Mexican Quinoa Salad — 2 Servings

2 cups Cooked Quinoa

Black beans

1/2 onion, diced

1 tomato, diced

1 avocado, diced

½ cup cilantro, diced

¼ cup extra virgin olive oil

½ teaspoon lemon or lime zest, grated

Juice of lime or lemon

Mix and toss all ingredients. Cover and refrigerate for an hour to blend flavors.

Beef Stew with root vegetables — 4+ Servings

1-2 pounds of stewing beef, cut in 1-inch cubes
16 ounce jar of diced tomatoes
Sea salt, pepper, Italian herbs to taste
4-8 cloves of garlic, minced
1 large yellow onion, chopped or sliced
4 carrots
Ground tumeric
3 cup of beef broth
Several carrots and parsnips, peeled and cut lengthwise
Sweet potato or white potatoes cut into 2 inch chunks

Brown cubed meat, onions and spices in pan with coconut oil, all over. Add broth, bring to a boil and then reduce to simmer and cook on medium-low for an hour, add tomatoes and veggies and simmer another 30-45 min until veggies are tender.

Chicken Cacciatore — 4 Servings

1 chopped onion
16 ounce jar of diced tomatoes
4 boneless chicken breasts
1⁄4 cup coconut oil
1 package of button mushrooms
1 large head of cabbage or Gluten, soy and corn free pasta
1 jar of tomato paste - 6 oz
1 teaspoon (or more to taste) of: basil, thyme, garlic, rosemary, oregano, salt and pepper.
Celtic sea salt to taste

Heat coconut oil in large skillet, lightly brown chicken on all sides. Add onions, mushrooms and peppers, and sauté 5- 10 minutes. Add tomatoes and spices, cook another 5 minutes. If serving with sliced cabbage, sauté cabbage in olive oil just prior to serving or serve with gluten, soy and corn free pasta.

Easy Chili — 4+ Servings

1 can kidney beans
1 can black beans
1 Pom carton of crushed tomatoes
1 cup celery
1 medium onion
1 tablespoon garlic
1 cup spinach
Salt, pepper, chili powder to taste
1 pound grass fed beef
1 cooked quinoa or rice (optional)

Saute onion, garlic, celery. Sauté meat. Combine tomatoes, beans, mushrooms, spinach in big sauce pan. Bring to a slight boil and reduce heat and simmer. Add sautéed ingredients, rice and add water to our desired thickness.

Veggie Burrito — 4 Servings

one 15 ounce can rinsed and drained black beans
1/2 tbsp. olive oil
1/2 small onion
1/2 cup sliced mushrooms
1 red bell pepper, chopped
1 avocado, mashed
1/4 cup chopped green onion
1/4 cup chopped cilantro
4 Brown rice tortillas

Heat olive oil in saucepan. Add onion, mushrooms and bell pepper to the pan. Sautee until veggies are tender (in a time pinch, you could also use organic salsa). Add black beans, green onion and cilantro. Stir with veggies until heated through. Remove from heat. Mash avocado with a fork in a small bowl. . Fill tortillas with the veggie and bean mixture and top with dollops of mashed avocado. Roll up.

Turkey (or meat) Loaf — 4+ Servings

1.5 lbs. Ground turkey
1/2 Cup gluten free oats
1/3 Cup organic, no sugar added ketchup
2 Tbsp. Dried Parsley
1/2 Cup Unsweetened Applesauce
1/2 tsp. Salt
1/4 tsp. Black Pepper
1/2 Large Onion, Minced
Grated Carrots

Preheat oven to 350.
In a large bowl, combine the ingredients. Knead the mixture with your hands until everything is well blended. Lightly grease a 9x5-inch loaf pan. Fill the loaf pan with the meat mixture.
Bake about 1 hour.

Pulled Pork — 4+ Servings

2 lb pork roast
1 small yellow onion, sliced
1 can diced tomatoes
Salt, Pepper, chili and garlic powder to taste

Place ingredients in crock pot, set on low and cook for 7 hours. After 7 hours, shred pork and test for seasoning. Serve in a gluten free, rice tortilla wrap.
Serve with salad and/or roasted veggies.

Stuffed peppers with quinoa and chili — 2 Servings

2 Peppers cut the tops off and clean out seeds
I cup of leftover chili
1 cup of quinoa or rice

Preheat oven to 350 degrees.
Mix the chili and rice or quinoa, spoon into peppers. Cook in a baking dish at 350 for 15 minutes or until warm.

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.

Chi and coconut milk tapioca — 2 + Servings

¼ cup Chia Seeds
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. of pure vanilla extract
1 cup milk (coconut, almond, or rice)
1/2 cup water
Stevia if needed

Combine all ingredients in a bowl and mix, Cover and refrigerate 2 hours to overnight. Top with berries and shredded coconut

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.

Carrot Smoothie — 1 Serving

1 cup milk (rice, almond, coconut)
1/2 frozen banana, sliced
1/2 cup carrots, peeled and then grated
1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/8 teaspoon ground nutmeg

2 scoops Core Support Powder

Blend all ingredients into blender until smooth.