collard greens

#### Directions

Heat 1 tablespoon organic chicken broth in a large, heavy skillet over medium-high heat. Add leek, scallions and garlic. Sauté until leeks are limp, about 4 minutes. Add kale, broccoli rabe and collards, stirring until wilted. Mix in spinach. Add remaining broth and simmer, stirring occasionally, until greens are tender, about 15 minutes. Drizzle with extra virgin olive oil and season with pepper.

### Curried Cauliflower

Serves: 4

#### Ingredients

- 1 head(s) organic cauliflower, quartered
- 2 Tbsp(s) organic lemon juice
- 3 tsp(s) organic extra virgin olive oil
- 2 tsp(s) organic curry powder

#### Directions

Preheat oven to 350 F. Whisk lemon juice, curry and oil. Add cauliflower to a glass baking dish. Drizzle the dressing over cauliflower. Cover and roast 20-25 minutes.

## Wilted Spinach

Serves: 2

### Ingredients

- 4 cup(s) organic baby spinach
- 2 tsp(s) organic extra virgin olive oil
- 1/4 cup(s) spring water
- 1 clove(s) organic garlic, finely chopped

### Directions

Add spring water to a large, deep pan. Heat over medium high heat. Add garlic and stir. Add spinach and cover. Remove pan from heat and allow to stand covered 1 minute. Stir spinach, drizzle with olive oil (if desired) and serve.

## Wilted Chard

Serves: 2

### Ingredients

- 2 tsp(s) organic extra virgin olive oil
- 2 Tbsp(s) organic lemon juice
- 4 cup(s) organic Swiss chard
- 1/4 cup(s) spring water

### Directions

Add spring water to a large, deep pan. Heat over medium high heat. Add chard and cover. Remove pan from heat and allow to stand covered 1 minute. Stir chard, drizzle with olive oil and lemon juice and serve.

## Roasted Butternut Squash

Serves: 8

### Ingredients

- 1 medium organic butternut squash
- 1 tsp(s) organic coconut oil

### Directions

Preheat oven to 350. Carefully slice butternut squash in half and scoop out seeds. Grease a cookie sheet with coconut oil. Place squash flesh side down on the cookie sheet and bake 45 minutes. Allow to cool slightly, then slice and serve

## Roasted Asparagus

Serves: 4

### Ingredients

- 4 cup(s) fresh organic asparagus
- 2 Tbsp(s) organic balsamic vinegar
- 1 Tbsp(s) organic extra virgin olive oil
- 1/2 tsp(s) freshly ground black pepper
- 1/2 tsp(s) Celtic sea salt

### Directions

Preheat oven to 350 F. Trim asparagus to remove woody stem and cut on diagonal into 2 inch pieces. Put asparagus in large zip seal bag, pour in olive oil, vinegar, and season with salt and pepper. Shake bag to coat asparagus with oil/vinegar mixture. Pour into ceramic or glass baking dish. Cook asparagus 20-30 minutes, removing from oven when asparagus is still slightly crisp and firm.

## Roasted Brussels Sprouts

Serves: 4

### Ingredients

- 4 cup(s) organic Brussels sprouts
- 2 tsp(s) organic coconut oil
- 2 Tbsp(s) organic olive oil

### Directions

Preheat oven to 450°F with rack in upper third. Grease 17-by 12-inch pan or cookie sheet with coconut oil. Wash sprouts. Slice Brussels sprouts in half lengthwise. Arrange Brussels sprouts, cut sides down on baking sheet. Roast, without turning, until outer leaves are tender and brown, about 40 to 45 minutes. Place in a serving dish, add olive oil and toss to coat.

## Sautéed Collards

Serves: 4

### Ingredients

- 6 cup(s), chopped organic collards
- 3 clove(s) organic garlic, finely chopped
- 1/2 cup(s) organic vegetable broth

### Directions

Add broth and garlic to a large skillet. Heat over medium high. Add collards and sauté 5-7 minutes until bright green and crisp tender

## Sautéed Broccoli

Serves: 4

### Ingredients

- 4 cup(s), chopped organic broccoli
- 2 clove(s) organic garlic, chopped
- 1/2 cup(s) organic chicken or vegetable broth
- 1/2 tsp(s) Celtic sea salt

### Directions

Place a sauté pan over medium-high heat. Add broth. Add garlic and cook until translucent, about 2 minutes. Turn heat to medium; add broccoli, sprinkle with salt, and cook until bright green and crisp-tender, about 5 minutes.

## Sautéed Bok Choy

Serves: 4

### Ingredients

- 2 clove(s) organic garlic, chopped
- 1 Tbsp(s) organic toasted sesame oil
- 1/3 cup(s) organic chicken broth
- 1 Tbsp(s) organic tamari (wheat-free soy sauce)
- 1 head(s) organic Bok choy

### Directions

Heat sauté pan or wok over high heat. Add broth and garlic, stir-fry until pale golden, 5 to 10 seconds. Add bok choy and stir-fry until leaves wilt, about 2 minutes. Cover with lid and cook, stirring occasionally, until vegetables are crisp-tender, 2 to 4 minutes. Drizzle with sesame oil and soy sauce, and then transfer to a serving dish.

## Simple Veggie Stir Fry

Serves: 4

### Ingredients

- 4 cup(s), chopped organic green cabbage
- 1 cup(s) sliced organic carrots
- 1 tsp(s) organic sesame oil
- 1 cup(s) sliced organic onion
- 1 Tbsp(s) organic tamari

### Directions

Preheat a large skillet or wok over medium-high heat. Add oil to coat the pan. Add the carrots and the onions, cooking 1 minute. Then add the cabbage and the tamari. Stir to coat all vegetables with tamari, and cook until crisp-tender, about 2 minutes.

## Sautéed Broccoli Rabe

Serves: 4

### Ingredients

- 1/2 tsp(s) Celtic sea salt
- 1 tsp(s) freshly ground black pepper
- 2 whole organic shallots, thinly sliced
- 1 pound(s) organic broccoli rabe
- 1 Tbsp(s) organic, extra virgin olive oil

### Directions

Prepare an ice water bath by filling a bowl halfway with ice and water; set aside. Fill a medium saucepan with heavily salted water and bring to a boil over high heat. Blanch broccoli rabe until stalks are just tender, about 2 minutes. Drain broccoli rabe and place in the ice water bath. When cool, remove from the ice bath, shaking off excess water. Slice on the bias into 2-inch pieces, pat dry with paper towels, and set aside. Place a large frying pan over medium-high heat and add oil. Once oil shimmers, add shallots and cook until golden, about 3 minutes; season with salt and freshly ground black pepper. Add broccoli rabe and cook, stirring occasionally, until heated through, about 5 minutes.

## Roasted Curried Cauliflower

Serves: 4

### Ingredients

- 1 tsp(s) organic paprika
- 1/4 tsp(s) fresh ground black pepper (to taste)
- 1/4 tsp(s) organic cumin seed
- 1/2 tsp(s) organic coriander
- 2 Tbsp(s) organic apple cider vinegar
- 4 cup(s) organic cauliflower florets
- 1 Tbsp(s) organic curry powder
- 1 Tbsp(s) organic coconut oil
- 1/4 tsp(s) Celtic sea salt
- 1 medium organic onion, peeled and coarsely chopped

### Directions

Preheat oven to 450°F. Place cauliflower florets in large roasting pan, add onions. Stir coriander seeds and cumin seeds in small skillet over medium heat until fragrant, about 2 minutes. Crush coarsely in mortar with pestle. Place seeds in medium bowl. Whisk in oil, vinegar, curry powder, paprika, and salt. Pour dressing over vegetables; toss to coat. Spread vegetables in single layer. Sprinkle with pepper. Roast vegetables until tender, stirring occasionally, about 20 minutes.



## **Asparagus & Red Bell Pepper Sauté**

Serves: 4

### **Ingredients**

- 4 cup(s) fresh organic baby asparagus, ends trimmed
- 1/4 cup(s) organic chicken broth
- 1 medium organic red bell pepper, sliced

### **Directions**

In a safe sauté pan, heat broth over medium high heat. Add asparagus in a thin layer, top with sliced peppers, stir to coat. Cover and cook 5-7 minutes or until asparagus is crisp-tender and bright green.

## **Baked Sweet Potato Wedges**

Serves: 4

### **Ingredients**

- 2 medium organic sweet potatoes, quartered
- 1/2 Tbsp(s) organic extra virgin olive oil
- 1/2 tsp(s) Celtic sea salt

### **Directions**

Preheat oven to 400 F. Toss sweet potato wedges with oil in a medium bowl. Sprinkle with salt. For oven cooking, place wedges on a cookie sheet. Bake 30 minutes.

## **Beans and Greens**

Serves: 6

### **Ingredients**

- 1 16-oz can(s) organic white beans (Great Northern or Cannellini)
- 6 piece(s) organic sundried tomatoes, chopped
- 1/2 cup(s) organic chicken broth
- 4 clove(s) organic garlic, sliced
- 6 cup(s) chopped organic kale, cut into 1 inch pieces
- 2 Tbsp(s) organic extra virgin olive oil

### **Directions**

In a large saucepan, bring 2 quarts spring water to a boil. Add greens and cook about 5 minutes until crisp-tender and bright green. Drain greens and set aside. Return saucepan to burner. Add chicken broth and heat over medium-high. Add garlic and cook 2 minutes. Stir in beans and cook for 6-8 minutes. Add sundried tomatoes and cook one additional minute. Return greens to saucepan and cook just until heated through (about 2 minutes). Drizzle with extra virgin olive oil and serve.

## Braised Leeks

Serves: 8

### Ingredients

- 8 whole organic leeks, trimmed, sliced lengthwise
- 2 Tbsp(s) organic butter
- 1/4 cup(s) organic chicken broth
- 1 tsp(s) organic lemon zest

### Directions

Add leeks to a shallow dish with cold water. Let soak 15 minutes, rubbing occasionally to remove any grit. In a heavy skillet melt butter over moderate heat. Remove leeks from the water and add to skillet. Cook leeks, stirring occasionally, five minutes and add broth and zest. Braise leeks, covered, 5 minutes, or until very tender, and season with salt and pepper.

## Caribbean-Style Sweet Potatoes

Serves: 4

### Ingredients

- 4 tsp(s) organic, expeller pressed coconut oil
- 1 tsp(s) organic ground nutmeg
- 1/2 tsp(s) organic cayenne pepper
- 2 medium organic sweet potatoes

### Directions

Preheat oven to 350. Wash sweet potatoes and prick with fork. Bake 45 minutes or until tender. Remove from oven, slice in half and mash inside. Whisk nutmeg, coconut oil and cayenne pepper. Drizzle over sweet potatoes and serve.

## Fish Dishes

### Baked Citrus-Herb Salmon

Serves: 6

#### Ingredients

- 1 tsp(s) Celtic sea salt
- 5 tsp(s) chopped fresh organic chives
- 1 whole organic lemon, sliced into 10 slices
- 1/2 tbsp(s) grated organic orange rind
- 1 Tbsp(s) grated organic lemon rind
- 1 tsp(s) fresh oregano, chopped
- 2 ½ pounds(lb) wild salmon fillet
- 1/2 tsp(s) freshly ground black pepper
- 2 Tbsp(s) tarragon sprigs
- 2 sprig(s) thyme sprigs

#### Directions

Preheat oven to 450°. Line a shallow roasting pan with foil; coat foil with cooking spray. Sprinkle salmon with salt and pepper. Combine rinds; spread over fish. Arrange chives, thyme, oregano, and tarragon horizontally across fish. Arrange lemon slices on top of herbs. Place fish on prepared pan. Cover with foil; seal. Bake at 450° for 30 minutes or until fish flakes easily when tested with a fork. Serve warm or at room temperature.

### Pan Roasted Wild Salmon with Olives

Serves: 4

#### Ingredients

- 1/4 tsp(s) Celtic sea salt
- 16 small organic kalamata olives
- 2 Tbsp(s) fresh organic basil leaves, thinly sliced
- 1 Tbsp(s) organic, grass-fed butter (salted)
- 1/2 tsp(s) freshly ground black pepper
- 24 ounce(s) wild Alaskan salmon

#### Directions

Preheat oven to 400 F. Add butter to a medium oven-proof sauté pan and heat over medium high heat. Rinse salmon, pat dry and sprinkle with salt and pepper to taste. When butter has melted and pan is hot, add the salmon fillets - skin side up - to the pan. Cook 2-3 minutes. Do not turn. Add the olives to the pan around the fish and stir gently, cooking 2 more minutes. Flip the fish. Place the pan in the oven to complete cooking to desired doneness (2 minutes for medium-rare; 4 minutes for medium-well). Remove from oven, top with fresh basil and serve.

# Horseradish Crusted Salmon

Serves: 6

## Ingredients

- 36 ounce(s) wild salmon fillets
- 8 Tbsp(s) organic horseradish
- 1 whole organic shallot, minced
- 1 tsp(s) Celtic sea salt
- 1/2 tsp(s) freshly ground black pepper
- 2 Tbsp(s) organic extra virgin olive oil
- 2 Tbsp(s) fresh dill, chopped

## Directions

Heat oven to 450 degrees and position rack 8 to 12 inches from heat. Mix 1/2 teaspoon salt, 1/4 teaspoon pepper, shallot, dill, horseradish, and 2 tablespoons olive oil. Rub bottom and sides of a 12-by-17-inch pan with olive oil. Place salmon on pan, spacing fillets 2 inches apart. Sprinkle salmon with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Pat mixture onto top of each fillet. Bake until just cooked through, 5 to 6 minutes. Turn heat to broil, and cook until tops are a rich golden brown, 1 to 2 minutes. Serve immediately.

# Pan Roasted Wild Salmon with Grape Tomatoes and Wilted Spinach

Serves: 4

## Ingredients

- 24 ounce(s) wild Alaskan salmon
- 10 ounce fresh organic spinach
- 1 Tbsp(s) organic salted butter
- 1/2 tsp(s) freshly ground black pepper
- 1/4 tsp(s) Celtic sea salt
- 20 whole grape tomatoes (preferably organic)

## Preparation

Preheat oven to 400 F. Add butter to a medium oven-proof sauté pan and heat over medium high heat. Rinse salmon, pat dry and sprinkle with salt and pepper to taste. When butter has melted and pan is hot, add the salmon fillets - skin side up - to the pan. Cook 2-3 minutes. Do not turn. Add the grape tomatoes to the pan around the fish and stir gently, cooking 2 more minutes. Flip the fish. Place the pan in the oven to complete cooking to desired doneness (2 minutes for medium-rare; 4 minutes for medium-well). During the last minute of cooking, place the fresh spinach leaves over the salmon and allow to wilt. Remove from oven, layer spinach on plates and top with salmon and tomatoes.

## Simple Poached Salmon

Serves: 6

### Ingredients

- 36 ounce(s) wild salmon fillets
- 1/2 tsp(s) Celtic sea salt
- 1 whole organic lemon, sliced into wedges
- 1 whole organic shallot, minced
- 1/2 tsp(s) freshly ground black pepper
- 1 ounce dry white wine

### Preparation

Preheat oven to 425°F. Coat a 9-inch glass pie pan or an 8-inch glass baking dish with cooking spray. Place salmon, skin-side (or skinned-side) down, in the prepared pan. Sprinkle with wine. Season with salt and pepper, then sprinkle with shallots. Cover with foil and bake until opaque in the center and starting to flake, 15 to 25 minutes, depending on thickness. When the salmon is ready, transfer to dinner plates. Spoon any liquid remaining in the pan over the salmon and serve with lemon wedges.

## Baked Halibut with Spinach and Cherry Tomatoes

Serves: 4

### Ingredients

- 4 Tbsp(s) fresh organic lemon juice
- 8 cup(s) organic baby spinach
- 2 clove(s) organic garlic, minced
- 1/2 tsp(s) fresh ground black pepper
- 16 ounce(s) Pacific halibut fillet
- 4 Tbsp(s) organic extra virgin olive oil, divided
- 2 cup(s) cherry tomatoes, halved
- 1/2 tsp(s) Celtic sea salt

### Directions

Preheat oven to 425°F. Whisk 1 tablespoon oil and lemon juice in bowl. Season dressing with salt and pepper. Place halibut on a baking sheet. Drizzle with some of dressing. Bake until just opaque in center, about 12 minutes. Add 1 tablespoon oil and garlic to saucepan. Sauté over medium heat 1 minute. Add spinach and tomatoes and stir to coat. Remove from heat. Cover and let stand 1 minute to wilt spinach. Top halibut with spinach, tomatoes and remaining dressing.

## Cod with Lime and Coconut

Serves: 4

### Ingredients

- 1 Tbsp(s) organic expeller pressed coconut oil
- 4 tsp(s) fresh organic lime juice, divided
- 1 1/2 cup(s) chopped organic leek (white/pale green only)
- 2 clove(s) organic garlic cloves, minced
- 1/2 cup(s) canned unsweetened coconut milk
- 1 tsp(s) grated organic lime peel
- 1 1/2 pound(s) skinless black cod fillet
- 1/2 tsp(s) Celtic sea salt
- 1/4 cup(s) chopped fresh cilantro

### Preparation

Preheat oven to 350°F. Sprinkle fish with salt (and pepper, if desired). Place in 11x7x2-inch glass baking dish. Drizzle with 1 1/2 teaspoons lime juice. Heat oil in large skillet over medium heat. Add leek and garlic; sauté 7 minutes. Add coconut milk and remaining lime juice; simmer until thick, about 4 minutes. Stir in lime peel. Spoon sauce over fish. Bake until fish is just opaque in center, about 20 minutes. Transfer to platter. Whisk juices in baking dish. Spoon over fish and top with cilantro.

## Caribbean Grilled Scallop Salad

Serves: 4

### Ingredients

- 1/3 cup(s), cubes diced peeled organic avocado
- 2 Tbsp(s) fresh organic lime juice
- 2 tsp(s) organic olive oil
- 12 whole sea scallops
- 1 cup(s) diced fresh organic pineapple
- 2 Tbsp(s) chopped organic mango
- 2 tsp(s) Caribbean spice
- 4 cup(s) shredded torn organic Boston lettuce

### Directions

Prepare grill to high heat. Pat scallops dry with a paper towel. Sprinkle 1 1/2 teaspoons fish rub evenly over scallops. Coat scallops with cooking spray. Place scallops on grill rack; grill 3 minutes on each side or until done. Remove scallops. Add pineapple to grill rack; grill 2 minutes on each side. Remove pineapple from grill; chop pineapple. Combine salad greens, lettuce, pineapple, and avocado in a large bowl. Combine mango, lime juice, olive oil, and remaining 1/2 teaspoon fish rub in a small bowl. Add dressing to salad, and toss well. Place 1 1/2 cups salad into each of 4 bowls. Arrange 3 scallops over each salad.

## Beef Dishes

### Beef and Broccoli with Garlic Sauce

Serves: 4

#### Ingredients

- 4 cup(s) organic broccoli florets
- 1/2 tsp(s) arrowroot
- 1 tsp(s) organic tamari (gluten-free soy sauce)
- 1 tsp(s) organic sesame oil
- 1/4 cup(s) organic low sodium chicken broth
- 6 clove(s) organic garlic, finely chopped
- 2 tsp(s) organic ginger, finely chopped
- 1/4 tsp(s) white or black pepper
- 8 ounce(s) grass-fed beef sirloin
- 1 can(s) sliced bamboo shoots, drained
- 1/4 tsp(s) Celtic sea salt

#### Directions

Cut beef lengthwise into 2-inch strips. Cut strips crosswise into 1/8 inch slices. Toss beef with salt and white pepper. Place broccoli in 1-inch boiling water; blanch just until bright green. Drain. Mix tamari and arrowroot; stir in sesame oil and broth. Heat wok over medium high heat and spray with organic high heat cooking spray. Add beef; stir fry 2 minutes. Remove beef from wok. Cool wok, wipe and spray again. Heat wok over medium-high heat. Add garlic and ginger; stir fry 30 seconds. Add bamboo shoots; stir-fry 20 seconds. Stir in beef and broccoli. Stir in tamari mixture; cook and stir 30 seconds. Serve over organic brown rice.

### Buffalo Cherry Burgers

Serves: 4

#### Ingredients

- 16 ounce(s) organic, grass-fed buffalo
- 1 cup(s), frozen organic tart cherries, thawed
- 1 tsp(s) freshly ground black pepper
- 1 clove(s) organic garlic, minced
- 1 tbsp(s) organic balsamic vinegar
- 2 tsp(s) Worcestershire sauce
- 1/4 tsp(s) Celtic sea salt

#### Directions

First, finely chop cherries and drain. Place ground buffalo in a large bowl and gently mix in cherries, garlic, vinegar, Worcestershire sauce, salt and pepper until combined. Divide into 4 equal portions and form into 1/2-inch-thick patties. Grill or broil 5 to 6 minutes per side.

# Buffalo Bolognese with Spaghetti Squash

Serves: 4

## Ingredients

- 1 cup(s) chopped organic yellow onion
- 3 cup(s) cubes organic spaghetti squash
- 2 clove(s) organic garlic, minced
- 2 can(s) organic seeded tomatoes (15 oz each)
- 1/2 whole organic spaghetti squash
- 1 tsp(s) freshly ground black pepper
- 1 tsp(s) dried oregano, crushed
- 1 lb. grass-fed buffalo, ground
- 1 cup(s) chopped organic green bell pepper

## Preparation

First, cook the spaghetti squash. Preheat the oven to 400 F. Poke holes in the outside of the squash and place on a baking sheet. Bake 45 minutes to 1 hour. Meanwhile, spray a large skillet with nonstick spray coating. Preheat over high heat. Add buffalo; cook, stirring occasionally, for 5 minutes. Drain fat and discard. Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper. Bring to a boil; reduce heat. Simmer covered for 15 minutes, stirring occasionally. Remove cover; simmer for 15 minutes more. (If you like a creamier sauce, give sauce a whirl in your blender or food processor.) Shred the spaghetti squash and place on serving plates. Place sauce over squash and serve.



## Chicken Recipes

### Chicken Breasts with Leeks and Pine Nuts

Serves: 4

#### Ingredients

- 1 1/2 cup(s) organic chicken broth
- 1 Tbsp(s) organic extra-virgin olive oil
- 1 cup(s) dry white wine
- 2 -8oz. breast(s) organic pasture-raised chicken, with skin
- 2 whole organic shallots, thinly sliced
- 2 whole medium organic leeks, white and tender green parts
- 1 tbsp(s) organic, grass-fed butter
- 3 tbsp(s) pine nuts

#### Directions

Preheat the oven to 300°. In a skillet, toast the pine nuts over moderately high heat, stirring, until golden brown, 2 minutes. Transfer to a small plate. In the same skillet, heat the oil. Season the chicken breasts with salt and pepper (to taste) and add them to the skillet skin side down. Cook, turning once and pressing with a spatula, until browned on both sides, about 6 minutes. Transfer the chicken breasts to a large rimmed baking sheet and bake in the oven until just white throughout, about 20 minutes. Meanwhile, add the leeks and shallots to the skillet and cook over moderately low heat, stirring, until softened, 7 minutes. Add the wine, increase the heat to high and boil until reduced by half, about 3 minutes. Add the stock and boil until reduced to 1/2 cup, about 10 minutes. Off the heat, add in the butter 1 tablespoon at a time. Transfer the chicken to plates. Pour the sauce over, garnish with the pine nuts and serve.

### Chicken Provencal

Serves: 4

#### Ingredients

- 2 -8oz. breast(s) organic chicken, trimmed
- 1 Tbsp(s) organic extra virgin olive oil
- 2 Tbsp(s) organic capers, drained
- 1 28-oz can(s) organic diced tomatoes with juice
- 3 clove(s) organic garlic, finely chopped
- 16 small organic Kalamata olives

#### Directions

Preheat oven to 350 F. Season chicken breasts with salt and pepper (optional). In a medium skillet that has a lid, add olive oil and heat over medium-high heat. Don't let oil smoke. Add chicken breasts, seasoned side down into pan with olive oil. Cook 3 minutes on each side. Turn heat to low. Add garlic cloves and stir to heat through. Pour in the tomatoes, olives and capers. Transfer pan to oven and cook until chicken is no longer pink in the center and juices run clear (about 25 minutes).

## Grilled Chicken Pail laird

Serves: 4

### Ingredients

- 1/2 tsp(s) Celtic sea salt
- 1 tsp(s) freshly ground black pepper
- 4 Tbsp(s) organic lime juice
- 2 tsp(s) organic lime zest
- 1 tsp(s) organic chili powder
- 1/4 tsp(s) crushed organic red-pepper flakes
- 2 clove(s) organic garlic, crushed
- 2 -8oz. breast(s) organic chicken, split and pounded to 1/4" thick

### Preparation

First, make the marinade. In a small bowl, combine garlic, zest, juice, chili powder, and red-pepper flakes. Place the chicken in a large resalable plastic bag, and add the marinade. Seal the bag, and toss to coat the chicken. Transfer bag to refrigerator, and chill 10 to 15 minutes, or up to 24 hours. Heat grill; when very hot, remove chicken from bag, and carefully place on hot grill. Cook about 5 minutes; discard bag and excess marinade. Turn chicken over, and continue cooking 4 to 5 minutes more. Season with salt and pepper.

## Herb Chicken Pail lards with Artichoke-Tomato Salsa

Serves: 4

### Ingredients

- 2.5 Tbsp(s) organic extra virgin olive oil
- 1 whole lemon organic lemon, juiced
- 2 tsp(s) dried oregano
- 1 medium organic tomato, chopped
- 1/2 cup(s) organic artichoke hearts, quartered
- 8 small organic kalamata olives, halved
- 24 ounce(s) organic pasture-raised chicken breast cutlets
- 2 Tbsp(s) fresh basil
- 3 clove(s) organic garlic, minced

### Preparation

First, prepare the chicken. Add cutlets to a large zip-top bag or marinating dish with 2 Tbsp olive oil, lemon juice, 2 cloves minced garlic, sea salt and pepper. Marinate in the refrigerator for 15 minutes. Meanwhile, prepare salsa. In a non-reactive bowl combine tomatoes, artichokes, olives, vinegar, basil and remaining oil and garlic. Set aside. Preheat grill. Grill cutlets 2-3 minutes per side. Serve chicken with salsa.

# **Mediterranean Chicken with Artichokes, Grape Tomatoes & Kalamata Olives**

Serves: 4

## **Ingredients**

- 2 -8oz. breast(s) **organic, pasture-raised chicken**
- 1 6.5 oz. jar(s) **organic artichoke hearts in liquid**
- 16 organic cherry **tomatoes, whole**
- 1/2 tsp(s) **Celtic sea salt**
- 1/4 tsp(s) **fresh ground black pepper**
- 16 small **organic Kalamata olives**
- 1 Tbsp(s) **organic extra virgin olive oil**

## **Directions**

Preheat oven to 350 F. Sprinkle chicken breasts with salt and pepper (optional). In a medium skillet that has a lid, add olive oil and heat over medium-high heat. Don't let oil smoke. Add chicken breasts, seasoned side down into pan with olive oil. Add whole grape tomatoes to the pan in the oil around the chicken. Let chicken and tomatoes sear 2 minutes. Pour artichoke juice all over the chicken and tomatoes (this helps to tenderize the meat and makes flipping the breasts easier). Now, flip the chicken. It should be just a light golden brown. Pour the artichoke hearts and olives over the chicken. Add additional filtered or spring water to just barely cover chicken to keep moist. Put the lid on the chicken and place in the preheated oven. Bake covered for 45 minutes. Remove from oven, divide chicken, vegetables and sauce among plates. Serve.

# **Spicy Jerk Chicken**

Serves: 4

## **Ingredients**

- 3 Tbsp(s) Frontier Organic Jamaican Jerk Seasoning Blend
- 1 whole organic, free range chicken, cut in half, lengthwise
- 1/2 cup(s) organic lime juice

## **Preparation**

Place chicken in a large freezer bag or roasting pan. Pour lime juice over the chicken. Add the jerk seasoning, coating well. Seal the bag or cover the chicken in the pan with plastic wrap. Refrigerate overnight. Remove chicken from the marinade bag or pan. Put the remaining marinade into a small saucepan. Bring to a boil, reduce heat and simmer for 10 minutes. Set aside to use as a basting sauce for the chicken. Reserve some of the "safe" marinade (boiling 10 minutes kills bacteria) if desired. Preheat oven to 350°F. Place chicken in a rimmed baking pan, skin side up. Roast until cooked through, about 45 minutes. The chicken is done when the juices run clear (not pink) when a knife tip is inserted into both the chicken breast and thigh, about 165-170°F for the breast and 180-185°F for the thigh.

# Quick Chicken Creole

Serves: 4

## Ingredients

- 4 -8oz. breast(s) organic chicken, cut into 1-inch strips
- 1 cup(s) low-sodium chili sauce
- 1 1/2 cup(s) chopped organic green peppers
- 1/2 cups(s) organic celery, chopped
- 1/4 cup(s) chopped organic sweet onion
- 2 clove(s) organic garlic, minced
- 1 Tbsp(s) fresh basil
- 1 Tbsp(s) fresh parsley
- 1/4 tsp(s) crushed red pepper
- 1/4 tsp(s) sea salt

## Preparation

Spray a deep skillet with nonstick spray coating. Preheat pan over medium high heat. Cook chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink. Reduce heat. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes. Serve over hot cooked brown rice

# Lentil Recipes

## Lentil Salad

Serves: 4-6

### Ingredients

- 1 (19 ounce) can organic lentils, well rinsed
- 1/2 cup finely chopped organic red onion
- 2 tablespoons finely chopped fresh organic cilantro
- 1 tablespoon chopped fresh organic basil
- 1/4 teaspoon organic pepper
- 3 tablespoons organic red wine vinegar (I used Balsamic)
- 2 tablespoons organic olive oil

### Directions

Drain and rinse lentils. Add next 5 ingredients. In small bowl add vinegar and olive oil whisk. Pour over other ingredients.

## Spiced Lentils and Cantaloupe

Serves: 3-4

### Ingredients

- 1/2 ripe organic cantaloupe, diced into very small chunks
- 1/2 cup organic lentils
- 1/4 cup organic minced red pepper
- 1 organic scallion, minced (including green part)
- 1 tablespoon fresh organic parsley, minced
- 1 tablespoon fresh organic lemon juice
- 1 tablespoon good-quality organic olive oil
- Celtic sea salt, to taste
- Organic cayenne pepper, to taste

### Directions

Rinse lentils well. Cook over medium heat, with enough water to cover by at least an inch, until boiling. Then reduce heat to a simmer, and continue to cook until lentils are tender, about 25-30 minutes. Drain lentils and let cool. Combine all ingredients in a medium sized bowl, mix very gently to combine. Serve at room temperature.

# Stewed Lentils & Tomatoes (Side Dish)

Serves: 4

## Ingredients

- 1 1/3 teaspoons organic extra virgin olive oil
- 1 1/3 cups large diced organic yellow onions (2 onions)
- 1 1/3 cups large diced organic carrots (3-4 carrots)
- 2 organic garlic cloves, minced (about 1 tbs.)
- 2/3 (28 ounce) can organic plum tomatoes
- 2/3 cup organic French green lentil (7 ounces)
- 1 1/3 cups organic vegetable stock (or chicken stock)
- 1 1/3 teaspoons organic mild curry powder
- 1 1/3 teaspoons fresh organic thyme leaves, chopped
- 1 1/3 teaspoons Celtic sea salt
- 1/4 teaspoon fresh organic ground black pepper
- 2 teaspoons good quality organic red wine vinegar

## Directions

Heat the oil in a large saucepan. Add the onions and carrots and cook over medium low heat for 8-10 minutes, until the onions start to brown. Stir occasionally with a wooden spoon. Add the garlic and cook 1 more minute. Be careful not to burn the garlic.

Meanwhile, place the canned tomatoes, including the juice, in the bowl of a food processor and pulse several times until the tomatoes are coarsely chopped. Rinse and pick over the lentils to make sure there are no stones.

Add the tomatoes, lentils, broth, curry powder, thyme, salt, and pepper to the pan. Raise the heat to bring to a boil, and then lower heat and simmer covered for about 40 minutes, until the lentils are tender. Check occasionally to be sure the liquid is still simmering.

Remove from the heat and allow the lentils to sit covered for another 10 minutes. Add the vinegar. Season to taste and serve hot. Enjoy!

# Easy Curried Yellow Dal (Yellow Split Peas)

Serves: 4

## Ingredients

- 1 cup dry organic yellow split peas
- 1 tablespoon organic butter/coconut oil
- 1/2 medium organic onion, chopped
- 2 organic garlic cloves, finely minced
- 1/2 teaspoon fresh organic gingerroot, finely minced
- 2 cups low sodium organic vegetable broth
- 1 cup water
- 1/2 teaspoon Celtic sea salt
- 1 tablespoon organic curry powder
- 1 tablespoon organic cumin
- 1/2 teaspoon organic coriander powder
- 1/2 teaspoon organic turmeric
- 1/2 teaspoon organic chili powder (optional)
- 1/2 teaspoon organic garam masala (optional)
- 1/2 cup fresh organic cilantro, chopped for garnish (optional)

## Directions

In a medium saucepan melt butter/coconut oil over medium heat. Add chopped onion and salt. Sauté until soft, about five minutes. Add garlic and sauté until fragrant, about 30 seconds.

Add remaining spices and stir. Sauté for about 1 minute, cooking spices. If spices start to stick to pan, add some water - 1/4 cup should do. Add peas and stir to coat with butter, onion, and spice mixture. Add broth, 1/2 cup water and bring to boil. Cover and reduce heat to simmer.

Simmer for 40-50 minutes or until peas are tender and most of the liquid has been absorbed. (Check peas periodically - you may need to add more water during cooking if peas are absorbing the liquid too quickly). Garnish with chopped cilantro/coriander leaves before serving.

Options: Serve with hot basmati or brown rice for a filling one-dish meal. Or, double the broth/water to make a curried pea soup. To turn this into a spicy curry, add some finely chopped jalapeno, Serrano, or chile pepper at the same time as the garlic.

## Green Lentil Salad (Azifa)

Serves 4

### Ingredients

- 1 cup organic green lentil, soaked overnight (8 oz)
- 2 organic tomatoes, peeled and chopped
- 1 organic red onion, finely chopped
- 1 organic green chili pepper, seeded and chopped
- 4 tablespoons fresh organic lemon juice
- 5 tablespoons organic olive oil
- 1/2 teaspoon prepared organic mustard
- Celtic sea salt & freshly ground organic black pepper, to taste

### Directions

Place the lentils in a saucepan, cover with water and bring to a boil. Simmer for 45 minutes until soft, drain, then turn into a bowl and mash lightly with a potato masher. Add the remaining ingredients and mix well. Adjust seasonings to taste. Chill before serving as an accompaniment to a meat or fish dish.

## Pondicherry Lentils

Serves: 6

### Ingredients

- 2 cups organic lentils
- 8 cups water
- 1 organic Fuji apple, cored, diced
- 1 organic yellow bell pepper, large, diced
- 1 organic jalapeno pepper, diced (remove seeds and veins if you like it less hot)
- 1 cup organic flat leaf parsley, leaves, chopped
- 1 1/2 organic lemons, juice of
- 2 tablespoons organic olive oil
- 1 tablespoon organic balsamic vinegar
- 1 teaspoon Celtic sea salt
- 1 tablespoon organic sesame oil
- 1 tablespoon organic gingerroot, fresh, minced
- 1 1/2 teaspoons organic gingerroot, fresh, minced
- 1/4 cup unsweetened organic coconut, shredded

### Directions

Pick lentils over for any small stones; rinse and soak 2 hours in tepid water; drain. Place lentils and water in a large saucepan; heat to a boil. Reduce heat to low; cover and cook until lentils are tender, but still firm, 20-25 minutes. Rinse the lentils with cold water; drain. Mix together the lentils, apple, bell pepper, jalapeno, parsley, lemon juice, olive oil, vinegar and salt in a large bowl; chill until serving time. Just before serving, heat the sesame oil in a skillet over medium-high heat. Add the ginger and coconut; cook, stirring occasionally, until golden, 3-5 minutes. Sprinkle ginger and coconut over the lentils.



## Dressings/Marinades

### Balsamic Vinaigrette

Perfect on any salad or drizzled over roasted veggies

#### Ingredients

- 1 pinch Celtic sea salt
- 2 clove(s) organic garlic
- 4 Tbsp(s) organic extra virgin olive oil
- 1/4 tsp(s) freshly ground black pepper (to taste)
- 1 tsp(s) mustard powder
- 3 Tbsp(s) organic white balsamic vinegar

#### Directions

In a small bowl, whisk together olive oil, white balsamic vinegar, garlic, and mustard powder. Season to taste with salt and black pepper. Stir in minced fresh herbs if desired.

### Basil Vinaigrette

#### Ingredients

- 1/2 tsp(s) freshly ground black pepper
- 3 cup(s) organic basil leaves
- 1/2 cup(s) organic extra virgin olive oil
- 1/4 tsp(s) Celtic sea salt
- 3 clove(s) organic garlic, chopped
- 4 Tbsp(s) organic raw apple cider vinegar

#### Directions

Add all ingredients to a food processor or Magic Bullet. Process until smooth.

### Champagne Vinaigrette

#### Ingredients

- 1/4 Tbsp(s) chopped organic shallots
- 2 Tbsp(s) rice wine vinegar
- 1/4 cup(s) organic extra virgin olive oil
- 1/4 tsp(s) freshly ground black pepper (to taste)
- 2 tsp(s) organic Dijon mustard
- 1 tsp(s) dried parsley
- 1 pinch Celtic sea salt
- 1/4 Tbsp(s) dried tarragon
- 2 ounce(s) champagne

#### Directions

Add all ingredients to a non-reactive bowl. Whisk and serve.

## Citrus Vinaigrette

This light and refreshing dressing pairs perfectly with delicate, bitter greens like arugula and frisée.

### Ingredients

- 1 whole **organic grapefruit, squeezed**
- 2 tsp(s) **organic extra virgin olive oil**
- 1 Tbsp(s) chopped **organic shallot**
- 1 pinch **Celtic sea salt**
- 2 Tbsp(s) **organic Champagne vinegar**

### Directions

Add all ingredients to a non-reactive bowl. Whisk well to combine. Keep refrigerated for up to one week.

## Cumin-Lime Vinaigrette

Bold spices and tangy lime infuse this assertive vinaigrette

### Ingredients

- 1 tsp(s) organic ground cumin
- 2 Tbsp(s) fresh organic lime juice
- 2 Tbsp(s) organic apple cider vinegar
- 1 Tbsp(s) fresh organic cilantro, finely chopped
- 4 Tbsp(s) organic extra virgin olive oil

### Directions

Whisk all ingredients together until well-blended. Refrigerate leftover dressing.

## Orange-Balsamic Dressing

Add a snap of citrus to your favorite salad

### Ingredients

- 1/4 cup(s) organic balsamic vinegar
- 1/4 cup(s) fresh organic orange juice
- 1 tsp(s) organic orange zest
- 2 Tbsp(s) organic extra virgin olive oil

### Preparation

Mix orange juice, balsamic vinegar and oil. Grate in orange zest and mix well.