



**Superfoods Today**

# DIABETIC COOKING FOR ONE

Boosts Immunity / Promotes Weight Loss / Slows Aging

## Don Orwell

"How can you go wrong with Superfoods Diet?"

# Diabetic Cooking For One

**By Don Orwell**

<http://SuperfoodsToday.com>

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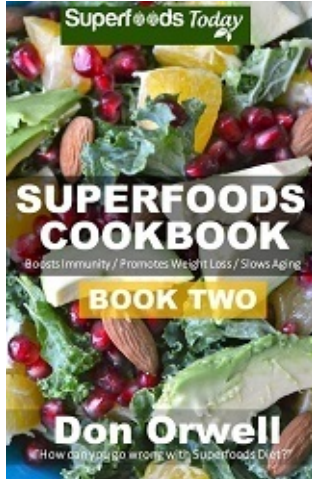
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As a way of saying thanks for your purchase, I'm offering you my FREE eBook that is exclusive to my book and blog readers.

**Superfoods Cookbook - Book Two** has over 70 Superfoods recipes and complements Superfoods Cookbook Book One and it contains Superfoods Salads, Superfoods Smoothies and Superfoods Deserts with ultra-healthy non-refined ingredients. All ingredients are 100% Superfoods.

It also contains Superfoods Reference book which is organized by Superfoods (more than 60 of them, with the list of their benefits), Superfoods spices, all vitamins, minerals and antioxidants. Superfoods Reference Book lists Superfoods that can help with 12 diseases and 9 types of cancer.

<http://www.SuperfoodsToday.com/FREE>



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## Superfoods Introduction

Superfoods are high in fiber, thermogenic, low in saturated fat, have tons of antioxidants, probiotic, vitamins, minerals, high in Omega 3 fats and above all tasty.

Superfoods Diabetic Diet works because it's return to the type of food your body naturally craves and was designed for. Whole foods Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods Diet is the only diet that doesn't restrict any major type of food. It features:

- Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado
- Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin, Lentils
- Non-gluten Carbs: Certain Fruits (mostly berries), Leafy Vegetables, and small quantities of Oats, Brown Rice, Quinoa, Buckwheat
- Simple non-processed Dairy: Greek Yogurt, Farmer's Cheese, Goat Cheese
- Antioxidants: Garlic, Ginger, Turmeric, Cacao, Cinnamon, Berries

This book is suitable for diabetics with diabetes type 2. All recipes are either measured for one or for two (in that case the best option is to freeze the second serving or share it with a friend).

# Diabetic Cooking for One

Allergy labels: SF – Soy Free, GF – Gluten Free, DF – Dairy Free, EF – Egg Free, V - Vegan, NF – Nut Free



## Condiments

## Basil Pesto

• 1 cup basil • 1/3 cup cashews • 2 garlic cloves, chopped • 1/2 cup [olive](#) oil or [avocado](#) oil Process basil, cashews and garlic until smooth. Add oil in a slow stream. Process to combine. Transfer to a bowl. Season with salt and pepper. Stir to combine. Allergies: SF, GF, DF, EF, V



## Cilantro Pesto

• 1 cup cilantro • 1/3 cup cashews • 2 garlic cloves, chopped • 1/2 cup [olive](#) oil or [avocado](#) oil Process cilantro, cashews and garlic. Add oil in a slow stream. Process to combine. Transfer to a bowl. Season with salt and pepper. Stir to combine. Allergies: SF, GF, DF, EF, V



## Sundried Tomato Pesto

• 3/4 cup sundried tomatoes • 1/3 cup cashews • 2 garlic cloves, chopped • 1/2 cup [olive](#) oil or [cumin](#) oil Process tomato, cashews and garlic. Add oil in a slow stream. Process to combine. Transfer to a bowl. Season with salt and pepper. Stir to combine. Allergies: SF, GF, DF, EF, V





## Broths

Some recipes require a cup or more of various broths, vegetable, beef or chicken broth. I usually cook the whole pot and freeze it.

## Vegetable broth

Servings: 6 cups *Ingredients*

- 1 tbsp. [coconut oil](#)
- 1 large onion
- 2 stalks celery, including some leaves • 2 large carrots
- 1 bunch green onions, chopped
- 8 cloves garlic, minced
- 8 sprigs fresh parsley
- 6 sprigs fresh thyme
- 2 bay leaves
- 1 tsp. salt
- 2 quarts water

*Instructions - Allergies: SF, GF, DF, EF, V, NF*

Chop veggies into small chunks. Heat oil in a soup pot and add onion, scallions, celery, carrots, garlic, parsley, thyme, and bay leaves. Cook over high heat for 5 to 7 minutes, stirring occasionally.

Bring to a boil and add salt. Lower heat and simmer, uncovered, for 30 minutes. Strain. Other ingredients to consider: broccoli stalk, celery root



## Chicken Broth

### *Ingredients*

- 4 lbs. fresh chicken (wings, necks, backs, legs, bones)
  - 2 peeled onions or 1 cup chopped leeks
  - 2 celery stalks • 1 carrot • 8 black peppercorns • 2 sprigs fresh thyme • 2 sprigs fresh parsley • 1 tsp. salt
- Instructions - Allergies: SF, GF, DF, EF, NF*

Put cold water in a stock pot and add chicken. Bring just to a boil. Skim any foam from the surface. Add other ingredients, return just to a boil, and reduce heat to a slow simmer. Simmer for 2 hours. Let cool to warm room temperature and strain. Keep chilled and use or freeze broth within a few days. Before using, defrost and boil.



## Beef Broth

### *Ingredients*

- 4-5 pounds beef bones and few veal bones
- 1 pound of stew meat (chuck or flank steak) cut into 2-inch chunks • Olive oil
- 1-2 medium onions, peeled and quartered
- 1-2 large carrots, cut into 1-2 inch segments
- 1 celery rib, cut into 1 inch segments
- 2-3 cloves of garlic, unpeeled
- Handful of parsley, stems and leaves
- 1-2 bay leaves
- 10 peppercorns

### *Instructions - Allergies: SF, GF, DF, EF, NF*

Heat oven to 375°F. Rub olive oil over the stew meat pieces, carrots, and onions. Place stew meat or beef scraps, stock bones, carrots and onions in a large roasting pan. Roast in oven for about 45 minutes, turning everything half-way through the cooking.

Place everything from the oven in a large stock pot. Pour some boiling water in the oven pan and scrape up all of the browned bits and pour all in the stock pot.

Add parsley, celery, garlic, bay leaves, and peppercorns to the pot. Fill the pot with cold water, to 1 inch over the top of the bones. Bring the stock pot to a regular simmer and then reduce the heat to low, so it just barely simmers. Cover the pot loosely and let simmer low and slow for 3-4 hours.

Scoop away the fat and any scum that rises to the surface once in a while.

After cooking, remove the bones and vegetables from the pot. Strain the broth. Let cool to room temperature and then put in the refrigerator.

The fat will solidify once the broth has chilled. Discard the fat (or reuse it) and pour the broth into a jar and freeze it.





## Pastes

### Curry Paste

This should not be prepared in advance, but there are several curry recipes that are using curry paste and I decided to take the curry paste recipe out and have it separately. So, when you see that the recipe is using curry paste, please go to this part of the book and prepare it from scratch. Don't use processed curry pastes or curry powder; make it every time from scratch. Keep the spices in original form (seeds, pods), ground them just before making the curry paste. You can dry heat in the skillet cloves, cardamom, cumin and coriander and then crush them coarsely with mortar and pestle.

#### *Ingredients*

- 2 onions, minced
- 2 cloves garlic, minced
- 2 teaspoons fresh ginger root, finely chopped
- 6 whole cloves • 2 cardamom pods
- 2 (2 inch) pieces cinnamon sticks, crushed
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. salt
- 1 tsp. ground cayenne pepper
- 1 tsp. ground turmeric

*Instructions - Allergies: SF, GF, DF, EF, V, NF*

Heat oil in a frying pan over medium heat and fry onions until transparent. Stir in garlic, cumin, ginger, cloves, cinnamon, coriander, salt, cayenne, and turmeric. Cook for 1 minute over medium heat, stirring constantly. At this point other curry ingredients should be added.



## Tomato paste

Some recipes (chili) require tomato paste. I usually prepare 20 or so liters at once (when tomato is in season, which is usually September) and freeze it.

### *Ingredients*

- 5 lbs. chopped plump tomatoes
- 1/4 cup extra-virgin [olive](#) oil or [avocado](#) oil plus 2 tbsp.
- salt, to taste *Instructions - Allergies: SF, GF, DF, EF, V, NF*

Heat 1/4 cup of the oil in a skillet over medium heat. Add tomatoes. Season with salt. Bring to a boil. Cook, stirring, until very soft, about 8 minutes.

Pass the tomatoes through the finest plate of a food mill. Push as much of the pulp through the sieve as possible and leave the seeds behind.

Bring it to boil, lower it and then boil uncovered, so the liquid will thicken (approx. 30-40 minutes). That will give you homemade tomato juice. You get tomato paste if you boil for 60 minutes, it gets thick like store bought ketchup.

Store sealed in an airtight container in the refrigerator for up to one month, or freeze, for up to 6 months.



## Precooked beans

Again, some recipes require that you cook some beans (butter beans, red kidney, garbanzo) in advance. Cooking beans takes around 3 hours and it can be done in advance or every few weeks and the rest get frozen. Soak beans for 24 hours before cooking them. After the first boil, throw the water, add new water and continue cooking. Some beans or lentils can be sprouted for few days before cooking and that helps people with stomach problems.



## Breakfast - Oatmeal

### Superfoods Oatmeal Breakfast

*Allergies: SF, GF, DF, EF, V, NF*

- 1/2 cup dry oatmeal
- 2 tsp. of ground [flax](#) seeds • 2 tsp. of sunflower seeds • A dash of cinnamon
- 1 tsp. of cocoa

Cook oatmeal with hot water and after that mix all ingredients. Sweeten if you have to with few drops of lucuma powder. Optional: You can replace sunflower seeds with pumpkin seed or chia seed. You can add a handful of blueberries or any berries instead of cocoa.



## Oatmeal Yogurt Breakfast

*Allergies: SF, GF, EF, NF*

- 1/2 cup dry oatmeal
- Handful of blueberries (optional)
- 1 cups of low-fat yogurt

Mix all ingredients and wait 20 minutes or leave overnight in the fridge if using steel cut oats.



## Cocoa Oatmeal

*Ingredients - Allergies: SF, GF, DF, NF*

- 1/2 cup dry oats
- 1 cup water
- A pinch tsp. salt
- 1/2 tsp. ground vanilla bean
- 1 tbsp. cocoa powder
- 1 tbsp. lucuma powder • 3 tbsp. ground [flax](#) seeds meal • a dash of cinnamon
- 2 egg whites

### *Instructions*

In a saucepan over high heat, place the oats and salt. Cover with water. Bring to a boil and cook for 3-5 minutes, stirring occasionally. Keep adding 1/2 cup water if necessary as the mixture thickens.

In a separate bowl, whisk 4 tbsp. water into the 1 tbsp. cocoa powder to form a smooth sauce. Add the vanilla to the pan and stir.

Turn the heat down to low. Add the egg whites and whisk immediately. Add the flax meal, and cinnamon. Stir to combine.

Remove from heat, add lucuma powder and serve immediately.

Topping suggestions: sliced strawberries, blueberries or few almonds.







## Flax and Blueberry Vanilla Overnight Oats

*Ingredients - Allergies: SF, GF, EF, V, NF*

- 1/2 cup dry oats
- 1/3 cup water
- 1/2 cup low-fat yogurt
- 1/2 tsp. ground [vanilla](#) bean • 2 tbsp. [flax](#) seeds meal • A pinch of salt
- Blueberries, almonds, blackberries, lucuma powder for topping

### *Instructions*

Add the ingredients (except for toppings) to the bowl in the evening. Refrigerate overnight.

In the morning, stir up the mixture. It should be thick. Add the toppings of your choice.

## Apple Oatmeal

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 1/2 grated apple
- 1/2 cup dry oats
- 1 cups water
- Dash of cinnamon
- 1 tsp. lucuma powder

*Instructions*

Cook the oats with the water for 3-5 minutes.

Add grated apple and cinnamon. Stir in the lucuma powder.



## Coconut Pomegranate Oatmeal

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 1/2 cup dry oats
- 1/3 cup coconut milk
- 1 cups water
- 2 tbs. shredded unsweetened coconut
- 1 tbs. [flax](#) seeds meal • 1 tbs. lucuma powder • 4 tbs. pomegranate seeds

### *Instructions*

Cook oats with the coconut milk, water, and salt.

Stir in the coconut, lucuma powder and flaxseed meal. Sprinkle with extra coconut and pomegranate seeds.



## Savory Breakfasts

## Omelet with Leeks

*Allergies: SF, GF, DF, NF*

Cook 1 cup chopped leeks in little coconut oil until they get soft and then mix the 2 beaten eggs in.



## Egg pizza crust

*Ingredients - Allergies: SF, GF, DF, NF*

- 2 eggs
- 1/4 cup of coconut flour
- 1/2 cup of coconut milk
- 1 small crushed garlic clove

Mix and make an omelet.



## Omelet with Superfoods veggies

*Ingredients - Allergies: SF, GF, DF, NF*

• 2 large eggs • Salt • Ground black pepper • 1 tsp. [olive](#) oil or [cumin](#) oil • 1 cups spinach, cherry tomatoes and 1 spoon of yogurt cheese • Crushed red pepper flakes and a pinch of dill (optional) *Instructions*

Whisk 2 large eggs in a bowl. Season with salt and ground black pepper and set aside. Heat 1 tsp. olive oil in a medium skillet over medium heat. Add baby spinach, tomatoes, cheese and cook, tossing, until wilted (Approx. 1 minute). Add eggs; cook, stirring occasionally, until just set, about 1 minute. Stir in cheese. Sprinkle with crushed red pepper flakes and dill.



## Egg Muffins

*Ingredients - Allergies: SF, GF, DF, NF*

Serving: 4 muffins • 4 eggs

- 1/2 cup diced green bell pepper
- 1/2 cup diced onion
- 1/2 cup spinach
- 1/4 tsp. salt
- 1/8 tsp. ground black pepper
- 2 tbsp. water

### *Instructions*

Heat the oven to 350 degrees F. Oil 4 muffin cups. Beat eggs together. Mix in bell pepper, spinach, onion, salt, black pepper, and water. Pour the mixture into muffin cups. Bake in the oven until muffins are done in the middle.





## Smoked Salmon Scrambled Eggs

*Ingredients* - Allergies: SF, GF, DF, NF

- 1 tsp [coconut oil](#)
- 2 eggs • 1 Tbs water
- 2 oz smoked salmon, sliced
- 1/4 avocado
- ground black pepper, to taste
- 2 chives, minced (or use 1 green onion, thinly sliced) *Instructions*

Heat a skillet over medium heat. Add coconut oil to pan when hot. Meanwhile, scramble eggs. Add eggs to the hot skillet, along with smoked salmon. Stirring continuously, cook eggs until soft and fluffy. Remove from heat. Top with avocado, black pepper, and chives to serve.



## Steak and Eggs

*Ingredients - Allergies: SF, GF, DF, NF*

- 1/4 lb boneless beef steak or pork tenderloin • 1/4 tsp ground black pepper
- 1/4 tsp sea salt (optional)
- 1 tsp [coconut oil](#)
- 1/4 onion, diced
- 1/2 red bell pepper, diced
- 1 handful spinach or arugula
- 1 egg *Instructions*

Season sliced steak or pork tenderloin with sea salt and black pepper. Heat a sauté pan over high heat. Add 1 tsp coconut oil, onions, and meat when pan is hot, and sauté until steak is slightly cooked. Add spinach and red bell pepper, and cook until steak is done to your liking. Meanwhile, heat a small fry pan over medium heat. Add remaining coconut oil, and fry two eggs. Top steak with a fried egg to serve.



## Egg Bake

*Ingredients - Allergies: SF, GF, DF, NF*

- 1/2 cup chopped red peppers or spinach • 1/4 cup zucchini
- 1/2 tbsp. [coconut oil](#)
- 1/4 cup sliced green onions
- 2 eggs • 1/4 cup coconut milk
- 1/8 cup [almond](#) flour • 1 tbsp. minced fresh parsley • 1/4 tsp. dried basil
- 1/8 tsp. salt
- 1/8 tsp. ground black pepper

### *Instructions*

Preheat oven to 350 degrees F. Put coconut oil in a skillet. Heat it to medium heat. Add mushrooms, onions, zucchini and red pepper (or spinach) until vegetables are tender, about 5 minutes. Drain veggies and spread them over the baking dish.

Beat eggs in a bowl with milk, flour, parsley, basil, salt, and pepper. Pour egg mixture into baking dish.

Bake in preheated oven until the center is set (approx. 35 to 40 minutes).



## Frittata

*Ingredients - Allergies: SF, GF, DF, NF*

- 1 tbsp. [olive](#) oil or [avocado](#) oil • 1/2 Zucchini, sliced • 1/4 cup torn fresh spinach
- 1 tbsp. sliced green onions
- 1/4 tsp. crushed garlic, salt and pepper to taste • 1/8 cup coconut milk
- 2 eggs *Instructions*

Heat olive oil in a skillet over medium heat. Add zucchini and cook until tender. Mix in spinach, green onions, and garlic. Season with salt and pepper. Continue cooking until spinach is wilted.

In a separate bowl, beat together eggs and coconut milk. Pour into the skillet over the vegetables. Reduce heat to low, cover, and cook until eggs are firm (5 to 7 minutes).



## Superfoods Naan *Pancakes* Crepes

*Ingredients - Allergies: SF, GF, DF, EF, V*

- 1/2 cup [almond](#) flour • 1/2 cup Tapioca Flour • 1 cup Coconut Milk • Salt
- [coconut oil](#)

### *Instructions*

Mix all the ingredients together.

Heat a pan over medium heat and pour batter to desired thickness. Once the batter looks firm, flip it over to cook the other side.

If you want this to be a dessert crepe or pancake, then omit the salt. You can add minced garlic or ginger in the batter if you want, or some spices.



## Zucchini Pancakes

*Ingredients - Allergies: SF, GF, DF*

- 1 small zucchini
- 1 tbsp. chopped onion • 2 beaten eggs • 3 tbsp. [almond](#) flour • 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- [coconut oil](#)

*Instructions*

Heat the oven to 300 degrees F.

Grate the zucchini into a bowl and stir in the onion and eggs. Stir in 6 tbsp. of the flour, salt, and pepper.

Heat a large sauté pan over medium heat and add coconut oil in the pan. When the oil is hot, lower the heat to medium-low and add batter into the pan. Cook the pancakes about 2 minutes on each side, until browned. Place the pancakes in the oven.





## Superfoods Smoothies

***Put the liquid in first.*** Surrounded by tea or yogurt, the blender blades can move freely. Next, add chunks of fruits or vegetables. Leafy greens are going into the pitcher last. Preferred liquid is green tea, but you can use almond or coconut milk or herbal tea.

***Start slow.*** If your blender has speeds, start it on low to break up big pieces of fruit. Continue blending until you get a puree. If your blender can pulse, pulse a few times before switching to a puree mode. Once you have your liquid and fruit pureed, start adding greens, very slowly. Wait until previous batch of greens has been completely blended.

***Thicken?*** Added too much tea or coconut milk? Thicken your smoothie by adding ice cubes, flax meal, chia seeds or oatmeal. Once you get used to various tastes of smoothies, add any seaweed, spirulina, chlorella powder or ginger for additional kick. Experiment with any Superfoods in powder form at this point. Think of adding any nut butter or sesame paste too or some Superfoods oils.

***Rotate!*** Rotate your greens; don't always drink the same smoothie! At the beginning try 2 different greens every week and later introduce third and fourth one weekly. And keep rotating them. Don't use spinach and kale all the time. Try beets greens, they have a pinch of pink in them and that add great color to your smoothie. Here is the list of leafy green for you to try: spinach, kale, dandelion, chards, beet leaves, arugula, lettuce, collard greens, bok choy, cabbage, cilantro, parsley.

***Flavor!*** Flavor smoothies with ground vanilla bean, cinnamon, lucuma powder, nutmeg, cloves, almond butter, cayenne pepper, ginger or just about any seeds or chopped nuts combination.



Not only are green smoothies high in nutrients, vitamins and fiber, they can also make any vegetable you probably don't like (be it kale, spinach or broccoli) taste great. The secret behind blending the perfect smoothie is using sweet fruits or nuts or seeds to give your drink a unique taste.

There's a reason kale and spinach seem to be the main ingredients in almost every green smoothie. Not only do they give smoothies their verdant color, they are also packed with calcium, protein and iron.

Although blending alone increases the accessibility of carotenoids, since the presence of fats is known to increase carotenoid absorption from leafy greens, it is possible that coconut oil, nuts and seeds in a smoothie could increase absorption further.

If you can't find some ingredient, replace it with the closest one.

## GREEN SMOOTHIES

## Kale Kiwi Smoothie

- 1 cup Kale, chopped
- 1 Apple
- 2 Kiwis
- 1 tablespoon [flax](#) seeds
- 1 tablespoon lucuma powder
- 1 cup crushed ice



## Zucchini Apples Smoothie

- 1/2 cup zucchini
- 1 Apple
- 3/4 avocado
- 1 stalk Celery
- 1 Lemon
- 1 tbsp. Spirulina
- 1 1/2 cups crushed ice



## Dandelion Smoothie

- 1 cup Dandelion greens
- 1 cup Spinach
- ½ cup tahini
- 1 Red Radish
- 1 tbsp. [chia](#) seeds
- 1 cup lavender tea



## Broccoli Apple Smoothie

- 1 Apple
- 1 cup Broccoli
- 1 tbsp. Cilantro
- 1 Celery stalk
- 1 cup crushed ice
- 1 tbsp. crushed Seaweed



## Salad Smoothie

- 1 cup spinach
- ½ cucumber
- 1/2 small onion
- 2 tablespoons Parsley
- 2 tablespoons lemon juice
- 1 cup crushed ice
- 1 tbsp. [olive](#) oil or [cumin](#) oil
- ¼ cup Wheatgrass



## Avocado Kale Smoothie

- 1 cup Kale
- ½ Avocado
- 1 cup Cucumber
- 1 Celery Stalk
- 1 tbsp. [chia](#) seeds
- 1 cup chamomile tea
- 1 tbsp. Spirulina





## Watercress Smoothie

- 1 cup Watercress
- ½ cup [almond](#) butter
- 2 small cucumbers
- 1 cup coconut milk
- 1 tbsp. Chlorella
- 1 tbsp. Black cumin seeds – sprinkle on top and garnish with parsley



## Beet Greens Smoothie

- 1 cup Beet Greens
- 2 tbsp. Pumpkin seeds butter
- 1 cup Strawberry
- 1 tbsp. Sesame seeds
- 1 tbsp. [hemp](#) seeds
- 1 cup chamomile tea



## Broccoli Leeks Cucumber smoothie

- 1 cup Broccoli
- 2 tbsp. Cashew butter
- 2 Leeks
- 2 Cucumbers
- 1 Lime
- ½ cup Lettuce
- ½ cup Leaf Lettuce
- 1 tbsp. Matcha
- 1 cup crushed ice



## Cacao Spinach Smoothie

- 2 cups spinach
- 1 cup blueberries, frozen
- 1 tablespoons dark cocoa powder
- ½ cup unsweetened almond milk
- 1/2 cup crushed ice
- 1 tsp lucuma powder
- 1 tbsp. Matcha powder



## Flax Almond Butter Smoothie

- ½ cup plain yogurt
- 2 tablespoons [almond](#) butter
- 2 cups spinach
- 3 strawberries
- 1/2 cup crushed ice
- 1 teaspoon [flax](#) seeds



## Apple Kale Smoothie

- 1 cup kale
- ½ cup coconut milk
- 1 tbsp. Maca
- ¼ teaspoon cinnamon
- 1 Apple
- Pinch of nutmeg
- 1 clove
- 3 ice cubes



# Salad Dressings

## Italian Dressing

*Allergies: SF, GF, DF, EF, V, NF*

- 2 tsp. [olive](#) oil or [avocado](#) oil
- lemon
- minced garlic
- salt

## Yogurt Dressing

*Allergies: SF, GF, DF, EF, V, NF*

- 1 cup of plain low-fat Greek yogurt or low-fat buttermilk • 1 tsp. [olive](#) oil or [avocado](#) oil • minced garlic

- salt • lemon Occasionally I would add a tsp. of mustard or some herbs like basil, oregano, marjoram, chives, thyme, parsley, dill or mint. If you like spicy hot food, add some cayenne in the dressing. It will speed up your metabolism and have interesting hot spicy effect in cold yogurt or buttermilk.



# Salads

## Large Fiber Loaded Salad with Italian Dressing

*Allergies: SF, GF, EF, NF*

- 2 cups of spinach
- 1 cup of shredded cabbage, sauerkraut or lettuce. Cabbage has more substance.
- Italian or Yogurt dressing
- Cayenne pepper (optional)
- Few sprigs of cilantro (optional)
- 2 spring (green) onions (optional)



## Large Fiber Loaded Salad with Yogurt Dressing

*Serves 1 - Allergies: SF, GF, EF, NF*

- 2 cups of spinach • 1 cup of shredded cabbage or lettuce. Cabbage has more substance.
- Italian or Yogurt dressing
- Cayenne pepper (optional)
- Few sprigs of cilantro (optional)
- 2 spring (green) onions (optional)



## Large Fiber Loaded Salad as a meal on its own

*Allergies: SF, GF, EF, NF*

This is what I eat every second evening and I can't get enough of it!!! This is the real secret to lose weight while having full stomach with grade A ingredients!!

- 2 cup of spinach
- 2 cup of shredded cabbage
- Yogurt dressing
- Cayenne pepper (optional)
- Few sprigs of cilantro (optional)
- 3 spring (green) onions • 10 o.z. low-fat farmers' cheese

Pour yogurt dressing into the salad bowl. Add farmers' cheese and mix thoroughly. Cut spring onions in small pieces and add to the cheese mixture and mix. Add spinach and cabbage and mix thoroughly. Add spices (optional).



## Greek Salad

*Allergies: SF, GF, EF, NF*

- 1 head romaine lettuce
- 1/2 lb. plump tomatoes
- 3 oz. Greek or black olives, sliced
- 2 oz. sliced radishes
- 4 oz. low-fat feta or goat cheese
- 2 oz. anchovies (optional)

### *Dressing:*

- 2 oz. [olive](#) oil or [avocado](#) oil
- 2 oz. fresh lemon juice
- 1/2 tsp. dried oregano
- 1/4 tsp. black pepper
- 1/4 tsp. salt
- 2 cloves garlic, minced

Wash and cut lettuce into pieces. Slice tomatoes in quarters. Combine olives, lettuce, tomatoes, and radishes in large bowl. Mix dressing ingredients together and toss with vegetables. Pour out into a shallow serving bowl. Crumble feta/goat cheese over all, and arrange anchovy fillets on top (if desired).



## Strawberry Spinach Salad

*Ingredients - Allergies: SF, GF, DF, EF, V*

- 1 tbsp. black sesame seeds
- 1 tbsp. poppy seeds
- 1/4 cup [olive](#) oil or [cumin](#) oil
- 1/8 cup lemon juice
- 1/8 tsp. paprika
- 1/2 bag fresh spinach - chopped, washed and dried
- 1 cup strawberries, sliced
- 1/4 cup toasted slivered almonds

*Instructions*  
Whisk together the sesame seeds, olive oil, poppy seeds, paprika, lemon juice and onion. Refrigerate.

In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad. Toss and refrigerate 15 minutes before serving.



## Cucumber, Cilantro, Quinoa Tabbouleh

*Serves 2*

*Ingredients - Allergies: SF, GF, DF, EF, NF, V*

- 1/2 cup cooked [quinoa](#) mixed with 1 tbsp. sesame seeds
- 1/2 cup chopped tomato and green pepper
- 1 cup chopped cucumber
- 1/2 cup chopped cilantro *Dressing:*
- 1 tbsp. [olive](#) oil or [avocado](#) oil
- 1 tbsp. fresh lemon juice
- pinch of black pepper
- pinch of sea salt

*Instructions:* Mix all ingredients.



## Almond, Quinoa, Red Peppers & Arugula Salad

*Serves 2*

*Ingredients - Allergies: SF, GF, DF, EF, NF, V*

- 1/2 cup cooked [quinoa](#) mixed with 1 tbsp. pumpkin seeds
- 1/2 cup chopped almonds
- 1 cup chopped arugula
- 1/2 cup sliced red peppers *Dressing:*
- 1 tbsp. [olive](#) oil or [cumin](#) oil
- 1 tbsp. fresh lemon juice
- pinch of black pepper
- pinch of sea salt

*Instructions:* Mix all ingredients.





## Asparagus, Quinoa & Red Peppers Salad

*Serves 2*

*Ingredients - Allergies: SF, GF, DF, EF, NF, V*

- 1/2 cup cooked [quinoa](#) mixed with 1 tbsp. sunflower seeds
- 1 cup sliced red peppers
- 1 cup grilled asparagus
- Garnish with lime and parsley

### ***Dressing:***

- 1 tbsp. [olive](#) oil or [avocado](#) oil
- 1 tbsp. fresh lemon juice
- pinch of black pepper
- pinch of sea salt

*Instructions:* Mix all ingredients.



## Chickpeas, Quinoa, Cucumber & Tomato Salad

*Serves 2*

*Ingredients - Allergies: SF, GF, DF, EF, NF, V*

- 1/2 cup cooked [quinoa](#) mixed with 1 tbsp. sesame seeds
- 1/2 cup cooked chickpeas
- 1 cup chopped cucumber and green onions
- 1/2 cup chopped tomato *Dressing:*
- 1 tbsp. [olive](#) oil or [avocado](#) oil
- 1 tbsp. fresh lemon juice
- pinch of black pepper
- pinch of sea salt

*Instructions:* Mix all ingredients.



## Quinoa Salad

*Ingredients - Allergies: SF, GF, EF*

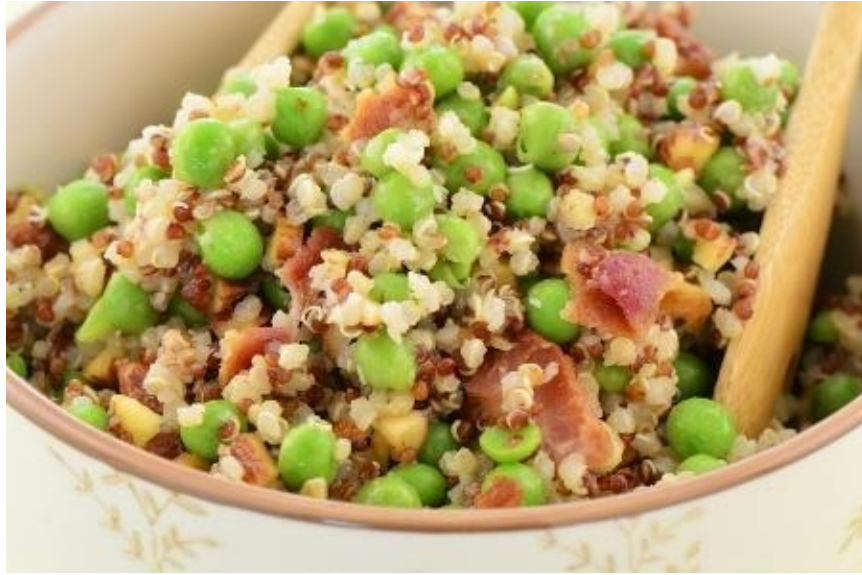
For the salad • 1/2 cup cooked [quinoa](#)

- 1/2 cup frozen green peas
- 1/4 cup low-fat feta cheese
- 4 oz. pork, cubed
- 1/8 cup freshly chopped basil and cilantro
- 1/8 cup almonds, pulsed in a food processor until crushed For the dressing
- 1/8 cup lemon juice (1 juicy lemon)
- 1/8 cup [olive](#) oil or [cumin](#) oil • 1/8 tsp. salt (more to taste)

### *Instructions*

Bring a pot of water to boil and then lower the heat. Add the peas and cook covered until bright green. In the meantime, brown pork in a skillet. Toss the quinoa with the pork, peas, feta, herbs, and almonds.

Puree all the dressing ingredients in the food processor. Toss the dressing with the salad ingredients. Season generously with salt and pepper. Serve tossed with fresh baby spinach.



## Cauliflower & Eggs Salad

*Ingredients - Allergies: SF, GF, NF*

- 1 cup chopped Cauliflower
- 2 hardboiled eggs - chopped,
- 2 oz. shredded cheddar cheese, low-fat
- 1/2 red onion, celery,
- 1 dill pickles,
- 1 tbsp. yellow mustard.

Mix all ingredients.





## Greek Cucumber Salad

*Ingredients - Allergies: SF, GF, EF, NF*

- 2 cucumbers, sliced
- 1 teaspoon salt
- 2 tbsp. lemon juice
- 1/4 tsp. paprika
- 1/4 tsp. white pepper
- 1/2 clove garlic, minced
- 2 fresh green onions, diced
- 1 cup thick Greek Yogurt • 1/4 tsp. paprika

*Instructions*  
Slice cucumbers thinly, sprinkle with salt and mix. Set aside for one hour. Mix lemon juice, water, garlic, paprika and white pepper, and set aside. Squeeze liquid from cucumber slices a few at a time, and place slices in the bowl. Discard liquid. Add lemon juice mixture, green onions, and yogurt. Mix and sprinkle additional paprika or dill over top. Chill for 1-2 hours.



## Mediterranean Salad

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 1 small head romaine lettuce, torn
- 1 tomato, diced
- 1 small cucumber, sliced
- 1/2 green bell pepper, sliced
- 1/2 small onion, cut into rings
- 3 radishes, thinly sliced
- 1/4 cup flat leaf parsley, chopped
- 1/4 cup [olive](#) oil or [avocado](#) oil
- 2 tbsp. lemon juice
- 1 garlic clove, minced
- Salt & pepper
- 1 tsp. fresh mint, minced

### *Instructions*

Combine lettuce, tomatoes, cucumber, pepper, onion, radishes & parsley in a salad bowl. Whisk together olive oil, lemon juice, garlic, salt, pepper & mint. Pour over salad & toss to coat.



## Pomegranate Avocado salad

*Ingredients - Allergies: SF, GF, DF, EF, V*

- 2 cups mixed greens, spinach, arugula, red leaf lettuce • 1 ripe avocado, cut into 1/2-inch pieces • 1 cup pomegranate seeds
- 1/2 cup pecan
- 1/2 cup blackberries
- 1/2 cup cherry tomatoes
- Olive oil, salt, lemon juice

*Instructions*

Combine greens, pecan, cut avocado, tomatoes, pomegranates and blackberries in a salad bowl. Whisk together salt, olive oil and lemon juice and pour over salad.



## Roasted Beet Salad

*Instructions - Allergies: SF, GF, DF, EF, V, NF*

Toss 3 beets cut in half in a baking dish with olive oil, salt and pepper. Cover and roast at 425 degrees F until tender; let cool, then rub off the skins. Toss with any juices from the baking dish, capers, chopped pickles, a dash each of hot sauce, and chopped parsley or dill.



## Apple Coleslaw

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 2 cups chopped cabbage (various color)
- 1 tart apple chopped
- 1 celery, chopped
- 1 red pepper chopped
- 4 tsp. [olive](#) oil or [avocado](#) oil • juice of 1 lemon
- 1 Tbs. lucuma powder (optional) • dash sea salt

Instructions Toss the cabbage, apple, celery, and pepper together in a large bowl. In a smaller bowl, whisk remaining ingredients. Drizzle over coleslaw and toss to coat.



## **Appetizers**

## Hummus

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 1/2 cup cooked chickpeas (garbanzo beans) • 1/2 small lemon
- 2 Tbsp. tahini • Half of a garlic clove, minced
- 1 tbsp. [olive](#) oil or [cumin](#) oil, plus more for serving
- 1/2 tsp. salt
- 1/4 tsp. ground cumin
- 2 to 3 tbsp. water
- Dash of ground paprika for serving

### *Instructions*

Combine tahini and lemon juice and blend for 1 minute. Add the olive oil, minced garlic, cumin and the salt to tahini and lemon mixture. Process for 30 seconds, scrape sides and then process 30 seconds more.

Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides, add remaining chickpeas and process for 1 to 2 minutes.

Transfer the hummus into a bowl then drizzle about 1 tbsp. of olive oil over the top and sprinkle with paprika.







## Guacamole

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 2 ripe avocados
- 2 tbsp. freshly squeezed lemon juice (1 lemon) • 4 dashes hot pepper sauce
- 1/4 cup diced onion
- 1 garlic clove, minced
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 1 small tomato, seeded, and small-diced *Instructions*

Cut the avocados in half, remove the pits, and scoop the flesh out. Immediately add the lemon juice, hot pepper sauce, garlic, onion, salt, and pepper and toss well. Dice avocados. Add the tomatoes. Mix well and taste for salt and pepper.



## Baba Ghanoush

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 1 eggplant
  - 1/4 cup tahini, plus more as needed
  - 1 garlic clove, minced • 1/8 cup fresh lemon juice, plus more as needed • 1 pinch ground cumin
  - salt, to taste
  - 1 tbsp. extra-virgin [olive](#) oil or [avocado](#) oil • 1 tbsp. chopped flat-leaf parsley
  - 1/4 cup brine-cured black olives, such as Kalamata
- Instructions:* Grill eggplant for 10 to 15 minutes. Heat the oven (375 F).

Put the eggplant to a baking sheet and bake 15-20 minutes or until very soft. Remove from the oven, let cool, and peel off and discard the skin. Put the eggplant flesh in a bowl. Using a fork, mash the eggplant to a paste.

Add the 1/4 cup tahini, garlic, cumin, 1/4 cup lemon juice and mix well. Season with salt to taste. Transfer the mixture to a serving bowl and spread with the back of a spoon to form a shallow well. Drizzle the olive oil over the top and sprinkle with the parsley.

Serve at room temperature.



## Espinacase la Catalana

*Ingredients - Allergies: SF, GF, DF, EF, V*

- 1 cup spinach
- 1 cloves garlic
- 2 tbsp cashews
- [olive](#) oil or [avocado](#) oil *Instructions*

Wash the spinach and trim off the stems. Steam the spinach for few minutes.

Peel and slice the garlic. Pour a few tablespoons of olive oil and cover the bottom of a frying pan. Heat pan on medium and sauté garlic for 1-2 minutes. Add the cashews to the pan and continue to sauté for 1 minute. Add the spinach and mix well, coating with oil. Salt to taste.



## Tapenade

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 1/4 pound olives with pit removed
- 2 anchovy fillets, rinsed
- 1 small clove garlic, minced
- 2 tbsp. capers
- 2 fresh basil leaves
- 1 tbsp. freshly squeezed lemon juice
- 1 tbsp. extra-virgin [olive](#) oil or [cumin](#) oil

*Instructions*  
Rinse the olives in cool water. Place all ingredients in the bowl of a food processor. Process to combine, until it becomes a coarse paste. Transfer to a bowl and serve.



## Red Pepper Dip

*Ingredients - Allergies: SF, GF, EF, NF*

- 1/2 pound red peppers
- 1/2 cup farmers' cheese
- 1 Tbsp. virgin [olive](#) oil or [avocado](#) oil • 1/2 tbsp minced garlic
- Lemon juice, salt, basil, oregano, red pepper flakes to taste.

### *Instructions*

Roast the peppers. Cover them and cool for about 15 minutes. Peel the peppers and remove the seeds and stems. Chop the peppers.

Transfer the peppers and garlic to a food processor and process until smooth. Add the farmers' cheese and garlic and process until smooth. With the machine running, add olive oil and lemon juice. Add the basil, oregano, red pepper flakes, and 1/8 tsp. salt, and process until smooth. Adjust the seasoning, to taste. Pour to a bowl and refrigerate.



## Roasted Garlic

*Instructions - Allergies: SF, GF, DF, EF, V, NF*

Heat the oven to 350 F.

Rub olive oil into the top of each garlic head and place it cut side down on a foil-lined baking sheet. Bake until the cloves turn golden. Remove from the oven and let cool. Squeeze each head of garlic to expel the cloves into a bowl. Mash into a paste.





## Eggplant and Yogurt

*Instructions - Allergies: SF, GF, EF, NF*

Mix 1/2 pound chopped eggplant, 1 unpeeled shallot and 1 unpeeled garlic cloves with 1/8 cup olive oil, salt and pepper on a baking sheet. Roast at 400 degrees for half an hour. Cool and squeeze the shallots and garlic from their skins and chop. Mix with the eggplant, almond, 1/2 cup plain yogurt, dill and salt and pepper.



## Caponata

*Ingredients - Allergies: SF, GF, DF*

- Coconut oil • 1 large eggplants, cut into large chunks • 1 tsp. dried oregano
- Sea salt • Freshly ground black pepper • 1 small onion, peeled and finely chopped • 1 clove garlic, peeled and finely sliced • 1 small bunch fresh flat-leaf parsley, leaves picked and stalks finely chopped • 1 tbsp. salted capers, rinsed, soaked and drained • 1 handful green olives, stones removed • 2 tbsp. lemon juice
- 2 large ripe tomatoes, roughly chopped • [coconut oil](#)
- 2 tbsp. slivered almonds, lightly toasted, optional *Instructions*

Heat coconut oil in a pan and add eggplant, oregano and salt. Cook on a high heat for around 4 or 5 minutes. Add the onion, garlic and parsley stalks and continue cooking for another few minutes. Add drained capers and the olives and lemon juice. When all the juice has evaporated, add the tomatoes and simmer until tender.

Season with salt and olive oil to taste before serving. Sprinkle with almonds.





## Soups

### Cream of Broccoli Soup

*Ingredients - Allergies: SF, GF, EF, NF*

- 1 pound broccoli, fresh
  - 1 cup water
  - 1/4 tsp. salt, pepper to taste
  - 1/4 cup tapioca flour, mixed with 1 cup cold water
  - 1/4 cup coconut cream • 1/4 cup low-fat farmers' cheese
- Steam or boil broccoli until it gets tender.

Put 1 cup of water and coconut cream in top of double boiler.

Add salt, cheese and pepper. Heat until cheese gets melted.

Add broccoli. Mix water and tapioca flour in a small bowl.

Stir tapioca mixture into cheese mixture in double boiler and heat until soup thickens.



## Lentil Soup

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 tbsp. [olive](#) oil or [avocado](#) oil
- 1/2 cup finely chopped onion
- 1/4 cup chopped carrot
- 1/4 cup chopped celery
- 1 teaspoons salt
- 1/2 pound lentils
- 1/2 cup chopped tomatoes
- 1 quart chicken or vegetable broth
- 1/4 tsp. ground coriander & toasted cumin

### *Instructions*

Place the olive oil into a large Dutch oven. Set over medium heat. Once hot, add the celery, onion, carrot and salt and do until the onions are translucent. Add the lentils, tomatoes, cumin, broth and coriander and stir to combine. Increase the heat and bring just to a boil. Reduce the heat, cover and simmer at a low until the lentils are tender (approx. 35 to 40 minutes). Puree with a bender to your preferred consistency (optional). Serve immediately.



## Cold Cucumber

### Avocado Soup

#### *Ingredients -*

*Allergies: SF, GF, EF, NF*

- 1 cucumber peeled, seeded and cut into

2-inch chunks

- 1 avocado, peeled
- 1 chopped scallions
- 1 cup chicken broth
- 1/3 cup Greek low-fat yogurt
- 1 tbsp. lemon juice
- 1/4 tsp. ground pepper, or to taste

Garnish:

- Chopped chives, dill, mint, scallions or

cucumber

#### *Instructions*

Combine the cucumber, avocado and scallions in a blender. Pulse until chopped.

Add yogurt, broth and lemon juice and continue until smooth.

Season with pepper and salt to taste and chill for 4 hours.

Taste for seasoning and garnish.



## Bouillabaisse

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 pound of 3 different kinds of fish fillets
- 1/4 cup Coconut oil • 1 pounds of Oysters, clams, or mussels
- 1/3 cup cooked shrimp, crab, or lobster meat, or rock lobster tails
- 1/3 cup thinly sliced onions
- 1 Shallot or the white parts of 1 leek, thinly sliced • 1 cloves garlic, crushed • 1 small tomato, chopped • 1/2 sweet red pepper, chopped
- 2 stalks celery, thinly sliced
- 1-inch slice of fennel or 1/2 tsp. of fennel seed
- 1 sprigs fresh thyme or 1/4 tsp. dried thyme
- 1 bay leaf • 1 whole cloves • Zest of half an orange • 1/4 tsp. saffron
- 1 teaspoons salt • 1/4 tsp. ground black pepper
- 1/3 cup clam juice or fish broth
- 1 Tbps lemon juice • 1/3 cup white wine

### *Instructions*

In a large saucepan heat 1/8 cup of the coconut oil. When it is hot, add onions and shallots (or leeks). Sauté for a minute. Add crushed garlic, and sweet red pepper. Add celery, tomato, and fennel. Stir the vegetables until well coated. Add another 1/8 cup of coconut oil, bay leaf, thyme, cloves and the orange zest. Cook until the onion is golden. Cut fish fillets into 2-inch pieces. Add 1 cup of water and the pieces of fish to the vegetable mixture. Bring to a boil, then reduce heat and let it simmer, uncovered, for about 10 minutes. Add clams, oysters or mussels (optional) and crabmeat, shrimp or lobster tails, cut into pieces. Add salt, saffron and pepper. Add lemon juice, clam juice, and white wine. Bring to a simmer again and cook for 5 minutes longer.



## Gaspacho

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 1/4 cup of [flax](#) seeds meal
- 1 pound tomatoes, diced • 1 red pepper or 1 green pepper, diced
- 1 small cucumber, peeled and diced
- 1 cloves of garlic, peeled and crushed
- ¼ cup extra virgin [olive](#) oil or [cumin](#) oil
- 1 tbsp. lemon juice • Salt, to taste

*Instructions*

Mix the peppers, tomatoes and cucumber with the crushed garlic and olive oil in the bowl of a blender. Add flax meal to the mixture. Blend until smooth. Add salt and lemon juice to taste and stir well.

Refrigerate. Serve with black olives, hard-boiled egg, cilantro, mint or parsley.





## Italian Beef Soup

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1/3 pound minced beef
  - 1 clove garlic, minced
  - 1 cups beef broth
  - 1 large tomato
  - 1/2 cup sliced carrots
  - 1/2 cup cooked beans
  - 1 small zucchini, cubed
  - 1 cups spinach - rinsed and torn
  - 1/8 tsp. black pepper
  - 1/8 tsp. salt
- Brown beef with garlic in a stockpot. Stir in broth, carrots and tomatoes. Season with salt and pepper. Reduce heat, cover, and simmer for 15 minutes.

Stir in beans with liquid and zucchini. Cover, and simmer until zucchini is tender. Remove from heat, add spinach and cover. Serve after 5 minutes.



## Creamy roasted mushroom

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 1/2 pound Portobello mushrooms, cut into 1 inch pieces • 1/4 pound shiitake mushrooms, stemmed
- 2 tbsp. [olive](#) oil or [avocado](#) oil • 1 cups vegetable broth
- 1 tbsp. [coconut oil](#)
- 1/2 onion, chopped
- 1 garlic cloves, minced
- 1 tbsp. arrowroot flour
- 1/4 cup coconut cream
- 1/4 tsp. chopped thyme

### *Instructions*

Heat oven to 400°F. Line one large baking sheets with foil. Spread mushrooms and drizzle some olive oil on them. Season with salt and pepper and toss. Cover with foil and bake them for half an hour. Uncover and continue baking 15 minutes more. Cool slightly. Mix one half of the mushrooms with one can of broth in a blender. Set aside.

Melt coconut oil in a large pot over high heat. Add onion and garlic and sauté until onion is translucent. Add flour and stir 2 minutes. Add cream, broth, and thyme. Stir in remaining cooked mushrooms and mushroom puree. Simmer over low heat until thickened (approx. 10 minutes). Season to taste with salt and pepper.



## Black Bean Soup

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 Tbsp. cup Coconut Oil
- 1/4 cup Onion, Diced
- 1/4 cup Carrots, Diced
- 1/4 cup Green Bell Pepper, Diced
- 1 cup beef broth
- 1 pound cooked Black Beans
- 1 tbsp. lemon juice
- 1 teaspoons chopped Garlic
- 1 teaspoons Salt
- 1/4 tsp. Black Pepper, Ground
- 1 teaspoons Chili Powder
- 4 oz. pork
- 1 tbsp. tapioca flour
- 2 tbsp. Water *Instructions*

Place coconut oil, onion, carrot, and bell pepper in a stock pot. Cook the veggies until tender. Bring broth to a boil. Add cooked beans, broth and the remaining ingredients (except tapioca flour and 2 tbsp. water) to the vegetables. Bring that mixture to a simmer and cook approximately 15 minutes. Puree 1 quart of the soup in a blender and put back into the pot. Combine the tapioca flour and 2 tbsp. water in a separate bowl. Add the tapioca flour mixture to the bean soup and bring to a boil for 1 minute.



## Squash soup

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 1 small squash • 1 carrot, chopped • 1/2 onion (diced) • 1/2 cup coconut milk • 1/4 cup water • 1 tbsp. [olive](#) oil or [avocado](#) oil • Salt
- Pepper • Cinnamon • Turmeric *Instructions*

Cut the squash and spoon out the seeds. Cut it into large pieces and place on a baking sheet. Sprinkle with salt, olive oil, and pepper and bake at 375 degrees F until soft (approx. 1 hour). Let cool.

In the meantime, sauté the onions in olive oil (put it in a soup pot). Add the carrots. Add 1/4 cup coconut milk and 1/4 cup water after few minutes and let simmer. Scoop the squash out of its skin. Add it to the soup pot. Stir to combine the ingredients and let simmer a few minutes. Add more milk or water if needed. Season to taste with the salt, pepper and spices. Blend until smooth and creamy.

Sprinkle it with toasted pumpkin seeds.



## Kale White Bean Pork Soup

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 tbsp. each extra-virgin olive oil and [coconut oil](#)
- 1 tbsp. chili powder • 1/2 tbsp. jalapeno hot sauce
- 1/2 pound bone-in pork chops
- Salt • 2 stalks celery, chopped
- 1 small white onion, chopped
- 1 clove garlic, chopped • 1 cup chicken broth
- 1 cups diced tomatoes
- 1/2 cup cooked white beans
- 2 cups packed Kale *Instructions*

Preheat the broiler. Whisk hot sauce, 1 tbsp. olive oil and a pinch of chili powder in a bowl. Season the pork chops with 1/2 tsp. salt. Rub chops with the spice mixture on both sides and place them on a rack set over a baking sheet. Set aside.

Heat 1 tbsp. coconut oil in a large pot over high heat. Add the celery, garlic, onion and the remaining chili powder. Cook until onions are translucent, stirring (approx. 8 minutes).

Add tomatoes and the chicken broth to the pot. Cook and stir occasionally until reduced by about one-third (approx. 7 minutes). Add the kale and the beans. Reduce the heat to medium, cover and cook until the kale is tender (approx. 7 minutes). Add up to 1/2 cup water if the mixture looks dry and season with salt.

In the meantime, broil the pork until browned (approx. 4 to 6 minutes). Flip and broil until cooked through. Serve with the kale and beans.





## Avgolemono – Greek lemon chicken soup

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 2 cups chicken broth • 1/4 cup uncooked [quinoa](#)
  - salt and pepper • 2 eggs • 2 tbsp. lemon juice • Handful fresh dill (chopped) • shredded roasted chicken (optional)
- Bring the broth to a boil in a saucepan. Add the quinoa and cook until tender. Season with the salt and pepper. Reduce heat to low and let simmer. In a separate bowl, whisk lemon juice and the eggs until smooth. Add about 1 cup of the hot broth into the egg/lemon mixture and whisk to combine. Add the mixture back to the saucepan. Stir until the soup becomes opaque and thickens. Add dill, salt and pepper. Optionally add chicken and serve.



## Egg-Drop Soup

*Ingredients - Allergies: SF, GF, DF, NF*

- 2 cups quarts chicken broth
- 1 tbsps. Tapioca flour, mixed in 1/4 cup cold water
- 2 eggs, slightly beaten with a fork
- 2 scallions, chopped, including green ends

*Instructions*

Bring broth to a boil. Slowly pour in the tapioca flour mixture while stirring the broth. The broth should thicken. Reduce heat and let it simmer. Mix in the eggs very slowly while stirring. As soon as the last drop of egg is in, turn off the heat. Serve with chopped scallions on top.



## Creamy Tomato Basil Soup

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 2 tomatoes - peeled, seeded and diced
  - 2 cups tomato juice\*
  - 5 leaves fresh basil
  - 1/2 cup coconut cream
  - salt to taste
  - ground black pepper to taste
- Instructions*

Combine tomatoes and tomato juice in stock pot. Simmer 30 minutes. Puree mixture with basil leaves in a processor. Put back in a stock pot and add coconut cream. Add salt and pepper to taste.



## Minestrone

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 tbsp. coconut oil
- 1 cloves garlic, chopped
- 1/2 onions, chopped
- 1/2 cups chopped celery
- 2 carrots, sliced
- 1 cup chicken broth
- 1/2 cups water
- 1 cup tomato sauce
- 1/2 oz. red wine (optional)
- 1/2 cup cooked kidney beans
- 1/2 cups green beans
- 1/2 cups baby spinach, rinsed
- 1 small zucchinis, quartered and sliced
- 1/2 tbsp. chopped oregano
- 1 tbsp. chopped basil
- salt and pepper to taste
- 1/2 tbsp. [olive](#) oil or [cumin](#) oil *Instructions*

Heat coconut oil over medium heat in a stock pot, and sauté garlic for few minutes. Add onion and sauté for few more minutes. Add celery and carrots and sauté for 2 minutes.

Add chicken broth, tomato sauce and water and bring to boil, stirring frequently. Add red wine at this point. Reduce heat to low and add kidney beans, zucchini, green beans, spinach leaves, oregano, basil, salt and pepper. Simmer for 30 to 40 minutes.



## Grilled Meats & Salad

## Chicken and Large Fiber Loaded Salad with Italian Dressing

*Allergies: SF, GF, EF, NF*

- 2 6oz. pieces of Chicken (or turkey), skinless, boneless grilled or prepared in the skillet.
- Large mixed spinach and lettuce salad with Italian Dressing and half a tsp of mustard. Salad can be as large as you want, but use half a cup of the dressing.



## Salmon with Large Fiber Loaded Salad with Italian Dressing

*Allergies: SF, GF, DF, EF, NF*

- 2 Salmon steaks grilled or prepared in the skillet.
- Large mixed spinach and lettuce salad with “Italian Dressing” and some thyme sprinkled on top of it. Salad can be as large as you want, but use the prescribed amount of the dressing.





## **Ground Beef Patty with Large Fiber Loaded Salad with Yogurt Dressing**

*Allergies: SF, GF, EF, NF*

- 2 5oz. lean ground beef patty grilled or prepared in the skillet.
- Large mixed spinach and shredded cabbage salad with Yogurt Dressing. Salad can be as large as you want, but use half a cup of a dressing.



## Lean Pork with Fiber Loaded Salad with Yogurt Dressing

*Allergies: SF, GF, EF, NF*

- 2 5oz. lean Pork Tenderloin pieces grilled or prepared in the skillet.
- Large mixed spinach and shredded cabbage salad with Yogurt Dressing and half a tsp of mustard. Salad can be as large as you want, but use half a cup of the dressing.



## Caribbean Chicken salad

*Ingredients - Allergies: SF, GF, DF, EF, NF*

2 boneless skinless chicken breasts *Marinade*

1/2 cup fish sauce

2 tomatoes (seeded and chopped)

1/2 cup chopped onion

2 tsps. jalapeno chilies (minced)

2 tsps. chopped cilantro fresh

*Lucuma powder Lime Dressing:*

1/4 cup mustard

1/4 cup lucuma powder

1 tbsp [coconut oil](#)

1 1/2 tsps. lemon juice

1 1/2 tsps. lime juice

3/4 lb mixed greens

*Instructions*

Blend all the marinade ingredients in a small bowl with a hand blender. Cover and chill. Marinate the chicken for at least two hours in the fridge. Grill the chicken for few minutes per side or until done.

Serve the greens into 2 large salad bowls.

Slice the chicken into thin strips. Divide among bowls.

Pour the dressing aside and serve with the salads.



## Herb Crusted Salmon

*Allergies: SF, GF, DF, EF, NF*

Rub some tarragon, chives and parsley over 2 salmon steaks and add some salt and pepper. Heat the pan with 1 tsp of coconut oil to medium high and place the salmon, skin-side up in the pan. Cook until golden brown on 1 side, about 4 minutes. Turn the fish over and cook until it feels firm to the touch. Salmon is done when it flakes easily with a fork. Serve with a wedge of lemon.

- Large mixed spinach and lettuce salad with “Italian Dressing” and some thyme sprinkled on top of it. Salad can be as large as you want, but use the prescribed amount of the dressing.



## **Tuna with Large Fiber Loaded Salad with Italian Dressing**

*Allergies: SF, GF, DF, EF, NF*

- 2 6oz. can of Tuna, drained.
- Large mixed spinach and green onion salad with Italian Dressing and half a tsp of mustard. Salad can be as large as you want, but use only the prescribed amount of dressing. You may use fish sauce instead of salt.





## Stews, Chilies and Curries

### Vegetarian Chili

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

1 tbsp. [coconut oil](#)  
1/2 cup chopped onions  
1/2 cup chopped carrots  
1 clove garlic, minced  
1/2 cup chopped green bell pepper  
1/2 cup chopped red bell pepper  
1/4 cup chopped celery  
1/2 tbsp. chili powder  
1/2 cups chopped mushrooms  
1 cup chopped tomatoes  
1 cups cooked kidney beans  
1/2 tbsp. ground cumin  
1/2 teaspoons oregano  
1/2 teaspoons crushed basil leaves

#### *Instructions*

Heat coconut oil in a large saucepan and add onions, carrots and garlic; sauté until tender. Stir in green pepper, red pepper, celery and chili powder.

Cook, stirring often, until vegetables are tender, about 6 minutes.

To the vegetables add mushrooms; cook 4 minutes. Stir in tomatoes, kidney beans, corn, cumin, oregano and basil. Bring to a boil. Reduce heat to medium. Cover and simmer for 20 minutes, stirring occasionally.



## Lentil Stew

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 cup dry lentils
  - 2 cups chicken broth
  - 1 tomato
  - 1/4 cup chopped carrot
  - 1/4 cup chopped onion + 1/4 cup chopped celery (optional) • few sprigs of parsley and basil + 1 garlic clove (minced) • 1/2 pound of cubed lean pork or beef + pepper to taste
- You can eat a salad of your choice with this stew.



## Braised Green Peas with Beef

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 2 cups fresh or frozen green peas
- 1 onion, finely chopped
- 2 cloves of garlic, thinly sliced and 1/2 inch of peeled/sliced fresh ginger (if you like)
- 1/2 tsp. red pepper flakes, or to taste
- 1 tomato, roughly chopped
- 2 chopped carrots
- 2 tbsp. coconut oil
- 1 cup chicken broth
- 10 oz. cubed beef
- Salt and freshly ground black pepper

Heat the coconut oil in a skillet over medium heat. Sauté the onion, garlic and ginger until they are soft. Add the red pepper, carrot, and tomatoes and sauté until the tomato begins to soften. Add in the green peas. Add cubed lean beef. Add in the broth and simmer over medium heat. Cover and cook until the peas are tender. Season to taste with salt and pepper.



## White Chicken Chili

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 2 large boneless, skinless chicken breasts
- 1 green bell peppers
- 1/2 yellow onion
- 1/2 jalapeno
- 1/4 cup diced green chilies (optional)
- 1/4 cup of spring onions
- 1 tbsp. [coconut oil](#)
- 1/2 cup cooked white beans
- 2 cups chicken or vegetable broth
- 1/2 tsp. ground cumin
- 1/8 tsp. cayenne pepper
- salt to taste

### *Instructions*

Bring a pot of water to boil. Add the chicken breasts and cook until cooked through. Drain water and allow chicken to cool. When cool, shred and set aside.

Dice the bell peppers, jalapeno and onion. Melt the coconut oil in a pot over high heat. Add the peppers and onions and sauté until soft, approx. 8-10 minutes.

Add the broth, beans, chicken and spices to the pot. Stir and bring to a low boil. Cover and simmer for 25-30 minutes.

Simmer for 10 more minutes and stir occasionally. Remove from heat. Let stand for 10 minutes to thicken. Top with cilantro.



## Kale Pork

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 tbsp. [coconut oil](#)
- 1/2 pound pork tenderloin, trimmed and cut into 1-inch pieces • 1/4 tsp. salt
- 1/2 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoons paprika
- 1/8 tsp. crushed red pepper (optional) • 1/2 cup white wine
- 2 plump tomatoes, chopped
- 2 cups chicken broth
- 1/2 bunch kale, chopped
- 1 cups cooked white beans

### *Instructions*

Heat oil in a pot over medium heat. Add pork, season with salt and cook until no longer pink. Transfer to a plate and leave juices in the pot.

Add onion to the pot and cook until turns translucent. Add paprika, garlic and crushed red pepper and cook about 30 seconds. Add tomatoes and wine, increase heat and stir to scrape up any browned bits. Add broth. Bring to a boil.

Add kale and stir until it wilts. Lower the heat and simmer, until the kale is tender. Stir in beans, pork and pork juices. Simmer for 2 more minutes.





## 30-Minute Squash Cauliflower and Green Peppers Coconut Curry

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- Curry Paste • 1 cups peeled, chopped squash • 1 cup thick coconut milk • 1 tbsp. [coconut oil](#)
- 1 tbsp. lucuma powder
- 1 pound tomatoes • 1/2 cup brown rice, uncooked • 1/2 cup chopped Cauliflower • 1/2 cup chopped Green Peppers • Cilantro for topping

*Instructions*

Cook brown rice. Set aside.

Make Curry Paste. Pour the coconut milk into the skillet and mix the curry and lucuma powder into the coconut milk. Add the cauliflower, squash, and green peppers. Cover and simmer until squash is tender. Remove from heat and let stand for 10 minutes. The sauce will thicken.

Serve the curry with chopped cilantro.



## Crockpot Red Curry Lamb

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1/2 pounds cubed lamb meat
- Curry Paste \*
- 1/2 cups tomato paste
- 1 tsp. salt
- 1/4 cup coconut milk or cream

### *Instructions*

Make the Curry Paste. Add lamb and the curry paste in a crockpot. Pour half a cup of tomato paste over the lamb. Add 1/4 cups of water to the crockpot. Stir, cover and cook on high for 2 hours or low for 4-5 hours. Taste and season with salt.

Stir in the coconut milk and sprinkle with cilantro before serving.



## Easy Lentil Dhal

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 1 cup lentils
- 1 cup of water • Curry Paste \*
- 1/4 cup coconut milk
- 1/4 cup water
- 1/4 teaspoons salt + 1/8 tsp. black pepper • lime juice • Cilantro and spring onions for garnish

### *Instructions*

Bring the water to a boil in a large pot. Add lentils and cook uncovered for 10 minutes, stirring frequently. Remove from heat. Stir in remaining ingredients. Season with salt and herbs for garnish.



## Gumbo

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1/4 pound medium shrimp peeled
- 1/4 pound skinless, boneless chicken breasts, cut bite size • 1 Tbsp. [coconut oil](#)
- 1 Tbsp. [almond](#) flour • 1/2 cups chopped onions
- 1/4 cup chopped celery
- 1/4 cup chopped green pepper
- 1/4 tsp. ground cumin
- 1/4 tbsp. minced fresh garlic
- 1/4 tsp. fresh thyme chopped
- 1/8 tsp. red pepper
- 1 cup chicken broth
- 1/2 cups diced tomatoes
- 1/2 cups sliced okra • 1/4 cup fresh parsley chopped
- 1 bay leaf
- 1/4 tsp. hot sauce

### *Instructions*

Sauté' chicken on high heat until brown in a large pot. Remove and set aside. Chop onions, celery, and green pepper and set aside.

Place oil and flour in pot. Stir well and brown to make a roux. When roux is done add chopped vegetables. Sauté on low heat for 10 minutes.

Slowly add chicken broth stirring constantly.

Add chicken and all other ingredients except the okra, shrimp and parsley, which

will be saved for the end.

Cover and simmer on low for half an hour. Remove lid and cook for half an hour more, stirring occasionally.

Add shrimp, okra and parsley. Continue to cook on low heat uncovered for 15 minutes.





## Chickpea Curry

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- Curry Paste • 2 cups cooked chickpeas
- 1/2 cup chopped cilantro

### *Instructions*

Make Curry Paste. Mix in chickpeas and their liquid. Continue to cook and stir until all ingredients are well blended. Remove from heat. Stir in cilantro just before serving, reserving 1 tbsp. for garnish.





## Red Curry Chicken

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 cup cubed chicken meat
- Curry Paste
- 2/3 cups tomato paste
- 2 Tbsp. coconut milk or cream
- Cilantro for garnishing

### *Instructions*

Make Curry Paste. Add the tomato paste; stir and simmer until smooth. Add the chicken and the cream. Stir to combine. Simmer for 20 minutes. Serve with cilantro.



## Braised Green Beans with Pork

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 2 cups fresh or frozen green beans • 1 onion, finely chopped
- 2 cloves of garlic, thinly sliced
- 1/2 inch of peeled/sliced fresh ginger
- 1/2 tsp. red pepper flakes, or to taste
- 2 tomatoes, roughly chopped
- 2 tbsp. [coconut oil](#)
- 1 cup chicken broth
- Salt and ground black pepper
- 1/4 lemon, cut into wedges, to serve
- 10 oz. lean pork *Instructions*

Cut each bean in half. Heat the coconut oil in a skillet over medium heat. Sauté the onion, garlic and ginger over medium heat until they are soft. Add the red pepper and tomatoes and sauté until the tomato begins to break down. Stir in the green beans. Add cubed lean pork. Add broth and bring to a simmer over medium heat. Cover and cook for so long that the beans get tender. Season to taste with salt and pepper. Serve with wedge of lemon on the side.



## Ratatouille

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 1 large eggplants • 2 small zucchinis • 1 medium onions
- 1 red or green peppers
- 2 large tomatoes
- 1 cloves garlic, crushed
- 2 tbsp. [coconut oil](#)
- 1/2 tbsp. fresh basil
- Salt and freshly milled black pepper

### *Instructions*

Cut eggplant and zucchini into 1 inch slices. Then cut each slice in half. Salt them and leave them for one hour. The salt will draw out the bitterness.

Chop peppers and onions. Skin the tomatoes by boiling them for few minutes. Then quarter them, take out the seeds and chop the flesh. Fry garlic and the onions in the coconut oil in a saucepan for a 10 minutes. Add the peppers. Dry the eggplant and zucchini and add them to the saucepan. Add the basil, salt and pepper. Stir and simmer for half an hour.

Add the tomato flesh, check the amount of seasoning and cook for an additional 15 minutes with the lid off.



## Barbecued Beef

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1/2 cups tomato paste
- 1 Tbsp. lemon juice
- 1/2 tbsp. mustard
- 1/8 tsp. salt
- 1 chopped carrot
- 1/8 tsp. ground black pepper
- 1/4 tsp. minced garlic
- 1 pound boneless chuck roast

### *Instructions*

In a large bowl, combine tomato paste, lemon juice and mustard. Stir in salt, pepper and garlic.

Place chuck roast and carrot in a slow cooker. Pour tomato mixture over chuck roast. Cover, and cook on low for 7 to 9 hours.

Remove chuck roast from slow cooker, shred with a fork, and return to the slow cooker. Stir meat to evenly coat with sauce. Continue cooking approximately 1 hour.



## Beef Tenderloin with Roasted Shallots

*Ingredients - Allergies: SF, GF, DF, EF*

- 1/2 pound shallots, halved lengthwise and peeled
- 1/2 tbsp. [olive](#) oil or [avocado](#) oil
- salt and pepper to taste
- 1 cup beef broth
- 1/4 cup red wine
- 1/2 teaspoons tomato paste
- 1 pound beef tenderloin roast, trimmed
- 1/4 tsp. dried thyme
- 1 tbsp. [coconut oil](#)
- 1/2 tbsp. [almond](#) flour

### *Instructions*

Heat oven to 375 degrees F. Toss shallots with olive oil to coat in a baking pan and season with salt and pepper. Roast until shallots are tender, stirring occasionally, about half an hour.

Combine wine and beef broth in a sauce pan and bring to a boil. Cook over high heat. Volume should be reduced by half. Add in tomato paste. Set aside.

Pat beef dry and sprinkle with salt and thyme and pepper. Add beef to pan oiled with coconut oil. Brown on all sides over high heat.

Put pan back to the oven. Roast beef about half an hour for medium rare. Transfer beef to platter. Cover loosely with foil.

Place pan on stove top and add broth mixture. Bring to boil and stir to scrape up any browned bits. Transfer to a different saucepan, and bring to simmer. Mix 1 1/2 tbsp. coconut oil and flour in small bowl and mix. Whisk into broth, and simmer until sauce thickens. Stir in roasted shallots. Season with salt and pepper.

Cut beef into 1/2 inch thick slices. Spoon some sauce over.





## Chili

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 tbsp. [coconut oil](#)
- 1 onion, chopped
- 1 cloves garlic, minced
- 1/4 pound ground beef
- 1/4 pound beef sirloin, cubed
- 1 cup diced tomatoes
- 1/4 cup strong brewed coffee
- 1/3 cup tomato paste
- 1 cups beef broth
- 1/4 tbsp. cumin seeds
- 1/4 tbsp. unsweetened cocoa powder
- 1/4 tsp. dried oregano
- 1/4 tsp. ground cayenne pepper
- 1/4 tsp. ground coriander
- 1/4 tsp. salt
- 1 1/2 cups cooked kidney beans
- 1 fresh hot chili peppers, chopped *Instructions*

Heat oil in a saucepan over medium heat. Cook garlic, onions, sirloin and ground beef in oil until the meat is browned and the onions are translucent.

Mix in the diced tomatoes, coffee, tomato paste and beef broth.

Season with oregano, cumin, cocoa powder, cayenne pepper, coriander and salt. Stir in hot chile peppers and 3 cups of the beans. Reduce heat to low, and simmer for two hours.

Stir in the 3 remaining cups of beans. Simmer for another 30 minutes.



## Glazed Meatloaf

*Ingredients - Allergies: SF, GF, DF, NF*

- 1/4 cup tomato paste
- 1 Tbsp. lemon juice, divided
- 1/2 tsp. mustard powder
- 1 pounds ground beef
- 1/2 cup [flax](#) seeds meal • 1/4 cup chopped onion
- 1 egg, beaten

### *Instructions*

Heat oven to 350 degrees F. Combine mustard, tomato paste, 1/2 tbsp. lemon juice in a small bowl.

Combine onion, ground beef, flax, egg and remaining lemon juice in a separate larger bowl. And add 1/3 of the tomato paste mixture from the smaller bowl. Mix all well and place in a loaf pan.

Bake at 350 degrees F for one hour. Drain any excess fat and coat with remaining tomato paste mixture. Bake for 10 more minutes.



## Eggplant Lasagna

*Ingredients - Allergies: SF, GF, NF*

- 1 large eggplant, peeled and sliced lengthwise into strips • [coconut oil](#)
- salt and pepper

### *Meat Sauce*

- 1/2 lbs ground sirloin or 1/2 lbs turkey breast • 1 tbsp. coconut oil
- 1 onion, chopped
- 1 cloves chopped garlic • 1/2 red pepper, chopped
- 8 ounce sliced mushrooms
- 1/2 tbsp. of oregano, basil and thyme each • 1/2 tsp. fennel seed (optional)
- salt and pepper
- 1/2 tsp. red pepper flakes (optional)
- 1 cup chopped spinach
- 2 cups tomato sauce
- 1 cup diced tomatoes

### *Cheese Mixture*

- 1 cup low-fat farmers cheese
- 1 egg
- 1 green onions, chopped
- 1/4 cup shredded low-fat mozzarella cheese (optional) *Instructions*

Heat oven to 425 degrees.

Oil cookie sheet and arrange eggplant slice. Sprinkle with salt and pepper. Bake slices 5 minutes on each side. Lower oven temp to 375.

Brown onion, meat and garlic in coconut oil for 5 minutes. Add mushrooms and red pepper, and cook for 5 minutes. Add tomatoes, spinach and spices and simmer for 5-10 minutes.

Blend farmers' cheese, egg and onion mixture. Spread one third of meat sauce in bottom of a glass pan. Layer one half of eggplant slices and one half farmers' cheese. Repeat. Add last layer of sauce and then mozzarella on top.

Cover with foil. Bake at 375 degrees for one hour. Remove foil and bake until cheese is browned. Let it rest 10 minutes before serving.



## Stuffed Eggplant

*Serves – one half of eggplant per person*

Allergies: SF, GF, DF, EF, NF

Rinse the eggplants. Cut off a slice from one end. Make a wide slit and salt them. Deseed tomatoes. Chop them finely. Cut the onions in thin slices. Chop the garlic cloves. Place them in a frying pan with coconut oil. Add the tomatoes, salt parsley, cumin, pepper, hot peppers and ground beef. Sauté for 10 minutes.

Squeeze eggplants, so the bitter juice goes out. Fill the wide slit with the ground beef mix. Pour the remaining mix over. Heat the oven to 375F in the meantime. Place eggplants a baking pan. Sprinkle them with olive oil, lemon juice and 1 cup of water. Cover the pan with a foil.



## Stuffed Red Peppers with Beef

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 3 red bell peppers
- salt to taste
- 1/2 pound ground beef
- 1/4 cup chopped onion
- salt and pepper to taste
- 1 cup chopped tomatoes
- 1/4 cup uncooked brown rice or [quinoa](#)
- 1/4 cup water
- 1 cup tomato soup
- water as needed *Instructions*

Bring a pot of salted water to a boil. Cut the tops off the peppers. Remove the seeds. Cook peppers in boiling water for 5 minutes and drain.

Sprinkle salt inside each pepper, and set aside.

In a skillet, sauté onions and beef until beef is browned. Drain off excess fat. Season with salt and pepper. Stir in rice, tomatoes and 1/2 cup water. Cover, and simmer until rice is tender. Remove from heat. Stir in the cheese.

Heat the oven to 350 degrees F. Stuff each pepper with the rice and beef mixture. Place peppers open side up in a baking dish. Combine tomato soup with just enough water to make the soup a gravy consistency in a separate bowl. Pour over the peppers.

Bake covered for 25 to 35 minutes.







## Superfoods Goulash

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 1/2 cups cauliflower
  - 1/2 pound ground beef
  - 1 small onion, chopped
  - salt to taste
  - ground black pepper to taste
  - garlic to taste
  - 1/2 cup cooked kidney beans
  - 1/2 cup tomato paste
- Brown the ground beef and onion in a skillet, over medium heat. Drain off the fat. Add garlic, salt and pepper to taste.
- Stir in the cauliflower, kidney beans and tomato paste. Cook until cauliflower is done.



## Frijoles Charros

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1/2 pound dry pinto beans
- 1 clove garlic, chopped
- 1/2 tsp. salt
- 1/4 pound pork, diced
- 1/2 onion, chopped & 2 fresh tomatoes, diced • few sliced sliced jalapeno peppers
- 1/4 cup chopped cilantro

### *Instructions*

Place pinto beans in a slow cooker. Cover with water. Mix in garlic and salt. Cover, and cook 1 hour on High.

Cook the pork in a skillet over high heat until brown. Drain the fat. Place onion in the skillet. Cook until tender. Mix in jalapenos and tomatoes. Cook until heated through. Transfer to the slow cooker and stir into the beans. Continue cooking for 4 hours on Low. Mix in cilantro about half an hour before the end of the cook time.



## Chicken Cacciatore

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 pound of chicken thighs, with skin on
- 1 Tbsp. extra virgin [olive](#) oil or [avocado](#) oil • Salt • 1 small sliced onion
- 1/4 cup red wine
- 1 sliced red or green bell pepper
- 2 ounces sliced cremini mushrooms
- 1 sliced garlic cloves
- 1 cup peeled and chopped tomatoes
- 1/2 tsp. ground black pepper
- 1/2 tsp. dry oregano
- 1/2 tsp. dry thyme
- 1/2 sprig fresh rosemary
- 1/2 tbsp. fresh parsley

### *Instructions*

Pat the chicken on all sides with salt. Heat the olive oil in a skillet on medium. Brown few chicken pieces skin side down in the pan (don't overcrowd) for 5 minutes, then turn. Set aside. Make sure you have 1 tbsp. of the rendered fat left.

Add the onions, mushrooms and bell peppers to the pan. Increase the heat to medium high. Cook until the onions are tender, stirring, about 10 minutes. Add the garlic and cook a minute more.

Add the wine. Scrape up any browned bits and simmer until the wine is reduced by half. Add the tomatoes, pepper, oregano, thyme and a tsp. of salt. Simmer uncovered for maybe 5 more minutes. Put the chicken pieces on top of the tomatoes, skin side up. Lower the heat. Cover the skillet with the lid slightly ajar.

[Cook the chicken on a low simmer. Turning and baste from time to time. Add rosemary and cook until the meat is tender, about 30 to 40 minutes. Garnish with parsley.](#)



## Cabbage Stewed with Meat

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 pound ground beef
- 1/2 cup beef stock
- 1 small chopped onion
- 1 bay leaf
- 1/8 tsp. pepper
- 1 sliced celery ribs
- 2 cups shredded cabbage
- 1 carrot, sliced
- 1/2 cup tomato paste
- 1/4 tsp. salt

### *Instructions*

Brown ground meat in a pot. Add beef stock, onion, pepper and bay leaf. Cover and simmer until tender (approx.. 30 minutes). Add celery, cabbage and carrot.

Cover and simmer until vegetables are tender. Mix in tomato paste and seasoning blend. Simmer uncovered for 20 minutes.





## Beef Stew with Peas and Carrots

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1/2 cup chopped carrots
- 1/8 cup chopped onions
- 1 tbsp. [coconut](#) oil • 1 cup green peas
- 1 cups beef stock
- 1/4 tsp. salt
- 1/8 tsp. ground black pepper
- 1/4 tsp. minced garlic
- 1 pound boneless chuck roast

### *Instructions*

Cook the onions in coconut oil on medium until they are tender (few minutes). Add all other ingredients and stir. Cover and cook on low heat for 2 hours. Mix almond flour with some cold water, add to the stew and cook for another minute.



## Green Chicken Stew

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 cups broccoli florets
- 1/4 cup chopped celery stalks
- 1/4 cup sliced leeks
- 1 tbsp. [coconut](#) oil • 1/2 cups green peas
- 1 cups chicken stock
- 1/4 tsp. salt
- 1/8 tsp. ground black pepper
- 1/4 tsp. minced garlic
- 1 pounds boneless skinless chicken pieces

### *Instructions*

Cook the leeks in coconut oil on medium until they are tender (few minutes). Add all other ingredients and stir. Cover and cook on low heat for 1 hour. Mix almond flour with some cold water, add to the stew and cook for another minute.





## Irish Stew

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 small chopped onions
- 1 Tbsp. [coconut](#) oil • 1 sprig dried thyme
- 1 pound chopped meat from lamb neck
- 2 chopped carrots
- 1 tbsp. brown rice
- 1 ½ cup chicken stock
- Salt
- Ground black pepper
- 1 bouquet garni (thyme, parsley and bay leaf)
- 1/2 bunch chopped parsley
- 1/2 bunch chives

### *Instructions*

Cook the onions in coconut oil on medium until they are tender. Add the dried thyme and lamb and stir. Add brown rice, carrots and chicken stock. Add salt, pepper and bouquet garni. Cover and cook on low heat for 2 1/2 hours.

[Garnish with parsley and chives.](#)



## Hungarian Pea Stew

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 & 1/2 cups green peas
- 1 pound cubed pork
- 1 tbsp [olive](#) oil or [avocado](#) oil • 1 tbsp [almond](#) flour • 1 tbsp chopped parsley
- 1/2 cup water
- 1/4 tsp salt
- 1/2 cup coconut milk
- 1/2 tsp coconut sugar

### *Instructions*

Simmer the pork and green peas in the olive oil over medium heat until almost tender (approx. 10 minutes) Add salt, chopped parsley, coconut sugar and almond flour, and cook for another minute.

Add water then milk and stir.

Cook for another 4 minutes over low heat, stirring occasionally.



## Chicken Tikka Masala

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 pound chicken pieces, skinless, bone in
- 1 tbsp. toasted paprika
- 1 tbsp. toasted ground cumin
- 1/2 tsp. cayenne pepper
- 1 tbsp. toasted ground coriander seed
- 1 tsp. ground turmeric
- 3 chopped cloves garlic
- 1 tbsp. chopped fresh ginger
- 1/2 cups yogurt
- 1/4 cup lemon juice (4 to 6 lemons)
- 1/4 tsp. sea salt
- 1 tbsp. [coconut](#) oil • 1/4 sliced onion
- 1 cups chopped tomatoes
- 1/4 cup chopped cilantro
- 1/4 cup coconut cream

### *Instructions*

Score chicken deeply at 1-inch intervals with a knife. Place chicken in a large baking dish.

Combine coriander, cumin, paprika, turmeric, and cayenne in a bowl and mix. Set aside 3 tbsp. of this spice mixture. Combine remaining spice mixture with garlic, yogurt, ginger, salt and lemon juice in a large bowl and combine. Pour marinade over chicken pieces and coat every surface (use hands). Refrigerate and marinate between 4 and 8 hours, turning occasionally.

Heat coconut oil in a large pot over medium-high heat and add remaining garlic and ginger. Add onions. Cook about 10 minutes, stirring occasionally. Add reserved spice mixture and cook until fragrant, about half a minute. Scrape up any browned bits from

bottom of pan and add tomatoes and half of cilantro. Simmer for 15 minutes. Let cool slightly and puree.

Stir in coconut cream and remaining one quarter cup lemon juice. Season to taste with salt and set aside until chicken is cooked.

Cook chicken on a grill or under a broiler.

Remove chicken from bone and cut into rough bite-sized chunks. Add chicken chunks to pot of sauce. Bring to a simmer over medium heat and cook about 10 minutes.

Sprinkle with remaining cilantro.



## Greek Beef Stew (Stifado)

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 2 pieces of veal or beef osso bucco
- 6 whole shallots, peeled
- 1 bay leaves
- 2 garlic cloves
- 3 sprigs rosemary
- 6 whole pimento
- 5 whole cloves
- 1/2 tsp ground nutmeg
- 1/2 cup [olive](#) oil or [avocado](#) oil • 1/3 cup apple cider vinegar
- 1 tbsp. salt
- 2 cups tomato paste
- 1/4 tsp black pepper

### *Instructions*

Mix vinegar and tomato paste and set aside. Place the meat, shallots, garlic and all spices in the pot.

Add the tomato paste, oil and vinegar. Cover the pot, bring to low boil and simmer on low for 2 hours. Do not open and stir, just shake the pot occasionally.



## Meat Stew with Red Beans

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 tbsp. [olive](#) oil or [avocado](#) oil • 1/4 chopped onion
- 1 pound lean cubed stewing beef
- 1 tsp. ground cumin
- 1 tsp. ground turmeric (optional)
- 1/4 tsp. ground cinnamon (optional)
- 1 cups water
- 1 tbsp. chopped fresh parsley
- 1 tbsp. snipped chives
- 1/2 cup cooked kidney beans
- 1/2 lemon, juice of
- 1/2 tbsp. [almond](#) flour • salt and black pepper

### *Instructions*

Sauté the onion in a pan with two tablespoons of the ive oil until tender.

Add beef and cook until meat is browned on all sides. Stir in turmeric, cinnamon (both optional) and cumin and cook for one minute. Add water and bring to a boil.

Cover and simmer over low heat for 45 minutes. Stir occasionally. Sauté parsley and chives with the remaining 1 tbsp. of olive oil for about 2 minutes and add this mixture to the beef. Add kidney beans and lemon juice and season with salt and pepper.

[Stir in one tbsp. of almond flour mixed with a bit of water to thicken the stew. Simmer uncovered for half an hour until meat gets tender.](#)





## Stir Fries

### Pork and Bok Choy / Celery Stir Fry

*Allergies: SF, GF, DF, EF, NF*

10 oz. Lean Pork Tenderloin and 2 cups Bok Choy / Celery stir fry. Use as much veggies as you want or replace Bok Choy with Kale. Season with fish sauce.



## Lemon Chicken Stir Fry

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1/2 lemon
- 1/4 cup chicken broth
- 1 tbsp. fish sauce
- 1 teaspoons arrowroot flour
- 1/2 tbsp. [coconut oil](#)
- 1/2 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces • 5 ounces mushrooms, halved or quartered • 1 cup snow peas, stems and strings removed • 1 bunch scallions, cut into 1-inch pieces, white and green parts divided • 1 tbsp. chopped garlic

### *Instructions*

Grate 1 tsp. lemon zest. Juice the lemon and mix 3 tbsp. of the juice with broth, fish sauce and arrowroot flour in a small bowl.

Heat oil in a skillet over high heat. Add chicken and cook, stirring occasionally, until just cooked through. Transfer to a plate. Add mushrooms to the pan and cook until the mushrooms are tender. Add snow peas, garlic, scallion whites and the lemon zest. Cook, stirring, around 30 seconds. Add the broth to the pan and cook, stirring, 2 to 3 minutes. Add scallion greens and the chicken and any accumulated juices and stir.



## Pan seared Brussels sprouts

*Serves 2*

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 6 oz. cubed pork
- 2 tbsp. [coconut oil](#)
- 1 pound Brussels sprouts, halved
- 1/2 large onion, chopped
- Salt and ground black pepper

### *Instructions*

Cook pork in a skillet over high heat. Remove to a plate and chop. In same pan with pork fat, add coconut oil over high heat. Add onions and Brussels sprouts and cook, stirring occasionally, until sprouts are golden brown. Season with salt and pepper, to taste, and put pork back into pan. Serve immediately.



## Beef and Broccoli Stir Fry

*Allergies: SF, GF, DF, EF, NF*

- 10 oz. of lean Beef and 2 cups broccoli stir fry. Use as much broccoli as you want or replace Broccoli with Kale.



## Garbanzo Stir Fry

*Serves 2*

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 2 tbsp. [coconut oil](#)
  - 1 tbsp. oregano
  - 1 tbsp. chopped basil
  - 1 clove garlic, crushed
  - ground black pepper to taste
  - 2 cups cooked garbanzo beans • 1 large zucchini, halved and sliced
  - 1/2 cup sliced mushrooms
  - 1 tbsp. chopped cilantro
  - 1 tomato, chopped
- Heat oil in a skillet over medium heat. Stir in oregano, basil, garlic and pepper. Add the garbanzo beans and zucchini, stirring well to coat with oil and herbs. Cook for 10 minutes, stirring occasionally. Stir in mushrooms and cilantro; cook 10 minutes, stirring occasionally. Place the chopped tomato on top of the mixture to steam. Cover and cook 5 minutes more.







## Thai Basil Chicken

*Ingredients - Allergies: SF, GF, DF, NF*

### *Eggs*

- 2 eggs • 2 tbsp. of [coconut oil](#) for frying *Basil chicken*
- 2 chicken breast (or any other cut of boneless chicken) • 5 cloves of garlic
- 4 Thai chilies
- 1 tbsp. coconut oil for frying
- Fish sauce
- 1 handful of Thai holy basil leaves *Instructions*

First, fry the eggs *Basil chicken*

Cut the chicken into small pieces. Peel the garlic and chilies, and chop them fine. Add basil leaves.

Add about 1 tbsp. of oil to the pan.

When the oil is hot, add the chilies and garlic. Stir fry for half a minute.

Toss in your chicken and keep stir frying. Add fish sauce.

Add basil into the pan, fold it into the chicken, and turn off the heat.



## Shrimp with Snow Peas

*Ingredients - Allergies: SF, GF, DF, EF, NF*

Marinade • 1 teaspoon arrowroot flour • 1 Tbsp. wine

- 1/4 tsp. salt

Stir Fry • 1/2 pound shrimp. Peel the shrimp and take the vein out • 1 Tbsp [coconut oil](#)

- 1/2 Tbsp minced ginger
- 1 garlic cloves, sliced thinly
- 1 cup snow peas, strings removed
- 1 teaspoons fish sauce • 1/4 cup chicken broth
- 2 green onions, white and light green parts, sliced diagonally • 1 teaspoons dark roasted sesame oil

### *Instructions*

Mix all the ingredients for the marinade in a bowl and then add the shrimp. Mix to coat. Let it marinade 15 minutes while you prepare the peas, ginger, and garlic.

Add the coconut oil in the wok and let it get hot. Add the garlic and ginger and combine. Stir-fry for about 30 seconds.

Add the marinade to the wok, add the snow peas, fish sauce and chicken broth. Stir-fry until the shrimp turns pink. Add the green onions and stir-fry for one more minute. Turn off the heat and add the sesame oil.



## Pork and Green Beans Stir Fry

*Allergies: SF, GF, DF, EF, NF*

- 10 oz. of lean Pork
- 2 cups of Green Beans, snapped in half. Use as much veggies as you want or replace Green beans with Kale.
- 2 garlic clove, chopped
- 1 inch of peeled and chopped ginger
- Season with fish sauce.



## Cashew chicken

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1/2 bunch scallions
- 1/2 pound skinless boneless chicken thighs • 1/4 tsp. salt
- 1/8 tsp. black pepper
- 2 tbsp. [coconut oil](#)
- 1/2 red bell pepper and 1 stalk of celery, chopped • 2 garlic cloves, finely chopped
- 1 tbsp. finely chopped peeled fresh ginger • 1/8 tsp. dried hot red-pepper flakes
- 1/4 cup chicken broth
- 1 tbsp. fish sauce
- 1 teaspoons arrowroot flour
- 1/4 cup salted roasted whole cashews

### *Instructions*

Chop scallions and separate green and white parts. Pat chicken dry and cut into 3/4-inch pieces and season with salt and pepper. Heat a wok or a skillet over high heat. Add oil and then stir-fry chicken until cooked through, 3 to 4 minutes. Transfer to a plate. Add garlic, bell pepper, celery, ginger, red-pepper flakes, and scallion whites to wok and stir-fry until peppers are just tender, 4 to 5 minutes.

Mix together broth, fish sauce and arrowroot flour, then stir into vegetables in wok. Reduce heat and simmer, stirring occasionally, until thickened. Stir in cashews, scallion greens, and chicken along with any juices.



## Meats

## Baked Chicken Breast with Fresh Basil

*Ingredients - Allergies: SF, GF, EF, NF*

- 2 boneless skinless chicken breast
- 1/4 cup low-fat yogurt
- 1/4 cup chopped basil
- 1 tsp. arrowroot flour
- 2 Tbsp. oatmeal, coarsely ground

### *Instructions*

Arrange chicken in a baking dish. Combine basil, yogurt and arrowroot flour; mix well and spread over chicken.

Mix oatmeal with salt and pepper to taste and sprinkle over chicken.

Bake chicken in 375 degrees in the oven for half an hour.





## Roast Chicken with Rosemary

- 2 chicken pieces, skinned
- salt and pepper to taste
- 1 onion, quartered
- 2 Tbsp. chopped rosemary

*Instructions - Allergies: SF, GF, DF, EF, NF*

Heat the oven to 350F. Sprinkle meat with salt and pepper. Cover with the onion and rosemary. Place in a baking dish and bake in the preheated oven until chicken is cooked through.



## Carne Asada

*Allergies: SF, GF, DF, EF, NF*

### Marinade:

Mix together the garlic, jalapeno, cilantro, salt, and pepper to make a paste. Put the paste in a container. Add the oil and lime juice. Shake it up to combine. Use as a marinade for beef or as a table condiment.

### Instructions

Put the 1 pound flank steak in a baking dish and pour the marinade over it. Refrigerate up to 8 hours.

Take the steak out of the marinade and season it on both sides with salt and pepper. Grill (or broil) the steak for 7 to 10 minutes per side, turning once, until medium-rare. Put the steak on a cutting board and allow the juices to settle (5 minutes). Thinly slice the steak across the grain.



# Meatballs

## Baked Beef Meatballs

Allergies: SF, GF, NF

- 1/2 pound lean ground beef
- 1 tbsp. minced onion
- 1/4 tsp. minced garlic
- 1/2 tsp. parmesan cheese
- 1 egg • 1/4 tsp. salt
- 1/8 tsp. pepper

Mix all of the ingredients in a large bowl using your fingers. Mix until the meat no longer feels slimy from the eggs. Shape in small egg size meatballs. Place on a baking sheet. Bake at 375F for 20-25 minutes until the meatballs are cooked through. Serve with large Fiber Loaded salad with Italian Dressing.



## Middle Eastern Meatballs

*Allergies: SF, GF, DF, EF, NF*

### *Ingredients*

- 1 pound ground lamb or beef, or a mixture of the two
- 1/2 Onion, minced • 1/4 of a bunch of fresh parsley or mint, finely chopped
- Ground cumin – 1/2 tbsp.
- Cinnamon -- 1 teaspoons • Allspice (optional) – 1/2 tsp.
- Salt and pepper -- to season • Coconut Oil – 2 Tbsp.

### *Instructions*

Place the ground beef or lamb, onion, herbs, spices, salt and pepper in a bowl and knead well. Chill for 1-2 hours and let the flavors mingle. Form the meat into patties or balls the size of a small egg.

Bake in the oven on 350F. Serve with tzatziki sauce.

### *Variations*

Experiment with different seasonings--coriander, cayenne, sesame seeds.



## Casseroles

## Broccoli Chicken Casserole

*Ingredients - Allergies: SF, GF, NF*

- 2 cups broccoli florets
  - 10 oz. skinless, boneless chicken (or turkey) pieces (breast or dark meat) • 2 tsp of [flax](#) seeds meal • Salt, pepper
  - 2 eggs - beaten • 1 cup of Yogurt Dressing (or coconut milk, if you don't like the sourish tang) • 1/2 cup of chicken broth
  - 4 tbsp. of grated low-fat cheddar cheese
- Heat the oven to 400°. Cook broccoli around 5 minutes. Take broccoli out and add chicken (or turkey) and simmer for 15 minutes. Cut chicken (or turkey) into cubes and add it to the broccoli.

Combine broth, flax, salt and pepper in a pan and mix. Bring to a boil over high heat and cook 1 minute, stirring constantly. Remove from heat. Add yogurt dressing, beaten egg and then half of the cheese, stirring until well combined. Add sauce to broccoli mixture; and stir gently until combined.

Put mixture in a small casserole dish oiled with some coconut oil. Put remaining cheese on top, sprinkle. Bake at 400° for 50 minutes or until mixture bubbles at the edges and cheese begins to brown. Remove from oven and let cool for 5 minutes.





## Beef Meatballs Broccoli Casserole

*Ingredients - Allergies: SF, GF*

- 2 cups broccoli florets
- 10 oz. beef meatballs (see separate recipe) • 2 tsp of [almond](#) flour • Salt, pepper
- 2 eggs - beaten
- 1 cup of Yogurt Dressing
- 1/2 cup of chicken broth
- 2 tbsp. of grated low-fat cheddar cheese *Instructions*

Heat oven to 400F. Cook broccoli around 5 minutes. Prepare beef meatballs as in the recipe above. Combine broth, flour, salt and pepper in a saucepan, stirring with a whisk until smooth. Bring to a boil over medium-high heat; cook 1 minute, stirring constantly. Remove from heat. Add yogurt dressing, beaten egg and then half of the cheese, stirring until well combined. Add sauce to broccoli mixture; and stir gently until combined.

Put mixture in a small casserole dish oiled with some coconut oil. Sprinkle with remaining cheese. Bake at 400° for 50 minutes or until mixture bubbles at the edges and cheese begins to brown. Remove from oven and let cool for 5 minutes. Serve with large Fiber Loaded Salad with Italian Dressing.







## Beef Meatballs Cauliflower Casserole

*Ingredients - Allergies: SF, GF*

- 2 cups cauliflower florets
- 10 oz. beef meatballs (see separate recipe) • 2 tsp of [almond](#) flour • Salt, pepper
- 2 eggs - beaten
- 1 cup of Yogurt Dressing
- 1/2 cup of chicken broth
- 2 tbsp of grated low-fat cheddar cheese

*Instructions*

Heat oven to 400°.

Cook cauliflower around 5 minutes. Prepare beef meatballs as in the recipe above. Combine soup, flour, salt and pepper in a saucepan, stirring with a whisk until smooth. Bring to a boil over medium-high heat; cook 1 minute, stirring constantly. Remove from heat. Add yogurt dressing, beaten egg and then half of the cheese, stirring until well combined. Add sauce to cauliflower mixture; and stir gently until combined.

Put mixture in a small casserole dish oiled with some coconut oil. Sprinkle with remaining cheese. Bake at 400° for 50 minutes or until mixture bubbles at the edges and cheese begins to brown. Remove from oven and let cool for 5 minutes. Serve with large Fiber Loaded Salad with Italian Dressing.



## Cabbage Roll Casserole

*Ingredients - Allergies: SF, GF, DF, EF, NF*

1/2 pounds ground beef  
1/4 cup chopped onion  
1 cup tomato sauce  
1 pound cabbage or sauerkraut leaves  
1/4 cup uncooked brown rice  
1/4 tsp. salt  
1/2 cup beef broth

*Instructions*

Heat oven to 350F.

Brown beef in coconut oil in a skillet over medium high heat until through. In a large mixing bowl combine the onion, rice and salt. Add meat and mix all together. Roll mixture into cabbage leaves and arrange them in a casserole dish. Pour broth and tomato sauce over rolls and bake in the preheated oven, covered, for 1 hour.



## Pork Chop Casserole

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1/2 cup vegetable broth
- 1/4 cup brown rice
- 4 ounce mushrooms
- salt and pepper to taste
- 2 thick pork chops

*Instructions*

Heat oven to 350F. Pour broth into a baking dish. Add rice and mushrooms and mix. Salt and pepper to taste. Add pork chops in a single layer on that mixture and push them down into mixture and make sure they are covered with it.

Cover baking dish with aluminum foil and bake for 1 hour.



## Mushrooms Casserole

*Instructions – Allergies: SF, GF, NF*

- 1 1/2 pounds sliced mushrooms (shiitake preferably) • 1/2 pound sliced leeks
- Salt and freshly ground black pepper
- 1/2 tbsp. chopped parsley
- 1 beaten egg • 1/2 cup of low-fat Greek yogurt
- 1/4 cup of shredded cheddar cheese, low-fat • 1/2 pound cubed skinless boneless chicken (or turkey) breasts *Instructions*

Heat oven to 375 degrees F. Mix beaten eggs and low-fat yogurt in a separate dish. In a casserole, place 1 layer of mushrooms, leeks and chicken cubes and season with salt, pepper, and parsley. Cover with 1/2 of a cup of eggs/yogurt mixture. Repeat process 2 more times and cover with shredded cheese. Bake until mushrooms and chicken is tender and crust is golden brown. Serve with Large Fiber Loaded salad with Italian Dressing.





## Chicken Eggplant Casserole

*Ingredients – Allergies: SF, GF, NF*

- 1 pound Eggplant • Salt and ground black pepper
  - 1/2 tbsp. chopped parsley
  - 1 beaten eggs • 1/2 cup of low-fat Greek yogurt
  - 1/4 cup of shredded cheddar cheese, low-fat • 1/2 pound cubed skinless boneless chicken (or turkey) breasts
- Instructions*

Preheat oven to 375 degrees F. Mix beaten eggs and low-fat yogurt in a separate dish. In a casserole, place 1 layer of eggplant and meat cubes. Sprinkle with salt, pepper, and parsley. Cover with 1/2 of a cup of eggs/yogurt mixture. Repeat process 2 more times and cover with shredded cheese. Bake until eggplant and chicken are tender and crust is golden brown, about 20 minutes. Serve with Large Fiber Loaded salad with Italian Dressing.



## Beef Meatballs Green Beans Casserole

*Ingredients - Allergies: SF, GF*

- 2 cups green beans florets • 10 oz. beef meatballs (see separate recipe) • 2 tsp of [almond](#) flour • Salt, pepper
- 3 eggs - beaten Half a cup of Yogurt Dressing • 1/2 cup of chicken broth
- 4 tbsp. of grated low-fat cheddar cheese *Instructions*

Heat oven to 400°.

Cook green beans around 5 minutes. Prepare beef meatballs as in the recipe above. Combine soup, flour, salt and pepper in a saucepan, stirring with a whisk until smooth. Bring to a boil over medium-high heat; cook 1 minute, stirring constantly. Remove from heat. Add yogurt dressing, beaten egg and then half of the cheese, stirring until well combined. Add sauce to green beans mixture; and stir gently until combined.

Put mixture in a small casserole dish oiled with some coconut oil. Sprinkle with remaining cheese. Bake at 400° for 50 minutes or until mixture bubbles at the edges and cheese begins to brown. Remove from oven and let cool for 5 minutes. Serve with large Fiber Loaded Salad with Italian Dressing.





## “Breaded” “fried” food

### Breaded Tilapia

*Ingredients - Allergies: SF, GF, DF, NF*

- 1/2 cup coconut meal for breading
  - 1/4 tsp. pepper
  - 1/4 tsp. minced garlic
  - 1/4 tsp. paprika
  - 1/8 tsp. salt
  - 1 large egg whites (or whole eggs), beaten • 1/2 pound tilapia fillets, cut into 1/2-by-3-inch strips
- Instructions*

Heat oven to 400°F. Set a wire rack on a baking sheet and coat with some coconut oil.

Place coconut, pepper, garlic, paprika and salt in a blender and process until finely ground. Transfer to a shallow dish.

Place egg whites in a second dish. Dip every piece of fish in the egg and then coat all sides with the coconut breading mixture. Place on the prepared rack. Sprinkle some drops of olive oil over each piece.

Bake until the fish is cooked through. Breading should be golden brown. Serve with large Fiber loaded salad.



## Breaded Chicken

*Ingredients - Allergies: SF, GF, DF, NF*

- 1/2 cup [flax](#) seeds meal for breading
  - 1/4 tsp. pepper
  - 1/4 tsp. minced garlic
  - 1/4 tsp. paprika
  - 1/8 tsp. salt
  - 1 large egg whites (or whole eggs), beaten • 1/2 pound skinless, boneless chicken pieces
- Instructions*

Heat oven to 400°F. Set a wire rack on a baking sheet; coat with some coconut oil.

Place flax, pepper, garlic, paprika and salt in a food processor or blender and process until finely ground. Transfer to a shallow dish.

Place egg whites in a second dish. Dip every piece of chicken in the egg and then coat all sides with the flax breading mixture. Place on the prepared rack. Sprinkle some drops of olive oil over each piece.

Bake until the chicken is cooked through and the breading is golden brown and crisp, about 8 minutes each side. Serve with large Fiber loaded salad.



## Lemon Pork with Asparagus

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1/2 lb. pork chops
- 2 Tbsp. buckwheat flour
- 1/4 tsp. salt
- 1 tbsp. [coconut oil](#)
- Pepper • 1/2 cup chopped asparagus
- 1 lemons, sliced

### *Instructions*

Place the flour and salt in a dish and gently toss each chop in the dish to coat. Melt the coconut oil in a large skillet over medium high heat. Add the chicken and sauté until golden brown on each side. Sprinkle each side with the pepper directly in the pan.

When the chops are cooked through, transfer them to a plate. Add the lemon slices and asparagus to the pan. When the asparagus and the lemons are done, add the chops back to the pan.



# Pizza

## Meat Pizza

*Ingredients - Allergies: SF, GF, EF, NF*

- 1/2 cup cooked and minced chicken breast
- 1/2 cup low-fat cheddar, shredded
- 1/2 tbsp. minced onion & few basil leaves • 1/2 tsp garlic minced

### *Instructions*

Preheat oven to 425 degrees Fahrenheit. Process chicken, onion and garlic together. Mixture will be a dense crumb consistency. Press chicken mixture on parchment paper on a cookie sheet. Bake for 12 minutes. Let cool for five minutes.

Top with 1/4 cup of tomato sauce, a handful of low-fat cheese, basil and mushrooms (shiitake). Bake for 6-8 minutes more, or until toppings are melted. Let cool for five minutes. Slice and serve. Alternatively, you may want to try cauliflower crust version:

Grate half of the large cauliflower and steam it for 15 minutes. Squeeze the excess water out and let cool. Mix in 2 eggs, one cup low-fat mozzarella, and salt and pepper. Pat into a 10-inch round on the prepared cookie sheet. Brush with oil and bake until golden. Add the topping as above.



## Side dishes

## Roasted curried cauliflower

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 2 cups cauliflower florets
- 1/2 chopped small onion
- 1/4 tsp. coriander seeds
- 1/4 tsp. cumin seeds
- 2 Tbsp. cup [olive](#) oil or [cumin](#) oil • 1/4 cup lemon juice
- 1 teaspoons curry paste
- 1/4 tbsp. hot paprika
- 1/4 teaspoons salt
- 2 tbsp. cup chopped cilantro

### *Instructions*

Heat oven to 450°F. Place cauliflower florets in large roasting pan. Add onions to cauliflower. Dry toast coriander and cumin seeds in a skillet over medium heat until slightly browned, about 5 minutes. Crush in mortar with pestle. Place seeds in bowl. Whisk in oil, lemon juice, curry paste, paprika, and salt. Pour dressing over vegetables and toss to coat. Spread vegetables in single layer and sprinkle with pepper.

Roast vegetables until tender, stirring occasionally, about 35 minutes.

Sprinkle cilantro and serve warm.





## Roasted cauliflower with Tahini sauce

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 2 Tbsp. cup extra-virgin [olive](#) oil or [avocado](#) oil
- 1 tsp. ground cumin
- 1 smaller cauliflower head, cored and cut into 1 1/2" florets
- Salt and ground black pepper
- 1/4 cup tahini
- 1 cloves garlic, smashed and minced into a paste
- Juice of 1/4 lemon

### *Instructions*

Roast cauliflower like in the previous recipe.

Meanwhile, combine tahini, lemon juice, garlic, and 1/4 cup water in a bowl and season with salt. Serve cauliflower hot or at room temperature with tahini sauce.



## Asparagus with mushrooms and hazelnuts

*Ingredients - Allergies: SF, GF, DF, EF, V*

• 1 tbsp. lemon juice • 1/8 tsp sea salt • Ground black pepper, to taste  
• 1/2 pound fresh asparagus, ends trimmed • 1 tbsp. coconut oil • 2 cups mushrooms • 1/4 cup green onions, sliced • 1 tbsp. hazelnuts, toasted and finely chopped

*Instructions*  
Add the lemon juice, 1/2 tbsp. of the oil, salt, and pepper in a small bowl. Boil water in a pan and add the asparagus. Boil for few minutes. Heat the remaining 1/2 tbsp. oil in a pan on high heat. Add mushrooms and cook them until they are soft. Add green onions and sauté 1 more minute. Add the asparagus, and cook another 3 minutes. Remove from the heat and slowly add in the lemon juice mixture. Add the toasted hazelnuts over the top.



## Chard and Cashew Sauté

*Serves 2*

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 1 bunch Swiss chard • 1/2 cup cashews • 1 tbsp. [coconut oil](#)
- Sea salt (optional) • Ground black pepper *Instructions*

Wash Swiss chard and remove tough stems. Heat a skillet over medium heat, and add oil when hot. Chop Swiss chard into thin strips. Add Swiss chard to the hot skillet, along with cashews. Sauté only 1 minute. Season with sea salt and ground black pepper to taste and serve warm.



## Cauliflower rice side dish

*Serves 2*

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 1 head cauliflower • 2 Tbs [coconut oil](#)
- Sea salt, garlic, ginger or ground black pepper (optional seasonings)

### *Instructions*

Place the cauliflower into a food processor and pulse it until a grainy rice-like consistency. Season with sea salt and ground black pepper. Meanwhile, heat a large pan over medium heat. Add coconut oil when hot. Sauté cauliflower in a pan with oil and any additional seasonings if desired.





# Crockpot

## Slow Cooker Pepper Steak

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 pounds beef sirloin, cut into 2 inch strips
- 1/2 tbsp. minced garlic
- 1 tbsp. [coconut oil](#)
- 1/2 cup Beef Broth • 1/2 tbsp. tapioca flour
- 1/4 cup chopped onion
- 1 cup carrots
- 1/2 cup chopped tomatoes
- 1/2 tsp. salt *Instructions*

Sprinkle beef with minced garlic. Heat the coconut oil in a skillet and brown the seasoned beef sirloin strips. Transfer to a slow cooker. Mix in tapioca flour in broth until dissolved. Pour broth into the slow cooker with meat. Add carrots, onion, chopped tomatoes and salt. Cover and cook on high for 3 to 4 hours, or on low for 6 to 8 hours.



## Pork Tenderloin with peppers and onions

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 tbsp. [coconut oil](#)
- 3/4 pound pork loin • 1/2 tbsp. caraway seeds • 1/4 tsp sea salt • 1/8 tsp ground black pepper • 1/2 red onion, thinly sliced • 1 red bell peppers, sliced • 2 cloves of garlic, minced • 1/4 cup chicken broth

*Instructions*  
Wash and chop vegetables. Slice pork loin, and season with black pepper, caraway seeds and sea salt. Heat a pan over medium heat. Add coconut oil when hot. Add pork loin and brown slightly. Add onions and mushrooms, and continue to sauté until onions are translucent. Add peppers, garlic and chicken broth. Simmer until vegetables are tender and pork is fully cooked.



## Beef Bourguignon

*Ingredients - Allergies: SF, GF, DF, EF*

- 3/4 or 1 pounds cubed lean beef
- 1/4 cup red wine
- 2 Tbsp. [coconut oil](#)
- 1/4 tsp. thyme
- 1/4 tsp. black pepper
- 1 cloves garlic, crushed
- 1/2 onion, diced
- 1/3 pound mushrooms, sliced
- 2 Tbsp. cup [almond](#) flour *Instructions*

Marinate beef in wine, oil, thyme and pepper for few hours at room temperature or 6-8 hours in the fridge. Cook garlic and onion in a pan until soft. Add mushrooms. Cook until they are browned. Drain beef liquid. Place beef in slow cooker. Sprinkle flour over the beef and stir to coat. Add mushroom mixture on top. Pour reserved marinade over all. Cook on low for 7-9 hrs.





## Italian Chicken

*Ingredients - Allergies: SF, GF, DF, EF*

- 2 pieces of skinless chicken
- 2 Tbsp. [almond](#) flour
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1/4 cup chicken broth
- 1/2 cup sliced mushrooms
- 1/4 tsp. paprika
- 1/2 zucchini, sliced into medium pieces
- ground black pepper
- parsley to garnish

### *Instructions*

Season chicken with 1 tsp. salt. Combine flour, pepper, remaining salt, and paprika. Coat chicken pieces with this mixture. Place zucchini first in a crockpot. Pour broth over zucchini. Arrange chicken on top. Cover and cook on low for 6 to 8 hours or until tender. Turn control to high, add mushrooms, cover, and cook on high for additional 10-15 minutes. Garnish with parsley and ground black pepper.



## Slow Cook Jambalaya

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1/2 Bell pepper, chopped
- 1/2 Onion, chopped
- 1 Medium tomato, chopped
- 1/2 cup Chopped celery
- 1 Clove garlic, crushed
- 1 tbsp. minced parsley
- 1 tbsp. Chopped thyme leaves
- 1 tbsp. chopped Oregano leaves
- 1/8 tsp. Cayenne & 1/4 tsp. Salt
- 4 ounces pork, chopped
- 4 ounces Chicken breast, chopped
- 1 cups Beef broth
- 1/4 pound Cooked shelled shrimp
- 1/4 cup Cooked brown rice

### *Instructions*

Shell shrimp and halve lengthwise. Combine all ingredients except shrimp & rice in a slow cooker. Cover & cook on low 9-10 hours. Turn slow cooker on high, add cooked shrimp & cooked rice. Cover; cook on high 20-30 minutes.



## Ropa Vieja

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 tbsp. [coconut oil](#)
- 3/4 or 1 pound beef flank steak
- 1/2 cup beef broth
- 1/2 cup tomato sauce
- 1 small onion, sliced
- 1/2 green bell pepper sliced into strips
- 1 clove garlic, chopped
- 1/4 cup tomato paste
- 1/2 tsp. ground cumin
- 1/2 tsp. chopped cilantro
- 1/2 tbsp. [olive](#) oil or [avocado](#) oil & 1 tbsp. lemon juice

### *Instructions*

Heat oil in a skillet over high heat. Brown the flank steak on each side (4 minutes per side). Move the beef to a slow cooker. Add in the beef broth and tomato sauce, then add the onion, bell pepper, garlic, tomato paste, cumin, cilantro, olive oil and lemon juice. Stir until blended. Cover, and cook on high for 4 hours, or on Low for up to 8 hours. When ready to serve, shred meat and serve with salad.



## Lemon Roast Chicken

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 2 pieces skinless chicken
- 1 dash Salt
- 1 dash Pepper
- 1 tsp. Oregano
- 1 cloves minced garlic
- 1 tbsp. [coconut oil](#)
- 1/4 cup Water
- 1 tbsp. Lemon juice • Rosemary *Instructions*

Wash chicken and season with salt and pepper. Sprinkle half of oregano and garlic inside chicken cavity. Add coconut oil to a frying pan. Brown chicken on all sides and transfer to crock pot. Sprinkle with oregano and garlic. Add water to fry pan and stir to loosen brown bits. Pour into crock pot and cover. Cook on low 7 hours. Add lemon juice when cooking is done. Transfer chicken to cutting board and carve chicken. Skim fat. Pour juice into sauce bowl. Serve with rosemary and some juice over chicken.



## Fall Lamb and Vegetable Stew

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 3/4 or 1 pound Lamb stew meat
- 1 chopped Tomatoes
- 1/2 Summer squash
- 1/2 Zucchini
- 1/2 cup Mushrooms, sliced
- 1/2 cup Bell peppers, chopped
- 1/2 cup Onions, chopped
- 1/2 teaspoons Salt
- 1 Garlic cloves, crushed
- 1/4 tsp. Thyme leaves
- 1 Bay leaves
- 1 cups chicken broth

### *Instructions*

Cut squash and zucchini. Place vegetables and lamb in crockpot. Mix salt, garlic, thyme, and bay leaf into broth and pour over lamb and vegetables. Cover and cook on low for 7 hours.





## Slow cooker pork loin

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 3/4 pound of pork loin • 1/2 cup tomato sauce • 1 zucchinis, sliced
- 1/2 head cauliflower, separated into medium florets • 1 Tbs dried basil • 1/8 tsp ground black pepper • 1/4 tsp sea salt (optional)

### *Instructions*

Add all of the ingredients to a crock pot.

Cook on high for 3-4 hours or low 7-8 hours.



## Sauerbraten

*Ingredients - Allergies: SF, GF, DF, EF, NF*

Marinade • Water -- 1 cup • Lemon juice – 1/4 cup • Red wine – 1/2 cup • Peppercorns – 1/2 tbsp.

- Juniper berries -- 4
- Whole cloves -- 2
- Bay leaves -- 1

Roast • Beef rump or round -- 1 pound • Salt and pepper -- to season  
• [coconut oil](#) -- 1 tbsp.

- Onion, thinly sliced -- 1
- Carrot, cut into thin rounds -- 1
- Celery, thinly chopped -- 1 stalk

*Instructions*  
Place the marinade ingredients (except lemon juice) into a pot and bring to a boil. Boil for 5 minutes then remove and cool to room temperature. Add lemon juice.

Place the beef in a large glass dish and pour the marinade. Make sure that beef is covered with the marinade.

Set the roast and its marinade in the fridge and marinate for at least few hours. Turn the beef once or twice daily.

Remove the roast from the marinade and season with salt and pepper. Brown the roast well on all sides and set aside.

Add the celery, onion and carrot to the pot and sauté until the onion is cooked translucent. Put the roast to the pot and add in the marinade. Bring to a boil, then reduce heat to medium-low. Cover the pot and simmer until the roast is fork tender.

Remove the roast and set it aside. Strain the sauce and discard the solids and return the liquid to the pot. Bring to a simmer and add in the salt and pepper and simmer for few minutes more.

## Variations

- **Meats:** Pork, lamb or venison.
- **Marinade Variations:** Nutmeg, ginger, thyme and coriander.



## Fish

## Cioppino

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1/4 cup [coconut oil](#)
- 1 onions, chopped
- 1 cloves garlic, minced
- 1/2 bunch fresh parsley, chopped
- 1/2 cup stewed tomatoes
- 1/2 cups chicken broth
- 1 bay leaves
- 1/2 tbsp. dried basil
- 1/4 tsp. dried thyme
- 1/4 tsp. dried oregano
- 1/2 cup water
- 1/2 cup white wine
- 1/2 pound peeled and deveined large shrimp
- 1/2 pound bay scallops
- 6 small clams
- 6 cleaned and debearded mussels
- 1/2 cups crabmeat
- 1/2 pounds cod fillets, cubed

### *Instructions*

Over medium heat melt coconut oil in a large stockpot and add onions, parsley and garlic. Cook slowly, stirring occasionally until onions are soft. Add tomatoes to the pot. Add chicken broth, oregano, bay leaves, basil, thyme, water and wine. Mix well. Cover and simmer 30 minutes.

Stir in the shrimp, scallops, clams, mussels and crabmeat. Stir in fish. Bring to boil. Lower heat, cover and simmer until clams open.





## Flounder with Orange Coconut Oil

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 pound flounder
- 1 tbsp. white wine
- 1 tbsp. lemon juice
- 1 tbsp. [coconut oil](#)
- 1 tbsp. parsley
- 1/3 tsp. black pepper
- 1 tbsp. orange zest
- 1/4 tsp. salt
- 1/4 cup chopped scallions *Instructions*

Preheat oven to 325F. Sprinkle fish with pepper and salt.

Place fish in the baking dish. Sprinkle orange zest on top of the fish.

Melt remaining coconut oil and add the parsley and scallions to the coconut oil and pour over flounder. Then add in the white wine.

Place in oven and bake for 15 minutes. Serve fish with extra juice on a side.





## Grilled Salmon

*Ingredients - Allergies: SF, GF, DF, EF, NF*

- 2 salmon filets
- 2 Tbsp. [coconut oil](#)
- 1 tbsp. fish sauce
- 1 tbsp. lemon juice
- 1 tbsp. thinly sliced green onion
- 1 clove garlic, minced & 1/4 tsp. ground ginger
- 1/4 tsp. crushed red pepper flakes
- 1/4 tsp. sesame oil
- 1/8 tsp. salt *Instructions*

Whisk together coconut oil, fish sauce, garlic, ginger, red chili flakes, lemon juice, green onions, sesame oil, and salt. Put fish in a glass dish, and pour marinade over. Cover and refrigerate for 4 hours. Preheat grill. Place salmon on grill. Grill until fish becomes tender. Turn halfway during cooking.



## Crab Cakes

*Ingredients - Allergies: SF, GF, DF, NF*

- 1 lbs. crabmeat
- 1 beaten eggs
- 1 cup [flax](#) seeds meal
- 1 tbsp. mustard
- 1 tbsp. grated horseradish
- 1/4 cup [coconut oil](#)
- 1/2 tsp. lemon rind
- 1 tbsp. lemon juice
- 1 tbsp. parsley
- 1/4 tsp. cayenne pepper
- 1 tsp. fish sauce

### *Instructions*

In medium bowl combine all ingredients except oil. Shape in to smallish hamburgers. In fry pan heat oil and cook patties for 3-4 minutes on each side or until golden brown. Optionally, bake them in the oven.

Serve as appetizers or as main course with large fiber salad.



## Sweets

## Superfoods Dark Chocolate

*Instructions - Allergies: SF, GF, DF, EF, V, NF*

Mix 1/4 cup of coconut oil with 1/4 to 1/2 cup of cocoa powder (unsweetened, ideally organic and unprocessed) and some lucuma powder to taste. You really should experiment with cocoa and lucuma amount. Maybe start with equal amount of coconut oil, cocoa and lucuma, mix it and then increase amount of cocoa to your taste. Form balls or put in the ice cube tray. Put it in the fridge and 1 hour later you'll have great homemade Superfoods chocolate!



## Fruits dipped in Superfoods chocolate

*Ingredients - Allergies: SF, GF, DF, EF, V*

- 1 apple or 1 banana or a bowl of strawberries or any fruit that can be dipped in melted chocolate
- 1/2 cup of melted superfoods chocolate (see earlier recipe)
- 2 tbsp. chopped nuts (almond, walnut, Brazil nuts) or seeds ([hemp](#), chia, sesame, flax meal)

### *Instructions*

Cut apple in wedges or cut banana in quarters. Melt the chocolate and chop the nuts. Dip fruit in chocolate, sprinkle with nuts or seeds and lay on tray. Transfer the tray to the fridge so the chocolate can harden; serve. If you don't want chocolate, cover fruits with almond or sunflower butter and sprinkle with chia or hemp seeds and cut it into chunks and serve.



## Superfoods Ice cream

Allergies: SF, GF, DF, EF, V, NF

Freeze a banana cut into chunks and process it in blender once frozen and add half a tsp. of cinnamon or 1 tsp. of cocoa or both and eat it as ice-cream.

Other option would be to add one spoon of [almond](#) butter and mix it with mashed banana, it's also a delicious ice cream.



## Whipped Coconut cream

*Ingredients - Allergies: SF, GF, DF, EF, V, NF*

- 2 cups of any fresh berries
- 1/2 lemons
- 1 can full fat coconut milk (14 oz.), refrigerated overnight
- 1 tsp of ground [vanilla](#) bean
- 2 Tbsp. lucuma powder
- Dash of cardamom, nutmeg and clove (optional)

### *Instructions*

Separate coconut cream from the milk by putting it overnight in the fridge. Don't shake it before opening.

Open the can of coconut milk and scrape out the cream into a bowl. Use the saved milk for smoothies or other recipes.

Add cardamom, lucuma powder and vanilla. Whip the cream with a hand mixer until fluffy. Put in the fridge.

Wash berries and place in serving bowls or glasses. Squeeze the lemon over the berries. Place a big scoop of cream on top of the berries and serve.

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## Superfoods Reference Book

Unfortunately, I had to take out the whole Superfoods Reference Book out of all of my books because parts of that book are featured on my blog. I joined Kindle Direct Publishing Select program which allows me to have all my books free for 5 days every 3 months. Unfortunately, KDP Select program also means that all my books have to have unique content that is not available in any other online store or on the Internet (including my blog). I didn't want to remove parts of Superfoods Reference book that is already on my blog because I want that all people have free access to that information. I also wanted to be part of KDP Select program because that is an option to give my book for free to anyone. So, some sections of my Superfoods Reference Book can be found on my blog, under Superfoods menu on my blog. Complete Reference book is available for subscribers to my Superfoods Today Newsletter. Subscribers to my Newsletter will also get information whenever any of my books becomes free on Amazon. I will not offer any product pitches or anything similar to my subscribers, only Superfoods related information, recipes and weight loss and fitness tips. So, subscribe to my newsletter, download Superfoods Today Desserts free eBook which has complete Superfood Reference book included and have the opportunity to get all of my future books for free.

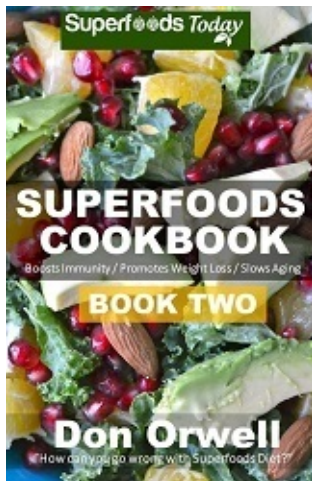
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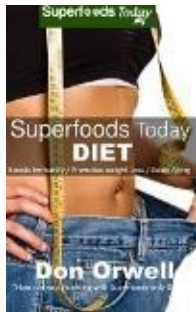
It also contains Superfoods Reference book which is organized by Superfoods (more than 60 of them, with the list of their benefits), Superfoods spices, all vitamins, minerals and antioxidants. Superfoods Reference Book lists Superfoods that can help with 12 diseases and 9 types of cancer.

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## Other Books from this Author

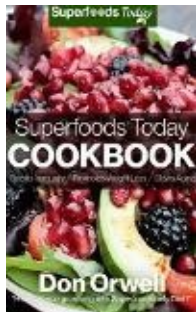
***Superfoods Today Diet*** is a Kindle Superfoods Diet [book](#) that gives you 4 week Superfoods Diet meal plan as well as 2 weeks maintenance meal plan and recipes for weight loss success. It is an extension of Detox book and it's written for people who want to switch to Superfoods lifestyle.



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***Superfoods Today Cookbook*** is a Kindle [book](#) that contains over 160 Superfoods recipes created with 100% Superfoods ingredients. Most of the meals can be prepared in under 30 minutes and some are really quick ones that can be done in 10 minutes only. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more.



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Smoothies

***Superfoods Today Salads*** is a Kindle [book](#) that contains over 60 Superfoods Salads recipes created with 100% Superfoods ingredients. Most of the salads can be prepared in 10 minutes and most are measured for two. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more.



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***Nighttime Eater*** is a Kindle [book](#) that deals with Nighttime Eating Syndrome (NES). Don Orwell is a life-long Nighttime Eater that has lost his weight with Superfoods and engineered a solution around Nighttime Eating problem. Don still eats at night. Don't fight your nature, you can continue to eat at night, be binge free and maintain low weight.



***Superfoods Today Smart Carbs 20 Days Detox*** is a Kindle Superfoods [book](#) that will teach you how to detox your body and start losing weight with Smart Carbs. The book has over 470+ pages with over 160+ 100% Superfoods recipes.



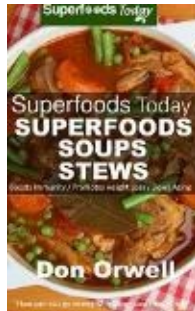
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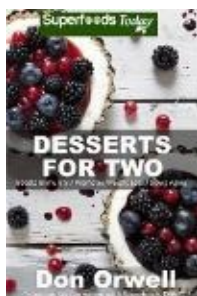
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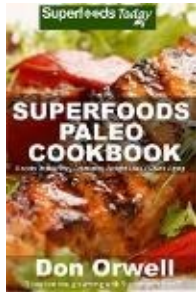
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