

Chicken Salad

2 Servings

8 ounces chicken breast (baked & diced, or uses leftover roasted chicken)

1 tomato, diced

1 avocado, diced

½ cup cilantro, diced

¼ cup extra virgin olive oil

½ teaspoon lemon or lime zest, grated

1 teaspoon ground mustard

Organic mixed greens

Mix Chicken, diced tomato and avocado, cilantro, olive oil, lemon and ground mustard and toss. Cover and refrigerate for an hour to blend flavors. Serve over greens.

Pot Roast

4 Servings

3 ½ pounds of beef shoulder or boneless chuck roast 1 tablespoon

unrefined coconut oil

Sea salt, pepper, Italian herbs to taste

4-8 cloves of garlic, minced

1 large yellow onion, chopped or sliced

4 celery stalks

1 cup of beef broth

Several carrots and parsnips, peeled and cut lengthwise

Sweet potato or white potatoes cut into 2 inch chunks

Sprinkle and rub salt, pepper, and Italian herbs and garlic all over the meat. Brown the roast in pan with coconut oil, all over, several minutes on each side. Place sliced onions and celery in crock pots and place the meat on top. Add vegetables and broth, cook on low 6-7 hours.

Vegetable Stir Fry

2 Servings

- 1 chopped onion
- 3 garlic cloves, diced
- 2 carrots, chopped
- 1 red bell pepper, sliced
- 1 head of broccoli, chopped
- 1 handful of snap peas
- 1 tablespoon coconut oil
- 1 tablespoon balsamic or rice vinegar
- Celtic sea salt to taste

Heat coconut oil in large skillet. Stir-fry onion and garlic until translucent, then add all other veggies. Add vinegar and salt to taste. Cook veggies until bright in color and soft. Finish with a little sesame oil. Serve with left-over chicken or steak.

Flank Steak

2 Servings

- ¼ cup lime juice
- ¼ cup balsamic vinegar
- 2 tablespoon extra-virgin olive oil
- 1 tablespoon sesame oil
- ½ teaspoon red pepper flakes
- 2 cloves garlic
- 1 pound flank steak

Mix lime juice, vinegar, oils, red pepper, garlic. Pierce steak and pour ½ mixture on it. Marinate 30 minutes to several hours. Heat broiler and broil steak 8-10 minutes. Serve on bed of greens or with stir-fried vegetables.

Spaghetti Squash

4 Servings

2 Spaghetti Squash

Cut spaghetti squash in half lengthwise and remove seeds. In a large baking dish place the squash flat side down, fill the pan with an inch to an inch and half of water and bake at 350° F for 45-60 minutes, depending upon size of squash. Remove squash from water and place flesh side up. Using a fork, scrape the flesh into a serving bowl, it will separate into “spaghetti” as you scrape it. Serve with an organic marinara sauce.

Easy One Pot Soup

4 Servings

Left over flank steak, roasted chicken or ground meat.

Unrefined coconut oil

Sea salt, pepper, Italian herbs, tumeric and salt to taste

4-8 cloves of garlic, minced

1 large yellow onion, chopped or sliced

8 cups of organic vegetable or meat broth

4 cups of vegetables; carrots, celery, broccoli flowerets, lima beans,

Sweet potato or white potatoes cut into 2 inch chunks

Sauté the onions, carrots, celery with garlic and tumeric in coconut oil in the bottom of a large stock pot. Add broth once onions become translucent. Bring to a boil and add remaining vegetables. Cook until vegies are soft add meat and season to taste.

Roasted Chicken and Vegetables

1 whole organic chicken
1 bag of fresh baby carrots 3 cups broccoli florets
1 large yellow onion
7 small red potatoes, halved 1 cup fresh basil, chopped
¼ tsp thyme and rosemary
1/4 cup olive oil
Celtic sea salt to taste

Rinse chicken and stuff with carrots, onions, and potatoes and ½ of the herbs. Place the remaining herb mixture under the skin of the chicken. Place chicken and remaining vegetables in a glass dish, drizzling vegetables with olive oil.

Bake at 350 degrees for 20 minutes per pound (i.e. a 4-lb. chicken will bake for 1 hour and 20 minutes).

Cinnamon Raisin Delight

4 Servings

2 cups unsweetened milk
(coconut, almond, or rice)
2/3 cup chia seeds
1 tsp. ground cinnamon
1/2 tsp. of pure vanilla extract
1/4 cup raisin

Combine all ingredients into a bowl and stir well. Cover and refrigerate overnight. Top with a few raisins or berries.

Fruit and Quinoa Breakfast Melange

2 + Servings

1 banana
15 oz. frozen peaches
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. of pure vanilla extract
1 cup milk (coconut, almond, or rice)
1 1/2 cup of cooked quinoa or brown rice
1 1/2 cup water

Place water and vanilla in a saucepan over low heat. Add banana, peaches, cinnamon and nutmeg. Bring to a simmer and stir, reduce heat to low and cook until tender about 7 min. Stir in quinoa or rice. Add milk and stir. Cook on low for 5-10 minutes. Serve warm and top with fresh berries.

Chocolate Banana Smoothie

1 Servings

½ peeled and frozen banana, sliced
1 cup coconut milk, almond milk,
or rice milk
2 tbsp. unsweetened cocoa powder
2 scoops of Core Support Powder

Blend all ingredients into blender until smooth.

Mixed Berry Smoothie

1 Serving

1 cup milk (rice, almond, coconut)
1/2 frozen banana, sliced
1/2 cup frozen strawberries
1/2 cup frozen blueberries
2 scoops Core Support Powder

Blend all ingredients into blender until smooth.