



 TLS[®] WEIGHT
MANAGEMENT
SOLUTION

SURE AND STEADY RECIPES



TABLE OF CONTENTS

APPETIZERS

- 4 Avocado and Grape Tomato Guacamole
- Black Bean Mango Salsa
- Easy Southwestern Dip
- Hummus
- Mini Chicken Tostadas
- Roasted Vegetable Medley
- Spicy Avocado Yogurt Dip
- Spicy Edamame Cilantro Dip
- Tofu Crackers
- Turkey-Stuffed Portabella Mushrooms

SALADS

- 6 Beet and Arugula Salad With Dried Cranberries
- Carrot Salad With Cilantro and Lemon
- Cucumber Salad With Basil
- Fennel and Radicchio Salad With Balsamic Vinaigrette
- Japanese Vegetable Salad
- Middle Eastern Salad
- Moroccan Tomato, Chickpeas and Chicken Salad
- Napa Cabbage and Avocado Salad
- Raspberry Chicken Salad
- Refreshing Quinoa and Vegetable Salad
- Sunburst Chicken Salad
- Tabbouleh Quinoa Salad With Chicken
- Warm Farro and Sweet Potato Arugula Salad
- Warm Grapefruit and Quinoa Salad

SOUPS, STEWS AND CHILIS

- 9 Baked Fish Stew
- Beef Stew
- Black Bean and Beef Chili With Cilantro, Lime and Avocado Salsa
- Butternut Squash and White Bean Soup
- Cabbage and Vegetable Soup
- Cauliflower Soup
- Cauliflower and Leek Soup With Bacon
- Chicken Afritada Soup
- Chicken Chili With Vegetables
- Chicken and Red Lentil Stew
- Chicken Noodle Soup
- Cioppino (Seafood Stew)
- Countryside Vegetarian Chili
- Fall Ginger Carrot and Squash Soup
- Garden Vegetable Soup
- Grandma Lorraine's Pea Soup
- Hearty Bean Soup
- Hearty Beef Soup
- Italian Soup With Italian Roasted Sausage
- Melanie's Spicy African Carrot Soup
- Red Bean, Barley and Chicken Sausage Stew (Crockpot)

- Quick Turkey Tortilla Soup
- Spicy Moroccan Chickpea and Lentil Soup
- Thai Coconut Shrimp Soup
- Turkey and Black Bean Soup
- White Chicken Chili

DESSERTS, MARINADES AND DRESSINGS

- 14 Citrus Vinaigrette
- Creamy Quinoa Pudding
- Detox-Friendly Ranch Dressing
- Eggnog Chia Seed Pudding
- Homemade Mayonnaise
- Honey Mustard Vinaigrette
- Jamaican Nut Baked Apple
- Mixed Berry Crumble
- Orange Anise Vinaigrette
- Tangy Strawberry Dressing
- TLS Chocolate Nice-Cream

EGG DISHES AND BREAKFAST FOODS

- 16 Asparagus and Leek Frittata
- Bell Pepper and Zucchini Omelet
- Broccoli and Mushroom Omelet
- Chicken and Vegetable Frittata
- Egg Breakfast Muffins With Mushrooms and Red Pepper
- Grain-Free Protein Pancakes
- Scrambled Eggs Over Roasted Potatoes
- Individual Fritattas With Pepper and Sweet Potato
- Loaded Quinoa Breakfast Bowl
- Poached Eggs With Fresh Shiitake Mushroom Sauce
- Southwest Potato, Tofu and Spinach Scramble
- Vegetable Omelet With Turkey Bacon
- Zucchini Hash Browns

BEEF DISHES

- 19 Asian Ginger Beef Meatballs
- Beef Lettuce Tacos
- Beef Vegetable Kebabs
- Country-Style Beef Ribs
- Greek Meatballs
- Greek Stuffed Steak
- Grilled Marinated Sirloin Steak
- Meatballs and Zucchini Spaghetti
- Grilled Marinated Sirloin With Salsa
- Pepper Steak
- Pot Roast
- Spice-Rubbed Flank Steak
- Stuffed Peppers (Crockpot)
- Wasabi Beef Lettuce Wraps

TABLE OF CONTENTS

POULTRY

22	Aromatic Chicken and Lentils
	Baked Chicken With Apple Topping
	Balsamic Chicken Thighs
	Basil Chicken Packets
	Braised Chicken With Thyme and Pepper
	Buffalo Chicken Wrap
	Chicken Lo Mein With Peanut Sauce
	Chicken Primavera
	Chicken Salad Sandwich
	Chicken Salad Squash Boats
	Chicken Scaloppine With Porcini Mushrooms
	Chicken Tagine With Olives
	Chicken Tenderloin With Caraway Sauerkraut
	Citrus Roasted Turkey
	Easy Asian Chicken Lettuce Wraps
	Ginger Chicken and Vegetables With Noodles
	Grilled Jerk Chicken Skewers With Red Pepper and Zucchini
	Herb-Roasted Chicken
	Lemon Dill Chicken
	Moroccan-Style Chicken With Vegetables
	Mushroom Turkey Burgers
	Nutty Chicken Curry
	Open-Faced Grilled Chicken Breast Sandwich
	Roasted Chicken With Olives and Sun-Dried Tomatoes
	Roasted Chicken With Sweet Potatoes and Vegetables
	Sautéed Balsamic Chicken With Quinoa and Vegetables
	Sautéed Chicken Zucchini, Tomatoes and Pine Nuts
	Sonoma Chicken
	Thai Chicken Stir-Fry
	Turkey Meatloaf
	Turkey Sausage Patties

SEAFOOD DISHES

28	Broiled Sole With Warm Eggplant Salad
	Caribbean Shrimp
	Cashew-Coconut Shrimp Stir-Fry
	Chinese Steamed Bass With Cabbage
	Cod in Parsley Sauce Over Steamed Vegetables
	Easy Fish and Vegetable Packets
	Easy Sheet Pan Garlic Shrimp and Squash
	Easy Shrimp Stir-Fry
	Garlic Basil Shrimp and Vegetables
	Ginger Shrimp Stir-Fry
	Grilled Halibut With Mango Citrus Slaw
	Grilled Salmon With Spinach and Tomato Stack
	Grilled Tuna With Salsa
	Oven Seafood Fajitas
	Open-Faced Tuna Salad Stacks

	Pasta With Clams and Marinara
	Salmon and Herb Spaghetti
	Scallops With Pasta
	Simple Dilled Alaskan Cod
	Simple Shrimp and Vegetable Pasta
	Sweet and Spicy Orange Salmon
	Zesty Red Snapper With Mushrooms

VEGETARIAN AND VEGETABLE SIDE DISHES

32	Asparagus and Red Pepper With Balsamic Vinegar
	Broccoli Marinara
	Baked Spaghetti Squash
	Balsamic Kale Sauté
	Cauliflower Spanish "Rice"
	Cold Spicy Noodles With Grilled Tofu
	Creole Okra and Tomatoes
	Curried Tofu Scramble With Roasted Peppers and Peas
	Fresh Summer Vegetable Ratatouille
	Garden Vegetable Packet
	Garlic Kale
	Green Beans With Almonds
	Grilled Italian Vegetables
	Grilled Vegetable and Tofu Skewers
	Herbed Vegetables and Lentils
	Lentil Rice With Spinach, Mushrooms and Onions
	Mashed Cauliflower
	Mediterranean Summer Tomatoes
	Mushrooms and Pepper Sauté
	Oven-Roasted Asparagus
	Portabella Mushroom Burgers
	Roasted Broccoli With Soy Sauce and Sesame Seeds
	Roasted Garlic Lemon Broccoli
	Roasted Chickpea and Vegetable Bowl
	Sautéed Baby Bok Choy and Cabbage With Garlic
	Sautéed Vegetable Medley
	Skillet Squash and Beans
	Spicy Grilled Vegetable Skewers
	Spicy Summer Bean Salad
	Speedy Zucchini Boats
	Spicy Roasted Kale
	Steamed Green Beans With Asian Flavors
	Stuffed Eggplant
	Tempeh Rancheros
	Toasted Thyme, Kale and Yams
	Tuscan Vegetable Skillet
	Vegan Black Bean Flautas
	Vegan Vegetable Curry
	Warm Balsamic Barley Salad With Peas, Zucchini and Mushrooms

APPETIZERS



Avocado and Grape Tomato Guacamole

(FS, RR, SS, CC, P1, P2)

Serves 4

- 1 lemon
- 3–4 medium avocados, cubed
- ½ cup chopped onion
- 1 jalapeño pepper, diced (remove center and seeds for less heat)
- 1 garlic clove, minced
- ½ cup cherry tomatoes
- ¼ cup cilantro leaves, chopped finely
- Dash salt

Squeeze the lemon into a medium-sized bowl. Remove avocado pit and dice. Peel off the skin. Add the avocado to lemon juice and mash, leaving some of the avocado in small, cubed chunks. Add the tomatoes, onion, garlic, cilantro and jalapeño pepper to the mixture. Cover with plastic wrap, pressing the cover of the plastic wrap onto the surface of the guacamole. Chill the guacamole for a few hours or serve immediately.

Black Bean Mango Salsa

(SS, CC)

Serves 6

- 1 small green or orange bell pepper, chopped
- ¼ cup red onion, minced
- 1 mango, chopped
- 1 lemon, juiced
- 1 can black beans
- 3 fresh medium tomatoes, chopped/cubed
- ¼ cup fresh cilantro or parsley, chopped finely
- ¼ tsp salt

Drain the beans and rinse them well. Combine all ingredients in a bowl, adding the salt and lemon juice last. Refrigerate, then serve cold.



Easy Southwestern Dip

(RR, SS, CC)

Serves 4

- 15 oz black beans
- 2 Tbsp water
- ½ tsp paprika
- ¼ tsp cumin
- 1 cup shredded vegan/non-dairy substitute cheese
- ½ cup chopped green bell pepper
- 1 avocado
- 1 small tomato, chopped
- ⅓ cup scallions, chopped
- 4 oz Kalamata olives, sliced

In a medium saucepan, heat the beans, water, paprika and cumin until heated through, about 5 minutes. Spread beans on the bottom of a 9x13 serving dish. Sprinkle a layer of cheese over the beans. Next, layer the peppers, then tomatoes, then avocado. Top with tomatoes, scallions and olives.

Hummus

(SS, CC)

Serves 6

- 1 ½ cup chickpeas (soaked or canned)
- 4 Tbsp tahini
- 2 garlic cloves
- 3 Tbsp lemon juice
- 2 Tbsp olive oil
- Salt and pepper

Place all ingredients except the salt and pepper in a blender. Process until combined and smooth. The hummus will keep in an airtight container for up to two weeks.



Mini Chicken Tostadas

(SS, CC)

Serves 6

8 oz cooked chicken breast, shredded
 ½ red bell pepper, thinly sliced
 ½ red onion, sliced
 1 jalapeño pepper, sliced
 6 jicama or cauliflower tortillas
 1 lime, freshly squeezed
 ½ Tbsp salt
 2 tsp southwest spice blend
 1 Tbsp avocado oil
 1 cup fresh salsa

Preheat the oven to 425 F. Coat a skillet with oil. Add the onion, bell peppers and jalapeño. Cook over high heat, stirring occasionally, until the vegetables are lightly charred, about 3 minutes. Stir the chicken, lime juice, oil and salt into the vegetable mixture. Brush one side of each tortilla with oil and stack the oiled sides up. Cut into quarters and nestle each tortilla triangle, oiled side down, into a muffin cup. Bake until the edges are crisp, about 7 minutes. Place a spoonful of the filling into each tortilla and top with salsa.

Roasted Vegetable Medley

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

1 onion, chopped
 1 lb green beans, trimmed
 1 small acorn squash, cubed
 1 small yellow summer squash, thickly sliced
 3 large carrots, sliced
 1–2 Tbsp avocado oil
 ½ tsp garlic powder
 1 tsp paprika
 Salt and pepper

Preheat the oven to 425 F. Wash and prep all produce. Combine all ingredients in a large bowl and toss with avocado oil until lightly coated. Add the spices and toss again until evenly coated. Spread out the mixture on a large cookie sheet and bake 12–15 minutes. Serve alongside your favorite lean protein.

Spicy Avocado Yogurt Dip

(RR, SS, CC)

Serves 8

¾ cup plain, non-dairy yogurt (coconut/soy)
 3 ripe avocados
 2 Tbsp red onions
 1 small jalapeño pepper, diced (take out center seeds for less heat)
 1 garlic clove, minced
 3 Tbsp cilantro, chopped
 ½ Tbsp salt
 1 Tbsp cumin
 1 oz lime juice

Combine all ingredients in a bowl and serve.

Spicy Edamame Cilantro Dip

(RR, SS, CC)

Serves 8

2 ½ cups edamame, shelled
 8 oz plain, non-dairy yogurt (coconut/soy)
 1 cup cilantro leaves
 1 red bell pepper, chopped
 1 Tbsp olive oil mayonnaise
 3 scallions, trimmed
 2 oz lime juice
 1 Tbsp olive oil
 ¼ Tbsp black pepper
 2 Tbsp balsamic vinegar

Combine all liquid ingredients in a food processor. Purée until smooth. Add remaining vegetable ingredients and pulse enough to leave a chunky texture.

Tofu Crackers

(P1, P2, FS, RR, SS, CC)

Serves 4

1 block extra-firm tofu (½ firm)
 1–2 Tbsp avocado oil
 Sea Salt
 Paprika
 Italian seasoning spice blend (or your favorite spices)

Preheat the oven to 425 F. Using a knife, slice the block of tofu into very thin slices. Arrange the slices on an oiled cookie sheet. Brush on a thin coat of oil, then sprinkle with sea salt, paprika and Italian blend seasoning. Bake 15–17 minutes. Remove the cookie sheet from the oven and flip over the tofu slices. Bake 3 minutes more until golden brown.

Turkey-Stuffed Portabella Mushrooms

(CC)

Serves 3

3 large portabella mushrooms
 1 lb of ground turkey
 ½ small onion, chopped
 2 garlic cloves, minced
 1 tsp salt
 ⅓ tsp crushed red pepper flakes
 ⅓ tsp black pepper
 ¼ cup vegetable broth
 1 Tbsp avocado oil
 ½ cup nutritional yeast (a perfect parmesan replacement)
 2 Tbsp fresh parsley, chopped

Preheat the oven to 395 F. Wash and prepare the mushrooms, then place them on a tin foil-covered cookie sheet and brush them lightly with the oil. Heat oil in a skillet over medium heat. Add the onion and garlic and cook for 5 minutes. Stir in red pepper flakes, turkey, salt and vegetable broth; cook until the meat is done. Continue to simmer until the liquid is reduced by half, then scoop the turkey into the mushrooms and sprinkle with pepper. Place into the oven and roast them 10–12 minutes. Sprinkle a heaping Tbsp of nutritional yeast over the top of the mushrooms and serve.



SALADS



Beet and Arugula Salad With Dried Cranberries

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

1 can drained and sliced beets, or freshly cooked
8 cups arugula
¼ cup dried cranberries (no sugar added)
2 Tbsp extra-virgin olive oil
2 Tbsp balsamic vinegar
1 tsp monk fruit powder
⅛ tsp salt
⅛ tsp pepper

Combine the cranberries with ¼ cup freshly boiled water in a small bowl; set aside.

Dressing: Combine the oil, vinegar, sugar, salt and pepper in a bowl and whisk for 1 minute.

In a large bowl, toss the arugula with half the dressing and portion into four individual bowls. Cut the beets into cubes and mound over the arugula. Drizzle the remaining dressing on top of the beets. Drain the cranberries and sprinkle them on top of each salad.

Carrot Salad With Cilantro and Lemon

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 2

3 large carrots
2 scallions
2 Tbsp fresh cilantro, chopped
1 Tbsp lemon juice
⅛ tsp salt
1 dash cayenne pepper
Optional garnish: crushed raw peanuts

Grate the carrots. Mince the scallions, discarding the root tips and some of the green portion. Place the grated carrots in a bowl with the scallions, cilantro, lime juice and salt. Toss the salad, sprinkle it with pepper and serve. Garnish with crushed raw peanuts, if desired.

Cucumber Salad With Basil or Dill

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

3 large cucumbers, sliced
½ cup sliced red onions
1 Tbsp fresh basil or dill, chopped
1 Tbsp fresh parsley, chopped
1 Tbsp extra-virgin olive oil
2 ½ tsp Dijon mustard
¼ salt
2 Tbsp balsamic vinegar

Place the cucumbers and onions in a bowl. Combine the basil and remaining ingredients, then pour over the cucumber mixture and toss gently. Cover the salad and chill.

Fennel and Radicchio Salad With Balsamic Vinaigrette

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 2

1 ½ cups fennel bulbs, cored and thinly sliced
2 cups radicchio (red chicory), torn and loosely packed
2 Tbsp extra-virgin olive oil
⅛ tsp salt
¼-½ cup balsamic vinaigrette
Pepper to taste
2 lettuce leaves

In a small bowl, whisk together the oil, balsamic vinegar, salt and pepper for about 1 minute. Place the fennel and radicchio in a bowl and toss with dressing. Serve over a lettuce leaf.

Japanese Vegetable Salad

(RR, SS, CC)

Serves 2

2 cups cabbage, shredded
¼ cup white radishes, sliced
¼ cup red radishes, sliced
¼ cup cucumber, chopped
¼ cup bean sprouts
¼ cup carrot strips, diagonally sliced
½ Tbsp sesame seeds
1 Tbsp sunflower seeds (raw and washed)

DRESSING

½ Tbsp balsamic vinegar
1 Tbsp olive oil
½ Tbsp low-sodium soy sauce or liquid aminos
Dash of salt and pepper
Combine all dressing ingredients in a jar or sealed container and shake well.

Combine all vegetables and seeds in a bowl, add dressing and toss.





Napa Cabbage and Avocado Salad

(FS, RR, SS, CC, P2)

Serves 1

2 cups cabbage, shredded or chopped
 1 fresh and ripe avocado sliced
 ½ cup bean sprouts
 1 scallion
 1 jalapeño pepper, diced
 2 Tbsp low-sodium soy sauce or liquid aminos
 1 Tbsp olive oil
 1 tsp honey
 ½ tsp dark sesame oil
 ¼ tsp ground ginger
 ¼ tsp chili powder
 Salt and pepper to taste

Place the cabbage in a large bowl. Mince the scallion, discarding the root tips and some of the green portion. Remove the stem of the jalapeño pepper, then cut it lengthwise, scrape out the seeds and finely mince the pepper. Add the scallion, jalapeño and bean sprouts to the cabbage and toss to combine. In a bowl, whisk the soy sauce, oils, ginger, honey, chili powder, salt and pepper until well mixed. Pour the mixture over the cabbage. Add the avocado slices and toss gently.

Raspberry Chicken Salad

(RR, SS, CC)

Serves 3

3 chicken breasts, cooked and cubed
 5 cups romaine lettuce, shredded
 ½ cup celery, chopped
 ½ cup cherry tomatoes
 ¼ cup onions, chopped

Dressing: combine or use a food processor
 1 cup raspberries, crushed
 1 Tbsp honey
 1 Tbsp apple cider vinegar
 1 cup plain non-dairy Greek yogurt

Toss all remaining ingredients together and serve with dressing.

Refreshing Quinoa and Vegetable Salad

(RR, SS, CC)

Serves 4

1 cup dry quinoa, cooked
 2–3 large kale leaves, destemmed and torn into small bite-sized pieces
 1 small zucchini or cucumber, chopped small
 1 small yellow pepper, chopped small
 ½ cup frozen peas, thawed
 1 cup grape tomatoes sliced in half
 2 Tbsp red onion, minced

Dressing:
 1 lime, freshly squeezed
 1 lemon, freshly squeezed
 2 Tbsp olive oil
 1 Tbsp fresh cilantro, finely minced.
 Dash of sea salt and pepper

Combine all dressing ingredients in a container and shake well.

While quinoa is still warm, combine it with the kale and red onion in a large bowl. Place the bowl in the fridge and cool for at least an hour. Combine all the other ingredients with the dressing, stirring thoroughly. Garnish with freshly chopped cilantro and serve immediately.



Middle Eastern Salad

(SS, CC)

Serves 4

1 cup tomatoes, chopped
 2 Tbsp green scallions, chopped
 1 cup cucumber, sliced
 ½ cup radishes, sliced
 1 cup green pepper, chopped
 2 cups chickpeas (soaked or canned)
 ¼ tsp pepper
 1 tsp mustard powder
 2 Tbsp chopped parsley
 1 Tbsp red wine vinegar
 2 lemons, juiced
 ¾ cup olive oil
 Fresh baby spinach
 Salt
 Garlic

Combine the vinegar, olive oil, mustard, salt, garlic, lemon juice and pepper in a serving bowl; whisk until blended. Add chickpeas, tomatoes, cucumbers, green peppers, radishes, scallions and parsley toss and chill 2–4 hours. Add lemon juice to the salad and serve over fresh baby spinach.

Moroccan Tomato, Chickpeas and Chicken Salad

(SS, CC)

Serves 4

4 chicken breasts, cooked and cubed
 1 can chickpeas
 ½ cup red onion, sliced
 2 cups cherry tomatoes
 3 Tbsp lemon juice
 1 Tbsp lemon zest
 ½ Tbsp cumin
 ½ Tbsp paprika
 1 Tbsp olive oil
 6 cups arugula

Drain and rinse the chickpeas. Place them in a pot with the oil, spices, lemon zest and onion. Stir over heat 2–3 minutes until the mixture sizzles and smells aromatic. Remove from the heat and cool 5–10 minutes. Mix in the lemon juice and transfer the mixture to a large bowl with bite-sized chicken and tomatoes. Toss to combine the ingredients, then serve over a bed of arugula.

Sunburst Chicken Salad

(RR, SS, CC)

Serves 2

2 chicken breasts
½ cup tangerines (or citrus fruit of choice)
1 kiwi
1 celery stalk, chopped
½ tsp tangerine zest
2 Tbsp olive oil mayonnaise
2 Tbsp cashews
4–6 lettuce leaves

Combine the mayonnaise, tangerines and tangerine zest in a small bowl. Add the grilled chicken, kiwi and celery; toss to coat. Cover and refrigerate for 2 hours. Serve on lettuce leaves and top with cashews.

Tabbouleh Quinoa Salad With Chicken

(SS, CC)

Serves 1

1 chicken breast, sliced and cooked
½ cup cooked quinoa
¼ cup sliced cucumbers
¼ medium diced tomatoes
⅔ cup lemon juice
½ tsp olive oil
2 ½ Tbsp parsley
1 ½ chopped mint

Place the quinoa in a bowl. Add the tomatoes, cucumbers, parsley and mint and toss. Place the lemon juice, oil and pepper in a jar, shake well and pour over the quinoa mixture. Toss and serve with sliced cooked chicken breast.

Warm Farro and Sweet Potato Arugula Salad

(SS and CC)

Serves 2

1 cup farro
1 medium sweet potato
¼ cup raw walnut
Fresh arugula, washed
2 Tbsp balsamic vinegar
1 Tbsp extra-virgin olive oil
Salt and pepper
Avocado oil

Preheat the oven to 425 F. Prepare and cook the farro on the stove. Cut sweet potato into small pieces and toss in a drizzle of avocado oil, salt and pepper. Arrange the sweet potato pieces on a cookie sheet and place them in the oven for 12 minutes. Place arugula in a large bowl with the cooked farro, warm sweet potato and walnuts. Add balsamic vinegar and olive oil, toss and serve immediately.



Warm Grapefruit and Quinoa Salad

(RR, SS, CC)

Serves 4

3 cups grapefruit, with juice (about 3 grapefruits)
½ cup chopped red onion
4 cups baby spinach
1 cup quinoa (dry)
¼ cup sunflower seeds
½ tsp white wine vinegar
2 Tbsp olive oil
⅓ tsp pepper

Cook the quinoa as directed, then remove it from the heat and let it sit covered 5–10 minutes (all the water should be absorbed). Meanwhile, combine the spinach and red onion in a large bowl. Slice the top and bottom off each grapefruit so you can see the pulp. Stand the grapefruit upright and, with a small paring knife, slice off the rind from top to bottom, following the curve of the fruit and removing all the white pith. Hold one peeled grapefruit over a bowl and remove sections by slicing next to the membranes toward the center. Leave any juice collected in the bowl and set the grapefruit sections aside. Repeat with the second fruit. Remove about ⅔ of the sections from the third fruit and squeeze the remainder over the bowl. Using a fork, scoop out any seeds or pulp.

Combine 2 Tbsp of the grapefruit juice with olive oil and vinegar in a sealed jar with a pinch of salt and shake well until the dressing is emulsified. Pour about ¾ of the dressing over the spinach and onion mixture, season with pepper and toss well. Divide the spinach mixture among four plates, topping each one with ¼ of the quinoa and grapefruit sections; toss gently. Sprinkle sunflower seeds over the top. Drizzle with the remaining dressing and serve.

SOUPS, STEWS AND CHILIS

Baked Fish Stew

(RR, SS, CC)

Serves 4

4 cod fillets (or your favorite white fish)
5 carrots, chopped
3 small sweet potatoes, cubed
2 Tbsp lemon juice
2 tsp dried basil (or a large handful of fresh basil, chopped)
Salt and pepper to taste
Cooking spray

Preheat the oven to 375 F. Spray a 9x13 baking dish with cooking spray. Place the fish in the baking dish and sprinkle with lemon juice. Add the carrots, potatoes and onions between the fillets, then season with salt, pepper and basil. Cover and bake for 1 hour.



Beef Stew

(RR, SS, CC)

Serves 8

25 oz beef stew meat, lean cut
1 ½ cups beef broth
Salt to taste
1 Tbsp bay leaves, crumbled
1 Tbsp thyme
Pearl onions
Crushed tomatoes
1 Tbsp rosemary
½ Tbsp parsley
¾ cup red grape juice
1 Tbsp tomato paste
2 Tbsp extra-virgin olive oil
3 garlic cloves, minced
1 large white onion, chopped
2–3 cups of your favorite stew vegetables (i.e., carrots and peppers)

Heat oil in a large pot; add the beef and cook it until browned. Remove the beef from the pot and leave the drippings. Add the white onions and garlic to the beef drippings and sauté until onions become brown. Add the tomato paste and cook, stirring constantly for 1 minute. Add the broth and bring to a boil; return the beef to the pot. Add the thyme, pearl onions, crushed tomatoes, rosemary, bay leaf and vegetables; bring to a simmer and cook 1 hour until vegetables are tender. Remove bay leaves and add salt and pepper.

Black Bean and Beef Chili With Cilantro, Lime and Avocado Salsa

(RR, SS, CC)

Serves 4

1 lb 95% lean beef
2 Tbsp no-added-salt tomato paste
1 ½ Tbsp ancho chili powder
1 ½ Tbsp ground chili powder
1 diced chipotle chili pepper
1 tsp cilantro, finely chopped
2 white onions, chopped
2 medium tomatoes, chopped
2 avocados
Salt and pepper to taste
1 can black beans, drained and rinsed
1 can black beans, undrained
2 cups low-sodium beef broth
½ cup lime juice
1 Tbsp extra-virgin olive oil

Season the drained and rinsed black beans with salt and pepper to taste. Using a food processor, purée the can of undrained beans, tomatoes and chipotle chili pepper. Process about 2 minutes until smooth. In a heavy soup pot, heat 1–2 tsp olive oil and brown the beef, breaking it into small pieces. Remove and set aside the beef. Add the remaining oil and half of the onions (about 1 cup) to the pan. Lower the heat and cook the onions until softened but not yet browning. Add both chili powders, followed by the broth, browned beef, puréed bean mixture, drained beans and tomato paste. Simmer for 30 minutes.

While the chili simmers, cut up and scoop the avocado into a plastic bowl with ¼ cup lime juice. Mix the rest of the onions (about 1 cup) and half of the cilantro (½ tsp) into the avocado/lime juice mixture. Before serving, stir in the other ½ tsp cilantro and ¼ cup lime juice and cook an additional 5 minutes. Serve hot with avocado salsa on top of each serving.

Butternut Squash and White Bean Soup

(SS, CC)

Serves 4

1 cup white beans, rinsed if canned
1 cup chopped onion
3 cups butternut squash, cubed
1 cup low-sodium vegetable broth
1 ½ tsp black pepper
1 tsp apple cider vinegar
2 ½ Tbsp cumin
1 Tbsp extra-virgin olive oil
¼ tsp sea salt

Heat oil in a large pot over medium-high heat. Add the onions and cook for 3 minutes. Add squash, spices and salt. Cook, stirring often, for 3 minutes. Add the broth and bring to a boil; reduce the heat to a simmer until the squash is tender, about 15 minutes. Stir in the beans and vinegar. Purée in a food processor or blender. Add salt and pepper to taste.



Cabbage and Vegetable Soup

(P1, P2, FS, RR, SS, CC)

Serves 3

4 cups chopped white cabbage
 ¼ cup onions, chopped
 1 cup carrots, sliced
 1 cup green beans, trimmed and chopped in half
 1 ½ cups drained tomatoes
 4 cups vegetable broth
 ½ tsp pepper
 3 Tbsp garlic
 ¼ tsp salt
 1 tsp Italian seasoning

Combine the green beans, onions and carrots with the seasonings and broth; simmer for 15 minutes. Add the cabbage and tomatoes and simmer for another 5 minutes. Vegetables should be bright in color yet slightly soft. Serve immediately.

Cauliflower Soup

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 6

5 cups cauliflower
 1 medium onion, sliced
 1 cup apple, cored and chopped
 ⅛ Tbsp nutmeg
 2 Tbsp extra-virgin olive oil
 4 cups water
 1 garlic clove, sliced
 Salt and pepper to taste

Heat the oil in a saucepan. Add the onion, garlic and apple and cook until soft. Stir in the remaining ingredients and cook for 2 minutes. Add 4 cups of water and bring to a boil. Reduce the heat to a simmer and cook 15–20 minutes until the cauliflower is tender. Let cool for 10 minutes. Purée the soup in a blender and return it to the saucepan. Season with salt and pepper. Garnish with parsley or lemon zest.

Cauliflower and Leek Soup With Bacon

(RR, SS, CC)

Serves 8–10

2 large leeks, chopped
 1 head of cauliflower, chopped
 6 cups low-sodium chicken broth
 2 large garlic cloves, minced
 Salt and pepper
 ½ package of organic turkey bacon

In a large stock pan, add 6 cups broth and chopped cauliflower; simmer on low. In a nonstick skillet over medium-high heat, cook the bacon and chop it up into small pieces for garnish. Set the bacon pieces aside. In the same pan, add a drizzle of oil and sauté the leeks and garlic with ½ tsp each of pepper and salt until slightly soft, then add them to the soup broth. Avoid browning the ingredients. Once the cauliflower is soft, add a few cups at a time to a blender; blend until smooth. Continue blending cups of cauliflower until all of the soup has been blended. Serve the soup with bacon pieces on top.

Chicken Afritada Stew

(RR, SS, CC)

Serves 4

4 chicken thighs
 1 Spanish onion, chopped
 ¼ cup Spanish stuffed pimento green olives
 ¼ cup frozen peas
 1 large sweet potato, peeled and chopped into small cubes
 1 cup carrots, chopped
 ½ cup red bell pepper, diced
 2 garlic cloves, minced
 1 tsp paprika
 1 jar of marinara sauce (no sugar added)
 Dash of salt
 1 Tbsp olive oil

Heat the olive oil in a pan over medium heat. Rub salt and paprika on the chicken thighs, then brown them in the pan; do not cook all the way through. Drain any fat from the chicken, then add all the vegetables except the olives and peas. Pour in the marinara sauce, add the garlic and let simmer for about 25 minutes. Add the olives and peas and simmer for another 5 minutes.

Chicken Chili With Vegetables

(SS, CC)

Serves 6

4 chicken breasts
 1 ½ cup green bell pepper, chopped
 ½ cup red bell pepper, chopped
 ⅓ cup celery, chopped
 ½ cup broccoli, chopped
 ⅓ cup carrots, chopped
 3 Tbsp chili powder
 3 ¾ cups no-sugar-added tomato sauce
 1 oz no-added-salt tomato paste
 4 cups red kidney beans
 ½ tsp extra-virgin olive oil

Coat the bottom of a large stockpot with olive oil. Turn the heat on medium and add the peppers, onions, celery, carrots, broccoli and chicken cubes. Cook until the chicken is cooked on the outside (can still be pink inside). Next, add the tomato sauce, paste, kidney beans and chili powder. Mix thoroughly. Place a lid on the pot and allow it to cook 30–40 minutes. Taste and add more chili powder if needed.



Chicken and Red Lentil Stew

(RR, SS, CC)

Serves 1

1 chicken breast, cubed
 ½ cup red lentils, boiled
 ½ cup onions, chopped
 ¼ cup celery, chopped
 ¼ cup red bell pepper, chopped
 1 cup low-sodium vegetable broth
 1 garlic clove, chopped
 ½ Tbsp extra-virgin olive oil

In a heavy-bottomed stockpot, heat the oil over medium heat, add the onions, bell pepper and celery and sauté for 2 minutes. Add the garlic and chicken and sauté for 5 minutes more until chicken is fully cooked. Stir in the lentils and cover with vegetable broth. Bring to a boil and then reduce the heat and simmer for 40 minutes or until the lentils are tender.

Chicken Noodle Soup

(SS, CC)

Serves 4

3 chicken breasts
3 celery stalks, chopped
2 cups carrots, sliced
1 cup onion, chopped
2 oz dry arrowroot pasta
2 garlic cloves, minced
½ cup lemon juice
⅓ tsp pepper
4 tsp fresh thyme
4 oz fresh parsley
2 oz cold water
4 ½ cups chicken broth

Place the chicken, water, carrots, celery, onion, garlic and thyme in a large stockpot and bring to a boil. Reduce the heat and simmer 20–25 minutes. Remove the chicken. Shred and pull apart the chicken. Season the broth with salt and pepper and add the pasta and shredded chicken. Bring to a boil, and then reduce the heat and simmer until the noodles are cooked. Add lemon juice and parsley and serve.

Cioppino (Seafood Stew)

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 6

1 Tbsp extra-virgin olive oil
1 onion, chopped
4 garlic cloves, minced
1 can diced tomatoes (28 oz)
1 cup low-fat fish or chicken broth
½ cup clam juice
½ lb mussels in the shell, scrubbed with beards removed
½ lb cod or monkfish
½ lb large shrimp, peeled and deveined
2 Tbsp fresh basil, chopped (or ½ tsp dried)
½ tsp red pepper flakes
½ cup fresh flat-leaf parsley, chopped
½ fennel bulb, thinly sliced

Optional: add or substitute in clams, scallops, capers or other favorites.

Heat the oil in a soup pot over medium heat. Add the onion and garlic and cook until softened, about 5 minutes. Add the fennel and cook 2–3 minutes. Stir in the tomatoes, broth, clam juice, basil, red pepper flakes and ¼ cup of parsley and bring to a boil. Reduce the heat and simmer for 15 minutes. Add the mussels, shrimp and cod or monkfish. Cover and cook for about 5 minutes until the mussels open and the shrimp, fish and scallops are firm. Stir in the remaining parsley and capers.

Countryside Vegetarian Chili

(RR, SS, CC)

Serves 4

1 small eggplant, peeled and chopped
1 medium zucchini, chopped
2 large carrots, chopped
1 celery stalk, chopped
4 cups chopped tomatoes
1 jalapeño pepper, minced (optional)
2 tsp herbs de Provence
1 tsp salt
½ tsp black pepper

Combine all ingredients in a slow cooker and cook 4–6 hours on low. If cooking in a regular pot, bring the chili to a boil over medium-high heat and then simmer for 30 minutes.



Fall Ginger Carrot and Squash Soup

(RR, SS, CC)

Serves 4

1 cup butternut squash, cubed
4 carrots, chopped
1 onion, chopped
2 cups vegetable broth
1 garlic clove, chopped
1 apple, chopped
3 Tbsp fresh ginger
2 chives, chopped
2 tsp extra-virgin olive oil
1 can coconut milk
Salt to taste

In a large stockpot, heat oil on medium heat and sauté carrots and onions until soft. Add the garlic, ginger, squash and apples. Sauté until fragrant. Add broth and salt. Reduce the heat to medium-low; simmer covered for 15 minutes until vegetables are tender. Remove from the heat, add in the coconut milk and stir; pour into a blender or food processor and purée until smooth. Garnish with chives.

Garden Vegetable Soup

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 2

½ cup zucchini, chopped
½ cup summer squash, chopped
⅓ cup carrots, sliced
½ cup green beans, trimmed and chopped
½ cup onion, chopped
1 cup cabbage, chopped
½ cup fresh tomatoes, diced
4 cups vegetable broth
1 tsp Mrs. Dash seasoning, original
½ tsp salt

Add all ingredients together and simmer on low 20–25 minutes. Vegetables should be bright in color but soft. Serve immediately.



Grandma Lorraine's Pea Soup

(RR, SS, CC)

Serves 4

1 package (16 oz) dried green split peas
1 meaty ham bone
1 onion, chopped
1 cup chopped celery or carrot or both
1 tsp salt
1 tsp pepper
½ tsp dried thyme
1 bay leaf
1 quart organic chicken broth

Rinse peas in cold water, then add to a Dutch oven. Cover the peas with water about 2 inches above the peas. Bring to a boil for 2 minutes. Turn off the heat and cover for 1–2 hours. After 1–2 hours, uncover and drain the peas, then put them back into the Dutch oven. Add 1 quart of chicken broth and 1 quart of water. Add the ham bone plus seasoning. Bring to a boil, then let simmer for about 2 hours. Remove the ham bone. Dice the meat off of the bone and add the meat to the soup. Throw away bone. Next, add the carrots and celery and simmer for 1 hour until the soup is the desired thickness.

Hearty Bean Soup

(SS, CC)

Serves 8

1 lb navy beans
¼ oz parsley
6 cups low-sodium vegetable or chicken broth
1 Tbsp crumbled bay leaves
2 cups chopped celery
1 large onion
½ tsp pepper
4 cups water
½ tsp salt

Soak the beans overnight in water that covers them by 2 inches. Place the drained beans in a large pot with the broth, water, onion, celery and bay leaves. Bring to a boil; reduce heat and simmer gently, partially covered, for about 1 hour until the beans are almost tender. Stir the tomato paste and salt into the bean mixture. Return to a simmer and continue cooking, partially covered, 30–45 minutes longer until beans are cooked through. Remove and discard the bay leaves. Purée about half the bean mixture. Stir the parsley and pepper into the soup and bring back to a simmer. Season to taste with salt.

Hearty Beef Chili

(SS, CC)

Serves 9

1 ½ lb chuck roast beef, trimmed
10 oz can diced tomatoes with green chilies
1 can kidney beans, drained and rinsed
2 medium green peppers, chopped
2 large onions, chopped
2 oz low-sodium tomato juice
1 Tbsp chipotle chili pepper, ground
1 tsp oregano
1 tsp cumin

Cut beef into ½-inch cubes. Combine all ingredients into a 6-quart slow cooker. Cover and cook on low heat for 9–10 hours or high heat for 4.5–5 hours.



Italian Soup With Roasted Italian Sausage

(SS, CC)

Serves 6

5 Italian sausages (chicken or turkey)
1 onion, chopped
4 cups low-sodium chicken broth
2 cups chickpeas
1 can diced tomatoes
1 cup lentils
2 Tbsp tomato paste
2 Tbsp basil
2 Tbsp ground fennel
1 Tbsp garlic clove, chopped
1 tsp oregano
2 Tbsp olive oil

Preheat the oven to 400 F and lightly grease a roasting pan with avocado oil. Place the sausages in the pan and roast for 40 minutes until skins are slightly hardened and brown. While the sausages roast, heat olive oil in a heavy soup pan and sauté the onions for about 5 minutes until softened and barely starting to color. Add the oregano, fennel and garlic and sauté 2–3 minutes. Add the diced tomatoes with liquid, chicken broth, tomato paste, chickpeas and lentils. Simmer 40–60 minutes until lentils are softened and slightly breaking apart. When the sausage has cooled, cut it in half lengthwise and then slice. Add the sausage to the soup. Deglaze the roasting pan with a cup of water, scraping off all the browned bits on the bottom of the pan; add the bits to the soup. Simmer 30 minutes. Stir in basil and cook for 2 minutes.

Melanie's Spicy African Carrot Soup

(RR, SS, CC)

Serves 4–6

1 yellow onion, chopped into large pieces
7–8 carrots, chopped into large pieces
Low-sodium chicken broth
1 garlic clove, whole
½ tsp salt and pepper
1 tsp cayenne
1 Tbsp organic peanut butter

Put the onion, whole garlic clove and carrots in a large deep saucepan, then add broth to cover almost all of the vegetables. Heat to a simmer on medium heat. Add the salt, pepper and cayenne. When the vegetables are soft, remove them from the heat. Scoop or pour the vegetables and broth into a blender or food processor. Add 1 Tbsp of peanut butter and purée until smooth. Pour the purée into a new large saucepan or container. (Blending may require several rounds if using a small blender or processor). Garnish with hemp seeds.

Red Bean, Barley and Chicken Sausage Stew (Crockpot)

(SS, CC)

Serves 3

8 oz chicken sausage, sliced
1 cup red kidney beans
1 cup pearled barley
4 ½ cups chicken broth
2 bay leaves
½ tsp garlic powder
1 tsp thyme
1 cup water

Rinse and drain beans (or soak fresh beans the night before in water). Put all ingredients in a large slow cooker, stir, cover and cook on low for 8 hours.

Quick Turkey Tortilla Soup

(FS, RR, SS, CC, P1, P2)

Serves 4

2 turkey breasts (deboned, skinned and cubed)
1 zucchini, diced
1 small onion, chopped
3 cups low-sodium chicken broth
2 Tbsp cilantro, finely chopped
1 lime, wedged
¾ cup fresh salsa

In a saucepan, combine the salsa and broth and bring to a boil. Stir in the cubed turkey breast, onion and zucchini and heat through. Serve the soup with lime wedges and sprinkle cilantro on top.

Spicy Moroccan Chickpea and Lentil Soup

(SS, CC)

Serves 6

1 cup lentils, dry
1 cup chickpeas, soaked or canned
1 large red onion, chopped
14 oz tomatoes (Italian)
3 garlic cloves, crushed
1–inch portion of fresh ginger, finely grated
2 tsp cumin
½ tsp chili powder
½ tsp saffron spices
4 cups vegetable stock
1 Tbsp olive oil

Add the saffron to ¼ cup of water and set aside to soak. Heat the oil in a saucepan over medium heat. Add the garlic and onion and sauté 6–7 minutes. Add the garlic, ginger, cilantro, cumin and chili powder and cook while stirring for 1 minute. Add the saffron with its soaking liquid, tomatoes, stock, lentils and 4 cups water to the pan. Cover and bring to a boil. Next, uncover and simmer for 30 minutes. Add chickpeas and cook for 10 minutes longer. Remove from heat and stir in cilantro and parsley.

Thai Coconut Shrimp Soup

(RR, SS, CC)

Serves 4

12 shrimp
2 oz lime juice
1 cup coconut milk
½ cup chopped scallions
1 cup sliced mushrooms
1 cup snap peas
1 cup red bell pepper, diced
1 Tbsp chili sauce
1 Tbsp ginger
3 Tbsp fish sauce
2 tsp chili sauce
4 cups chicken broth

In a large pot, bring the chicken broth, fish sauce and chili sauce to a boil. Add the coconut milk, mushrooms, peppers and peas; reduce the heat and simmer for 2 minutes. Add the shrimp and simmer 2–3 minutes until shrimp is cooked through. Top with scallions.

Turkey and Black Bean Soup

(SS, CC)

Serves 4

4 slices turkey bacon, chopped
2 cups black beans
2 cups carrots, chopped
1 cup sweet potato, chopped
2 cans low-sodium chicken broth
1 cup chopped onions
2 garlic cloves, minced
1 Tbsp olive oil
1 Tbsp cumin seed
½ tsp pepper
2 bay leaves
Coriander

Drain and rinse the beans.. Heat the oil in a large saucepan. Add the onions, garlic and bacon; cook until onions are soft and bacon is cooked. Add cumin and coriander and cook 30 seconds until aromatic. Add the carrots, sweet potatoes, bay leaves, broth and beans. Bring to a boil, then cover and simmer over low heat for 1 hour until the beans and vegetables are soft. Remove the bay leaves from the soup. Allow to cool a little, then transfer to a food processor or blender and purée until smooth. Season to taste with black pepper.

White Chicken Chili

(RR, SS, CC)

Serves 4–6

4 boneless skinless chicken breasts
1 can white beans (15 oz), drained and rinsed
1 can diced green chilis (4 oz)
1 onion, diced
4 cups chicken broth
1 garlic clove, minced
1 tsp dried oregano
1 tsp cumin
½ tsp chili powder
1 tsp salt
1 tsp black pepper
1 Tbsp fresh parsley, chopped

Add the chicken and broth to a stockpot; cook on low until tender, about 15 minutes. Shred the chicken with two forks on a separate plate, then put back into the broth. Add the onion, garlic, beans, chilis and all the spices and herbs to the pot. Simmer for about 20 minutes and serve.



DESSERTS, MARINADES AND DRESSINGS



Be sure to **Download** the TLS Shaking and Baking recipe booklet on tlsSlim.com for delicious desserts, treats and shakes.

Citrus Vinaigrette

(FS, RR, SS, CC, P1, P2)

Serves 4

1 Tbsp white vinegar
½ oz grapefruit juice
½ oz orange juice
½ oz lime juice
6 Tbsps extra-virgin olive oil
Salt and pepper to taste

In a large jar with a lid, combine the vinegar and juices. Whisk in the oil. Season with salt and pepper.

Creamy Quinoa Pudding

(RR, SS, CC)

Serves 6

1 pomegranate, seeds scraped out
¾ cup quinoa
2 cups dairy alternative milk
2 bananas
2 tsp stevia or monk fruit powder
2 Tbsp honey
1 tsp vanilla extract

In a saucepan, bring the quinoa with 1 ½ cups water to a boil over high heat. Cover and simmer for 15 minutes until the quinoa is tender and water is absorbed. Blend together the milk, bananas and sweetener until smooth. Pour the mixture into the saucepan with quinoa. Place the pan over medium heat and cook until the mixture becomes thick and creamy, 5–10 minutes. Stir in the honey, pomegranate and vanilla.



Detox-Friendly Ranch Dressing

(Cleanse, FS, RR, SS, CC, P1, P2)

Makes approximately 2 cups

1 serving is 1–2 Tbsp

1 egg, room temperature
1 cup olive or avocado oil
1 Tbsp lemon juice
2 Tbsp balsamic vinegar
1 tsp sea salt
1 tsp pepper
¾ tsp onion powder
¾ tsp garlic powder
½ cup unsweetened full-fat coconut milk
1 handful fresh cilantro (or chives or other herb of choice)

Add all ingredients into a blender and blend for 1 minute. The dressing will keep in the fridge in a sealed container for one week.

Eggnog Chia Seed Pudding

(RR, SS, CC)

Serves 4

½ tsp almond extract
½ tsp nutmeg
½ tsp cinnamon
1 cup dairy alternative milk
2 scoops TLS Nutrition Shake — Creamy Vanilla
½ cup chia seed

In a medium bowl, stir together all ingredients with a whisk. Pour into a serving dish and garnish with additional nutmeg if desired. Refrigerate until set.

Homemade Mayonnaise

(Cleanse, FS, RR, SS, CC, P1, P2)

Makes 1 ½ cups

Serving size is 1 Tbsp

1 ¼ cup extra-virgin olive oil
1 large egg
½ tsp dry mustard
½ tsp salt
Juice of half a lemon

Place ¼ cup olive oil, egg, mustard and salt in a blender or food processor and mix thoroughly. While the blender or food processor is running, slowly drizzle in the remaining 1 cup olive oil until the mayonnaise has emulsified. Add the lemon juice and blend on low.

Honey Mustard Vinaigrette

(RR, SS, CC)

Serves 2

2 Tbsp of organic yellow or Dijon mustard
1 Tbsp of apple cider vinegar
1 Tbsp of olive oil
2 tsp of local honey
Salt and pepper

Combine all ingredients in a jar and shake thoroughly.

Jamaican Nut Baked Apple

(RR, SS, CC)

Serves 4

4 apples
2 plums, diced
1 peach, diced
1 tsp salt
1 Tbsp walnuts, chopped
1 Tbsp almonds, chopped
1 Tbsp pecans, chopped
4 tsp almond extract
1 Tbsp cinnamon

Core all apples. Using a knife, cut a skin-deep horizontal line around the outside of the apples, allowing room for them to expand. Place the apples in an oven-proof dish and stuff them with the fruits and nuts. Pour 1 tsp of almond extract over each apple, and then sprinkle the apples generously with cinnamon. Cook at 380 F for 45 minutes or until apples are soft.

Mixed Berry Crumble

(SS, CC)

Serves 2

½ oz cinnamon
½ oz unsweetened cranberry juice
8–10 almonds, chopped
1 tsp stevia or monk fruit powder
½ cup cherries without pits (can use blueberries or blackberries as well)
1 cup frozen boysenberries
¾ cup cooked quinoa

In a large saucepan, combine the berries, juice, cinnamon and sweetener. Cook on high 2–4 minutes until fruit is tender. Place the quinoa and almonds in a large frypan over medium-high heat to warm and slightly brown the crumble. Place the fruit mixture in a bowl and sprinkle with the quinoa and almond mix.

Orange Anise Vinaigrette

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

¼ tsp anise seed
2 Tbsp orange juice
1 Tbsp olive oil
¼ tsp cumin
¼ Tbsp salt

Use a mortar and pestle to crush the anise seeds. Whisk together all the ingredients for about 1 minute.

Tangy Strawberry Dressing

(RR, SS, CC)

5–6 strawberries, crushed or mashed
2 Tbsp sesame seeds
1 Tbsp Worcestershire sauce
½ tsp paprika
1 ½ Tbsp olive oil
1 Tbsp balsamic vinegar

Mix all ingredients in a bowl and whisk, or blend on low in a blender.

TLS Chocolate Nice-Cream

(RR, SS, CC)

Serves 4

1 cup crushed ice
¾ cup almond milk
¼ tsp vanilla extract
½ frozen banana (pre-sliced, then frozen)
¼ cup washed cashews
1 Tbsp organic peanut butter
2 scoops TLS Nutrition Shake - Chocolate Delight
2 Tbsp dark cocoa powder

TIP: make before prepping dinner so it's ready as an after-dinner dessert.

Add all ingredients, except for the TLS shake and cocoa powder, into a blender and blend on slow. While blending, slowly add in the shake and powder. Blend until smooth, then pour into a container and chill in the freezer for 1–2 hours. Scoop out, garnish and enjoy.



EGG DISHES AND BREAKFAST FOODS

Asparagus and Leek Frittata

(RR, SS, CC)

Serves 4

2 cups asparagus
1 leek
2 cups baby spinach
1 tsp extra-virgin olive oil
¼ tsp black pepper
1 tsp salt
6 large eggs
1 Tbsp avocado oil
4 Tbsp of nutritional yeast (a great substitute for parmesan)

Preheat the broiler and set the rack 6 inches from the heat. Crack the eggs into a large bowl and add pepper. Lightly scramble and set aside. In a large oven-safe pan, heat the oil over medium-high heat. Add the leek and sauté for 1 minute, stirring occasionally. Add the asparagus and sauté for 3 minutes or until almost fully cooked. Add the spinach and season with salt and pepper. When the spinach is almost entirely wilted, spread the mixture across the bottom of the pan and pour the eggs over the top while shifting the pan to cover the vegetables fully. When the edges of the eggs start to separate from the edge of the pan, turn off the heat. Place the pan under the broiler until the frittata is lightly golden and the eggs are fully set, about 5 minutes. Immediately turn the frittata onto a serving plate and garnish with nutritional yeast. Cut into slices and serve.



Bell Pepper and Zucchini Omelet

(RR, SS, CC)

Serves 2

½ cup each of yellow and red bell peppers, chopped small
½ cup zucchini, grated
1 Tbsp avocado oil
4 large eggs
1 garlic clove, minced
1 Tbsp fresh cilantro leaves, chopped

Heat oil in a skillet over medium heat. Add the chopped peppers, grated zucchini and minced garlic and cook until ingredients begin to soften. Whisk the eggs into the vegetables in the skillet and cook 5–7 minutes while lifting the edges to let excess egg go underneath. Sprinkle with cilantro.



Broccoli and Mushroom Omelet

(RR, SS, CC)

Serves 2

1 Tbsp extra-virgin olive oil
¾ cup broccoli, cut into tiny florets
½ cup fresh hen of the woods or mushroom of choice, chopped
1 Tbsp fresh parsley
Salt and pepper to taste
4 whole eggs

Garnish mixture:
1 avocado, cubed
1 fresh tomato, cubed
1 scallion, chopped

Heat 2 tsp oil in a small non-stick frying pan over medium-high heat. Add the asparagus and mushroom and cook 2–3 minutes until vegetables are just tender. Remove to a bowl, stir in the parsley and season well. Use a fork to whisk the eggs with 2 Tbsp water. Heat 1 tsp of the remaining oil in the frying pan over medium heat. Pour in half of the egg mixture and cook for 3 minutes, or until almost set, using a fork to pull the cooked egg away from the edges and allow the uncooked egg to run to the edges. Sprinkle half the asparagus and mushroom mixture over half of the omelet and fold over to enclose. Lift out and carefully set aside. Repeat with the remaining egg and filling. Garnish with the avocado, tomato and scallion mixture.

Chicken and Vegetable Frittata

(RR, SS, CC)

Serves 4

1 tsp avocado oil
3 cups of your favorite vegetables, chopped
Chicken breast, cubed
8 eggs
2–3 Tbsp of nutritional yeast (a great substitute for parmesan)

Grill or cook the chicken. Beat the eggs in a bowl and add the chicken. Drizzle oil in a skillet over medium-high the heat and add the vegetables; cook until slightly tender, about 5 minutes. Reduce heat and add the egg and chicken mixture. Cover and cook on low without stirring 3–5 minutes or until the egg is set. Sprinkle with nutritional yeast.

Egg Breakfast Muffins With Mushrooms and Red Pepper

(FS, RR, SS, CC, P1, P2)

Serves 2

4 large eggs
2 scallions, chopped
1 cup mushrooms, chopped
1 cup red pepper, chopped
Dash of salt
1 tsp of Mrs. Dash seasoning
1 Tbsp water
Cooking spray
Fresh parsley or basil, chopped

Preheat the oven to 400 F. Wash the mushrooms. Heat the oil in a skillet, then add the mushrooms and red peppers; sauté for 5 minutes until the mushrooms start to brown and all liquid has evaporated. In a bowl, combine the eggs, water and seasonings and beat. When the vegetables are done and slightly cooled, gently stir them into the mix, adding in the scallions and fresh parsley. Lightly oil muffin tins with cooking spray and fill each about $\frac{3}{4}$ full with the egg mixture. Bake 15 minutes or until the muffins have expanded and are slightly browned on top.

Grain-Free Protein Pancakes

(FS, RR, SS, CC, P2)

Serves 1

1 scoop TLS Nutrition Shake — Creamy Vanilla
1 banana, slightly overripened
2 eggs
A dash of cinnamon or nutmeg to taste
Coconut oil

Mix all ingredients, except for the coconut oil. Add the coconut oil to a pan and, when melted, spoon the mixture into the pan to form pancakes. Cook over medium-high heat until the undersides are browned, then flip to brown the other sides.

Hearty Steel Cut Oats

(SS, CC)

Serves 4

1 cup dry steel-cut oats
3 cups water
 $\frac{1}{2}$ tsp salt

Optional; rinse the oats in a sieve first.
Bring the water and salt to a boil in a pan, add the cup of oats, reduce the heat but maintain a low simmer and frequently stir 10–20 minutes until most of the water is gone.

Divide and serve in individual bowls, top with the following:

A drizzle of pure maple syrup or local honey (approx. 2 tsp)
2 TBSP almond milk
Cinnamon to taste
1 Tbsp raisins

Individual Frittatas With Pepper and Sweet Potato

(RR, SS, CC)

Serves 6

7 eggs
1 cup frozen peas
 $\frac{1}{2}$ cup sun-dried tomatoes
1 large red onion, thinly sliced
1 large red pepper, cut into strips
2 sweet potatoes (or 10 oz can) cut into $\frac{1}{2}$ -inch pieces
1 garlic clove, crushed
1 Tbsp avocado oil

Heat oil in a skillet over medium-high heat. Add the onion, pepper, sweet potato and garlic. Cook, stirring often, for 5 minutes. Add the peas and cook another 3 minutes. Remove from heat and set aside to cool. Stir in the semi-dried tomatoes and feta. Spray a 6-cup large muffin tin with cooking spray. Whisk the eggs and season with salt and pepper. Divide the vegetables among the muffin cups. Pour the egg mixture evenly over the vegetables. Bake 20–25 minutes. Let cool 10 minutes before removing the eggs from the muffin cups.

Loaded Quinoa Breakfast Bowl

(RR, SS, CC)

Serves 3

1 cup quinoa, dry uncooked
1 small yellow onion, chopped
1 small sweet potato, grated
 $\frac{1}{2}$ cup chopped zucchini or yellow summer squash
3 eggs
1 fresh avocado, cubed
1 Tbsp avocado oil
Salt and pepper
Mrs. Dash seasoning
 $\frac{1}{2}$ tsp garlic

Cook the quinoa on the stovetop by bringing 1 $\frac{1}{2}$ cups water to a boil, then add the quinoa, reduce the heat to the lowest setting, cover and simmer 15–20 minutes. While the quinoa is cooking, chop the vegetables and grate the sweet potato. Drizzle oil in a skillet over medium to high heat, add all the vegetables, seasonings and $\frac{1}{4}$ cup water; stir frequently. Serve in bowls and add no more than $\frac{3}{4}$ cup quinoa per bowl. Top each serving of quinoa with the warm vegetables. Using the same skillet, add another drizzle of oil and cook the eggs to your liking (scrambled, over easy, etc.). Add the cooked eggs on top of the quinoa and vegetables. Garnish with fresh avocado.

(Other garnishes may include 1 Tbsp salsa verde, Cholula hot sauce or nutritional yeast.)

Poached Eggs With Fresh Shiitake Mushroom Sauce

(SS, CC)

Serves 2

2 shallots, minced
4 eggs
4–6 shiitake mushrooms
2 Tbsp white vinegar
1 Tbsp olive oil
 $\frac{1}{2}$ tsp soy sauce
 $\frac{1}{2}$ tsp rice vinegar
 $\frac{1}{8}$ tsp salt

Boil water in a large shallow pan or skillet over high heat. Add the vinegar. Discard the mushroom stems and only use the caps. Combine oil, soy sauce, vinegar, salt and pepper in a small skillet over medium heat. Add the shallots and mushrooms and sauté 3–4 minutes.

While the mushrooms are sautéing, use a spoon and stir the vinegar water in a circular motion. Carefully break the eggs into the swirling water, keeping the water moving by gently stirring. Cook over low heat until the whites are firm, about 3–5 minutes. You can spoon some water over the yolks to finish cooking them if they have not set. Remove the eggs from water with a slotted spoon, being careful not to break them. Drain before placing eggs on a plate or bed of spinach. Spoon the sautéed mushrooms over the top.



Southwest Potato, Tofu and Spinach Scramble

(SS, CC)

Serves 4

1 Tbsp olive oil
1 large sweet potato, finely diced or grated
1 block of firm tofu, cubed
1 cup baby spinach
1 small yellow onion, chopped finely
2 tsp chili powder
1 tsp oregano
1 tsp cumin
½ tsp garlic
½ Tbsp salt
½ cup water

Heat the olive oil in a skillet over medium-high heat and sauté the potatoes, onion, chili powder, oregano, cumin, garlic and salt 3–5 minutes, stirring frequently. Add the tofu and mash it slightly if desired to combine. Add ½ cup of water and immediately cover the pan. Cook for 5 minutes. If the pan is very dry, stir in about 2 Tbsp of water. Mound spinach on top of the tofu mixture, cover and cook until the spinach wilts, about 2 minutes. Stir to incorporate the spinach into the tofu and potatoes. Cook until most of the water has evaporated.

Vegetable Omelet With Turkey Bacon

(RR, SS, CC)

Serves 1

2 slices turkey bacon
2 eggs
2 Tbsp green pepper
2 Tbsp onion
2 tsp olive oil
3 mushrooms, sliced

Beat the eggs in a bowl. Cook the vegetables in oil for about 5 minutes. Reduce the heat and add the eggs. Cook until the center is set. Loosen the omelet with a spatula and fold one half over the other. Serve with bacon on the side.

Zucchini Hash Browns

(Cleanse, P1, P2, FS, RR, SS, CC)

Serves 2

2 eggs
1 cup shredded zucchini
1 tsp garlic powder
1 tsp onion powder
1 dash pepper
2 tsp avocado oil

Heat oil in a skillet. Mix all ingredients in a bowl and drop spoonfuls into the hot skillet. After browning on one side, flip to brown the other side.



BEEF DISHES

Asian Ginger Beef Meatballs

(RR, SS, CC)

Serves 3–4

- 1 lb 95% lean ground beef
- 1 egg
- 2–3 scallions, chopped (whites minced and set aside)
- 1 Tbsp fresh ginger, grated or chopped
- Salt and pepper
- 2 Tbsp low-sodium soy sauce or liquid aminos
- 1 ½ Tbsp Sriracha
- 2 Tbsp olive oil mayonnaise
- 1 tsp Korean chili flakes

Preheat the oven to 425 F. In a small bowl, combine the mayonnaise, 1 Tbsp soy sauce, 1 Tbsp sriracha and ½ tsp chili flakes; whisk together and set aside.

In a medium bowl, combine and mix well the fresh ground beef with one egg, minced scallion whites, grated ginger, salt, pepper, ½ tsp chili flakes, 1 Tbsp soy sauce and ½ Tbsp sriracha. Roll the meat mixture into meatballs and place them on a sheet of aluminum foil on half of a baking sheet. Bake 15–20 minutes, depending on the size of the meatballs. On the other half of the baking sheet, you can roast a medley of broccoli, green beans, red peppers and onion, or any combination of your favorite vegetables. Serve the meatballs on your choice of cooked quinoa, cauliflower rice or brown basmati rice with the medley of roasted vegetables. Pour the sauce over top of the meatballs.



Beef Lettuce Tacos

(RR, SS, CC)

Serves 1

- 4–6 oz 95% lean ground beef
- 2–3 Romaine leaves
- 1 Tbsp scallion, chopped
- ¼ cup red bell pepper, chopped
- ¼ cup onion, chopped
- 1 garlic clove, chopped
- ½ cup fresh salsa
- 1 Tbsp chili powder
- ¼ Tbsp Worcestershire sauce
- 1 tsp extra-virgin olive oil
- ¼ medium avocado, sliced

Heat the oil in a nonstick skillet over medium-high heat. Add the meat and cook until brown. Add the onions, garlic, bell pepper, Worcestershire sauce, chili powder, salt and pepper. Cook the mixture for 5 minutes. Add the salsa, stir to combine and turn off the heat. Spoon the mixture into a lettuce leaf and wrap it. Top with scallions and avocado and serve.



Beef and Vegetable Kebabs

(RR, SS, CC)

Serves 4

- 1 lb sirloin beef
- 1 tsp dried basil
- 1 tsp garlic powder or 1–2 cloves, minced
- 1 tsp dried thyme
- 1 Tbsp extra-virgin olive oil
- ¼ medium red onion, sliced
- ½ lb mushrooms, stems removed
- 1 green bell pepper, sliced into 2-inch pieces
- 1 red bell pepper, sliced into 2-inch pieces

Marinate the meat with basil, garlic powder and thyme for 30 minutes. Heat the grill and skewer alternating portions of meat and vegetables. Brush with olive oil. Grill 6–8 minutes.

Country-Style Beef Ribs

(RR, SS, CC)

Serves 6

- 2 ½ pieces of beef ribs (Excluding refuse; yield from 1 lb of raw meat with refuse.)
- 1 oz liquid smoke
- ¼ Tbsp cayenne pepper
- 2 Tbsp Worcestershire sauce
- ¼ Tbsp salt
- ¼ Tbsp garlic powder
- 1 cup water

Preheat the oven to 225 F. Sprinkle ribs with salt, cayenne pepper and garlic powder. Rub the spices into the meat and the bone on both sides. Place the ribs in a turkey roasting pan with the water and liquid smoke on the bottom. Sprinkle with Worcestershire sauce. Cover the ribs tightly with aluminum foil and roast 4–5 hours. The ribs should be “falling off the bone” tender. Bake for another 15–20 minutes or until dark brown.

Greek Meatballs

(RR, SS, CC)

Serves 4

1 lb 95% lean ground beef
1 egg
1 oz Penzeys Greek seasoning
4 tsp balsamic vinegar
1 tsp oregano
2 garlic cloves, minced
1 Tbsp avocado oil
¼ tsp pepper
¼ tsp salt

Preheat the oven to 400 F. Combine all ingredients in a bowl and use your hands to mix. Lightly oil a 9x13 baking sheet. Shape the meat into 1-oz meatballs and place them on a baking sheet. Bake 20 minutes. You will see liquid oozing out. Turn meatballs and bake another 10 minutes. Turn again and bake 5–10 minutes more. Cook until the meatballs are browned and well-done.

Greek Stuffed Steak

(RR, SS, CC)

Serves 8

1 ½ lb flank steak
1 tsp oregano
12 cups water
2 ½ cups beef broth
½ cup red onion, chopped
½ cup pickled pepperoncini pepper, chopped
¼ Tbsp salt
¼ tsp garlic powder
10 cups frozen spinach
1 Tbsp avocado oil
Heavy-duty butcher's string

Combine the spinach, onions, peppers, garlic powder and salt in a bowl and set aside. Cut horizontally through the center of the steak, cutting to but not through the other side. Place the steak between two sheets of heavy-duty plastic wrap. Using a meat mallet, flatten the steak to an even thickness. Spread the spinach mix over the steak, leaving a 1-inch margin around the outside edges. Starting at the short side, roll the steak; secure it at 2-inch intervals with string. Coat a large Dutch oven with oil and place over medium-high heat until hot. Add the steak, browning it well on all sides. Add the broth, water and oregano to the pan and bring to boil. Cover and reduce heat to a simmer for 90 minutes or until tender, turning meat once. Add additional water during cooking if necessary. Remove string and cut into eight slices. Serve with cooking liquid.



Grilled Marinated Sirloin Steak

(RR, SS, CC)

Serves 4

1 cup fresh salsa
2 oz lime juice
¼ cup water
2 Tbsp extra-virgin olive oil
1 tsp cumin
4 sirloin steaks, fat trimmed (6–8 oz steaks)

Combine the salsa, lime juice, water, oil and cumin in a baking dish. Add the steak and coat with the marinade. Cover with aluminum foil and let marinate for 6 hours or overnight. To cook, preheat the grill to medium-high and grill for 6 minutes on one side and 4 minutes on the other side. Serve on your choice of cooked quinoa, cauliflower rice or brown basmati rice with a medley of roasted vegetables.

Meatballs and Zucchini Spaghetti

(RR, SS, CC)

Serves 4

1 lb 95% lean ground beef
3 zucchinis, spiraled
4–6 oz no-added-salt tomato paste or low-sugar pasta sauce
¼ chopped onion
⅓ Tbsp paprika
3 garlic cloves, crushed

Mix the beef with onion, garlic, paprika, salt and pepper and make it into 12 balls. Place the meatballs under a preheated broiler for 7 minutes, occasionally turning until browned and cooked through. Meanwhile, spiralize zucchini and cook in 1 Tbsp olive oil on medium heat 5–10 minutes until softened. Add the meatballs to the zucchini pasta and add tomato sauce.

Grilled Marinated Sirloin With Salsa

(FS, RR, SS, CC, P2)

Serves 4

1 cup fresh salsa
2 oz lime juice
¼ cup water
2 Tbsp vegetable oil
1 tsp cumin
1 ½ lbs sirloin, fat trimmed

Combine the salsa, lime juice, water, oil and cumin in a baking dish. Add the steak and coat it with the marinade; cover the dish with aluminum foil and let marinate for 6 hours or overnight. Preheat the grill to medium-high and grill the marinated steak for 10 minutes.

Pepper Steak

(RR, SS, CC)

Serves 1

½ each yellow and red bell pepper, chopped
½ cup chopped onion
1 Tbsp reduced-sodium soy sauce
1 Tbsp olive oil
5 oz lean porterhouse beef, cut into strips

Marinate the beef strips in soy sauce for 30 minutes. Heat 1 Tbsp of olive oil in a pan. Place the beef strips in the pan and cook until pink is gone. Add the onion and peppers and cook until tender, then serve.

Pot Roast

(RR, SS, CC)

Serves 8

3 lb chuck roast beef, trimmed
⅓ tsp rice vinegar
4 cups water
3 beef bouillon cubes
1 Tbsp salt
1 ¼ tsp pepper
2 Tbsp olive oil
½ cup chopped onions

Heat the oil in a large pot and add the beef, browning it on all sides. Place the beef in a slow cooker or a large pot with a lid. Add the onion, pepper and salt. Combine the water and vinegar and stir; pour over the beef. Add bouillon cubes. Cook on low heat 8–10 hours or high heat 4–6 hours.



Spice-Rubbed Flank Steak

(RR, SS, CC)

Serves 4

1 lb flank steak
½ tsp cayenne pepper
½ tsp thyme
½ tsp cinnamon
½ tsp garlic powder
1 Tbsp cumin
½ tsp salt
Cooking spray

Preheat the broiler and coat the broiler pan with cooking spray. Combine all ingredients except the steak in a bowl, then rub the mixture over the steak. Broil 6–7 minutes per side or until cooked. Let sit for 5 minutes before cutting diagonally across the grain into thick strips.

Crock Pot Stuffed Peppers

(RR, SS, CC)

Serves 8

2 lb lean ground beef
4 green bell peppers
1 onion
4 garlic cloves
9 oz broccoli
6 oz tomato paste
1 Tbsp oregano
1 Tbsp basil
4 portabella mushrooms
Salt and pepper to taste

Cut off the tops of the peppers and clean out the seeds. Arrange the peppers in a slow cooker, standing up and making sure they fit securely. Combine the onion, garlic, mushrooms and broccoli in a food processor and blend. Combine the beef, blended vegetables, seasonings and tomato paste. Stuff the mixture into the peppers. Add water, cover and cook on low 8–10 hours.

Wasabi Beef Lettuce Wraps

(SS, CC)

Serves 1

4 oz beef tenderloin, grilled and cut into strips
½ cup brown rice, steamed
2 cups cherry tomatoes
1 Tbsp extra-virgin olive oil
½ Tbsp wasabi paste
4 romaine leaves

Grill the beef to your liking. Place the beef strips, fresh tomatoes and steamed brown rice in a small bowl and stir in the wasabi paste and oil. Divide evenly among the romaine leaves, roll them up and secure with toothpicks.



Greek Meatballs

(RR, SS, CC)

Serves 4

1 lb 95% lean ground beef
1 egg
1 oz Penzeys Greek seasoning
4 tsp balsamic vinegar
1 tsp oregano
2 garlic cloves, minced
1 Tbsp avocado oil
¼ tsp pepper
¼ tsp salt

Preheat the oven to 400 F. Combine all ingredients in a bowl and use your hands to mix. Lightly oil a 9x13 baking sheet. Shape the meat into 1-oz meatballs and place on a baking sheet. Bake 20 minutes. You will see liquid oozing out. Turn the meatballs and bake another 10 minutes. Turn again and bake 5–10 minutes more. Cook until the meatballs are browned and well-done.

POULTRY

Aromatic Chicken and Lentils

(RR, SS, CC)

Serves 6

3 boneless skinless chicken breasts, quartered
2 cups chopped leeks
2 cups cubed sweet potatoes
1 $\frac{3}{4}$ cup chopped and peeled tomatoes
 $\frac{1}{2}$ cup tomato paste
 $\frac{1}{2}$ cup apple cider vinegar
1 tsp cinnamon
3 cups low-sodium chicken broth
1 $\frac{1}{2}$ cup lentils
1 Tbsp Herbes de Provence
1 Tbsp avocado oil

Preheat the oven to 400 F. Coat a large skillet with non-stick cooking spray. Sauté the leeks, potatoes and herbes de Provence for 5 minutes. Stir in tomatoes, vinegar, tomato paste, cinnamon, lentils and broth; simmer briefly. Pour into a 13x9 casserole dish coated lightly with avocado oil and completely submerge the chicken pieces. Cover and bake for 1 hour or until chicken is cooked and lentils are tender.

Baked Chicken Chops With Apple Topping

(RR, SS, CC)

Serves 4

4 chicken chops
 $\frac{1}{4}$ cup chopped celery
1 yellow onion, coarsely chopped
2 granny smith apples, peeled and cored
 $\frac{1}{4}$ cup apple cider vinegar
1 oz Dijon mustard
2 Tbsp fresh parsley
2 Tbsp extra-virgin olive oil
1 dash salt and black pepper

Preheat the oven to 350 F. Heat 1 Tbsp of olive oil in a heavy skillet over medium-high heat. Season the chicken chops with salt and pepper and brown them on both sides, about 2 minutes per side. Transfer the chicken chops to a baking dish. Turn the heat under the skillet down to medium and add the remaining olive oil. Add the onion and celery and cook until soft. Add the apple and cook for 5 minutes more. Add parsley and remove from heat. Stir in just enough apple cider vinegar to moisten the mixture and season with salt and pepper. Spread the mustard on top of each chicken chop. Divide the apple, onion, celery and parsley mixture in the skillet among the chops and pat it into the mustard. Bake the chops until fully cooked and apples are softened, about 10–15 minutes.



Balsamic Chicken Thighs

(FS, RR, SS, CC, P2)

Serves 2

4 boneless chicken thighs
1 cup sliced mushrooms
 $\frac{1}{2}$ red onion, sliced
 $\frac{1}{4}$ cup vegetable or chicken broth
1 garlic clove, minced
2 Tbsp balsamic vinegar
 $\frac{1}{8}$ tsp thyme
1 dash salt
 $\frac{1}{2}$ tsp black pepper
1 Tbsp coconut oil
1 bay leaf

Season the chicken with salt and pepper. Heat the oil in a heavy skillet. Add the garlic and chicken and cook over medium-high heat until nicely browned on one side, about 3–5 minutes. Lower the heat and add the broth, mushrooms and onions. Turn the chicken pieces over and redistribute the mushrooms and onions so they cook evenly. Add the balsamic vinegar, broth and thyme. Cover tightly and cook over medium heat about 5–10 minutes, depending on the size of the thighs.



Basil Chicken Packets

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 2

2 chicken breasts, halved
2 medium yellow summer squashes, diced
1 medium red bell pepper, diced
2 Tbsp fresh parsley
1 Tbsp lemon zest
1 $\frac{1}{2}$ tsp dried basil
1 Tbsp black pepper
 $\frac{1}{4}$ tsp salt

Preheat the oven to 450 F or the grill to medium-high heat. Center one chicken breast half on each side of a sheet of aluminum foil. Combine parsley, lemon zest, basil and salt and sprinkle over the chicken. Top with squash and peppers, then sprinkle with black pepper. Bring up the foil sides and double fold the top and ends to seal the packet, leaving some room for heat circulation inside. Bake 16–18 minutes in the oven or grill 11–13 minutes.

Braised Chicken With Thyme and Pepper

(SS, CC)

Serves 1

4 oz chicken breast
1 cup baby spinach
¼ cup white beans, drained
½ cup vegetable broth
3 garlic cloves, minced
1 cup white onions, chopped
⅓ tsp black pepper
1 ½ Tbsp salt
¼ cup white grape juice
½ tsp thyme, dried
1 Tbsp avocado oil

Season the chicken with thyme and pepper. Coat a 12-inch nonstick skillet with ½ Tbsp avocado oil and warm over medium-high heat. Add the chicken and brown on both sides, turning once, about 6 minutes total. Remove the chicken and set it aside. Add the remaining avocado oil to the same skillet and add onions, occasionally stirring for 6 minutes or until tender. Add the garlic and cook for 30 seconds. Add the broth and juice and bring to boil over high heat. Reduce the heat to low and return the chicken to the skillet. Simmer covered for 5 minutes. Stir in the beans and spinach. Simmer, occasionally stirring, for 5 minutes more or until the chicken is cooked thoroughly.

Buffalo Chicken Wrap

(RR, SS, CC)

Serves 1

1 chicken breast
¼ cup buffalo sauce/seasoning
Romaine or Boston lettuce leaves

Bake the chicken breast at 350 F until its juices run clear, about 20 minutes. When cooled, shred the chicken and mix it with buffalo sauce/seasoning. Add salt and pepper to taste. Serve on romaine or Boston lettuce leaves.

Chicken Primavera

(Cleanse, FS, RR, SS, CC)

Serves 4

4 chicken breasts
1 cup zucchini slices
2 Roma tomatoes, sliced
1 green pepper, cut into 1-inch strips
½ red onion, quartered and sliced thin
2 Tbsp olive oil
2 tsp Italian seasoning

Preheat the oven to 400 F. Arrange the chicken breasts in a 9x13 glass dish. Slice cuts into the chicken breasts almost all the way through diagonally, 1 inch apart. Stuff a slice of each vegetable into the cuts. Throw extra vegetables on the side of the chicken in the dish. Drizzle olive oil and seasoning on top. Bake 20–25 minutes until the chicken is cooked through.

Chicken Salad Sandwich

(SS, CC)

Serves 4

12 oz water-packed chicken breast, drained
½ cup chopped celery
4 slices sprouted grain bread (such as Ezekiel bread)
4 romaine lettuce leaves
¼ Tbsp onion, chopped
4 slices tomato
1 avocado, mashed
1 Tbsp apple cider vinegar

Stir in the avocado, vinegar, celery, onion and chicken in a bowl. Place lettuce and tomato on each slice of bread. Top each serving with a scoop of chicken salad, making four open-faced sandwiches.

Chicken Salad Squash Boats

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 2

2 large yellow summer squashes
2 chicken breasts
2 Tbsp organic yellow mustard
1 small ripe avocado, mashed
1–2 scallions, chopped
Dash of salt and pepper

Cut the squash in half lengthwise and scoop out the seeds. Cook the squash at 350 F until tender, about 5 minutes. Cook the chicken breast and chop it into cubes. Mix the chicken with scallions, mustard and avocado. Fill the center of each squash boat with the chicken salad mixture. Cook the filled squash for 20 minutes at 400 F.

Chicken Scaloppine With Porcini Mushrooms

(FS, RR, SS, CC, P2)

Serves 2

2 chicken breasts
½ cup sliced porcini mushrooms, dried
2 cups white mushrooms
1 shallot, minced
1 garlic clove, minced
½ cup chicken broth
¼ tsp red pepper flakes
1 Tbsp fresh parsley
½ cup white grape juice
1 Tbsp extra-virgin olive oil
2 Tbsp almond milk

Place the dried porcini mushrooms in a spice grinder (or mortar and pestle) and process until finely ground. Slice the chicken breasts in half and sprinkle with salt and pepper. Sprinkle both sides of the chicken with mushroom powder and shake off excess. Place 1 tsp of oil in a skillet over medium-high heat. Add the chicken and cook until lightly browned and done on each side. Remove the chicken from heat. Add an additional tsp of oil, shallots, red pepper flakes and garlic. Cook for 1 minute, stirring frequently. Add in 2 cups of white mushrooms and cook until the liquid evaporates, stirring occasionally. Stir in the juice, loosening the bottom of the pan. Add the broth to the pan and simmer until the liquid is reduced to ¼ of a cup; add almond milk. After about 1 minute, add in the chicken and heat until warm.

Chicken Tagine With Olives

(SS, CC)

Serves 4

4 chicken breasts
1 cup peas
1 can no-added-salt diced tomatoes
1 can chickpeas, rinsed and drained
1 cup onions, chopped
2–3 Tbsp Kalamata olives
1 Tbsp extra-virgin olive oil
½ cup low-sodium vegetable broth
½ tsp cinnamon
2 Tbsp fresh ginger, grated
1 ½ Tbsp ground cumin

Heat the oil in a large skillet over medium-high heat. Add the onion, ginger, cumin and cinnamon, frequently stirring, about 5 minutes. Add the tomatoes, chicken broth, peas and olives; simmer 7 minutes. Add the chickpeas; cook 5 minutes until chicken is tender.



Citrus Roasted Turkey

(Cleanse, FS, RR, SS, CC, P1, P5)

Serves 8

1 whole turkey
1 cup orange juice, fresh squeezed
1 cup lemon juice
1 onion, quartered
2 cups celery, chopped
2 garlic cloves
2 cups low-sodium chicken broth
3 bay leaves, crumbled
1 ½ tsp thyme
½ tsp pepper
6 Tbsp olive oil

Submerge the turkey in water, breast side down, for 1–2 days. Preheat the oven to 325 F. Rinse the turkey under cold water and dry inside and out. In a bowl, mix the oil, salt, pepper and thyme. Stir in the juice of 1 orange and 1 lemon. Rub the turkey with the seasoned oil inside and out. Fill the turkey with the onion, celery, bay leaves and whole garlic cloves. Tie up the turkey according to the directions, then roast it for 45 minutes. Spoon broth over the turkey and let it roast for 1 hour more; repeat the basting every 20 minutes. Cook until the thickest part of the meat is 165 F and juices run clear. Remove the turkey from the oven; let it rest 20–30 minutes. Remove vegetables from inside and discard.

Easy Asian Chicken Lettuce Wraps

(RR, SS, CC)

Serves 2

2 chicken breasts
6–8 large romaine lettuce leaves or Boston lettuce
3–4 cups broccoli slaw
1 tsp sesame oil
½ Tbsp avocado oil
1 Tbsp low-sodium soy sauce or liquid aminos
Sesame seeds or sliced almonds for garnish

Grill the chicken, then slice or chop and set aside. Combine the oils in a large skillet and sauté the broccoli slaw over medium heat, adding in the soy sauce or liquid aminos. In a bowl, combine the chopped chicken and sautéed vegetables. Fresh basil or cilantro may be added if desired. Scoop the mixture into lettuce boats, sprinkle sesame seeds or almond slices on top and serve.



Ginger Chicken and Vegetables With Noodles

(SS, CC)

Serves 2

2 chicken breasts
½ cup chopped carrots
1 cup broccoli, chopped into small florets
2 cups mung bean noodles, uncooked
2 scallions, chopped
2 garlic cloves, minced
1 Tbsp fresh ginger, grated
¼ cup vegetables or chicken broth
1 Tbsp low-sodium soy sauce or liquid aminos
1–2 limes, juiced (1 oz)
Small handful of fresh cilantro, chopped
½ tsp lime peel, zested
1 Tbsp olive oil
Dash of salt

Slice the chicken breasts into strips. Heat ½ Tbsp of oil in a skillet and add the scallion whites, ginger, garlic and a dash of salt. After the garlic and ginger become fragrant, add the chicken. Turn the chicken strips frequently. When the chicken is nearly cooked, add broth, soy sauce and vegetables and sauté until bright in color and slightly tender. In a large saucepan, cook the mung bean noodles in boiling water 3–4 minutes until the noodles are tender. Drain and separate the noodles into two bowls, stir in the lime zest, lime juice, cilantro, scallion greens and remaining oil immediately and mix. Top with chicken and vegetables.

Grilled Jerk Chicken Skewers With Red Pepper and Zucchini

(RR, SS, CC)

Serves 2

2 chicken breasts, cubed
1 red bell pepper, quartered
1 zucchini, quartered
3 Tbsp olive oil
2 garlic cloves, minced or crushed
⅓ cup fresh orange juice
⅓ cup apple cider vinegar
1 tsp onion powder
¼ tsp thyme
1 tsp oregano
1 ½ Tbsp basil
¾ tsp allspice
½ tsp cinnamon
½ tsp crushed red pepper

Mix all spices, orange juice, apple cider vinegar and oil in a food processor or whisk together. Marinate the chicken cubes and vegetables in the mixture for an hour or more. Preheat the grill, skewer the chicken and vegetables and cook on grill turning every few minutes until chicken is cooked through.

Herb-Roasted Chicken

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 8

3 lb whole chicken
1 Tbsp black pepper
1 Tbsp sage
1 Tbsp tarragon
1 tsp parsley
1 tsp thyme
½ Tbsp salt

It is best to use fresh herbs for this recipe. Preheat the oven to 450 F. Rinse the chicken; dry it well with a paper towel inside and out. With half the salt, salt the inside of the chicken. Add the pepper and herbs to the outside cavity. With the rest of the salt, salt the outside of the chicken evenly. Place the chicken in a roasting pan, breast side up. Roast in the oven for 45 minutes to 1 hour until juices run clear when the chicken thigh is pierced or an internal thermometer reads 160 F. Let the chicken rest for 15 minutes. Sprinkle with any extra thyme. Carve and serve.



Lemon Dill Chicken

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

- 4 chicken breasts
- ½ tsp lemon pepper
- 1 lemon, freshly squeezed
- 1 ½ Tbsp lemon zest
- 1 ½ Tbsp fresh dill weed

Preheat the oven to 425 F. Combine the lemon juice, dill, lemon pepper and lemon zest in a small bowl. Lightly oil a casserole dish, then spread ¼ of the lemon dill sauce on the bottom. Arrange the chicken breasts on top of the sauce in a single layer. Pour the remaining sauce over the chicken. Bake uncovered for 30–35 minutes until chicken is tender and no longer pink.

Moroccan-Style Chicken With Vegetables

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 2

- 2 chicken breasts
- 1 ½ tsp cumin
- ½ tsp cinnamon
- ½ Tbsp salt
- ½ tsp pepper
- 12 ½ oz can diced tomatoes
- Zucchini, cut into 2-inch slices

Preheat the oven to 450 F. Center the chicken breasts on aluminum foil. Combine the spices, then sprinkle half of the mix over the chicken. Combine the remaining spice mix with the tomatoes and spoon next to the chicken. Arrange the zucchini slices over the chicken and tomatoes. Bring up the foil sides and double fold the top and ends to seal the packets, leaving some room for heat circulation. Bake 20–22 minutes.

Mushroom Turkey Burgers

(RR, SS, CC)

Serves 4

- 1 lb ground turkey
- 1 cup sliced mushrooms
- ½ cup onions, minced
- ⅔ tsp red pepper flakes
- 2 garlic cloves, minced
- 2 Tbsp basil
- ½ tsp salt
- 2 tsp avocado oil

Combine the turkey and spices and shape them into patties. Preheat a skillet over medium heat, adding in the avocado oil. Lightly sauté the mushrooms, onions, dash of salt and pepper. Push the vegetables to the edge of the skillet and add the turkey patties to the center. Cook over medium heat for 7 minutes. Flip the patties and cook for an additional 5 minutes until golden brown and no longer pink in the center. Serve on a bed of greens or on a ½ cup of your favorite whole grain. Scoop the onion and mushroom sauté on top of the patties and serve.

Nutty Chicken Curry

(RR, SS, CC)

Serves 4

- 4 chicken breasts
- 5 Tbsp smooth organic peanut butter
- ¾ cup chicken stock
- 7 oz plain non-dairy Greek yogurt
- 1 hot chili pepper
- 1 tsp finely chopped ginger
- 1 garlic clove, minced or crushed
- 2 tsp parsley
- 1 tsp olive oil

Place ¾ of the chili pepper in a food processor with the ginger, garlic and most of the parsley. Purée into a rough paste, adding a splash of water if needed. Heat oil in a frying pan and brown the chicken for 1 minute. Stir in the pasta and cook for another minute, then add the peanut butter and chicken stock. Bring the sauce to a simmer and cook for an additional 10 minutes until the chicken is cooked through. Stir in the non-dairy yogurt. Scatter the rest of the parsley on top with the remaining chili pepper. Serve over a ½ cup of cooked quinoa, millet or bed of greens.



Open-Faced Grilled Chicken Breast Sandwich

(SS, CC)

Serves 1

- 1 chicken breast
- 1 lettuce leaf
- 1 Tbsp balsamic vinegar
- ½ tsp organic mustard
- 1 tsp olive oil mayonnaise
- 1–2 tomato slices
- 1 onion slice
- ¼ avocado, mashed
- 1 slice sprouted grain bread (Ezekiel or similar)

In a small bowl, combine the balsamic vinegar, mustard and mayo and set aside. Season the chicken with salt and pepper and grill until done. Spread the mashed avocado on the bread and add tomato, lettuce and onion. Mix the wet ingredients together and drizzle on top.

Chicken Lo Mein With Peanut Sauce

(SS, CC)

Serves 4

12 oz chicken tenderloin
1 shallot, minced
½ cup organic peanut butter, creamy
2 garlic cloves, minced
1 tsp fresh ginger, grated
¾ cup beef stock
½ red bell pepper, sliced
1 cup broccoli
1 celery stalk, chopped
6 mushrooms, sliced
4 tsp sesame oil
1–2 Tbsp low-sodium, gluten-free soy sauce or Bragg® Liquid Aminos
¼ cup peanuts, crushed, or almonds slivers
Lentil pasta

Prepare pasta according to directions and serving sizes. Slice and season chicken tender with salt and pepper. Heat 2 tsp of sesame oil over medium-high heat in a skillet. Add shallots and stir-fry for 2 minutes. Add garlic and ginger and cook for another 2 minutes. Remove them from the pan. Add in the rest of the sesame oil and the chicken and stir-fry 3–5 minutes until nicely browned. Transfer the chicken to a plate. Add broccoli, celery, mushrooms and pepper to the skillet with a splash of the beef stock and stir-fry for 5 minutes. Return the chicken, onions, garlic and ginger to the skillet and add the remaining beef stock; bring to a boil. Cover, reduce heat and let simmer for 5 minutes. Whisk the soy sauce and peanut butter in a bowl and stir into the skillet. Stir in the pasta and toss to combine. Garnish with crushed peanuts.

Chicken Tenderloin With Caraway Sauerkraut

(RR, SS, CC)

Serves 2

10 oz chicken tenderloin
1 cup sauerkraut, drained
½ cup red onions, sliced
¼ cup chicken broth
1 Tbsp caraway seeds
⅛ tsp black pepper
1 Tbsp olive oil
⅛ tsp salt
⅛ tsp pepper

Heat the oil in a frying pan over medium heat. Sprinkle the chicken tenderloin with salt and pepper. Sauté the chicken over medium heat for 4 minutes. Turn over the chicken and add onions. Continue to sauté until the chicken is lightly browned on both sides and the onions have softened. Add the chicken broth, sauerkraut and caraway seeds. Cover and simmer for 25 minutes.

Roasted Chicken With Olives and Sun-dried Tomatoes

(RR, SS, CC)

Serves 4

4 chicken breasts
1 tsp oregano
3 tsp olive oil
½ cup sun-dried tomatoes
2 oz Kalamata olives

Preheat the oven to 375 F. Place a sheet of aluminum foil on a baking sheet and brush it with oil. Place the chicken on the foil and season the top of each piece with oregano, salt and black pepper to taste. Top the chicken with olives and tomatoes. Turn up the edges of the foil to prevent runoff. Bake 20–25 minutes until chicken is cooked through. Serve alongside ½ cup of your favorite whole grain or bed of greens.

Optional: Make a “one-sheet meal” by adding 4–6 cups of your favorite vegetable medley to the large baking sheet with the chicken and roast everything all at once.

Roasted Chicken With Sweet Potatoes and Vegetables

(RR, SS, CC)

Serves 6

4–5 lb whole chicken
1 ½ cups green beans
1 ½ cup sweet potatoes, cubed
1 cup chopped celery
1 cup chopped onion
1 ½ cup carrot slices
1 dash sea salt
Pepper to taste
1 Tbsp thyme

Preheat the oven to 375 F. Place chicken in roasting pan and sprinkle with salt and pepper. Arrange carrots, potatoes and green beans around the chicken and vegetables. Bake uncovered for 30 minutes or until chicken is cooked through.

Sautéed Balsamic Chicken With Quinoa and Vegetables

(RR, SS, CC)

Serves 1

1 chicken breast
½ cup sliced red bell pepper
½ cup onions, chopped
½ cup zucchini, chopped
½ cup quinoa
1 Tbsp olive oil
½ Tbsp balsamic vinegar

Chop the chicken into bite-sized pieces. Cook the quinoa according to instructions. In a sauté pan, cook the chicken with the vinegar and half of the olive oil; make sure it is fully cooked. In a separate pan, sauté the vegetables with the remaining oil. Layer the quinoa and vegetables and top with the chicken.

Sautéed Chicken With Zucchini, Tomatoes and Pine Nuts

(RR, SS, CC)

Serves 1

1 chicken breast
1 tomato, sliced
1 Tbsp pine nuts
1 cup zucchini, sliced
Dash black pepper
1 Tbsp balsamic vinegar
1 Tbsp water
1 Tbsp olive oil
1 tsp reduced-sodium soy sauce

Sauté the chicken breast in 1 tsp of oil in a skillet. When partially cooked, add soy sauce, water and zucchini; cook until done. Arrange the tomato slices on a plate; sprinkle with vinegar and 1 tsp of olive oil. Top with the chicken and zucchini mixture. Garnish with pine nuts and salt and pepper to taste.



Sonoma Chicken

(Cleanse, P1, P2, FS, RR, SS, CC)

Serves 4

4 chicken breasts
½ cup tomatoes
1 ¼ cup chicken broth
1 onion, sliced
1 ½ cup mushrooms
¼ tsp pepper
4 Tbsp olive oil
½ tsp garlic powder
1 tsp rosemary

Butterfly the chicken breasts and pound them until they're less than ½ thickness. Sprinkle both pieces with some of the rosemary, garlic powder, salt and pepper and set aside. Coat a skillet with oil and warm over medium-high heat. Add the chicken and cook 2–3 minutes on each side or until no pink shows inside. Set aside and keep warm. Add onions, mushrooms and 2 Tbsp broth to the same skillet. Cover and cook for a few minutes until vegetables are tender. Add remaining broth and tomatoes and bring to a boil. Reduce heat to medium low, cover and cook for 3 minutes. Raise heat to high and cook uncovered, frequently stirring for 3 minutes more until about ¼ of the liquid remains. Serve the chicken with sautéed vegetables over the top and garnish with parsley.

Southwest Easy-Oven Chicken

(SS, CC)

Serves 4

3–4 chicken breasts cubed
2 garlic cloves, minced
¾ cup salsa
1 can black beans, drained and rinsed
1 cup chicken broth

Preheat the oven to 350 F. In a 13x9 baking pan, combine all ingredients. Bake, stirring once or twice until the chicken is cooked through and the liquid is reduced, about 40 minutes.

Thai Chicken Stir-Fry

(P2, FS, RR, SS, CC)

(Serves 2)

2 chicken breasts, cubed
1 cup cauliflower
2 cups broccoli
1 cup carrot slices
½ tsp garlic powder
½ tsp ginger
1 tsp ground cardamom
½ tsp chili powder
1–2 Tbsp curry powder
2 Tbsp avocado olive oil
1 Tbsp soy sauce

Over medium-high heat, stir the oil, soy sauce and garlic powder in a large skillet. Add the cubed chicken and cook for 3 minutes. Add all other ingredients, bring to a boil and cover. Cook 3–5 minutes.

Turkey Meatloaf

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 8

2 lb lean ground turkey
½ cup yellow bell pepper
½ cup red onions, chopped
1 Tbsp fresh salsa
½ cup no-added-sugar tomato sauce
1 Tbsp basil, ground
½ cup liquid egg whites
1 Tbsp oregano
2 tsp garlic powder

Mix all ingredients except for the tomato sauce together and form into a pan. Pour the tomato sauce on top, cover and bake at 350 F for 45 minutes.

Turkey Sausage Patties

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

1 lb lean ground turkey
¾ tsp basil
1 tsp coriander
½ tsp cumin
½ tsp garlic powder
½ tsp oregano
1 tsp paprika
½ tsp pepper, red or cayenne
½ cup low-sodium chicken broth

Combine the turkey and dry spices in a bowl. Add the broth and mix, then let stand for 15 minutes. Form turkey into nine patties (¾ inches thick). Cook the patties in a skillet over medium-high heat, about 8 minutes on each side. Serve on a bed of greens.



SEAFOOD DISHES

Broiled Sole With Warm Eggplant Salad

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 1

1 sole fillet
¼ red onion, sliced fine
1 medium tomato, chopped
1 ½ cup eggplant, cubed
1 Tbsp parsley
½ Tbsp avocado oil
¼ Tbsp balsamic vinegar
½ Tbsp capers

Preheat the oven to 350 F. Place the sole in the oven and cook until it is tender and flaky, about 15 minutes. While the fish is in the oven, heat the oil in a nonstick skillet. Add the eggplant and fry until golden and softened. Add onion, capers, tomato, parsley and vinegar and stir to combine; sauté until the onions are soft. Top the broiled fish with the eggplant salad.

Caribbean Shrimp

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

1 lb shrimp
¼ cup freshly squeezed grapefruit juice
1 oz lime zest
¼ oz lime juice
1 garlic clove
¼ tsp salt

Mix all ingredients together. Cover and refrigerate for at least 2 hours. Cook shrimp as desired – broil, bake or sauté.

Cashew-Coconut Shrimp Stir-Fry

(RR, SS, CC)

Serves 1

6 medium shrimp
½ cup coconut milk
1 Tbsp olive oil
1 Tbsp chopped cashew nuts
2 garlic cloves, minced
2 cups vegetables of your choice
¼ tsp low-sodium soy sauce

Sauté garlic in olive oil over medium heat for 1 minute. Add vegetables and cook 5 minutes. Add shrimp and coconut milk. Sauté 5 minutes. Top with cashews and light soy sauce.

Chinese Steamed Bass With Cabbage

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 2

2 striped bass fillets
1 hot chili pepper, chopped
1 tsp grated fresh ginger
½ head cabbage
2 garlic cloves, minced
2 Tbsp low-sodium soy sauce
2 tsp olive oil

Sprinkle fish with chili pepper, ginger and salt. Using a double broiler over medium-high heat, steam cabbage for 5 minutes. Lay the fish on top of the cabbage and steam for 5 more minutes until cooked thoroughly. While steaming, heat the oil in a small saucepan and add the garlic, cooking until slightly browned. Plate the cabbage and fish. Combine soy sauce with garlic and oil, whisk and spoon over the fish.

Cod in Parsley Sauce Over Steamed Vegetables

(FS, RR, SS, CC, P2)

Serves 2

2 cod fillets or your favorite white fish
1 cup chopped carrots
1 cup chopped kale
1 cup chopped broccoli
1 cup cauliflower florets
1 Tbsp olive oil
3 Tbsp chicken broth or vegetable broth
2 Tbsp fresh parsley, chopped
Salt and pepper to taste

Heat 1 Tbsp oil in a saucepan with 3 Tbsp broth. Poach the cod in the pan with a Tbsp of parsley until the fish flakes easily. Season with salt and pepper. Serve with steamed carrots, cauliflower, broccoli and kale.



Easy Fish and Vegetable Packets

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

- ½ tsp black pepper
- 1 tsp dill weed
- 4 Tbsp chicken broth
- 1 cup broccoli
- 1 cup cauliflower
- 1 cup carrots, chopped
- ¼ tsp salt
- 4 fish fillets (your favorite white fish or salmon)

Heat the oven to 450 F. Place each fillet on a 12-inch square of aluminum foil. Top each fillet with ¼ of the vegetables and sprinkle with dill weed, salt and pepper. Pour 1 Tbsp of the broth over vegetables. Bring the sides of the foil up to make a tent and fold the top edges over to seal. Repeat for the remaining fillets. Place the packets on an ungreased cookie sheet. Bake until the vegetables are crisp and tender and fish flakes easily, about 40 minutes.

Easy Sheet Pan Garlic Shrimp and Squash

(Cleanse, FS, RR, SS, CC)

Serves 4

- 1 lb peeled shrimp
- 2 zucchinis
- 2 yellow squashes
- 2 Tbsp olive oil
- 1 Tbsp minced garlic
- ½ tsp kosher salt
- 1 tsp ground black pepper

Line cookie sheet with aluminum foil. Chop the zucchini and squash into 1-inch pieces and place on a cookie sheet. Add shrimp, olive oil and garlic. Stir to combine. Sprinkle salt and pepper on top. Bake at 400 F for 12–15 minutes or until shrimp are cooked and vegetables begin to brown.

Easy Shrimp Stir-Fry

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

- 2 tsp liquid aminos or low-sodium soy sauce
- 1 lb shrimp
- 1 Tbsp olive oil
- 4 cups vegetables of your choice

Drizzle 1 Tbsp oil in a skillet and cook shrimp, seasoning shrimp with salt and pepper if desired. Add vegetables. Lower heat and cover pan until vegetables are heated through. Add liquid aminos or soy sauce.

Garlic Basil Shrimp and Vegetables

(RR, SS, CC)

Serves 4

- 1 lb shrimp
- 2 cups broccoli
- 1 summer squash
- 1 Tbsp olive oil
- 2 garlic cloves, minced
- 6 scallions, sliced
- 3 Tbsp chicken broth
- 1 Tbsp fresh basil
- 1 Tbsp lemon juice

In skillet, heat oil over medium-high heat, add garlic and cook for 1 minute. Add scallions and cook for 2 more minutes. Add shrimp and sauté 2–3 minutes or until the shrimp is almost cooked. Add broth, lemon juice and basil and cook until shrimp is pink, about 1 minute. Serve with steamed, roasted or sautéed broccoli and squash.

Ginger Shrimp Stir-Fry

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

- 1 white onion, cut into wedges
- ¾ cup celery, chopped
- ½ cup baby carrots
- ½ cup snow peas
- ½ cup cauliflower
- ½ cup mushrooms
- ½ cup water chestnuts
- ½ cup broccoli
- 2 ½ cup shrimp
- 2 tsp ginger, grated fresh
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp olive oil

In a large skillet, heat oil over medium heat and stir-fry the onions, celery, carrots and ginger for 5–7 minutes. Add snow peas, cauliflower and broccoli and sauté 3–4 minutes. Add mushrooms, water chestnuts and shrimp and sauté an additional 3–5 minutes. Add soy sauce and seasoning and continue to cook until vegetables are heated through.

Grilled Halibut With Mango Citrus Slaw

(RR, SS, CC)

Serves 6

- 3 cups mandarin oranges, peeled
- 4 tsp extra-virgin olive oil
- ¼ oz salt and black pepper
- 4 Tbsp olive oil mayonnaise
- 3 cups mango slices
- 10 oz coleslaw mix
- 6 halibut fillets

In a large bowl, combine the coleslaw mix, mango and mandarin oranges with mayonnaise. Toss gently to combine. Season with salt and black pepper and set aside. Heat a large skillet over medium-high heat and cook the fish for 3 minutes per side or until golden brown. Serve the halibut on top of the slaw.



Grilled Salmon With Spinach and Tomato Stack

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 1

- 1 Tbsp balsamic vinegar
- 2 Tbsp basil, divided
- 1 tsp extra-virgin olive oil
- 1 salmon fillet
- 1 cup spinach
- 1 tomato, sliced

Brush a skillet with the oil and heat until sizzling hot. Add salmon, skin side down. Add tomato and sprinkle with half of the basil. Cook 3–4 minutes. Turn over the salmon and tomato and cook for 2–3 minutes until the salmon is cooked through but still tender. Put the spinach leaves on a serving plate and top with the tomato slices, then add the salmon. Drizzle a few drops of olive oil and some balsamic vinegar, then sprinkle with the remaining basil.

Grilled Tuna With Salsa

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 1

- 4 oz raw sushi-grade tuna
- 1 cup snow peas
- 2 Tbsp fresh salsa
- 1 tsp olive oil

Lightly brush a grill pan, grill rack or broiler pan with oil. Grill the tuna on the pan over medium heat (can also be broiled in a pan), turning after 4–6 minutes. Tuna should be a little pink in the center but flaky around the edges. Top with fresh salsa and serve with 1 cup of snow peas.

Oven Seafood Fajitas

(Cleanse, FS, RR, SS, CC)

Serves 6

- 1 lb peeled shrimp
- ½ lb scallops
- 1 green bell pepper, sliced
- 1 onion, sliced
- ¼ cup olive oil
- ¼ cup fresh lime juice
- 2 Tbsp taco seasoning
- ½ cup water

In a 9x13 glass dish, combine the oil, lime juice, water and seasoning to make the marinade. Add pepper, onion, shrimp and scallops and coat well with the marinade. Bake at 400 F for 15 minutes. Remove from the oven and stir the ingredients, then return to the oven and broil for an additional 5 minutes.



Open-Faced Tuna Salad Stacks

(SS, CC)

Serves 1

- 1 packet or can of Tuna
- 1 medium cucumber, sliced
- 1 celery stalk, chopped finely
- 1 Tbsp onion of choice, minced
- 1 Tbsp olive oil mayonnaise
- ½ Tbsp organic mustard
- ½ lemon
- A dash of salt and pepper

Mix a squeeze of lemon juice, the mayonnaise, mustard, celery, onion, salt, pepper and tuna together. Place a spoonful of the mixture on top of each cucumber slice. Serve plain or garnish with chopped grape tomatoes or alpha sprouts.

Pasta With Clams and Marinara

(SS, CC)

Serves 4

- 1 lb fresh clams or quahogs, with shell
- 1 large white onion, chopped
- 3 cups canned diced tomatoes
- 2 cups lentil or black bean pasta
- ½ cup clam broth
- ¼ pinch red pepper flakes
- ¼ cup fresh parsley
- 2 cups no-salt-added tomato juice
- 2 Tbsp olive oil
- 3 garlic cloves
- ¼ tsp salt

Heat garlic and onion in oil in a large pot. Cook until onions are tender. Add tomato juice, clam broth, salt, crushed red pepper, littleneck clams (scrubbed and cleaned) and undrained diced tomatoes. Bring to a boil. Cover and simmer until clam shells open, about 10 minutes. Remove clams and discard any that are unopened. Add parsley to the pan and cook until the liquid is reduced to about 4 cups. Cook pasta according to package. Serve with clams and sauce over pasta.

Salmon and Herb Spaghetti

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 2

- 2 salmon fillets
- 3 zucchinis
- 7 grape tomatoes
- 3 garlic cloves, minced
- ⅓ cup vegetable broth or chicken broth
- 2 Tbsp olive oil
- 1 ½ Tbsp oregano
- 1 Tbsp basil

Spiralize zucchini and sauté in a large pan with 1–2 Tbsp olive oil. Set aside in a separate bowl. In the same large pan, add minced garlic and tomatoes over medium heat for 1 minute. Raise heat to high and add broth, salmon, basil and oregano and cook until the salmon is opaque, about 4–5 minutes. Toss tomatoes with zucchini pasta and serve with cooked salmon.

Scallops With Pasta

(SS, CC)

Serves 2

- 8–12 oz scallops
- 1 small onion, chopped
- ½ red bell pepper, chopped
- ½ cup tomatoes, sliced
- 1 cup fresh spinach, chopped
- 2 oz lentil or black bean pasta
- 1 garlic clove, minced
- 1 Tbsp olive oil
- ¼ medium lemon, juiced
- Dash of salt and pepper

Cook pasta as directions indicate and set aside. Pan sear the scallops in lemon juice and oil. Set aside. In the same pan, sauté the garlic, onion, tomatoes, red peppers and spinach, adding the spinach last. Once the spinach is wilted, add noodles and mix inside the pan. Serve the pasta on plates and top with scallops.





Simple Dilled Alaskan Cod

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

4 cod fillets
1 zucchini, cut into strips
1 yellow squash, cut into strips
1 onion, chopped
½ tsp mustard, dried spice
1 tsp dill weed
1 lemon, sliced
Salt and pepper

Preheat the oven to 450 F. Evenly distribute the lemon slices onto aluminum foil. Place the cod on the lemon slices and sprinkle with salt and pepper. Top with zucchini, squash and onion, then sprinkle on dill weed and dried mustard. Bring up the foil (each fillet may require its own foil) and double fold it into a tent to seal in the fish. Be sure to leave some room for heat circulation. Bake 15–18 minutes.

Simple Shrimp and Vegetable Pasta

(SS, CC)

Serves 2

10–12 medium shrimp
1 cup cauliflower, chopped
1 cup broccoli, chopped
4 oz lentil elbow pasta
½ Tbsp coconut or avocado oil
Tbsp olive oil
1 dash salt and pepper

Cook the pasta according to directions. In a covered saucepan, lightly steam the broccoli and cauliflower. Sauté the shrimp in a small pan using coconut oil, salt and pepper. Toss the shrimp, vegetables, pasta and 1 Tbsp of olive oil together to serve.

Optional: Spice it up with your favorite fresh herbs, spices or hot sauce.

Sweet and Spicy Orange Salmon

(RR, SS, CC)

Serves 2

2 salmon fillets
1 Tbsp orange juice, freshly squeezed
2 tsp pure maple syrup
½ tsp cayenne
1 garlic clove, minced

Preheat the oven to 350 F. Mix the orange juice, syrup, garlic and cayenne in a bowl and marinate the salmon fillets in the mixture while preparing your side dishes. Place the fish on a sheet of aluminum foil on a baking sheet and pour the marinade over the fish. Season with a dash of salt and pepper and bake 20–25 minutes or until flaky.

Zesty Red Snapper With Mushrooms

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

4 red snapper fillets
2 Tbsp lemon juice
¼ tsp red pepper flakes
¼ tsp pepper
½ tsp tarragon
½ tsp paprika
1 cup sliced mushrooms
¼ tsp salt

Heat the oven to 400 F. Mix dry herbs. Brush fish fillets with lemon juice. Rub both sides of fish with herb mixture; arrange in an ungreased rectangular baking dish. Cook and stir mushrooms in remaining lemon juice in a skillet over medium heat, about 2 minutes. Place mushrooms over fish. Cover and bake until fish flakes, about 15–20 minutes.



VEGETARIAN AND VEGETABLE SIDE DISHES



Asparagus and Red Pepper With Balsamic Vinegar

(RR, SS, CC)

Serves 4

½ bunch fresh asparagus
1 large red onion, sliced
1 red bell pepper, sliced
1 Tbsp balsamic vinegar
1 Tbsp sesame seeds
1 Tbsp pine nuts
1 Tbsp extra-virgin olive oil
1 dash salt to taste

Heat oil in a large skillet over medium heat; add the asparagus and red onion, season with salt and cook until the onion begins to soften, about 5 minutes. Stir the red bell pepper into the mixture and continue cooking until the onions begin to caramelize, another 5 minutes. Remove from the heat and add the vinegar, seeds and nuts; toss to combine.

Broccoli Marinara

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

4 cups broccoli, chopped
2 garlic cloves, chopped
2 Tbsp extra-virgin olive oil
Salt and pepper to taste
2 cups canned diced tomatoes with basil, garlic and oregano (no salt added)

Heat oil in a large skillet over medium heat. Add garlic and cook for a few minutes, stirring constantly. Pour in the tomatoes with their juices and simmer until the liquid has reduced to about half. Place the broccoli on top of the tomatoes and season with salt and pepper. Cover and simmer on low heat for 10 minutes or until broccoli is tender and bright green. Pour into a serving dish and toss before serving.

Baked Spaghetti Squash

(SS, CC)

Serves 5

1 medium spaghetti squash
Tomato pasta sauce (no-sugar)

Preheat the oven to 350 F. Cut squash in half, core and place in a large pan with just enough water to cover the bottom of the pan. Cook squash until a fork can easily pass through, about 25–30 minutes. Let cool and, using a fork, scrape the inside of the squash halves to form noodle-shaped strands. On the stove, heat homemade or store-bought tomato sauce and pour over spaghetti squash. Garnish with fresh basil.

Balsamic Kale Sauté

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

5 cups kale, destemmed and chopped
1 garlic clove, minced
2 tsp extra-virgin olive oil
2 Tbsp balsamic vinegar
Salt and pepper to taste

In a large saucepan over medium-high heat, add oil, garlic and a splash of water; heat until garlic is aromatic, then add the kale and vinegar. Cook while stirring for about 2–3 minutes until leaves are wilted. Add salt and pepper to taste.

Cauliflower Spanish “Rice”

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

1 cauliflower head, grated to the texture of rice
2 garlic cloves, chopped
1 medium green bell pepper
1 medium red bell pepper
3 celery stalks
2 large carrots
2 Tbsp extra-virgin olive oil
1 medium tomato, diced
2 tsp cumin

Heat oil in a large skillet and sauté chopped vegetables until heated through. Add broth and lower heat, stirring often. When the cauliflower starts to soften, add the tomato and spices and cover over low heat until it reaches the texture of Spanish rice. Adjust seasoning and broth to taste and texture.



Cold Spicy Noodles With Grilled Tofu

(SS, CC)

Serves 8

1 block extra firm organic tofu
2 scallion stalks (green onion)
1 red bell pepper, chopped
½ pinch red pepper flakes
2 Tbsp tahini
2 tsp low-sodium soy sauce
¼ cup fresh orange juice
1 Tbsp sesame oil
½ cup fresh cilantro, chopped
1 package of black bean noodles or 4 freshly spiraled zucchini

Slice the tofu into 8 pieces. Place double-layered paper towels on a cutting board and set it over the sink. Arrange tofu in one layer on a cutting board, then top with a clean dish towel. Place a second board on top and add some weight (4–5 lb). Let stand for 10 minutes. Cook the noodles according to package directions. Once drained, place the noodles in a bowl in the fridge. Uncover the tofu and place it in 1 layer in a shallow baking dish. Drizzle with ¼ cup fresh orange juice and low-sodium soy sauce. Marinate at room temperature, turning often. In a large bowl, mix cilantro, tahini, oil, remaining 3 Tbsp orange juice and crushed red pepper flakes. Add green onion, pepper and cooked noodles to the mix. Broil or grill the tofu slabs until lightly browned, 1–2 minutes per side. Serve over cooked noodles.

Creole Okra and Tomatoes

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

1 yellow onion, chopped
4 cups okra, sliced
2 cup chopped plum tomatoes
1 Tbsp avocado oil
1 bay leaf
½ tsp thyme
¼ Tbsp salt
½ tsp red pepper

Heat oil in a skillet over medium heat, and then add onion and sauté until tender. Add okra, tomatoes, bay leaf, thyme, salt and red pepper. Cover and cook 15 minutes. Uncover and cook 3–5 minutes or until okra is tender and piqued is mostly evaporated.

Curried Tofu Scramble With Roasted Peppers and Peas

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

14 oz firm, pressed and crumpled tofu*
1 cup frozen green peas
1 red bell pepper, chopped
1 yellow onion, diced
1 Tbsp avocado oil
1 Tbsp curry powder
½ cup water
¼ tsp salt
¼ Tbsp cilantro
¼ tsp black pepper

Heat the oil in a heavy-bottomed skillet over medium-high heat. Add the tofu, onion, curry powder, salt and black pepper and sauté for 2 minutes, stirring frequently. Add water and cover. Cook 3 minutes. Stir in peas, roasted pepper and cilantro. Cook 2 additional minutes.

*Tip: Freezing tofu will make it crumble better.



Fresh Summer Vegetable Ratatouille

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 8

1 eggplant, unpeeled and cubed
1 summer squash, cubed
2 medium green bell peppers, chopped
1 red bell pepper, chopped
4 small tomatoes, chopped
2 medium onions, sliced
2 zucchinis, chopped
½ tsp basil
½ tsp salt
3+ Tbsp extra-virgin olive oil
1 bay leaf
3 garlic cloves, minced

Heat 1 ½ Tbsp oil in a large stockpot over medium-high heat. Add the onions and garlic and cook until soft. In a large skillet, heat 1 ½ Tbsp oil and sauté zucchini in batches until slightly browned on all sides. Remove zucchini and place in the stockpot with onions. Sauté all remaining vegetables one batch at a time, adding a little more oil each time a new batch of vegetables is added. Season the pot ingredients with salt and pepper. Add bay leaf and cover. Cook over medium heat for 20 minutes. Add chopped tomatoes and parsley and cook another 10–15 minutes, occasionally stirring. Remove bay leaf and adjust seasoning.

Garden Vegetable Packet

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

3 cups broccoli
2 cups cauliflower
1 red bell pepper, sliced
1 tsp basil
½ Tbsp salt
¼ tsp pepper

Preheat the oven to 450 F. Center vegetables on a sheet of aluminum foil and sprinkle with the seasonings, then top with two ice cubes. Bring foil up and double fold the top to seal and make it like a tent. Bake 20–25 minutes.

Garlic Kale

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 2

5 cups kale, chopped
2 garlic cloves, minced
2 Tbsp extra-virgin olive oil

Remove leaves from the stem and tear into bite-sized pieces, discarding the stems. In a large pot, heat oil over medium heat. Cook and stir the garlic until softened, about 2 minutes. Add kale and continue to cook and stir for about 5 minutes or until kale is bright green and wilted.

Green Beans With Almonds

(RR, SS, CC)

Serves 7

2 lb green beans
¼ cup sliced almonds
2 Tbsp avocado oil
Salt and pepper

Preheat oven to 425 F. Trim the ends off of the green beans and steam. Place them in a bowl and top with almonds. Toss with avocado oil and season with salt and pepper. Spread the seasoned green beans out on a baking sheet and place them in the oven for 10–20 minutes, depending on the size of the beans and desired firmness.

Grilled Italian Vegetables

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 6

2 red bell peppers, cut into strips
1 zucchini, thinly sliced
1 red onion, thinly sliced
8 small mushrooms
3 plum tomatoes, cut into ½-inch pieces
3 garlic cloves, minced
3 Tbsp olive oil
3 Tbsp lemon juice
1 tsp basil
½ Tbsp salt

Preheat grill to medium-high heat. Fold aluminum foil over the outside of a 13x9 baking pan, then remove foil and place it on a cookie sheet. Place vegetables in the “foil pan.” Combine all other ingredients and drizzle the mixture over the vegetables. Grill 20–25 minutes.



Grilled Vegetables and Tofu Skewers

(RR, SS, CC)

Serves 4

1 red pepper, quartered
1 zucchini, sliced
½ red onion, quartered
6–8 baby bell mushrooms, trimmed and washed
13 oz firm tofu, patted dry
2 Tbsp avocado oil
Dash of Salt and pepper and seasoning/spice of choice.

Preheat grill and flat plate on medium heat. Drain tofu block and press dry with paper towels. Cut tofu into large cubes for skewers. Combine tofu and vegetables in a large bowl and toss in the oil, salt and pepper. Place the peppers, zucchini, mushrooms and onion on skewers. Grill until slightly blackened.

Herbed Vegetables and Lentils

(RR, SS, CC)

Serves 2

1 cup zucchini, sliced
1 cup sliced summer squash
1 scallion
2 cups drained pimientos
¾ cup lentils
½ tsp oregano
¼ tsp thyme
1 ½ cup vegetable broth
2 garlic cloves, minced

Heat broth and lentils to boiling in a 2-quart non-stick saucepan, stirring occasionally. Cover and simmer for 20 minutes. Stir in zucchini, squash, onions, herbs and garlic. Heat to boiling. Reduce heat and simmer 5 minutes. Stir in pimientos. Cook uncovered until vegetables are tender and mixture is of desired consistency, 2–3 minutes longer.

Lentil Rice With Spinach, Mushrooms and Onions

(RR, SS, CC)

Serves 2

½ cup brown rice
¾ cup lentils
1 cup chopped onions
½ cup sliced mushrooms
4 cups baby spinach
1 tsp pepper
1 Tbsp allspice
¼ tsp salt
2 Tbsp olive oil
2 ½ cups water
3 garlic cloves, minced

Bring water to a boil. Add lentils and simmer uncovered for 20 minutes. Add rice and simmer 20 minutes more. Add salt, pepper and allspice to rice and lentil mixture. Heat oil in a skillet on medium heat. Add onions and sauté until translucent. Add mushrooms and garlic; cook until brown. Add spinach and sauté until wilted. Serve the vegetables on top of the lentils in bowls.

Mashed Cauliflower

(Cleanse, P1, P2, FS, RR, SS, CC)

Serves 4

1 head cauliflower
1 garlic clove, minced
¼ tsp pepper
1 tsp salt
¼ cup low-sodium chicken stock

Boil or steam cauliflower until tender. Roast cloves or sauté minced garlic until soft. Drain cauliflower, add garlic and mash. Add salt, pepper and chicken stock to taste.

Mediterranean Summer Tomatoes

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

5 fresh tomatoes
5 shallots, finely chopped
¼ cup olive oil
⅓ cup balsamic vinegar

Core and slice the tomatoes and arrange. Sprinkle shallots over the tomatoes. Whisk the oil and vinegar, then pour over tomatoes. Let stand for 5 minutes before serving.

Mushrooms and Pepper Sauté

Serves 4

(Cleanse, FS, RR, SS, CC, P1, P2)

1 cup chopped red bell pepper
½ lb mushrooms, sliced
1 tsp garlic, minced
1 tsp thyme
2 Tbsp chicken broth
1 tsp olive oil

Heat oil in a skillet over medium-high heat and add mushrooms. Cook until they begin to brown. Add the bell pepper and cook 3 minutes. Add salt, pepper, garlic and herbs and cook 30 more seconds, then add the broth. Continue to cook until the liquid evaporates.





Oven-Roasted Asparagus

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

- 1 bunch asparagus, ends trimmed
- 3 Tbsp olive oil
- 1 garlic clove, chopped
- ½ tsp pepper
- 1 Tbsp lemon juice
- ¼ tsp salt

Preheat the oven to 425 F. Place all ingredients in a plastic resealable bag and shake to coat the asparagus. Arrange on a baking sheet and bake 10 –15 minutes. Sprinkle with lemon juice.

Portabella Mushroom Burgers

(Cleanse, P1, P2, FS, RR, SS, CC)

Serves 2

- 4 portabella mushrooms, whole
- ½ cup onion, finely chopped
- 1 cup chopped carrot
- 2 garlic cloves, minced
- 1 tsp pepper
- 1 Tbsp Italian seasoning
- 2 Tbsp balsamic vinegar
- 2 Tbsp olive oil

Sauté carrots, onion and mushroom stems until tender. Remove from pan. Sauté mushroom caps upside down for 5 minutes. In the meantime, mix the oil, vinegar, garlic, Italian seasoning and pepper. Turn over mushroom caps. Divide carrot and onion mixture equally among the caps. Drizzle with oil and cook an additional 5 minutes.

Roasted Broccoli With Soy Sauce and Sesame Seeds

(RR, SS, CC)

Serves 4

- 1 lb broccoli
- 1 Tbsp sesame seeds
- 1 tsp sesame oil
- ¼ cup olive oil
- 1 Tbsp low-sodium soy sauce or liquid aminos

Preheat the oven to 450 F. Cut broccoli into pieces about 2 inches long. Place broccoli in a mixing bowl and toss with all ingredients, except seeds. Arrange in a single layer on a baking sheet and roast for 10 minutes. Stir and roast for another 5 minutes. Meanwhile, toast the sesame seeds in a dry pan over medium-high heat for 30–60 seconds. When the broccoli is done, add the seeds and toss.

Roasted Garlic Lemon Broccoli

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 6

- 2 heads broccoli florets
- 2 tsp olive oil
- 1 tsp sea salt
- ½ tsp pepper
- 1 garlic clove, minced
- ½ lemon

Preheat the oven to 400 F. Toss the broccoli with the oil in a bowl, then add salt, pepper and garlic. Spread broccoli in an even layer on a baking sheet. Bake 15–20 minutes. Squeeze lemon over the broccoli before serving.

Roasted Chickpea and Vegetable Bowl

(SS, CC)

Serves 2

- 1 can chickpeas, drained and rinsed (or 14 oz chickpeas, soaked)
- ½ red onion, sliced thin
- ¼ red onion, minced fine
- 2 Roma tomatoes, sliced
- 2 garlic cloves, minced or crushed
- 1 tsp concentrated vegetable stock
- 1 lemon
- 2 Tbsp fresh cilantro, chopped
- 2 Tbsp pistachios, crushed
- 1 Tbsp Harissa spice (spicy)
- ½ cup dry quinoa, millet or brown basmati rice

Preheat the oven to 425 F. Prepare ½ cup dry quinoa, millet or brown basmati rice. Heat a drizzle of oil in a saucepan. Add minced onion and half of the garlic; cook until fragrant, then add 1 cup of water and 1 tsp concentrated vegetable stock. Bring to a boil, then add ½ cup of grain. Cover, seal and reduce to the lowest heat setting for 15–20 min.

In a bowl, combine chickpeas, sliced onion and tomatoes; drizzle with avocado oil and toss with harissa seasoning and a dash of salt. Spread the mixture onto a baking sheet and place in the oven for 20 minutes or until you hear the first chickpeas pop. Once done, serve over cooked grain, squeeze a quartered lemon over the top and garnish with fresh cilantro and crushed pistachios.



Sauteed Baby Bok Choy and Cabbage With Garlic

(RR, SS, CC)

Serves 4

- 5 cups baby bok choy (Chinese cabbage)
- 4 cups sliced cabbage
- 1 Tbsp avocado oil
- ½ cup low-sodium vegetable broth
- 3–4 garlic cloves, minced
- 2 Tbsp of low-sodium soy sauce or liquid aminos
- Salt and pepper to taste

Heat oil in a large skillet or wok over medium heat; cook and stir the garlic until very lightly browned. Pour in the chicken broth, add the baby bok choy and cabbage and bring to a boil. Reduce heat to a simmer and cook until the bok choy is tender. Remove from skillet, leaving any liquid. Season to taste with salt, pepper and soy sauce or liquid aminos.

Sautéed Vegetable Medley

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

- 4 large zucchinis, diced
- ½ medium red onion, sliced
- 2 ½ cups mushrooms, diced
- 1 medium tomato, sliced
- 1 garlic clove, minced
- 1 tsp Italian seasoning
- 1 Tbsp olive oil

In a skillet, heat oil over medium heat. Sauté onions for 2 minutes. Stir in zucchini and mushrooms. When zucchini begins to soften, add tomatoes, garlic and Italian seasoning. Cook until heated through.



Skillet Squash and Beans

(SS, CC)

Serves 4

- 1 cup butternut squash cubes
- 1 yellow squash, diced
- ½ cup onions, chopped
- 1 ½ cups diced zucchini
- 2 garlic cloves
- 1 jalapeño pepper, chopped
- ¼ cup fresh cilantro leaves
- 2 cups of your favorite beans
- 1 cup vegetable broth or chicken broth

Heat all ingredients, except cilantro, to boiling in a 10-inch nonstick skillet; reduce heat. Cover and simmer until all vegetables are tender; about 7 minutes. Stir in cilantro just before serving.

Speedy Zucchini Boats

(SS, CC)

(If you use grain-free Vegetable burgers, this can easily be a rapid results meal)

- 2 large zucchinis
- ¼ cup no-sugar-added tomato sauce
- 1 tsp olive oil
- 2 vegetable burgers

Set the oven rack to middle position and turn broiler to high. Slice zucchini lengthwise and remove the seeds. Rub the zucchini with oil and season with salt and pepper. Place on a baking sheet open side up. Place crumbled vegetable burger in the zucchini halves. Broil for 8 minutes. Heat the sauce and spoon it over the zucchini boats. Garnish with fresh parsley or basil.

Spicy Grilled Vegetable Skewer

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 6

- Marinade:
- 1 tsp ground ginger
 - 2 Tbsp shallots, minced
 - 4 Tbsp low-sodium soy sauce
 - 1 tsp rice vinegar
 - 3 Tbsp olive oil
 - ½ oz lime juice
 - ¼ tsp red pepper

- Vegetables to roast:
- 1 yellow squash, cut into 1-inch slices
 - 2 portabella mushrooms cut into quarters without stems
 - 1 red bell pepper, cut into 1-inch chunks
 - ½ red onion, quartered

Whisk all marinade ingredients until well combined. Place vegetables in a covered container and cover with marinade. Refrigerate for 20 minutes. Skewer the vegetables. Spray the grill with cooking spray and grill on medium-high heat until they're soft and browned, about 8–10 minutes, turning frequently.

Spicy Summer Bean Salad

(SS, CC)

Serves 8

- 1 can black beans
- 1 can black-eyed peas
- 1 yellow bell pepper, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 jalapeño pepper, cored and minced
- 1 tsp hot sauce
- 2 limes, freshly squeezed juice
- 2 Tbsp rice vinegar

Drain and rinse all the beans. Combine all ingredients and store in the refrigerator until ready to eat.

Spicy Roasted Kale

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 4

- 4 cups chopped kale, stems removed
- 1 Tbsp olive oil
- 1 tsp chili powder
- ¼ tsp salt

Preheat the oven to 400 F. Combine kale and oil in a bowl and toss evenly. Sprinkle with spices and toss again. Spread the kale on a baking sheet. Roast for 5 minutes, stir and continue roasting for 5–8 minutes until edges are brown.



Steamed Green Bean With Asian Flavors

(RR, SS, CC)

Serves 4

- 1 lb fresh green beans
- 2 Tbsp rice vinegar
- 1 Tbsp extra-virgin olive oil
- 1 Tbsp dry sherry
- 2 tsp low-sodium soy sauce
- 1 tsp sesame oil
- 1 garlic clove, minced
- ¼ tsp black pepper
- 1 tsp sesame seeds

Cut off green bean stems and steam beans in a covered steamer for 8 minutes. While steaming, whisk together the vinegar, olive oil, dry sherry, soy sauce, sesame oil, garlic and pepper until emulsified, about 1 minute. Set aside. Toast the sesame seeds in a small, dry pan over medium heat, occasionally stirring until they turn a darker shade of tan and emit a toasted aroma, about 1 minute. Immediately remove them from the pan and set aside. When the beans are fork-tender, rinse them briefly with cold water and drain very well. Toss warm beans with the dressing in a serving dish. Sprinkle with sesame seeds and serve.

Stuffed Eggplant

(RR, SS, CC)

Serves 4

2 eggplants, sliced half lengthwise
3 vine-ripened tomatoes, chopped
1 onion, finely chopped
1 celery stick, chopped
1 zucchini, chopped
1 Tbsp pine nuts and pumpkin seeds
2 garlic cloves, minced
2 tsp cumin
1 Tbsp mint
1 tsp parsley
1 tsp lemon zest
1 tsp oregano
1 Tbsp olive oil

Preheat the oven to 350 F. Scoop out the seedy flesh of the eggplants, leaving at least a ½-inch thick shell. Sprinkle the insides with salt and pepper and place upside down on a paper towel. Dice the flesh. Heat oil in a frying pan over medium low heat. Add onion and celery and cook for 5 minutes. Add garlic, cumin, oregano and zucchini and cook for 1 minute more. Increase heat to medium high, add chopped eggplant and zucchini and cook 3 additional minutes. Add the tomato, pine nuts, pumpkin seeds, mint, parsley and lemon zest. Rinse the eggplant shells and pat dry. Fill with the mixture, place on a parchment paper-lined baking sheet and roast for 30 minutes.

Tempeh Rancheros

(FS, RR, SS, CC, P2)

Serves 4

1 package of tempeh
½ onion, diced
½ cup each chopped red and green bell peppers (1 cup total)
14 oz can diced tomatoes
2 tsp crushed garlic
2 Tbsp jalapeño peppers
1 Tbsp olive oil
2 tsp chili powder
1 tsp cumin
½ tsp salt

Heat oil in a skillet over medium-high heat. Add peppers and onions and sauté for 3 minutes, stirring frequently. Add tomatoes, jalapeño, garlic, chili powder, cumin, salt and pepper, stirring to combine. Cover and let cook for 8 minutes. Remove lid and add tempeh pieces into the sauce. Re-cover and cook for 3 more minutes. Serve tempeh in shallow bowls.

Toasted Thyme Kale and Yams

(RR, SS, CC)

Serves 6

2 cups yams, cubed
1 white onion
5 cups kale, destemmed and torn
2 Tbsp olive oil
1 Tbsp lemon juice
1 tsp thyme
Salt and pepper to taste

Preheat the oven to 400 F. Toss yams and olive oil in a bowl. Season with salt and pepper and lay evenly on a baking sheet. Bake for 20–25 minutes. Cool to room temperature in the refrigerator. Meanwhile, heat the remaining olive oil in a skillet over medium heat. Cook the onions and garlic until the onions are golden brown, about 15 minutes. Stir in kale, cooking until wilted and tender. Transfer to a bowl and cool to room temperature in the refrigerator. Once everything has cooled, add the yams, kale, vinegar and thyme into a bowl. Season with salt and pepper.

Tuscan Vegetable Skillet

(SS, CC)

Serves 2

½ cup red bell pepper, chopped
1 ¼ cups zucchini, chopped
½ cup celery, chopped
¼ cup diced tomatoes
½ cup onions, chopped
1 cup chopped spinach
1 ¾ cup red kidney beans
⅛ tsp pepper
1 sprig fresh rosemary
2 tsp olive oil

Heat oil in skillet over medium-high heat. Add zucchini, onions, celery, peppers, rosemary and garlic. Sauté 10 minutes. Stir in tomato, beans and rosemary and cook 5 minutes. Add spinach, salt and pepper to zucchini mixture; cook 1 minute or until spinach wilts. Remove from heat and discard rosemary.

Vegan Black Bean Flautas

(SS, CC)

Serves 4

1 cup black beans (soaked or canned)
1 small red pepper, diced
1 small poblano pepper, chopped
1 small onion, chopped
1 garlic clove, minced
⅛ tsp pepper
1 tsp chili powder
½ tsp cumin powder
1 Tbsp avocado oil
4 jicama or cauliflower tortillas

Heat oil in a frying pan and add onion, peppers and garlic. Sauté for 3 minutes or until soft. In another pan, add a drizzle of oil and sauté the black beans and spices; once hot, mash the beans with a fork. Mix in the sautéed vegetables. Spread the tortillas on a cookie sheet or parchment paper and scoop the mixture onto the tortillas; roll them up. Carefully place them folded side down in a skillet over medium-high heat, drizzle with oil, brown, carefully flip and brown the other side. Serve immediately.

Optional garnish: fresh salsa, fresh tomatoes, avocado and chopped cilantro.



Vegan Vegetable Curry

(Cleanse, FS, RR, SS, CC, P1, P2)

Serves 6

1 large zucchini, chopped
1 large onion, chopped
3 cups cauliflower, chopped
2 cups green beans, trimmed and chopped in half
1 medium yellow squash, chopped
1 ½ cups tomato sauce (low sugar)
6 cups coconut milk
2-4 Tbsp curry powder
1 small bunch of fresh basil, chopped

Combine coconut milk, tomato sauce and curry powder in a saucepan. Bring mixture to a boil, then reduce to a slow simmer. Add the vegetables and simmer until all vegetables are tender. Garnish with fresh basil.

Warm Balsamic Barley Salad With Peas, Zucchini and Mushrooms

(SS, CC)

Serves 6

¾ cup dry pearled barley or faro
½ cup frozen peas, thawed
1 small zucchini, chopped small
1 ½ cup mushrooms, chopped
1 cup red pepper, chopped small
Black pepper to taste
2 Tbsp rice vinegar
2 Tbsp balsamic vinegar
¼ cup fresh dill weed, chopped fine
3 Tbsp extra-virgin olive oil

Cook barley or faro for 35 minutes. Drain excess water off the grains in a colander and set aside. Prepare the dressing by whisking together the oil, vinegars, pepper and dill weed. Set aside. Sauté the vegetables in a skillet with a drizzle of avocado oil and a dash of salt and pepper. Combine the vegetables and cooked grains, pour dressing over, stir to mix and serve immediately.

