

VegeCleanse

14 Days

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WELL
WORLD

The VegeCleanse Detoxification Program

The goal of this program is to gently and slowly support the process of metabolic detoxification. We live in an ever-increasingly toxic environment. Many of the toxins, also known as Persistent Organic Pollutants (POPs), are abundant in the environment today and did not exist 30 years ago. These new toxins include certain pesticides, herbicides, and industrial chemicals that can enter the body through food, water, and air supplies. These toxins can and often do become trapped in the body's organs and tissues, which over time can negatively impact health, vitality, and overall wellness, and may contribute to the development of chronic illness. A detoxification program should be simple to complete, effective in outcome, and without concern for safety. By supporting the body's natural two-phase process of detoxification, toxins can safely and effectively be cleansed from the body.

How to Follow This Plan

Make sure to download the Well World App and login. You'll find detailed daily plan information from your practitioner under the Plans section of the App. Also look for additional resources under the More Menu in the App.

There are meal plans, recipes and shopping lists to get you started. You don't need to follow the meal plans exactly. You may substitute any plan-appropriate recipe for the suggested meal to suit your taste, or make substitutions with ingredients from the "What to Eat" list. Make sure you exclude the foods on the "What Not to Eat" List.

Calories are not counted on the VegeCleanse. There is no need to be hungry! If you need more food than is on the meal plans, increase the portions or have an additional snack. Similarly, you do not need to eat all the food on the meal plan. If you are not so hungry, it is okay to have smaller portions.

Remember to drink plenty of fluids. Drink $\frac{1}{2}$ oz. per pound of body weight of purified water each day for the entire 14-day program.

Make sure to download the Well World App for more information and daily guidance from your practitioner.

What to Eat

There are many delicious foods to consume when following the VegeCleanse program. For your daily meal and snacks, focus on whole and seasonal foods. This usually means shopping the outer aisles of your grocery store or visiting your local farmers' market. The following foods are all "On Plan":

- **Optimal protein choices:** Organic or hormone-free chicken, Turkey, Lamb, Grass-fed beef, Cold water fish (salmon, cod, sardines, pacific flounder, sole, butterfish, and trout. Choose wild ocean fish over farm raised fish, Organic eggs, Organic legumes (acceptable as a vegetarian protein)
- **Optimal fat choices:** Flaxseed, Walnut oils, Extra virgin olive oil, Hempseed oil, Avocado, Raw, sprouted, or dry roasted nuts and seeds, Organic cultured butter, Ghee, Coconut oil for higher heat cooking
- **Low glycemic index fruit choices:** Berries (blueberries/raspberries/ strawberries)
- **Moderate glycemic index fruit choices** (fresh or frozen): Cherries, Pears, Apricots, Melons, Plums, Oranges, Peaches, Grapefruit, Apples, Prunes, Kiwi, Nectarines, Tangerine
- **Beverages:** Herbal teas, Naturally decaffeinated green tea, Spring water, Vegetable juices, Coconut water
- **Vegetable choices:** You can eat an unlimited amount of these vegetables - Salad greens, Cruciferous veggies, Carrots, Cucumbers, Sweet peppers, Raw sauerkraut. Limit starchy veggies such as potatoes.
- **Condiments:** Lemon, Lime, Cayenne pepper, Sea salt, Garlic, Fresh herbs and spices, Flax/olive oil & raw apple cider vinegar for dressings
- **Misc. snack choices:** Nuts (raw are best), Hummus, Raw or steamed vegetables, Low glycemic fruit, Almond butter with apple slices or celery.

What NOT to Eat

Avoid processed and packaged foods whenever possible. Additionally, the following foods should be eliminated:

- **Sugar** in all forms, including sucrose, fructose, high fructose corn syrup. Natural low-impact sweeteners such as stevia, allulose & polyols (e.g., xylitol & erythritol) are allowed.
- **Artificial sweeteners** (sucralose, maltodextrin, saccharin, aspartame, Sweet 'n' Low, Splenda, Equal)
- **Gluten-containing grains:** avoid foods which contain wheat, oats, rye, spelt, kamut, bulgur, couscous, and barley. This includes pastas, bread, crackers, cereals, and other products made from these grains. (Gluten-free whole grains such as brown rice, wild rice, millet, quinoa, amaranth, and buckwheat are allowable during the detox program)
- **Dairy products** (from cow, goat, sheep) including milk, cheese, yogurt, and ice cream
- **All alcohol**
- **Caffeine-containing beverages** including coffee, tea and soda
- **Soy protein** including tofu and tempeh
- **Desserts** (chocolate, candy, cakes, cookies)
- **Fried foods, hydrogenated oils, margarine**
- **Peanuts/peanut butter** (high allergen legumes)

Shopping List: Week 1

Produce

- 1 bunch Arugula
- 4 Avocado
- 1/2 pint (55g) Blueberries (use extra for snacking)
- 1/2 cup (25g) Brussels sprouts
- 1 package Button mushrooms (use extras for salads)
- 4 Carrots
- 1 small head Cauliflower (use extra for snacking)
- 3 Green apples
- 1 cup (150g) Green beans (extra can be used in the broth)
- 1 bunch Green onions (Spring onions)
- 5 Lemons
- 1 Beet (Beetroot)
- 1 bunch Kale (Tuscan cabbage)
- 4 cup (170g) Mixed greens (1 bag)
- 1 Onion (red)
- 1 Red pepper (Capsicum)
- 4 cups (170g) Spinach (1 bag)
- 2 Sweet potatoes
- 2 Tomatoes
- 1 small Zucchini (courgette) or other summer squash
- 6 cups (200g) mixed veggies for snacking and broth (including celery, carrots)
- 1 bunch Basil
- 1 head Garlic
- 1 inch (2.5 cm) Fresh ginger
- 1 bunch Parsley
- 1 bunch Watercress

Meat, Poultry & Fish

- 2 boneless, skinless organic & antibiotic free Chicken breasts
- 2 6oz (170g) wild-caught Salmon filet
- 1 lb. (450g) ground Turkey (organic, antibiotic-free)

Spices

- Black pepper
- Cayenne
- Coriander
- Onion powder
- Paprika
- Sea salt
- Thyme

Other

- 2 quart (2 L) unsweetened Almond, coconut or oak milk (optional for VegeCleansse shakes)
- Almond butter
- Apple Cider Vinegar (Bragg's)
- Balsamic vinegar
- Coconut aminos
- Coconut oil
- Herbal tea
- Hummus (or make your own, recipe under Snacks)
- Mixed nuts (almonds, walnuts, or other)
- 1 package Nori
- Olive oil
- Quinoa
- Stone ground mustard
- Toasted sesame oil

Substitutions

- Nori - substitute dulse, wakame
- Salmon - substitute trout, cod, sole
- Sweet potato - substitute yucca root.
- Substitute any leafy greens for kale, spinach
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Organic produce is best. Check [the EWG's Dirty Dozen list](#) for the most important produce to buy organic.

Shopping List: Week 2

The following shopping list includes Bone Broth. Make substitutions if you are consuming Miso Broth instead.

Produce

- 1 Avocado
- 1 small head Broccoli (use extra for snacking)
- 1 cup (50g) Brussels sprouts
- 1/2 cup (75g) Cherry tomatoes
- 5 Green apples
- 1 bunch Green onions (Spring onions)
- 5 Lemons
- 1 Beet (Beetroot)
- 1 Cucumber
- 1 bunch Kale (Tuscan cabbage)
- 2 cups (85g) Mixed greens
- 1 Onion
- 1 Red pepper (Capsicum)
- 2 cups (85g) Spinach
- 1 Sweet potato
- 1 bunch Swiss chard (Silverbeet)
- 1 Tomato
- 1 cup (205g) Winter Squash (acorn, butternut)
- 1 small Zucchini (courgetti) or other summer squash
- 6 cups (200g) mixed veggies for snacking and broth (including celery, carrots)
- 1 large head Garlic
- 1 inch (2.5 cm) Fresh ginger
- 1 bunch Parsley

Meat, Poultry & Fish

- 1 Egg
- 2 boneless, skinless organic & antibiotic free Chicken breasts
- 1 4oz (115 g) wild-caught Salmon filet
- 1 8oz (230g) can Salmon (look for a BPA-free can)
- 4 oz. (100g) Shrimp (wild-caught, peeled, deveined)

Spices

-
- Basil
- Black pepper
- Cayenne
- Oregano
- Paprika
- Sea salt
- Thyme

Other

- 2 quart (2 L) unsweetened Almond, coconut or oak milk (optional for VegeCleansse shakes)
- Almond butter
- Almond flour
- Apple Cider Vinegar (Bragg's)
- Balsamic vinegar
- Brown rice
- Coconut oil
- Herbal tea
- Hummus (or make your own, recipe under Snacks)
- Mixed nuts (almonds, walnuts, or other)
- Olive oil
- Sesame seeds
- Stone ground mustard
- Toasted sesame oil

Substitutions

- Salmon - substitute trout, cod, sole
- Sweet potato - substitute yucca root.
- Substitute any leafy greens for kale, spinach

Organic produce is best. Check [the EWG's Dirty Dozen list](#) for the most important produce to buy organic

Week 2: Daily Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
When You Wake Up	8oz. (250 ml) hot water with ¼ lemon & cayenne pepper	8oz. (250 ml) hot water with ¼ lemon & cayenne pepper	8oz. (250 ml) hot water with ¼ lemon & cayenne pepper	8oz. (250 ml) hot water with ¼ lemon & cayenne pepper	8oz. (250 ml) hot water with ¼ lemon & cayenne pepper	8oz. (250 ml) hot water with ¼ lemon & cayenne pepper	8oz. (250 ml) hot water with ¼ lemon & cayenne pepper
Breakfast	VegeCleanse Shake + Supplement Packet	VegeCleanse Shake + Supplement Packet	VegeCleanse Shake + Supplement Packet	VegeCleanse Shake + Supplement Packet	VegeCleanse Shake + Supplement Packet	VegeCleanse Shake + Supplement Packet	VegeCleanse Shake + Supplement Packet
Morning Snack	Optional: 1 apple with 1 Tbsp almond butter	Optional: 2 Tbsp Hummus + 1 cup (100g) raw veggies	Optional: 10-12 almonds, walnuts or other nuts	Optional: 10-12 almonds, walnuts or other nuts	Optional: 10-12 almonds, walnuts or other nuts	Optional: 1 apple with 1 Tbsp almond butter	Optional: 2 Tbsp Hummus + 1 cup (100 g) raw veggies
Lunch	Sautéed Shrimp & Greens	Hearty Kale Salad	Sautéed Chicken & Greens Over Brown Rice	Mediterranean Fish + Spinach Salad with Mustard Vinaigrette	One Pan Chicken & Brussels Sprouts	Sesame Salmon Burgers (portion 1) + Simple Green Salad	Cucumber Tomato Salad + Sesame Salmon Burgers (portion 2)
Afternoon Snack	Optional: 10-12 almonds, walnuts or other nuts + Alkaline Broth	Optional: 10-12 almonds, walnuts or other nuts + Alkaline Broth	2 Optional: 1 apple with 1 Tbsp almond butter + Alkaline Broth	Optional: 2 Tbsp Hummus + 1 cup (100 g) raw veggies + Alkaline Broth	Optional: 2 Tbsp Hummus + 1 cup (100 g) raw veggies + Alkaline Broth	Optional: 1 apple with 1 Tbsp almond butter + Alkaline Broth	Optional: 1 apple + 1 Tbsp almond butter+ Alkaline Broth
Dinner	VegeCleanse Shake + Supplement Packet	VegeCleanse Shake + Supplement Packet	VegeCleanse Shake + Supplement Packet	VegeCleanse Shake + Supplement Packet	VegeCleanse Shake + Supplement Packet	VegeCleanse Shake + Supplement Packet	VegeCleanse Shake + Supplement Packet
Before Bed	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea	Cup of Herbal Tea

Recipes

Starting the Day

Start every morning with a cup of hot water, adding ¼ lemon, freshly juiced and two pinches of cayenne, it helps get the digestive tract going and provides a warm, soothing way to ease into the day with immune-supportive phytonutrients that can aid digestion and metabolism.

Hot Water with Lemon and Cayenne

Makes 1 serving

Ingredients

1 cup water (250 ml)
Pinch of cayenne pepper
4 lemons juiced

Directions

1. Boil the water.
2. Pour in the water. Add the lemon juice and cayenne
3. Stir and sip

Breakfast

Banana Nut Oatmeal

Makes 1 servings

Ingredients

- 3/4 (65g) cup gluten-free rolled oats
- 1 (240 ml) cup water
- 1 banana, sliced
- 1/4 (40g) sliced almonds
- Dash of cinnamon
- Optional: almond milk

Directions

1. Add water to a medium stock pot and bring the water to a boil.
2. Once the water is boiling, add the oats and bring the temperature to medium/low. Stir every 1-2 minutes.
3. After about 10 minutes, when the oats are mostly cooked, add the banana slices (save a few slices for garnish), nuts (save a few for garnish) and cinnamon, and stir thoroughly.
4. After another 1-2 minutes, remove the pot from heat, pour into a bowl, and top with bananas, extra cinnamon, and nuts. Add almond milk (optional)
5. Garnish, serve and enjoy!
6. Tip: Water amounts and cooking times vary by type of oats (rolled or steel-cut) and desired consistency. Adjust water based on packaging instructions.

Coconut Yogurt Parfait

Makes 1 servings

Ingredients

- 8 oz. (230g) plain, coconut yogurt
- 1/2 cup (40g) walnuts (or other nuts)
- 1/2 cup (40g) mixed berries

Directions

1. Using a blender or food processor, process the nuts into a meal (20-30 seconds).
2. Line the bottom of a cup or glass with 1/2 of the yogurt.
3. Add 1/2 the nuts and berries on top of the yogurt.
4. Add remaining yogurt. Top with remaining berries and nuts. Add cinnamon
5. Serve immediately or refrigerate then serve.

Flaxseed Oatmeal

Makes 1 servings

Ingredients

- 1 (240 ml) cup water
- Dash of sea salt
- 1/2 cup (45g) gluten-free oats
- 2 tablespoons ground flaxseed
- 1 teaspoon cinnamon

Directions

1. Add water and a dash of sea salt to a medium stock pot. Bring the water to a boil.
2. Once the water is boiling, add the oats and bring the temperature to medium/low. Stir every 1-2 minutes.
3. After about 10 minutes, when the oats are mostly cooked, add the flaxseed and cinnamon, and stir thoroughly.
4. After another 1-2 minutes, remove the pot from heat, pour into a bowl, and top with extra cinnamon. Add unsweetened coconut, hemp, or flax milk (optional)
5. Serve and enjoy!

Tip: Water amounts and cooking times vary by type of oats (rolled or steel-cut) and desired consistency. Adjust water based on packaging instructions.

Paleo Scramble

Makes 1 servings

Ingredients

- 1 tablespoons (15ml) coconut oil
- 1 clove garlic, chopped
- 1 onion, chopped
- 1/2 bell pepper, chopped
- 1 whole egg (organic)
- 2 egg whites
- 1 handful spinach (about 1 cup, 150g)
- Sea salt and pepper to taste

Directions

1. Wash and prepare all of the produce.
2. Warm a medium-sized skillet over medium heat and add the oil, allowing it to warm and melt for about 1 minute.
3. Once the skillet is hot add the garlic, onion, and bell pepper and sauté for 2-3 minutes or until slightly browned.
4. While the veggies are cooking add the egg and add the whites to a small bowl and whisk with a fork until well mixed. Then add salt, pepper and herbs/spices.
5. Add the egg mixture to the skillet and cook, stirring every 2-3 minutes for about 3-4 minutes.
6. Add the spinach and continue to cook until the spinach is wilted for about 2 minutes.
7. Once cooked, remove the eggs, plate them and enjoy.

Pumpkin Spice Oatmeal

Makes 1 servings

Ingredients

- 1 (240 ml) cup water
- Dash of sea salt
- 1/2 cup gluten-free rolled oats
- 1/4 cup (55g) pumpkin puree (fresh or from a BPA-free can)
- 1 tablespoon chia seeds
- Dash of pumpkin spice

Directions

1. Add water and sea salt to a medium stock pot. Bring the water to a boil.
2. Once the water is boiling, add the oats and reduce temperature to a simmer.
3. Cook for about 10 minutes, until the oats are almost done, stirring every 1 to 2 minutes.
4. Add the pumpkin and chia seeds, and stir thoroughly.
5. After another 1-2 minutes, remove the pot from heat, pour into a bowl, and top with pumpkin spice. Add unsweetened coconut (optional)
6. Serve and enjoy!

Tip: Water amounts and cooking times vary by type of oats (rolled or steel-cut) and desired consistency. Adjust water based on packaging instructions.

Quinoa Breakfast Cereal

Makes 1 servings

Ingredients

- 1/3 cup dry quinoa
- 1/2 cup (125 ml) almond milk
- 1 cup (250 ml) water
- 1/4 cup (25g) blueberries
- Optional: garnish with hemp seeds, almonds

Directions

1. Combine quinoa and water in saucepan and turn to medium/high heat.
2. Once the quinoa reaches a boil stir and lower the heat. Simmer for 10 minutes.
3. Add the almond milk and blueberries
4. Simmer for another 3 to 5 more minutes, stirring occasionally.
5. Remove from heat, garnish with almonds and hemp seeds before serving.

Sweet Potato & Kale Hash

Makes 2 servings

Ingredients

- 1 tablespoons coconut oil
- 1 sweet potatoes, peeled and diced in 1/4 inch cubes
- 1/2 red onion, diced
- 1/2 teaspoon cumin
- Sea salt and pepper, to taste
- 1/2 bunch kale, stems removed & chopped

Directions

1. Heat coconut oil in a skillet over medium heat. Add potatoes, onion, cumin and salt and pepper. Cook for 15 minutes, stirring occasionally.
2. Add the kale, cook until kale is wilted and potatoes are soft. Another 5 to 10 minutes, stirring occasionally.
3. Serve and enjoy!

Salads

Avocado & Olive Salad

Makes 1 servings

Ingredients

- 2 1/2 cups (105g) Spring mix salad greens
- 10 Kalamata olives
- 1 avocado, chopped
- 1/4 cup (15g) cilantro (coriander)
- 2 tablespoons (30ml) lemon, juice
- 1/2 tablespoon (8ml) olive oil
- 1 teaspoon dried rosemary

Directions

1. Place salad greens in a large bowl.
2. Add olives, avocado and cilantro.
3. Add lemon juice and olive oil.
4. Sprinkle with rosemary.
5. Toss to combine all ingredients, and serve.

Blueberry Chicken Salad

Makes 1 serving

Ingredients

For the salad:

- 4 oz (113g) organic chicken breast, thinly sliced
- 1 tablespoon coconut oil
- 1 cup (42g) arugula (rocket)
- 1/2 cup (55g) blueberries
- 1 cup (42g) watercress (substitute mixed greens)
- 1/2 avocado, chopped

For the dressing:

- 1 tablespoon (15ml) olive oil
- 1 tablespoon juice from lemon
- Pinch sea salt

Directions

Heat oil in skillet over medium-high heat. Add chicken and sauté until cooked through. Remove from heat and let cool

Add chicken and remaining salad ingredients into a large bowl

In a small bowl, whisk the dressing ingredients together. Pour over salad and toss.

Chicken White Bean Salad

Makes 2 servings

Nutrition

Ingredients

Vinaigrette

- 1 medium clove garlic
- 3 tablespoons (45ml) olive oil
- 1/4 cup (60ml) juice from an orange
- 3 Tablespoons rice wine vinegar
- 2 teaspoons Dijon mustard

Chicken and Salad

- 2/3 can cannellini or other white beans, rinsed and drained,
- 1 tablespoon (15ml) coconut oil
- 2 organic chicken breasts
- 21 cups (150g) zucchini (courgette), diced
- 2 stalks celery, diced
- 1/4 cup (10g) fresh basil, chopped plus whole basil leaves for garnish
- Freshly ground pepper to taste
- 1 cup (45g) Romaine lettuce, torn
- 1 cups (45g) arugula (rocket)

Directions

Vinaigrette

1. Using a fork, mash garlic to form a coarse paste. Add in 5 tablespoons of oil, whisk. Add the juice from a whole orange, the mustard and vinegar; whisk until well blended. Add more juice and seasonings to taste. Set aside at room temperature.
2. *Chicken and Salad:*
3. Heat the coconut oil in a skillet over medium-high heat. Season both sides of the chicken breast with pepper. Place in skillet, cook, turning once, until firm to the touch and meat is white through-out, about 5-7 minutes per side. Set aside.
4. Salad: Dice chicken, combine with beans, zucchini and celery in a large bowl until well blended. Season with pepper. Toss with vinaigrette.
5. Mix together Romaine and arugula. Divide onto plates. Top with the chicken and bean mixture. Garnish with basil and serve.

Cucumber Tomato Salad

Makes 1 servings

Ingredients

Salad:

- 1/2 cucumber, spiralized (or use a knife to cut thin ribbons if you don't have a spiralizer)
- 1/2 cup (75g) cherry tomatoes, halved
- *Dressing:*
- 1/4 lemon, juiced
- 1 tablespoon (15ml) olive oil
- Sea salt and pepper to taste

Directions

1. Feed the cucumber through a vegetable spiralizer to form curls or slice thinly with a mandoline or knife into thin strips.
2. Place in a large salad bowl and add tomatoes.
3. In a small bowl whisk together dressing ingredients.
4. Pour dressing over cucumber and tomatoes and toss to mix.
5. Serve and enjoy!

Grapefruit Almond Salad

Makes 2 servings

Ingredients

For the salad:

- 1 head Romaine lettuce, chopped
- 1 grapefruit, cut into pieces, save one segment for the dressing
- 2 green onions, chopped
- 1 avocado, sliced
- 1/4 (40g) cup sliced almonds

For the dressing:

- 1/4 cup (60ml) olive oil
- 1 teaspoon (5ml) dijon mustard
- 1 grapefruit segment
- Pinch of sea salt and pepper

Directions

1. Squeeze the juice from the grapefruit segment into a small mixing bowl, add the remaining dressing ingredients and whisk until mixed
2. Add all salad ingredients to a large bowl, add salad dressing and toss well

Hearty Kale Salad

Makes 1 servings

Ingredients

- 1/2 a bunch of kale, stems removed and chopped
- Dash sea salt and pepper
- 2 tablespoons olive oil
- 1 tablespoon Bragg's apple cider vinegar
- 1/2 sweet potato, roasted and cubed
- 1 red or golden beet (beetroot), roasted and cubed

Directions

1. Place kale in a large salad bowl.
2. Drizzle olive oil and vinegar over the kale. Add salt and pepper. Toss, then using your hands massage the kale until the leaves are evenly coated (this will make the kale more palatable.) Then let stand for at least 15 minutes.
3. Add sweet potato and beet.
4. Serve and enjoy!

Honey-Lime Chicken & Strawberry Salad

Makes 2 servings

Ingredients

- 2 chicken breast, cut into 3/4-inch (2cm) pieces
- 1 tablespoon (15ml) coconut oil
- 1/2 lime, juiced
- 1 tablespoon (15ml) honey
- 12 strawberries, sliced
- 1 avocado, diced
- 1 cucumber, peeled and chopped
- 4 cups (600g) Romaine lettuce, shredded
- Salt

Directions

1. Heat coconut oil in a skillet over medium-high heat. Add chopped chicken and sauté until chicken is nearly cooked, about 10 minutes
2. Add lime juice and honey to pan. Stir to coat chicken.
3. Cover pan. lower heat to medium, and let the chicken finish cooking, about 5 minutes. Set aside
4. In a separate bowl, add salad ingredients and toss.
5. Place chicken over salad greens, drizzle with Strawberry-Lime Dressing (see separate recipe for dressing.)

Kale Salad & Tahini Salad

Makes 2 servings

Ingredients

Kale salad

- 1/2 bunch (about 8 leaves) of kale (Tuscan cabbage)
- Sea salt
- 2 carrots (rainbow carrots are pretty but standard orange carrots are great, too)
- 2 teaspoons sesame seeds (preferably black sesame seeds, regular white are fine)

Tahini miso dressing

- 1/4 cup (60ml) Tahini
- 1 tablespoon white miso
- 1 1/2 tablespoons (25ml) rice wine vinegar
- 1/2 teaspoon toasted sesame oil
- Pinch red pepper flakes
- 1 handful cilantro (coriander), chopped
- 1/3 cup (80ml) water
- Dash of tamari (optional)

Directions

1. Remove the kale leaves from the stems, discard stems. Give the leaves a rough chop so they are in bite size pieces. Sprinkle with salt
2. Mix dressing ingredients in a small bowl using a whisk or a fork.
3. Before serving, pour dressing over the kale and toss thoroughly. For best results let the salad sit for 10 to 15 minutes to marinate. Store dressing separate from kale if consuming a portion later.
4. Top with chopped carrots and diced avocado. Optional toppings: Sesame seeds, chia seeds, tomato. If you're hungry, add more greens, you can't have too many!

Kale, Quinoa & Cashew Salad

Makes 1 servings

Ingredients

Salad:

- 1/2 bunch kale (Tuscan cabbage), about 4 leaves, torn into small pieces
- 1 tablespoon cashews
- 1 carrot, diced
- 1 cup (185g) quinoa, cooked

Dressing:

- Salt and pepper, to taste
- 2 tablespoons olive oil
- 1 tablespoon lemon, juiced

Directions

1. Place salad ingredients in a large bowl.
2. In a smaller bowl, whisk together dressing ingredients.
3. Pour dressing over salad and toss until well mixed.
4. Serve & enjoy

To Cook the Quinoa: The ratio is 1 cup of uncooked quinoa to 2 cups of liquid. Bring quinoa and liquid to a boil in a medium saucepan. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed, about 15 to 20 minutes. Fluff with a fork

Maple Beet & Spinach Salad

Makes 2 servings

Ingredients

Salad:

- 2 golden beets (beet root)
- 1 teaspoon olive oil
- 3 large handfuls of spinach
- 2 tablespoons pumpkin seeds

Dressing

- 2 tablespoons olive oil
- 1 tablespoon vinegar
- 1 teaspoon maple syrup
- Sea salt and pepper, to taste

Directions

Roast Beets:

1. Preheat oven to 375 degrees F (190C).
2. Wash and trim the beets, leaving a small amount of stem, do not cut into the beet.
3. Coat beets lightly with olive oil.
4. Wrap each beet in aluminum foil, place on a baking sheet, and roast in the oven until cooked through, approximately 45 to 60 minutes, depending on size. Beets are done when easily pierced with a fork.
5. Remove from the oven, unwrap when cool enough to handle.
6. Peel the beets, the peel should easily slip off.
7. Slice into thin wedges.

Salad

1. Place spinach in a large salad bowl.
2. In a small bowl whisk together dressing ingredients.
3. Pour dressing over spinach and toss.
4. Plate salad, top with beets, and garnish with pumpkins seeds.

Sautéed Shrimp over Greens

Makes 1 servings

Ingredients

- 1 tablespoon coconut oil
- 1/2 yellow onion
- 1 cloves garlic, minced
- 4 oz. (100g) wild-caught shrimp, peeled, deveined and cooked
- 2 large handfuls mixed salad greens*
- 1/2 red pepper, sliced
- 1/2 avocado, chopped
- 1 tablespoon olive oil

Directions

1. Melt coconut oil in a skillet over medium-high heat. Add onions and garlic, sauté until translucent.
2. Add shrimp to pan and stir until shrimp is warmed through.
3. In a large bowl mix together salads greens, pepper, avocado, onions and shrimp. Toss with olive oil and serve.

*Tips: There is no need to exactly measure greens, you can't have too many!

Sea Green Salad

Makes 1 servings

Ingredients

- 1 cup (118g) Nori, crumbled
- 2 tablespoons (30ml) olive oil
- 1 avocado, diced
- 1/4 red onion, finely chopped
- 2 carrot, chopped or shredded
- 1 tablespoon parsley, finely chopped
- 1 tablespoon (15 ml) fresh lemon juice

Directions

Add all ingredients to a large bowl and toss until well mixed.

Simple Green Salad

Makes 1 servings

Ingredients

- 2 large handfuls leafy greens (spinach, kale, romaine, spring salad mix)
- 1 tablespoon chopped basil
- 1 tablespoon (15ml) olive oil
- Squeeze of lemon (or lime)
- Optional mix-ins: avocado, cucumber, carrot, green beans, seeds

Directions

1. In a small bowl whisk together olive oil, basil, lemon
2. Place greens in a large bowl, add any additional mix-ins, toss with olive oil mixture
3. Serve and enjoy.

Spiced Chicken, Avocado and Mango Salad

Makes 2 servings

Ingredients

- 1 tablespoon (15ml) coconut oil.
- 1 teaspoon chili powder
- 1/2 teaspoon. cumin
- 1 mango, peeled and diced
- 1 avocado, diced
- 1 head Romaine lettuce, chopped
- pepper to taste

Directions

1. Heat the oil in a skillet over medium-high heat. Season both sides of the chicken breasts with salt and pepper. Place in skillet, cook, turning once, until firm to the touch, about 5 minutes per side.
2. Remove from heat and let cool. Once cool, shred chicken.
3. In a large bowl combine shredded chicken with chili powder and cumin. Add diced mango and avocado. Mix well
4. Place on top of lettuce and serve!

Strawberry-Lime Dressing

Makes 1 servings

Ingredients

- 1/4 cup (60ml) olive oil
- 6 strawberries
- 1 tablespoon (15ml) lime juice
- 1/4 teaspoon ground ginger
- Salt to taste

Directions

Blend all ingredients together until smooth. Drizzle over salad

Sides

Cauliflower Rice

Makes 2 servings

Ingredients

- 1 small head cauliflower, grated
- 1 tablespoon coconut oil
- 1/2 medium yellow onion, finely chopped
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon (15ml) unseasoned rice wine vinegar
- 1 teaspoon (15ml) toasted sesame oil

Directions

1. Cut the cauliflower into small florets and place food processor. Pulse until it resembles the texture of rice
2. Add the coconut oil to a large skillet set over medium heat and cook the onion, garlic, salt and pepper about 5 minutes. Do not burn the garlic
3. Add cauliflower 'rice', sesame oil, and rice wine vinegar. Continue cooking for an additional 5-8 minutes, until cauliflower is al dente
4. Remove from heat and serve.

Garlic Cauliflower Mash

Makes 1 servings

Ingredients

- 1 head garlic
- 2 teaspoons (10ml) olive oil, divided
- 1/2 small head of cauliflower, chopped into florets
- 1 tablespoon (15ml) coconut milk
- Fresh thyme leaves, chopped
- 1 teaspoon fresh chives, chopped
- Sea salt to taste

Directions

1. Preheat the oven to 400 degrees F (205C).
2. Remove as much of the outer papery skin from the garlic as you can with your fingers. Cut off the top of the garlic, exposing the tops of the cloves, drizzle with 1/2 the olive oil, wrap in foil and roast for about 40 minutes until garlic is soft.
3. Place cauliflower on parchment paper lined baking sheet. Drizzle with 1/2 the olive oil. Roast until the cauliflower is easily pierced with a fork, about 20 minutes.
4. Remove garlic and cauliflower from the oven. Set aside until cool enough to handle.
5. Place cauliflower in the bowl of a large food processor. Squeeze garlic from three cloves into the food processor. Add coconut milk, thyme, chives and salt. Process to your desired texture. Add more coconut milk if needed.

Tip: Store extra garlic in the fridge for up to a week.

Pan Seared Artichoke Hearts

Makes 1 servings

Ingredients

- 1 Artichoke
- 1 teaspoon (5ml) coconut oil

Directions

1. Lay your artichoke on its side and cut off the top quarter, to remove all the sharp stems.
2. Pour enough water into a pot to submerge your artichoke, add the artichoke, bring to a boil over medium heat. Reduce heat and simmer for 10 minutes or until fork tender.
3. Remove the artichoke from the water, let cool. Once cool peel off the remaining leaves. You will now be left with the heart and stem; cut it in half. Using a knife or a spoon remove the choke (the hairy filaments at the center). Slice the heart into bite sized pieces.
4. Heat coconut oil in a small skillet, over medium-high heat. Add artichoke hearts and cook until hot about 2 minutes.
5. Serve and enjoy!

Roasted Asparagus

Makes 1 servings

Ingredients

- 1/2 lb (100g) asparagus - about 6 large stems, trimmed and peeled
- Olive oil
- Aged balsamic vinegar

Directions

1. Preheat oven to 400 degrees F (200 C).
2. Arrange asparagus spears in a single layer on a baking sheet. Drizzle oil over asparagus and turn to coat.
3. Place in oven for 18-20 minutes.
4. Transfer to a platter and drizzle with vinegar.

Roasted Vegetables

Makes 1 servings

Ingredients

- 1/2 cup (75g) Brussels sprouts, halved
- 2 carrots, peeled and sliced
- 1/2 cup (75g) cauliflower florets
- 1 tablespoon (15ml) olive oil

Directions

1. Preheat oven to 450 degrees F (230 C) and line a baking sheet with parchment paper.
2. Wash and prepare ingredients and lay onto the baking sheet.
3. Drizzle oil over the raw vegetables and then mix together with hands.
4. Put the baking sheet into the oven and allow to cook for 10-15 minutes, then stir around to prevent burning.
5. Continue to cook for another 10-15 minutes or until vegetables are slightly brown or soft.
6. Remove from heat, serve and enjoy!

Roasted Winter Squash

Makes 2 servings

Ingredients

- 1 winter squash (acorn, butternut), peeled and cubed
- 2 tablespoons olive oil
- 1 teaspoon cinnamon
- 1/2 teaspoon sea salt

Directions

1. Preheat oven to 425 degrees F (215C). Line a backing sheet with parchment paper.
2. Put the squash into a bowl and toss with the oil, cinnamon and salt.
3. Arrange on baking sheet lined. Bake for 30 minutes or until the flesh is tender and the outside is lightly browned.

Tip: To peel the squash, cut in half, scoop out seeds with a spoon, use a vegetable peeler to remove the skin.

Sautéed Broccoli Rabe

Makes 1 servings

Ingredients

- 1 tablespoon (15ml) coconut oil
- 1/2 bunch broccoli rabe
- 2 cloves garlic, minced

Directions

1. Roughly cut the broccoli rabe, removing the thick stems.
2. Heat oil in a skillet over medium high heat.
3. Add the garlic and sauté until the garlic starts to brown, about 3 minutes.
4. Add the broccoli rabe and sauté until wilted and soft. About 5 minutes.
5. Enjoy!

Simple Sautéed Spinach

Makes 1 servings

Ingredients

- 2 tablespoons (30ml) coconut oil
- 2 cups (85g) fresh spinach
- 1 tablespoon lemon juice
- 1/4 teaspoon crushed red pepper flakes (crushed chilli flakes)

Directions

1. Heat oil in a pan over medium heat. Add spinach and toss to coat. Cover and cook until wilted, 3 to 5 minutes.
2. Remove from the heat and place in a bowl, add in lemon juice, and crushed red pepper. Toss to coat and serve immediately.

Sweet Potato “Fries”

Makes 1 servings

Ingredients

- 1/2 medium sweet potatoes, peeled and sliced into thin wedges
- 1 tablespoons olive oil
- 1/2 teaspoon rosemary
- Pinch of pepper
- Pinch of sea salt

Directions

1. Preheat oven to 425 degrees F (215 C).
2. Put the potato wedges into a bowl and toss with the oil, rosemary, pepper and salt.
3. Arrange on baking sheet lined with parchment paper.
4. Bake for 30 minutes or until the flesh is tender and the outside is lightly browned and the edges slightly crisp.

Soups

Alkaline Broth

Makes 1 servings

Ingredients

Choose a combination of the following vegetables equaling approximately - 1 1/2 to 2 cups (273-364g): celery, green beans, zucchini, spinach, parsley, kale, chard, carrots, onion, garlic, and favorite spices

Directions

1. Place vegetables in a soup pot with a significant amount of filtered water (more than enough to cover).
2. Bring to boil and then let simmer for 45 minutes.
3. Strain and keep the broth.

You may drink as much of this broth as you want during the 14 Day Detoxification Program with a minimum of 1 cup per day. This recipe will keep in the refrigerator for 3 days. Please do not freeze and defrost. Make fresh as needed. If you do not have a sensitive GI system you may puree the vegetables and broth together in a blender and consume as a heartier soup.

Asparagus Soup

Makes 3 servings

Ingredients

- 1 tablespoon (15ml) coconut oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 lbs (900 g) asparagus, chopped
- 1 quart (950ml) organic chicken stock
- Sea salt to taste
- 1 teaspoon chives chopped for garnish

Directions

1. Sauté onion and garlic in large soup pan
2. Add asparagus and chicken broth.
3. Bring to a boil, turn down heat, cover and simmer until asparagus is fork tender, about 8 minutes depending on size of asparagus spears.
4. Pour soup into blender and puree until smooth.
5. When serving sprinkle with ground pepper and chives.

Bone Broth

Makes 7 servings

Ingredients

- 2 lbs (900 g) knuckle bones from grass-fed beef (You can really use any kind of meaty or marrow bones from grass-fed beef, veal or lamb or organic, naturally raised pork, wild game or organic free range poultry.)
- 1 tablespoon (15ml) Bragg's Apple Cider Vinegar (or fresh lemon juice)
- 1 gallon (4L) water
- 1 teaspoon salt, adjust to taste
- 5 gloves garlic, smashed and peeled

Directions

Place bones in a large soup pot or slow cooker

Pour in water. Make sure there is enough to cover the bones

1. Add apple cider vinegar, salt and garlic. Feel free to add chopped onions, leeks, carrot and celery scraps/ends, parsley, thyme, turmeric, whole black peppercorns.
2. Cover and simmer for 24 to 48 hours. The longer the better. If using chicken bones, simmer for a *maximum* of 24 hours as the broth tends to get bitter if cooked longer.
3. Remove bones from broth.
4. Strain broth.
5. Store in the refrigerator for up to 1 week or freeze for up to 6 months.

Butternut Squash Soup

Makes 4 servings

Ingredients

- 1 large butternut squash
- 1 green apple, sliced and cored
- 1 small yellow onion, chopped
- 2 carrots, chopped
- 3 tablespoons (45ml) olive oil
- 2 teaspoons cinnamon
- 1 1/2 teaspoons salt
- 1/2 teaspoon cumin
- 2 tablespoons (30ml) coconut oil
- 3 cups (700ml) organic chicken stock

Directions

1. Preheat oven to 400 degrees F (200 C).
2. In a large bowl, combine the butternut squash, olive oil, 1 teaspoon cinnamon, 1/2 teaspoon salt, and 1/2 teaspoon cumin. Mix together, coating the squash well. Spread out on a rimmed baking sheet.
3. In the same bowl that the butternut squash was in, toss the apple slices, onion, and carrots to coat oil and spices. Place on a second rimmed baking sheet. Place both baking sheets in the oven and roast for 35-40 minutes until soft, stirring once.
4. Heat up coconut oil over medium heat in a large pot on the stove. Add the roasted ingredients and then the chicken stock. Add 1 teaspoon each of salt, cinnamon and chili powder. Bring to a boil, then reduce heat to low and simmer, covered, for 20 minutes.
5. Using an immersion blender, combine all ingredients until smooth, or transfer to a blender to puree. Serve warm.

Carrot Red Lentil Chili

Makes 4 servings

Ingredients

- 2 tablespoons (30ml) olive oil
- 1 onion, chopped
- 1 cup (200g) red lentils (brown and green lentils are good too)
- 1 1/4 cup (300 ml) organic chicken stock
- 2 zucchinis (courgettes), chopped
- 5 medium carrots, peeled and chopped
- Sea salt and pepper, to taste
- 2 tablespoons each, basil and oregano

Directions

1. Rinse lentils thoroughly in cold water, picking out any pebbles.
2. In a medium to large stockpot, heat olive oil over medium heat for 1-2 minutes.
3. Add chopped onion to the stockpot, stirring occasionally for 2-3 minutes or until slightly browned. Once onion is browned, add lentils and continue to cook, stirring occasionally every 2-3 minutes for another 5 minutes.
4. Add broth, zucchini, carrots, herbs and spices and salt and pepper; continue to cook the chili on medium/high heat until soup comes to a boil.
5. Once the soup comes to a boil, lower heat to medium/low and simmer for 30-45 minutes or until lentils are completely cooked.
6. Remove soup from heat and serve to be enjoyed immediately or save for later.

Chicken Vegetable Soup

Makes 2 servings

Ingredients

- 4 lbs (1.8kg) chicken (parts or you can also use a roast chicken carcass)
- 4 ribs of celery, chopped
- 6 large carrots, chopped
- 1 large onion, quartered
- 6 garlic cloves, minced
- 2 teaspoon turmeric
- 2 teaspoon curry powder
- 2 teaspoon oregano
- 1 1/2 teaspoons salt
- 2 teaspoon whole black peppercorns

Directions

1. Add chicken, 1/2 the carrots, 1/2 the celery and the onion to the pot. Add salt and peppercorns.
2. Cover with water, about 4 cups. For a more intense flavor, you may also substitute low-sodium vegetable or chicken broth for 1/2 of the water.
3. Bring to boil, reduce heat and simmer for about 40 minutes until chicken is cooked.
4. Transfer chicken to a bowl and let cool. Strain the broth, discarding the vegetables.
5. Return broth to the pot and add the remaining vegetables, garlic, turmeric, curry and oregano. Simmer until cooked about 10 to 15 minutes.
6. When the chicken is cool enough to handle pull meat from bones and shred into bite size pieces. Add back into the broth.
7. Soup is ready to serve. Allow 1/2 to cool and freeze for next week.

Curried Zucchini Soup

Makes 3 servings

Ingredients

- 2 tablespoon coconut oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1.5 lbs (680 g) zucchini (courgette), chopped
- 2 carrots, peeled and chopped
- 1 teaspoon curry powder
- 2 cups (475ml) low-sodium chicken broth
- Sea salt and pepper, to taste

Directions

1. Heat coconut in large pot or Dutch oven over medium heat.
2. Add onion and garlic and sauté until onions are translucent, about 4 minutes.
3. Add zucchini, carrots and curry powder, salute two minutes.
4. Add broth, bring to a boil, turn down heat, cover and simmer until zucchini and carrots are soft, about 20 minutes
5. Pour soup into blender and puree until smooth.
6. Serve hot or cold.

Miso Broth

Makes 5 servings

Ingredients

- 1 tablespoon coconut oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 thumb size piece of ginger, peeled and diced
- 6 cups water
- 1 sheet nori (dried seaweed), cut into large rectangles
- Optional: 1 vegan bouillon cube (will create a fuller flavor)
- Optional: 2 – 3 cups of vegetables (radish, carrot, mushrooms, broccoli)
- 3 Tablespoons white miso paste (fermented soy bean paste)
- Optional: sesame oil

Directions

1. Melt oil in heavy large pot over medium-high heat. Add onion, garlic and ginger, sauté until soft, about 4 minutes
2. Add water, nori, bullion and vegetables, bring to a boil. Reduce the heat, cover and simmer 15 to 20 minutes until vegetables are soft. (If only using Nori, simmer 10 minutes.) Turn off heat.
3. Place miso into a small bowl, add a little hot water (water should NOT be boiling or it will kill the live and beneficial microflora and enzymes in the miso), whisk until smooth. Add to the saucepan and stir.
4. Pour into a bowl. Add a few shakes of toasted sesame oil for added flavor.

Entrees

Baked Chicken Breasts

Makes 2 servings

Ingredients

- 2 chicken breasts
- 1/3 cup (80ml) extra virgin olive oil
- 3 garlic cloves, minced
- 3 tablespoons lemon juice
- 1/2 teaspoon. salt
- 1/4 teaspoon black pepper
- Optional: rosemary, thyme, oregano, paprika

Directions

1. Place chicken breasts in a large Ziploc bag or lay in a shallow bowl. Add all the other ingredients and massage to evenly coat.
2. Seal bag and marinate in the refrigerator for at least an hour, but ideally four.
3. Line a baking sheet with tin foil and place chicken breasts in a row. Place the tray in a preheated oven and cook for 35 minutes at 400 degrees F (200 C)
4. Transfer to a plate and let rest for a few minutes. Slice and serve!

Fish in Foil

Makes 2 servings

Ingredients

- 2 4-oz (115g) wild-caught cod fillets (or trout)
- 2 teaspoon (10ml) olive oil
- 1 teaspoon pepper
- 1 lemon, sliced thinly

Directions

1. Preheat oven to 400 degrees F (200 C).
2. Rub fillets with olive oil, and season with black pepper.
3. Place each fillet on a large sheet of foil. Squeeze the juice from the ends of the lemons over the fish. Arrange lemon slices on top of fillets. Seal edges of the foil to form enclosed packets. Place packets on baking sheet.
4. Bake in for 15 to 20 minutes, depending on the size of fish. Fish is done when it flakes easily with a fork.

Ginger Chicken

Makes 1 serving

Ingredients

- 1/2 tablespoon (8ml) sesame oil
- 1/2 tablespoon (8ml) coconut oil
- 1 chicken breast, chopped
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1 inch (2.5 cm) ginger (more or less depending on your preference), minced
- 3 tablespoons (54ml) coconut aminos
- 1/2 red pepper
- 1/2 cup (50g) button mushrooms, chopped

Directions

1. Heat sesame and coconut oil in wok (or skillet) over medium heat. Add chicken, onions, garlic and ginger and brown
2. Once chicken is browned and onions are caramelized., add coconut aminos and let simmer for about 10 minutes. Add water if needed,
3. Once chicken is nearly cooked through, add the remaining veggies and cook until done, about 8-10 minutes. Veggies should still be crisp.
4. Serve and enjoy!

Mediterranean Fish

Makes 1 servings

Ingredients

- 3 tablespoons (45ml) olive oil
- 4-oz (115g) wild-caught salmon fillets (or trout)
- 5 cloves garlic, crushed or finely chopped, divided
- 1 teaspoons dried thyme
- 1/4 teaspoon pepper
- 1 summer squash, any kind, halved and sliced
- 1 small tomato, halved and sliced
- 1 large green onion (Spring onions), both white and green parts, sliced
- 1/2 teaspoon paprika
- 1/2 lemon, juice
- 1/2 cup (35g) chopped fresh parsley leaves, stems removed
- Lemon wedges for garnish

Directions

1. Preheat the oven to 400 degrees F (200 C)
2. Prepare a 12x17 sheets of foil.
3. Drizzle 1 tablespoons olive oil over the trout fillet, then place, oiled side down, on the prepared foil sheet.
4. Spread 1/2 of the crushed garlic over the trout, and season with pepper and dried thyme.
5. In a small bowl, mix the remaining crushed garlic, 2 tablespoons olive oil, lime juice, pepper, paprika and parsley.
6. Pour the garlic mixture over the sliced vegetables. Mix until vegetables are covered.
7. Place the vegetables over the trout. Fold the foil over the trout and vegetables and seal completely, so no air can escape
8. Place the trout and vegetable foil packet on a large baking sheet. Bake for 20-25 minutes.
9. Carefully transfer the foil packet with a spatula to an individual serving plate. Open and garnish with lemon wedges. Enjoy!

One Pan Chicken & Brussels Sprouts

Makes 1 servings

Ingredients

- Coconut oil
- 2 tablespoons (30 ml) olive oil
- 1/2 tablespoon (8ml) balsamic vinegar
- 2 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Zest of 1 lemon
- Sea salt, to taste
- 1 cup (205g) butternut squash, cut into chunks about 1-inch (2.5cm)
- 1 cup (100g) Brussels sprouts, halved
- 1 boneless, skinless chicken breasts

Directions

1. Preheat oven to 400 degrees F (204 C). Lightly coat a baking dish with coconut oil.
2. In a small bowl, whisk together 1 tablespoon olive oil, balsamic vinegar, garlic, oregano, basil and lemon zest; season with salt to taste. Set aside.
3. Place butternut squash and Brussels sprouts in a single layer onto the prepared baking sheet. Drizzle with remaining 1 tablespoons olive oil and season with salt and pepper to taste. Top with chicken in a single layer and brush with oil & vinegar mixture.
4. Place into oven and roast until the chicken is completely cooked through, reaching an internal temperature of 165F (74C) and vegetables are soft, about 30 - 40 minutes. Then broil for 2 - 3 minutes, or until browned.

Paleo Mini Meatloaves

Makes 4 servings

Ingredients

- 2 lbs (900g) grass-fed ground beef (may also mix in pork and/or veal)
- 1 package frozen (or fresh) spinach
- 2 Tablespoons (30 ml) coconut oil
- 1 medium onion, finely diced
- 1 cup (75 g) mushrooms, finely diced
- 2 carrots, grated or finely diced
- 2 eggs, lightly beaten
- 1/3 cup (40g) almond flour
- 2 teaspoons salt
- 2 teaspoons pepper
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- 1/4 teaspoon grated nutmeg

Directions

1. Preheat oven to 375 degrees F (190 C)
2. Thaw the spinach, squeeze out the excess water and set aside. Or, if fresh heat in a pan over medium heat on 1 tablespoon (15ml) coconut oil, until wilted
3. Heat coconut oil in a skillet on medium heat. Add onions and mushrooms and cook until the onions are translucent and some of the liquid has cooked out of the mushrooms. Set aside to cool.
4. Once cooled, place a large bowl with all remaining ingredients. Use your hands to combine together well, do not over mix.
5. Fill 18 regular size muffin tins to the top with the meatloaf mixture.
6. Cook for 25-30 minutes.
7. Allow to cool and use a knife to loosen meatloaves from sides of the pan before removing.

Tip: Freeze 1/2, thaw and heat before serving for a quick ready meal.

Paleo Tacos

Makes 2 servings

Ingredients

For the meat:

- 1 tablespoon (15ml) coconut oil
- 1/2 onion, chopped
- 1 lb. (450g) grass-fed ground beef (95% lean)
- 1 teaspoon each: dried basil, oregano
- Pepper to taste
- *For the taco shells:*
- 6-8 large Romaine lettuce leaves

Toppings:

- 1/2 cup (120g) guacamole
- 1 red bell pepper (capsicum), chopped
- 3/4 cup (110g) Romaine lettuce, chopped
- Red onion, chopped

Directions

1. In a medium skillet, heat the oil over medium heat for about 1 minute.
2. Add the onion, basil and pepper and sauté until lightly browned, about 2 minutes.
3. Add the beef and sauté 7-10 minutes or until cooked, stirring every few minutes.
4. While the beef is cooking, wash and chop the toppings and lay the Romaine lettuce leaves out on serving plates.
5. When the beef is cooked, add 1-2 tablespoons to each lettuce wrap, then add toppings.
6. Serve and enjoy!

Salmon & Veggies

Makes 1 servings

Ingredients

- 1 cup (150g) of green beans
- 2 1/2 tablespoons (35ml) olive oil
- 6 oz (170g) filet of wild-caught salmon
- 1 tablespoon (15ml) lemon juice
- Sea salt to taste
- 1/2 tablespoon thyme

Directions

1. Preheat the oven to 400F (200C)
2. Prepare a 12x17 sheet of foil.
3. Place green beans in a bowl and toss with 2 tablespoons olive oil. Add salt to taste. (Optional: season with other herbs)
4. Place green beans on the foil sheets, place salmon on top of the green beans. Top each salmon with a 1/2 tablespoon of olive oil, 1 tablespoon of lemon juice and season with salt and thyme.
5. Fold the foil over the salmon and green beans, seal completely, so no air can escape
6. Place the foil packet on a large baking sheet. Bake for 20-25 minutes.
7. Carefully transfer the foil packet with a spatula to an individual serving plate. Open and garnish with lemon wedges. Enjoy!

***Be careful when you open the foil packet not to lean over or otherwise come in contact with the steam.

Sautéed Chicken & Greens Over Brown Rice

Makes 1 servings

Ingredients

1. 1/2 tablespoon of coconut oil
2. 4 oz (113g) organic chicken breast, thinly sliced
3. 1/2 onion, chopped
4. 2 cloves of garlic, minced
5. 1/2 cup (90g) broccoli florets
6. 1/2 bunch of chard (Silverbeet), chopped
7. 1 cup (195g) cooked brown rice
8. 1 teaspoon apple cider vinegar
9. Salt and pepper, to taste

Directions

1. Heat coconut oil in a skillet over medium high heat; add onion and sauté about 4 minutes; add garlic and chicken sauté until cooked through. Add broccoli and sauté 2 minutes more.
2. Add the chard and sauté for 5 minutes; add cooked rice, vinegar, salt and pepper, mix together.
3. Serve.

Sesame Salmon Burgers

Makes 2 servings

Ingredients

- 8 oz (230g) salmon (BPA-free can, drained or fresh filet, skin removed and cut into small pieces)
- 1 tablespoon (15ml) toasted sesame oil
- 1 tablespoon (15ml) fresh lemon juice
- 1 clove garlic, pressed
- 1 teaspoon peeled ginger, minced
- 1/4 cup (40g) chopped green onion (Spring onion)
- 1/8 cup (20g) toasted sesame seeds
- 1 large egg
- 1 tablespoon almond flour
- 2 tablespoons coconut oil, for frying

Directions

1. Combine salmon, oil, vinegar, garlic, ginger, green onion, sesame seeds and eggs in a large bowl
2. Add almond flour into mixture
3. Once well combined use your hands to form patties from the mixture
4. Melt the coconut oil in a skillet over medium heat.
5. Place the patties in the skillet and cook until golden brown, or about 5 minutes on each side
6. Serve and enjoy!

Spaghetti Squash Bolognese

Makes 2 servings

Ingredients

For spaghetti squash:

- 1 small/medium spaghetti squash- halved with seeds removed

For the Bolognese sauce:

- 2 tablespoons olive oil
- 1 small onion, chopped
- 1/2 lb. (225g) grass-fed ground beef
- 1 can (14.5oz/411g) stewed tomatoes
- 1 tablespoon tomato paste
- 2 carrots, peeled and chopped
- 1 cup (150g) cherry tomatoes, halved
- 2 tablespoons dried basil
- 2 tablespoons dried oregano
- Salt and pepper to taste

Directions

1. Preheat oven to 450F.
2. Cut spaghetti squash in half and remove seeds.
3. Place on a roasting pan, face down, in a small amount of water and bake for 30-45 minutes until the shell of the squash is soft.
4. Remove from oven and let cool, then scrape out insides using a fork (consistency should be spaghetti-like).
5. While the squash is cooking, begin the Bolognese sauce by heating the olive oil over medium heat in a large stock pot. Add the onion Sauté until lightly browned about 2 minutes.
6. Add the beef to the stockpot and cook for about 4 minutes until browned, stirring every minute.
7. Add the rest of the Bolognese ingredients; bring to a boil then reduce heat to simmer, cook for 20 minutes.
8. Serve the sauce over the spaghetti squash pasta. Garnish with extra pepper and fresh basil if desired

Squash Burrito Bowl

Makes 2 servings

Ingredients

Roasted spaghetti squash:

- 1 medium spaghetti squash, halved and seeds removed
- 2 tablespoons (30ml) olive oil
- Sea salt and pepper to taste

Slaw:

- 1 cup (100g) purple cabbage, roughly chopped
- 1 BPA- free can black beans, rinsed and drained
- 1 red bell pepper (capsicum), chopped
- 1/3 cup (50g) green onions (Spring onions), chopped
- 1/3 cup (15g) fresh cilantro (coriander), chopped
- 2-3 tablespoons (60-75ml) fresh lime juice, to taste
- 1 teaspoon (5ml) olive oil
- 1/4 teaspoon sea salt
- *Avocado salsa verde*
- 1 ripe avocado, diced
- 1/3 cup (15g) fresh cilantro (coriander), roughly chopped
- 1 tablespoon (15ml) fresh lime juice
- 1 garlic clove, roughly chopped
- Optional: Diced jalapeno pepper and tomatoes

Directions

1. Heat oven to 375 degrees.
2. Brush the inside of each half of the spaghetti with olive oil and sprinkle with salt and black pepper. Place cut sides down on a rimmed baking sheet.
3. Bake for about 40 minutes or until the squash shell is fork tender.
4. Remove from oven and let cool, and then scrape out insides using a fork (consistency should be spaghetti-like).
5. While the squash is cooking, make the slaw. Add black beans, cabbage, bell pepper, green onion, cilantro, lime juice, olive oil and salt to a large bowl. Mix well and set aside.
6. To make the salsa verde, blend the avocado, cilantro, lime juice and garlic in a blender until creamy (about 60 seconds).

7. Divide spaghetti squash into bowls, top with slaw and a heaping spoonful of salsa verde to each bowl. Optional garnish: cilantro, diced avocado and tomatoes.

Turkey Burgers

Makes 2 servings

Ingredients

- 1 lb. (450g) organic ground turkey
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1/2 teaspoon freshly ground pepper
- 1/2 teaspoon coriander
- Pinch of cayenne
- 1 green onion (Spring onion), chopped
- 1 tablespoon coconut oil
- 1 tomato, sliced
- 1 avocado, sliced

Directions

1. Mix turkey, spices and green onion in a bowl, combine until well mixed. Form into 2 patties.
2. Heat coconut oil in a frying pan over medium-high heat. Place patties in pan and cook for 5-6 minutes on each side.
3. Place burgers on a plate, top with tomato and avocado.

Vegetable Curry

Makes 3 servings

Ingredients

- 1 tablespoon (15 ml) coconut oil
- 1 tablespoon fresh ginger, grated
- 1 cup (90g) carrots, chopped
- 1/2 cup (45g) green beans, chopped
- 1 sweet potato, peeled and cut into 1 inch (2.5cm)
- 1 tablespoon curry powder
- 1 14-ounce (396 g) BPA-free can light coconut milk
- 1 cup (240 ml) water
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- Cilantro (coriander)

Directions

1. Heat oil in a large Dutch oven or heavy pot over medium-high heat. Add ginger, carrots, green beans and sweet potato. Cook 3 minutes, stirring frequently.
2. Stir in curry powder. Add coconut milk, water, salt and pepper. Reduce heat, cover, and simmer until vegetables are tender, about 15 minutes.
3. Serve over brown rice, garnish with cilantro.

Veggie Sushi Bowl

Makes 2 servings

Ingredients

Rice and seasonings:

- 2 cups (380g) short-grain, brown rice, rinsed well
- 1 sheet Nori
- 3 tablespoons (45ml) rice wine vinegar
- 1 1/2 tablespoons (25ml) reduced-sodium tamari
- 1/2 teaspoon sea salt

Other ingredients:

- 2 cups frozen edamame, preferably organic
- 2 large carrots, cut into matchsticks
- 1 avocado, sliced into long strips
- 1 small cucumber, quartered and cut into matchsticks
- 1/2 tablespoon sesame seeds

Directions

1. Cook rice.
2. Add rice wine vinegar, tamari and salt in a small pan over medium heat. Stir until mixed well, add to rice and toss well. Set aside.
3. Place the nori in a large skillet over medium heat, about 5 minutes on each side or until it easily crumbles. Once crisp break into small pieces over the rice, stir well.
4. Cook the edamame in a small pot of water until tender. 5-10 minutes.
5. Serve the rice mixture and top with carrots, cucumber, avocado, edamame and sesame seeds

Snacks & Desserts

Beet Chips

Makes 1 servings

Ingredients

- 1 medium beet (beetroot)
- 1/2 tablespoon (8 ml) olive oil
- Sea salt to taste.

Directions

1. Preheat oven to 425F (220C)
2. Line a baking sheet with parchment paper.
3. Using a mandoline, or knife slice the beets into very thin slices.
4. In a bowl mix together beet rounds, olive oil and salt.
5. Spread beets on baking sheet, so they aren't touching. Place in oven and bake for 20-30 minutes until crispy.
6. Serve and enjoy.

Hummus

Makes 4 servings

Ingredients

- 1 BPA-free can (439g) chickpeas, drained, liquid reserved
- 1/2 cup (144g) Tahini
- 1/4 cup (60ml) olive oil
- 2 cloves garlic, peeled
- 1 lemon, juiced
- Sea salt and pepper to taste
- Optional: parsley, cumin

Directions

1. Place chickpeas, Tahini, olive oil, garlic and lemon juice in the bowl of a food processor. While processing, slowly add the reserved liquid (or water) until reaching a smooth consistency. Salt and pepper to taste, add cumin to taste.
2. Place in a bowl, drizzle with olive oil, sprinkle with cumin and garnish with chopped parsley.

Nori Crisps

Makes 12 crisps

Ingredients

- 4 sheets of Nori
- Water
- Salt

Directions

1. Preheat oven to 250F (120C)
2. Lightly brush Nori sheet with water, place another sheet on top. Lightly brush top with water, sprinkle with salt. Cut sheet into 6 rectangles. Place on baking sheet.
3. Repeat with remaining two sheets.
4. Bake 10 to 13 minutes until dry to the touch and crisp. Remove from oven, let cool.
5. Store in an airtight container.

Salt & Vinegar Kale Chips

Makes 2 servings

Ingredients

- 1 bunch kale (Tuscan cabbage)
- 1 tablespoon (15ml) Bragg's apple cider vinegar
- 1 tablespoon (45ml) olive oil
- 1 teaspoon sea salt

Directions

1. Preheat oven to 375 degrees F (190 C).
2. Tear, or roughly chop the kale leaves up into large pieces. Discard thick stems.
3. Place kale in a large mixing bowl.
4. Drizzle with vinegar, olive oil and salt over the top. Toss well, and then massage the kale, evenly coating the leaves.
5. Spread out kale on 2 baking sheets so that the kale does not touch.
6. Place in oven for 10 to 13 minutes until dry and crisply. Careful not to overcook as kale will burn quickly.
7. Cool and serve while still warm.

Sweet Potato Chips

Makes 1 servings

Ingredients

- 1 medium sweet potato
- 1 Tablespoon (15 ml) olive oil
- Sea salt to taste.

Directions

1. Preheat oven to 425F (220C)
2. Line a baking sheet with parchment paper.
3. Using a mandoline, or knife slice the sweet potato into very thin slices.
4. In a bowl mix together potato rounds, olive oil and salt.
5. Spread potato rounds on baking sheet, so they aren't touching.
Place in oven and bake for 20-30 minutes until crispy.
6. Serve and enjoy.

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