



 **TLS** WEIGHT
MANAGEMENT
SOLUTION

RAPID RESULTS RECIPES



TABLE OF CONTENTS

APPETIZERS

- 4
 - Artichokes and Green Beans
 - Artichokes with Saffron and Almonds
 - Asparagus and Walnuts
 - Avocado and Grape Tomato Guacamole
 - Hot and Sour Soup
 - Muhammara
 - Mushroom and Walnut Pâté'
 - Spicy Avocado Yogurt Dip
 - Tomato and Garlic Green Beans
 - Tomatoes with Shallots and Fresh Basil
 - Wilted Arugula and Portabella Mushrooms

DESSERTS, MARINADES AND DRESSINGS

- 6
 - Asian Sesame
 - Coconut Macaroons
 - Creamy Quinoa Pudding
 - Detox-Friendly Ranch Dressing
 - Fruit and Nut Salad
 - Hot Chocolate
 - Orange Anise Vinaigrette
 - Refreshing Lemon-Lime Dressing
 - Spicy Lime Marinade
 - Strawberry Dressing
 - Sweet Mustard Vinaigrette Dressing

EGG DISHES AND BREAKFAST FOODS

- 8
 - Asparagus and Red Pepper Omelet
 - Egg Salad
 - Easy Spinach and Onion Egg Bake — Breakfast for Six Days!
 - Mushroom and Spinach Egg Bake
 - Protein Pancakes
 - Sheet Pan Eggs and Veggies
 - Scrambled Eggs Over Roasted Potatoes
 - Vegetable Omelet with Turkey Bacon
 - Zucchini Hash Browns

BEEF DISHES

- 10
 - Beef and Vegetable Kebabs
 - Beef Stew
 - Black Bean, Steak and Avocado Salad
 - Black Bean and Beef Chili with Cilantro, Lime and Avocado Salsa
 - Country-Style Beef Ribs
 - Greek Stuffed Steak
 - Green Pea Soup
 - Grilled Marinated Sirloin with Salsa
 - Meatballs and Zucchini Spaghetti
 - Old-Fashioned Chili
 - Pepper Steak
 - Pot Roast

- Slow Cooker Pot Roast Stew
- Spice-Rubbed Flank Steak
- Stuffed Peppers
- Tenderloin Steak with Salsa Verde

POULTRY

- 13
 - Asian Chicken Lettuce Wraps
 - Bone Broth
 - Chicken Fajita Packets
 - Baked Chicken Chops with Apple Topping
 - Basil Chicken Packets
 - Greek Chicken Breasts
 - Chicken Turmeric Soup
 - Chicken Salad Squash Boats
 - Chicken Scaloppine with Porcini Mushrooms
 - Cool and Creamy Lime Chicken
 - (with Detox-friendly Ranch Dressing recipe)
 - Dea-Seau Chicken Thai Basil
 - Green Bean Bundles
 - Grilled Jerk Chicken with Red Pepper and Zucchini
 - Herb Roasted Chicken
 - Lemon Basil Chicken
 - Moroccan-Style Chicken with Vegetables
 - Mushroom and Turkey Burgers
 - Chicken Tenderloin with Caraway Sauerkraut
 - Roasted Chicken with Olives and Sun-dried Tomatoes
 - Sautéed Chicken with Zucchini, Tomatoes and Pine Nuts
 - Sonoma Chicken
 - Sunburst Chicken Salad
 - Thai Chicken Stir Fry
 - Turkey Meatloaf
 - Turkey Sausage Patties

SEAFOOD DISHES

- 18
 - Teriyaki Salmon
 - Broiled Sole with Warm Eggplant Salad
 - Caribbean Shrimp
 - Chinese Steamed Bass with Cabbage
 - Cod in Parsley Sauce
 - Dilled Alaskan Cod
 - Easy Shrimp Stir-Fry
 - Easy Tilapia and Vegetable Packets
 - Fish Veracruz
 - Grilled Halibut with Mango Citrus Slaw
 - Grilled Salmon with Spinach and Tomato Stack
 - Grilled Tuna with Salsa
 - Jazz Salad
 - Hoisin-Glazed Scallops with Grilled Zucchini (with Hoisin sauce recipe)
 - Quick-Broiled Salmon with Ginger Mint Salsa

TABLE OF CONTENTS

SEAFOOD DISHES

- 20 Roasted Fennel and Orange Fish
- Salmon and Herb Spaghetti
- Shrimp Salad
- Thai Coconut Shrimp Soup
- Tuna Salad
- Thai Spiced Calamari
- Tuscan Cod
- Walnut Shrimp and Veggies
- Zesty Red Snapper with Mushrooms

VEGETARIAN AND VEGETABLE SIDE DISHES

- 22 Almond Broccoli Stir-Fry
- Asian-Style Zucchini
- Asparagus with Garlic and Onions
- Broccoli Marinara
- Baby Bok Choy with Garlic
- Balsamic Kale
- Beet and Arugula Salad with Dried Cranberries
- Brilliant Sautéed Broccoli
- Cauliflower Spanish "Rice"
- Broccoli with Garlic and Cashews
- Vegetables with Almonds
- Carrot Salad with Cilantro and Lemon
- Cauliflower Soup
- Cherry Tomato Salad with Green Onions and Cilantro
- Classic Gazpacho
- Countryside Vegetarian Chili
- Creamy Broccoli Soup
- Creamy Carrot Soup
- Creamy Cheesy Cauliflower Soup
- Creole Okra and Tomatoes
- Cucumber Salad with Dill
- Cucumber Salad with Basil
- Cucumber, Tomato and Mint Salad
- Curried Lentils and Rice
- Curried Tofu Scramble with Roasted Peppers and Peas
- Eggplant Casserole
- Eggplant Mixed Grill
- Eggplant Parmesan
- Eggplant Spinach Sauté
- Fennel and Radicchio Salad with Balsamic Vinaigrette
- Fresh Summer Vegetable Ratatouille
- Garden Vegetable Packet
- Garden Vegetable Soup
- Garlic Kale
- Ginger Carrot Soup
- Green Beans with Almonds
- Golden Carrot Soup
- Green Bean Casserole

- Green Bean Salad with Asian Flavors
- Grilled Italian Vegetables
- Grilled Tomatoes and Stuffed Mushrooms
- Grilled Vegetables and Tofu Salad
- Herbed Vegetables and Lentils
- Kale Chips
- Lemon-Roasted Asparagus with Parmesan
- Japanese Vegetable Salad
- Mashed Cauliflower "Potatoes"
- Mediterranean Summer Tomatoes
- Mushrooms and Peppers
- Napa Cabbage and Avocado Salad
- Nopalito Salad with Pickled Jalapeños
- Oven-Roasted Asparagus
- Portabella Mushroom "Burgers"
- Quick and Easy Gazpacho
- Roasted Broccoli with Soy Sauce and Sesame Seeds
- Roasted Garlic Lemon Broccoli
- Sautéed Parmesan Vegetables
- Sautéed Zucchini
- Snack Salad
- Spicy Grilled Vegetable Skewer
- Spicy Roasted Kale
- Spinach Salad with Raspberries and Walnuts
- Steamed Artichokes
- Stir-Fry Veggie Platter
- Tempeh Rancheros
- Tomato Basil Soup
- Vegan Vegetable Curry
- Vegetable Pizza
- Zucchini Mexicali
- Zucchini Tomato Vegetable Packet

*Please note, all cooking temperatures in this recipe book are in Fahrenheit.

APPETIZERS



Artichokes and Green Beans

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

Serves 5

- 4 cups uncooked green beans
- 1 TBSP extra virgin olive oil
- ½ cup finely chopped onion
- 1 clove garlic
- 1–14 oz can artichoke hearts –rinsed, drained and quartered
- ¼ TBSP salt
- ⅛ tsp black pepper

Place beans in a steamer basket. Place steamer basket in saucepan over 1 inch of water; bring to a boil. Cover and steam for 6-8 minutes or until crisp and tender. Remove from heat and set aside. In a non-stick skillet, sauté onion and garlic in oil until tender. Add the artichokes, salt, pepper and green beans. Cook and stir over low heat until heated through.

Artichokes with Saffron and Almonds

(FS, RR, SS, CC, P2)

Serves 8

- 1 cup dried figs
- 1 cup water – boiling
- ¼ tsp saffron spice
- 4 pounds baby artichokes, halved and chokes removed
- ½ cup almonds
- ¼ cup rice vinegar (unseasoned)
- 1 tsp paprika
- ¼ TBSP salt

Place figs in a bowl and cover with the boiling water. Allow figs to plump for 5 minutes, and then remove. Sprinkle water with ¼ tsp of saffron spice. Steep for 5 minutes.

Heat oil in a large skillet over medium-high heat. Add artichokes and toss until coated in oil. Pour in saffron water and salt. Bring to a boil, then reduce heat to medium-low. Cover and simmer until the artichokes are tender, about 8 minutes. Uncover the artichokes and increase heat to medium-high. Add the figs, almonds, vinegar, and paprika. Cook and stir until all the liquid has evaporated. Remove from the heat, re-cover and allow to stand for 5 minutes before serving.

Asparagus and Walnuts

(FS, RR, SS, CC, P2)

Serves 4

- 1 bunch asparagus [12–15 spears]
- 2 TBSP extra virgin olive oil
- 2 cloves garlic, finely minced
- Zest of 1 lemon
- ½ cup coarsely chopped walnuts
- Salt and pepper to taste

Preheat oven to 425 degrees. Drizzle a baking sheet with olive oil and arrange the asparagus in a single layer on the baking sheet. Mix the garlic, lemon zest, chopped walnuts, salt and pepper together in a small bowl. Sprinkle mixture over the asparagus and bake until golden brown. [Pencil thin asparagus — 10 minutes; thicker asparagus — 15–20 minutes.] Serve at room temperature for best flavor.

Avocado and Grape Tomato Guacamole

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

Serves 2-4

- 1 lemon
- 1 cup avocado, cubed
- 1 cup chopped onion
- 1 jalapeno pepper, diced
- 1 garlic clove, diced
- ½ cup cherry tomatoes
- ¼ cup cilantro leaves, diced
- Dash of salt

Squeeze lemon into a medium bowl. Remove avocado pit and dice. Peel off the skin. Add the avocado to the lemon juice and mash, leaving some of the avocado in small, cubed chunks. Add tomatoes, onion, garlic, cilantro and jalapeno pepper to mixture. Cover with plastic wrap, pressing the cover of the plastic wrap onto the surface of the guacamole. Chill for a few hours before serving; can also be served immediately.





Hot and Sour Soup

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

Serves 4

5 cups low sodium chicken broth
½ cup mushrooms
2 chicken breasts
1 TBSP soy sauce
½–1 TBSP hot sauce [or to taste]
⅛ tsp black pepper
½ cup bamboo shoots
⅔ tsp rice vinegar
1 tsp grated ginger
1 egg white
1 chopped scallion

Combine broth, mushrooms and ginger in a saucepan. Bring to a boil. Add chicken and simmer uncovered about 10 minutes. Add bamboo shoots; simmer 5 minutes. Add vinegar, soy sauce, hot sauce and pepper; bring to boil. Drizzle egg white into soup; stirring constantly (lacy strands will form). Stir in chopped scallion. Bring to a boil. Cover and simmer until ready to serve.

Muhammarah

(RR, FS, SS, CC, P2)

Serves 4

1 TBSP cumin
½ TBSP red pepper
½ TBSP black pepper
¼ cup parsley
½ cup walnuts
2 tsp raspberry vinegar
2 TBSP olive oil
2 cups red bell pepper
Salt

Heat skillet over medium-high heat; add walnuts and cook until browned. Remove from heat to cool. Peel and seed peppers. Roast until slightly blackened. Puree all ingredients except for the parsley in a food processor. Sprinkle with parsley for garnish. Serve on vegetable slices.

Mushroom and Walnut Pâté

[FS, RR, SS, CC, P2]

Serves 8

1 cup walnuts [toasted]
1 TBSP olive oil
1 sweet onion
6 cloves garlic
2 cups button mushrooms, sliced
½ cup fresh parsley, chopped
2 TBSP fresh rosemary, chopped
1 tsp salt
½ tsp pepper

Chop onions and mince garlic. Sauté in olive oil until the onions soften and turn translucent [about 4 minutes]. Add mushrooms, parsley, rosemary, salt and pepper. Sauté until the mushrooms have cooked. If the mushrooms are sticking to the pan, add a small splash of water to help release them. As the mushrooms cook, they will release their own liquid. Add toasted walnuts and mushroom mixture to food processor. Pulse, stopping to scrape the sides as needed, until you reach a pâté [paste] texture. Press into a container and let it chill completely in the fridge before serving. Serve on veggie slices.

Spicy Avocado Yogurt Dip

(RR, SS, CC)

Serves 8

¾ cup Plain coconut (non-dairy) yogurt
½ TBSP salt
1 TBSP cumin
2 TBSP red onions
1 oz lime juice
1 cup diced jalapeno pepper
3 avocados peeled and mashed
1 garlic clove, chopped
3 TBSP cilantro

Combine all ingredients in a bowl and serve with veggie slices.

Tomato and Garlic Green Beans

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

Serves 4

4 garlic cloves, minced
½ cup chopped sweet onion
1 pound uncooked green beans
4 tsp olive oil
½ tsp salt
3 TBSP tomato paste
1 cup cherry tomatoes, chopped

Stir fry the onions until translucent. Add green beans, garlic and salt. Stir and cook 5 minutes on medium-high heat or until onion is slightly brown. Add tomato paste and tomatoes and stir. Add enough water just to cover the beans. Cover the pan, keep cooking for 30 minutes. At this stage, 25% of the water or liquid should remain. Taste the beans to decide how much liquid to leave.

Tomatoes with Shallots and Fresh Basil

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

Serves 4

1 ½ tsp olive oil
1 ½ tsp red grape vinegar
1 shallot, minced
4 tomatoes
¼ tsp salt
Pepper to taste
5 fresh basil leaves, torn

Slice the tomatoes ¼ inch thick and fan the slices out onto a platter. Sprinkle evenly with salt and pepper. Drizzle the olive oil and vinegar over them, then top with basil and minced shallot and serve.

Wilted Arugula and Portabella Mushrooms

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

Serves 2

1 TBSP olive oil
½ small onion, chopped
2 cloves garlic, minced
⅓ tsp crushed red pepper flakes
1 cap portabella mushroom, chopped
¼ cup dry sherry
¼ cup vegetable broth
4 cups arugula leaves
⅓ tsp black pepper

Heat oil in skillet over medium heat. Add onion and garlic and cook for 5 minutes. Stir in red pepper flakes and mushrooms and cook until mushrooms are coated with oil and begin to soften. Pour in sherry and broth. Simmer until liquid is reduced by half. Add arugula and cook until wilted. Season with black pepper and serve immediately.

DESSERTS, MARINADES AND DRESSINGS



Be sure to **Download** the TLS Shaking and Baking recipe booklet on [TLSSlim.com](https://www.tlsslim.com) for delicious desserts, treats and shakes.

Asian Sesame Dressing

Serves 1

1 TBSP Bragg® Liquid Aminos or low-sodium soy sauce
1 TBSP olive oil
¼–½ tsp of sesame oil
Pepper

Add all ingredients in a container, shake thoroughly and serve over your favorite mixed greens salad.

Coconut Macaroons

(RR, SS, CC)

Serves 8

2 tsp unsweetened cocoa powder
1 TBSP avocado oil
1 tsp vanilla extract
2 cups shredded coconut
4 egg whites
¼ cup stevia or monk fruit powder
1 tsp almond extract
½ cup almonds

Heat oven to 375 degrees. Combine egg whites, vanilla and almond extracts. Combine sweetener with coconut. Mix dry and wet ingredients with sliced almonds. Roll into balls about 1-inch in diameter. Slightly flatten and put on greased baking sheet. Place ½ inch apart. Turn down oven to 325 degrees and bake for 15 minutes or until golden brown on bottom and just starting to brown on top.



Creamy Quinoa Pudding

(RR, SS, CC)

Serves 6

1 tsp vanilla extract
2 TBSP honey
1 pomegranate, seeds scraped out
¾ cup quinoa
2 cups soy milk
2 bananas
2 TBSP Splenda or 1 TBSP Truvia

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

Detox-Friendly Ranch Dressing

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

1 egg (room temperature)
1 cup olive or avocado oil
1 TBSP lime juice
2 TBSP red grape vinegar/ 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 cilantro (or herb of choice)

Blend all ingredients for approximately 1 minute in a blender. It lasts in the refrigerator for one week.

Fruit and Nut Salad

(RR, SS, CC)

Serves 4

1 apple
1 pear
¼ cup almonds
2 oz agave
2 TBSP lemon juice
1 cup strawberries
½ cup blueberries

Core apple and pear and cut into cubes. Squeeze juice from ½ lemon. Heat agave in microwave for 10 seconds. Stir heated agave over fruit. Add the berries and almonds and toss. Refrigerate for 30 minutes to meld flavors. Serve over spinach or on it's own.



Hot Chocolate

(FS, RR, SS, CC, P2)

Serves 2

- ½ tsp cinnamon
- ½ vanilla bean, split in half or 1 ½ tsp vanilla extract
- ¼ tsp nutmeg
- 3 tsp cocoa powder
- 2 ½ cups almond milk
- 1 tsp of stevia or monk fruit powder

Mix the cocoa powder and sweetener together. Heat milk over low heat with the vanilla, cinnamon and nutmeg. Whisk together the cocoa powder and sweetener mixture. Heat until warm but not boiling. Serve warm.

Orange Anise Vinaigrette

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

Serves 4

- ⅓ tsp anise seed
- 2 TBSP orange juice
- 1 TBSP olive oil
- ⅓ tsp cumin
- ⅓ TBSP salt

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

Refreshing Lemon-Lime Dressing

- 1 lemon
- 1 lime
- 3 TBSP of olive oil
- Salt and pepper

Squeeze the juice of both the lemon and lime into a container. Add the olive oil and a dash of salt and pepper. Shake thoroughly and drizzle over any salad.

Spicy Lime Marinade

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

Serves 2

- ¼ cup fresh lime juice
- 2 TBSP olive oil
- 2 tsp chili powder
- 1 tsp garlic powder
- ½ tsp cumin
- ½ TBSP salt

Whisk together lime juice, oil, chili powder, garlic, cumin salt and pepper.

Strawberry Dressing

(RR, SS, CC)

- 1 packet Stevia or monk fruit powder
- 2 TBSP sesame seeds
- 1 TBSP pine nuts
- 1 TBSP Worcestershire sauce
- ½ tsp paprika
- 1 ½ TBSP olive oil
- 1 TBSP balsamic vinegar
- 4-6 crushed (pureed) strawberries

Mix all ingredients together.

Sweet Mustard Vinaigrette Dressing

- 2 TBSP of organic yellow or Dijon
- 2 TBSP of apple cider vinegar
- 1 TBSP of olive oil
- 1 tsp of white monk fruit powder or ½ tsp of Stevia powder
- Salt and pepper

Add all ingredients in a container, shake thoroughly and serve over your favorite mixed greens salad.



EGG DISHES AND BREAKFAST FOODS

Asparagus and Red Pepper Omelet

(FS, RR, SS, CC, P2)

Serves 2

1 TBSP extra virgin olive oil
6 spears of asparagus
½ cup fresh red pepper
1 TBSP fresh parsley
Salt and pepper to taste
4 whole eggs
1 avocado

Heat 2 tsp of the oil in a small non-stick frying pan over medium-high heat. Add the asparagus and red pepper and cook 2–3 minutes or until vegetables are just tender. Transfer to a bowl, stir in 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 red pepper mixture over half of the omelet and fold over to enclose. Lift out and carefully set aside. Repeat with the remaining egg and filling. Slice or cube your avocado and serve with omelet.

Egg Salad

(FS, RR, SS, CC, P2)

Serves 4

6 large boiled eggs
¼ cup plain coconut yogurt [unflavored/unsweetened]
¼ cup chopped scallions
1–2 tsp Dijon mustard
½ tsp salt
¼ tsp black pepper
1–2 stalks of celery, finely chopped
2 cups spinach leaves

Chop eggs, then add the other ingredients and mix.. Scoop onto a bed of Spinach.

Easy Spinach and Onion Egg Bake - Breakfast for Six Days!

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

Serves 1 (or 6)

1–32 oz carton of liquid egg whites
3 eggs
1–10 oz package frozen chopped spinach
1 onion, chopped

Defrost spinach according to directions. Spray a glass 9x11 baking dish with cooking spray. Add all ingredients. Bake at 350 degrees for 45 minutes. Split into 6 pieces. Store in refrigerator and reheat in a microwave for 1–2 minutes.

Mushroom and Spinach Egg Bake

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

Serves 6

1 32 oz carton liquid egg whites
1 cup sliced mushrooms
3 cups fresh spinach
Salt and pepper to taste

Mix all ingredients in a glass baking dish sprayed with cooking spray. Cook 45 minutes at 350 degrees. Makes 6 servings. Can refrigerate and re-heat in the microwave.

Protein Pancakes

(RR, SS, CC)

Serves 1

1 slightly over-ripe banana
2 eggs
1 scoop TLS Vanilla Nutrition Shake
A dash of cinnamon
Avocado or olive oil cooking spray

Heat pan on medium heat. Spray with cooking spray. Combine all ingredients in a blender for 30 seconds. Pour batter into pan. Cover pan and cook 2–3 minutes until the tops bubble; flip and cook until done. Spread peanut butter over the pancakes.



Sheet Pan Baked Eggs and Veggies

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

Serves 6

1 green bell pepper, cored and thinly sliced
1 orange bell pepper, cored and thinly sliced
1 red bell pepper, cored and thinly sliced
1 medium red onion, halved then thinly sliced
Salt and black pepper
Spices of your choice (e.g. 2 tsp zatar blend, 1 tsp cumin and 1 tsp red pepper)
Extra virgin olive oil
6 large eggs
Chopped fresh parsley, a large handful
1 Roma tomato, diced

Preheat the oven to 400 degrees. Place sliced bell peppers (all colors) in a large mixing bowl. Add red onions. Season with salt, pepper and spices. Drizzle with extra virgin olive oil. Toss to coat. Transfer the pepper and onion medley to a large sheet pan. Spread in one layer. Bake in heated oven for 10–15 minutes.

Remove pan from oven briefly. Carefully make six “holes” or openings among the roasted veggies. Carefully crack each egg into a hole, keeping the yoke intact (Tip: crack the egg into a small dish or cup with a spout to more easily pour into each hole). Return pan to oven and bake until the egg whites settle. Watch the yokes to see them turn to the doneness you like (5–8 minutes). Remove from oven. Add parsley and diced tomatoes. Serve immediately.



Scrambled Eggs Over Roasted Potatoes

(RR, SS, CC)

Serves 2

4 eggs
½ TBSP salt
½ TBSP olive oil
½ tsp pepper
Salt to taste
1–2 small purple potatoes
1 small yam or sweet potato

Preheat oven to 425 degrees. Chop or slice potatoes, toss in a bowl with a drizzle of avocado oil, salt and pepper. Lay out on a cookie sheet and bake in oven for 10–15 minutes depending on the size of the potato pieces. Set aside on plate and prepare eggs. In a bowl, whisk eggs, salt and pepper until blended. Heat the oil in a heavy-bottomed skillet over medium heat. When hot, add the eggs and shake the pan to distribute them evenly. Cook 1 minute. Scramble the eggs until done.

Vegetable Omelet with Turkey Bacon

(RR, SS, CC)

Serves 1

2 slices turkey bacon
2 eggs
2 TBSP green pepper
2 TBSP onions
2 tsp olive oil
3 mushrooms, sliced

Beat eggs in bowl. Cook vegetables in oil about 5 minutes. Reduce heat and add eggs. Cook until center is set. Loosen omelet and fold with spatula.

Wild Mushroom and Herb Omelet

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

Serves 2

1 TBSP chopped scallions
2 eggs
4 egg whites
3 cups mushrooms
1 TBSP chives
¼ tsp tarragon leaves
⅛ tsp pepper
1 TBSP parsley
2 TBSP almond milk

Heat skillet over medium-high heat. Coat with cooking spray and add mushrooms until liquid evaporates. Set mushrooms aside. In another bowl, mix 2 TBSP milk, onion, chives, parsley, tarragon, egg whites and eggs. Re-spray pan with cooking spray, pour in egg mixture and cook until center is set. Top with mushrooms. Loosen omelet and fold with spatula.

Zucchini Hash Browns

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

Serves 2

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

Heat oil in skillet. Mix all ingredients together in a bowl and drop, by spoonfuls, into the hot skillet. After browning on one side, spray with cooking spray and flip; brown the other side.



BEEF DISHES



Beef and Vegetable Kebabs

(FS, RR, SS, CC, P2)

Serves 4

- 1 tsp dried basil
- 1 tsp garlic powder
- 1 tsp dried thyme
- 1 lb. sirloin beef
- 1 TBSP extra virgin olive oil
- 1 quartered medium red onion
- 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 grill and skewer alternating portions of meat and vegetables. Brush with olive oil and grill 6–8 minutes.

Beef Stew

(FS, RR, SS, CC, P2)

Serves 8

- 25 oz beef stew meat, lean cut
- 1 ½ cups beef broth
- ¾ TBSP black pepper
- 1 TBSP bay leaves, crumbled
- 1 TBSP thyme
- 1 TBSP rosemary
- ¾ cup red grape juice
- 1 TBSP tomato paste
- 2 TBSP extra virgin olive oil
- ½ TBSP parsley
- 3 cloves garlic, minced
- ½ medium onion, chopped
- 2 pearl onions, chopped

Heat oil in a large pot; add beef and cook until browned. Remove beef from pan and save drippings. Add onions and garlic to beef drippings and sauté until onions become brown. Add tomato paste and cook, stirring constantly, for 1 minute. Add broth and bring to a boil; return beef to pot. Add thyme, pearl onion, crushed tomatoes, rosemary, bay leaf and any low-GI vegetables that you'd like (carrots, peppers, broccoli, etc.). Bring to a simmer and cook 1 hour or until vegetables are tender. Remove bay leaf and add salt and pepper.

Black Bean, Steak and Avocado Salad

(FS, RR, SS, CC, P2)

Serves 1

- 1 tsp extra virgin olive oil
- ¼ tsp crushed red pepper
- ¼ avocado
- Salt and pepper to taste
- 4 oz sirloin
- ¼ cup black beans, drained
- ¼ cup yellow corn
- 2 cups mixed salad greens

Sauté red pepper and oil in a skillet for 1 minute. Add steak and cook for 5 minutes over medium heat. Add beans and sauté for 3 minutes. Toss with mixed salad greens, avocado and corn.

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

(FS, RR, SS, CC, P2)

Serves 8

- 2 oz lime juice
- 2 TBSP no-added-salt tomato paste
- 1 TBSP olive oil
- 1 lb 95% lean beef
- 2 cups chopped onions
- 1 ½ oz ancho chili powder
- 1 ½ TBSP ground chili powder
- 1 diced chipotle chili pepper
- 1 tsp cilantro, finely chopped
- 2 cans black beans, drained and rinsed
- 1 can black beans, undrained
- 2 cups low-sodium beef broth

Drain and rinse two cans of black beans. Season with salt and pepper to taste. Let beans drain while you use a food processor to puree the third can of un-drained 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 beef, breaking it into small pieces. Remove beef and set aside. Add 1–2 tsp more of oil to the pan and half of the onions (about 1 cup). Lower heat and cook onions until they are softened but not starting to brown. Add all the chili powders. Add broth, browned beef, pureed bean mixture, drained beans and tomato paste and simmer 30 minutes.

Just before serving, stir the other ½ tsp cilantro and ½ cup lime juice and cook 5 minutes. While chili simmers, place avocado in plastic bowl with ½ cup lime juice. Mix the rest of the onions (about 1 cup) and half the cilantro (½ tsp) into the avocado/lime juice mixture. Serve hot with avocado salsa on top of each serving.

Country-Style Beef Ribs

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

Serves 3–5

*Note: ½ rack of ribs has about 4 oz of meat

2 ½ pieces of beef ribs (Excluding refuse; yield from 1 pound of raw meat with refuse.)

¼ TBSP salt

¼ TBSP pepper

¼ TBSP garlic powder

¼ TBSP cayenne pepper

1 cup water

1 oz liquid smoke

2 TBSP Worcestershire sauce

Set the oven to 225 degrees. Rinse ribs and pat dry with a paper towel. Mix salt, pepper, garlic powder and cayenne pepper. Rub the spices into the meat and the bone on both sides of the ribs. 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 for 4–5 hours. The ribs should be “falling off the bone” tender. Uncover the foil and bake for another 15–20 minutes or until dark brown.

Greek Stuffed Steak

(FS, RR, SS, CC, P2)

Serves 8

1 tsp oregano

½ cup water

2 ½ cups beef broth

½ cup chopped red onion

½ cup pickled peperoncini pepper

¼ TBSP salt

1 ½ lbs flank steak

¼ tsp garlic powder

1–10 oz package frozen spinach

Combine spinach, onions, peppers, garlic powder and salt in a bowl and set aside. Cut steak horizontally, from one end and through the middle, stopping just before cutting through the opposite end. Place steak between two sheets of heavy-duty plastic wrap. Using a meat mallet, flatten steak to an even thickness. Spread spinach mix over steak, leaving a 1-inch margin around outside edges. Roll steak up, starting at short side. Secure at 2-inch intervals with heavy string.

Coat a large Dutch oven with cooking spray and place over medium-high heat until hot. Add steak, browning well on all sides. Add broth, water and oregano to pan and bring to boil. Cover and reduce heat to 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.

Green Pea Soup

(FS, RR, SS, CC, P2)

Serves 4

¼ TBSP pepper

2 TBSP parsley

2 cloves garlic

2 TBSP mint

2 TBSP olive oil

4 cups low-sodium chicken broth

2 slices turkey bacon

1 onion, chopped

3 ¼ cups peas, frozen

Heat oil in a skillet over medium-high heat, add garlic and onion and cook for 5 minutes. Add the chicken broth, peas, mint and parsley. Bring to a boil, then reduce to a simmer for 8 minutes. Remove from the heat, allow to cool, then puree in a blender or food processor. Put the bacon under a broiler and cook until crispy. Garnish the puree with the crispy bacon and serve.



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

Meatballs and Zucchini Spaghetti

(FS, RR, SS, CC, P2)

Serves 4

4–6 oz no-added-salt tomato paste (or low-sugar pasta sauce)

¼ chopped onions

3 zucchinis, spiralized

2 lbs ground beef, 95% lean

½ tsp paprika

3 cloves garlic, crushed

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

Old-Fashioned Chili

(FS, RR, SS, CC, P2)

Serves 6

1 lb 95% lean ground beef

2 TBSP onion powder

2 TBSP ground chili powder

¾ cup chopped white onion

¼ tsp pepper

Salt to taste

2 cups red kidney beans

2 cups no-added-salt tomato sauce

In a large skillet, brown beef (can substitute ground chicken or turkey) and add the onion. Drain excess oil. In a large saucepan, combine beef, onion, tomato sauce, kidney beans, onion powder, chili powder and chili powder. Add salt and pepper to taste. Simmer for 45 minutes to 1 hour. Can also use a slow cooker.

Pepper Steak

(FS, RR, SS, CC, P2)

Serves 1

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

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



Pot Roast

(FS, RR, SS, CC, P2)

Serves 8

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

Slow Cooker Pot Roast Stew

(FS, RR, SS, CC, P2)

Serves 8

2 lbs pot roast beef, chuck
2 cinnamon sticks
3 TBSP balsamic vinegar
¾ cup beef broth
¼ oz tomato paste
1 onion, cut into 4 wedges
4 ½ cups cubed butternut squash
2 apples, cut into ½ wedges

Place all ingredients except squash and apples in a large slow cooker. Cook on low for 6 hours. Stir in squash and cook 1 ½–2 hours longer until squash is tender. Add apples for the last ½ hour of cooking. Remove and discard cinnamon sticks.

Spice-Rubbed Flank Steak

(FS, RR, SS, CC, P2)

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

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

Stuffed Peppers

(FS, RR, SS, CC, P2)

Serves 8

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

Tenderloin Steak with Salsa Verde

(FS, RR, SS, CC, P2)

Serves 1

1 TBSP lemon juice
2 TBSP chopped parsley
1 TBSP chopped mint
1 TBSP Basil
1 TBSP capers
¼ garlic clove
2 TBSP olive oil
¼ cup cucumber
½ tsp red grape vinegar
1 tsp Dijon mustard
¼ tsp black pepper
5 oz beef tenderloin

Make Salsa Verde: Place mint, parsley, basil, capers and garlic in a bowl and whisk in the vinegar, lemon juice, mustard, 1 tsp olive oil and 2 TBSP cold water. Season with pepper and set aside at room temperature, covered with plastic wrap.

Heat a heavy frying pan or ribbed grill pan. Brush steak with 1 tsp oil and cook 2–3 minutes on each side, depending on how rare you like your steak. Set steak aside for 5 minutes before serving. Serve with verde.



POULTRY



Asian Chicken Lettuce Wraps

(FS, RR, SS, CC, P2)

Serves 3

2 oz sesame seed
2 cups broccoli slaw
4 TBSP Asian sesame light dressing
6 leaves romaine or Boston lettuce
1 ½ chicken breasts

Combine slaw, dressing and sesame seeds in a bowl. Grill chicken, slice and then combine with the slaw. Refrigerate overnight. Place on lettuce leaves.

Bone Broth

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

4 Quarts

2 carrots, chopped medium
2 celery stalks, chopped medium
1 medium onion, chopped medium
2 cloves garlic
3.5 lb chicken bones (OPTION: beef or combination of both)
1 tsp Kosher salt
2 TBSP apple cider vinegar
Water

Place the bones in a 6-quart slow cooker. The bones should fill up about ¾ of the slow cooker. Chop your vegetables and garlic, no need to peel. (You can also add vegetable scraps and rinsed, crushed eggshells into your slow cooker. You will be straining these out before consuming the broth.) Fill the slow cooker to almost the top with water. Add salt. Add the apple cider vinegar. Cook on low for 18–72 hours. Strain the broth through cheesecloth or a strainer and cool. Remove the yellow fat (not the gelatin that forms.) with a spoon and discard. Use in soups or drink as a beverage.



Chicken Fajita Packets

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

Serves 4

1 tsp chili powder
½ tsp cumin
½ tsp oregano
½ tsp smoked paprika
4 boneless, skinless chicken thighs, cut into strips (about 1 lb)
2 bell peppers, thinly sliced
½ red onion, thinly sliced
1 zucchini, cut into half moons
Salt and pepper to taste

Combine the chili powder, cumin, oregano, smoked paprika, salt and pepper in a medium mixing bowl. Add the chicken and toss to coat. Arrange four 8x8-inch squares of heavy-duty aluminum foil on a baking sheet. Place ¼ of the chicken on the center of each sheet. Top the chicken with the onions, peppers and zucchini.

Fold each foil sheet into a packet by bringing two opposite sides together over the chicken; crimp the remaining sides before bringing them up over the top. Place the foil packs seam-side up on a hot grill. Grill for 15–20 minutes, turning once or until the chicken is cooked and the vegetables are soft. Alternatively, bake the foil packs at 400 degrees for 30 minutes. Serve on a bed of greens of your choice. Another option: top with guacamole, salsa and lime wedges and serve on a bed of greens of your choice.

Baked Chicken Chops with Apple Topping

(RR, SS, CC)

Serves 4

¼ cup apple cider vinegar
4 chicken chops
¼ cup chopped celery
4 tsp Dijon mustard
2 TBSP fresh parsley
2 TBSP extra virgin olive oil
1 dash salt and black pepper
1 yellow onion, coarsely chopped
2 granny smith apples, peeled, cored and chopped

Preheat oven to 350 degrees. Heat 1 TBSP of olive oil in a heavy skillet over medium-high heat. Season chicken chops with salt and pepper and brown them on both sides, about 2 minutes per side. Transfer the chicken chops to baking dish.

Turn the heat to medium and add the remaining olive oil to the skillet. Add the onion and celery and cook until soft. Add the apple and cook 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 chop. Divide the apple mixture (apples, celery, onions) among the chops and pat into the mustard. Bake the chops until fully cooked and apples are softened, about 20 minutes.

Basil Chicken Packets

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

Serves 4

2 TBSP fresh parsley
1 TBSP lemon zest
1 ½ tsp dried basil
2 medium yellow summer squash, diced
1 medium red bell pepper, diced
1 TBSP black pepper
¼ tsp salt
2 chicken breasts, halved

Preheat oven to 450 degrees or grill to medium-high heat. Center one chicken breast half on each side of the 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 foil sides and double fold top and ends to seal the packet, leaving some room for heat circulation inside. Bake 16–18 minutes in oven or grill for 11–13 minutes.

Greek Chicken Breasts

(FS, RR, SS, CC, P2)

Serves 4

2 lbs boneless chicken breast
1 cup plain coconut milk yogurt
1 small lemon, zested and juiced
1-2 tsp minced garlic
2 TBSP olive oil
½ TBSP oregano
¾ tsp thyme
½ tsp salt
¼ tsp pepper

Preheat oven to 375 degrees. Cut the chicken breast into 2-inch cubes or strips. In a medium-sized bowl, combine yogurt, lemon zest, lemon juice, minced garlic, olive oil, oregano, thyme, salt and pepper. Place everything into a large bowl or freezer bag, then stir and shake to evenly coat the chicken. Marinate in refrigerator for 30 minutes. Pour all contents into a 9x13 baking dish. Bake for 25 minutes.

Chicken Turmeric Soup

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

1 TBSP avocado oil or olive oil
½ small yellow onion, finely diced
2 large carrots, peeled and chopped
1 large parsnip, peeled and chopped
3 stalks celery, chopped
3 cloves garlic, minced
1 lb boneless skinless chicken breasts chopped
2 tsp dried parsley
1 tsp ground turmeric
½ tsp ground ginger
½ tsp sea salt or to taste
4 cups chicken bone broth
1 cup kale, chopped

Heat the oil in a large stock pot or Dutch oven over medium heat. Add the onion and sauté, stirring occasionally until translucent. Add the carrots, parsnips, celery, and garlic and continue sautéing, stirring occasionally until vegetables are softened. Add the chopped chicken and cook just long enough to brown the meat. Add the remaining ingredients (spices, broth and kale), stir well and cover. Cook at a gentle simmer, stirring occasionally for approximately 1 hour.



Chicken Salad Squash Boats

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

Serves 2

2 large summer (yellow) squash
2 chicken breasts
2 TBSP chopped scallions
2 TBSP yellow mustard
1 TBSP avocado-oil mayonnaise (OR ¼ avocado, mashed)

Cut squash in half lengthwise and scoop out seeds. Cook squash until tender, about 5 minutes at 350 degrees. Cook chicken breast and chop into cubes. Mix chicken with scallion, mustard and mayonnaise (or mashed avocado). Fill center of squash with chicken salad. Cook filled squash for 20 minutes at 400 degrees.

Chicken Scaloppine with Porcini Mushrooms

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

Serves 2

½ cup sliced dried porcini mushrooms
2 chicken breasts
¼ tsp salt
¼ tsp pepper
2 tsp avocado or coconut oil
2 TBSP shallots
1 garlic clove, minced
2 cups white mushrooms
½ cup white grape juice
½ cup chicken broth
3 oz unsweetened coconut milk (full fat)
¼ tsp red pepper flakes
1 TBSP fresh parsley

Place dried porcini mushrooms in a spice grinder and process until finely ground. Slice chicken breasts in half and sprinkle with salt and pepper. Sprinkle both sides of chicken with mushroom powder and shake off excess. Place 1 tsp of oil in skillet over medium-high heat. Add chicken and cook until lightly browned and done on each side. Remove chicken from heat. Add an additional tsp of oil, shallots and garlic into the skillet. 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 broth and coconut milk to the pan and simmer until the liquid is reduced to ¼ of a cup. Add in the chicken and heat until warmed. Serve on a plate and garnish with red pepper flakes and parsley.



Cool and Creamy Lime Chicken

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

Serves 4

1 raw lime
4 chicken breasts
8 TBSP detox-friendly ranch dressing (see page 6)

Squeeze juice of 1 lime into a nonstick skillet over medium-high heat. Add chicken and cook. While chicken is cooking, make the ranch dressing. Once the chicken is fully cooked, remove from the skillet and spoon 2 TBSP of the dressing over each breast.



Dea-Seau Chicken Thai Basil

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

Serves 1

1 TBSP avocado or coconut oil
1 chicken breast
1 TBSP dehydrated red curry sauce/paste
⅓ tsp fish sauce
2 TBSP water
1 TBSP basil

Lightly oil skillet. Heat chicken through and shred. Heat red curry paste in oil until softened. Toss chicken into curry paste. Add fish sauce and 1–2 TBSP water to keep moist. Garnish with basil.

Green Bean Bundles

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

Serves 4

1 lb green beans
8 strips turkey bacon
1 TBSP onions, chopped
1 TBSP avocado or coconut oil
1 TBSP rice vinegar
¼ TBSP salt

Cook the beans until slightly tender but crisp. Wrap about 15 beans with each bacon strip; secure with toothpicks. Place on a foil-covered baking sheet. Bake at 400 degrees for 10–15 minutes or until bacon is done. In a skillet, sauté onion in oil until tender. Add vinegar and salt; heat through. Remove bundles from the oven and place into a serving bowl or platter. Pour sauce over bundles and serve immediately.

Grilled Jerk Chicken with Red Pepper and Zucchini

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

Serves 4

1 ½ TBSP basil
1 tsp oregano
3 TBSP avocado or coconut oil
1 zucchini, quartered
½ TBSP thyme
¾ tsp allspice
½ tsp cinnamon
½ tsp crushed red pepper
1 TBSP onion powder
4 chicken thighs, boneless
1 red bell pepper, quartered

Spray grill with cooking spray. Mix basil, oregano and half of the oil in a food processor. Brush the mix onto the zucchini. In a bowl, combine the rest of the spices, thyme and the remaining oil with the chicken. Grill chicken with pepper and zucchini for about 10 minutes, turning once.

Herb-Roasted Chicken

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

Serves 8

3 lbs whole chicken
½ TBSP salt
1 TBSP black pepper
1 TBSP sage
1 TBSP tarragon
1 tsp parsley
1 tsp thyme

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

Lemon Basil Chicken

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

Serves 4

1 lemon
3 lbs whole chicken
1 garlic clove

1 TBSP basil leaves
½ tsp garlic powder
1 skewer

Preheat oven to 375 degrees. Remove excess fat from the chicken and fasten the neck skin to the back with skewer. Fold wings across back with tips touching. Grate 2 tsp lemon peel and set aside. Cut lemon into halves; rub chicken with half of lemon. Place garlic, half of basil and remaining lemon in cavity. Rub chicken with reserved lemon peel; sprinkle garlic powder and remaining basil over chicken. Place chicken, breast side up, in a roasting pan. Cover and bake 1 hour. Uncover and bake 30 minutes longer.



Moroccan-Style Chicken with Vegetables

(Detox, 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 oven to 450 degrees. Center chicken breasts on aluminum foil. Combine 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 zucchini slices over the chicken and tomatoes. Bring up foil sides and double fold top and ends to seal the packets, leaving some room for heat circulation. Bake 20–22 minutes.

Mushroom and Turkey Burgers

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

Serves 4

¾ tsp red pepper flakes
2 garlic cloves
2 TBSP basil
½ tsp ginger root, chopped
¼ cup onion
¾ tsp salt
1 lb ground turkey
1 cup sliced mushrooms
½ cup onions

Mix all ingredients except mushrooms and onions; shape into patties. Preheat skillet over medium heat, then lightly sauté mushrooms and onions. Push vegetables to the edge of the skillet, add patties in the center. Cook over medium heat for 7 minutes. Flip and cook for an additional 5 minutes until golden brown and no longer pink in the center. Pile mushrooms and onions on top of the burgers and serve.

Chicken Tenderloin with Caraway Sauerkraut

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

Serves 2

1 TBSP olive oil
10 oz chicken tenderloin
¾ tsp salt
¾ tsp black pepper
½ cup red onions, sliced
¼ cup chicken broth
1 cup sauerkraut, drained
1 TBSP caraway seeds
¾ tsp pepper

Heat oil in frying pan over medium heat. Sprinkle the chicken tenderloin with salt and pepper. Sauté the chicken over medium heat for 4 minutes. Turn 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

3 tsp olive oil
4 chicken breasts
1 tsp oregano
¾ tsp salt
¾ tsp black pepper
2 oz Kalamata olives, cut in half
½ cup sun-dried tomatoes

Preheat oven to 375 degrees. Spread the oil over the bottom of a shallow roasting pan. Place the chicken in the pan and season the top of each piece with oregano, salt and black pepper. Top chicken with olives and tomatoes. Bake 20–25 minutes, until chicken is cooked through.

Sautéed Chicken with Zucchini, Tomatoes, and Pine Nuts

(RR, SS, CC)

Serves 1

1 chicken breast
1 tsp of avocado or coconut oil (for sauté)
1 tsp Tamari (wheat-free) soy sauce
1 TBSP water
1 cup zucchini, sliced
1 tomato, sliced
1 TBSP balsamic vinegar
1 tsp olive oil (for sprinkling)
1 TBSP pine nuts
Dash of salt and black pepper

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

Sonoma Chicken

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

Serves 4

4 chicken breasts
1 tsp rosemary
½ tsp garlic powder
¼ tsp salt
¼ tsp pepper
4 TBSP olive oil
1 onion, sliced
1 ½ cups mushrooms
½ cup tomatoes
1 ¼ cups chicken broth
1 TBSP fresh parsley, minced

Cut chicken into slices and pound until 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 over medium-high heat. Add the chicken and cook 2–3 minutes on each side or until no pink inside. Set aside and keep warm. Add onions, mushrooms and 2 TBSP broth to skillet. Cover and cook for a few minutes. Add more broth if skillet becomes too dry. 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, stirring frequently for 3 minutes until about ¼ of liquid remains. Pour over the chicken, sprinkle parsley and serve.

Sunburst Chicken Salad

(RR, SS, CC)

Serves 2

2 TBSP Detox-friendly Ranch Dressing recipe under “Cool and Creamy Lime Chicken”
½ cup tangerines
½ tsp tangerine zest
2 chicken breasts, grilled and cubed
1 kiwi
1 celery stalk, chopped
4 lettuce leaves
2 TBSP cashews

Combine Detox-friendly ranch dressing, tangerine and peel zest in a small bowl. Add grilled chicken, kiwi and celery; toss to coat. Cover and refrigerate for 2 hours. Serve on lettuce leaves and top with cashews.

Thai Chicken Stir Fry

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

Serves 6

2 TBSP avocado or coconut oil
1 TBSP Tamari (wheat-free) soy sauce
½ tsp garlic powder
4 chicken breasts, chopped in cubes
1 cup cauliflower
2 cups broccoli
½ tsp ginger
1 cup carrot slices
½ TBSP ground cardamom
½ tsp chili powder
1 oz curry powder

Over medium-high heat, stir oil, soy sauce and garlic powder in a skillet. Add half of the chicken, and cook for 3 minutes. Remove and repeat with remaining chicken. Return all chicken to pan and add all other ingredients. Bring to a boil and cover. Cook 3–5 minutes.



Turkey Meatloaf

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

Serves 8

½ cup red onions, chopped
1 TBSP basil, ground
½ cup liquid egg white
½ cup yellow bell pepper
1 TBSP oregano
2 tsp garlic powder
1 TBSP fresh salsa
2 lbs lean ground turkey
½ cup no-salt-added tomato sauce

Mix all ingredients except for tomato sauce together and form into a pan. Top with the sauce, cover the pan with aluminum foil and bake at 350 degrees for 45 minutes.

Turkey Sausage Patties

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

Serves 6

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 chicken broth

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

SEAFOOD DISHES

Teriyaki Salmon

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

Serves 1

- ¼ tsp lemon juice
- ½ tsp Tamari (wheat-free) soy sauce
- 2 garlic cloves, squashed with the side of a knife
- 4–6 oz salmon fillet

Mix all ingredients in a bowl or resealable food bag and marinate the salmon fillet for 45 minutes. Using double thick aluminum foil, create a shallow bowl and place the fish inside, pouring the marinade on top of the fillet. Bake 20–25 minutes at 350 degrees.



Broiled Sole with Warm Eggplant Salad

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

Serves 1

- ½ TBSP avocado or coconut oil
- ¼ eggplant, peeled and cubed
- ¼ red onion, finely sliced
- ½ TBSP capers
- 1 medium tomato
- 1 TBSP parsley
- ¼ TBSP balsamic vinegar
- 1 sole fillet

Preheat oven to 350 degrees. Meanwhile, heat oil in nonstick skillet. Add eggplant and fry for 10 minutes or until golden and softened. Add onion, capers, tomatoes, parsley and vinegar; stir to combine. Let cool 10 minutes before serving. Place sole in oven and cook until it is tender and flaky, about 10–15 minutes. Top the eggplant mix

Caribbean Shrimp

(Detox, 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.

Chinese Steamed Bass with Cabbage

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

Serves 2

- 2 striped bass fillets
- 1 hot chili pepper, chopped
- 1 tsp grated fresh ginger
- ¼ tsp salt
- ½ head cabbage
- 2 tsp avocado or coconut oil
- 2 garlic cloves, minced
- 2 TBSP Tamari (wheat-free) soy sauce

Sprinkle fish with chili pepper, ginger and salt. Steam cabbage for 5 minutes. Lay fish on top of the cabbage and steam for 5 more minutes, until cooked thoroughly. While steaming, heat the oils in a small sauce pan and add the garlic, cooking until slightly browned. Plate the cabbage and fish. Sprinkle soy sauce, then pour the garlic and oil on top.

Cod in Parsley Sauce

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

Serves 1

- 1 TBSP avocado or coconut oil
- 2 TBSP chicken broth or vegetable broth
- 1 cod fillet
- 1 TBSP parsley, chopped
- Dash of salt and pepper
- 1 cup chopped carrots
- 1 cup chopped kale
- 1 cup chopped broccoli

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

Dilled Alaskan Cod

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

Serves 4

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

Preheat oven to 450 degrees. Evenly distribute lemon on aluminum foil. Place cod on 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 edges to form a tent over the fish, then double fold the peak to seal it in (each fillet may need its own foil tent). Be sure to leave some room for heat circulation. Bake 15–18 minutes.

Easy Shrimp Stir-Fry

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

Serves 4

1 TBSP avocado or coconut oil
1 lb shrimp
¼ tsp salt (optional)
¼ tsp pepper (optional)
4 cups vegetables of your choice
2 tsp Bragg Liquid Aminos (or Tamari wheat-free soy sauce)

Drizzle 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) and enjoy!



Baked Fish and Vegetables with fresh Dill

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

Serves 4

4 white fish fillets
1 cup broccoli
1 cup cauliflower
1 cup carrots, chopped
1 tsp dill weed
¼ tsp salt
½ tsp black pepper
4 TBSP chicken broth

Heat oven to 450 degrees. 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 the vegetables. Bring up the foil edges to form a tent over the fish, then double fold the peak to seal it in. Repeat for remaining fillets. Place packets on ungreased cookie sheet. Bake until veggies are slightly tender but crisp and fish flakes easily (about 40 minutes)

Fish Veracruz

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

Serves 4

1 TBSP olive oil
1 TBSP onions
2 cloves garlic, chopped
1 oz canned tomatoes with jalapeno
¼ cup stuffed green pimiento olives, chopped
2 cups orange juice
4 fish fillets (your favorite white fish)

Preheat oven to 450 degrees. Coat baking dish with nonstick spray. Heat the oil in a large skillet over medium-high heat. Add onion and garlic and cook 4 minutes or until softened. Add the tomatoes, olives and orange juice and cook 5 minutes. Place the fish in the baking dish and top with tomato mixture. Bake 10–12 minutes or until fish is no longer translucent.

Grilled Halibut with Mango Citrus Slaw

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

Serves 2

2 halibut fillets
½–1 TBSP extra virgin olive oil
¼ tsp salt
¼ tsp pepper
10 oz coleslaw mix
½ cup mango, cubed
1 mandarin orange, peeled and segmented
½ avocado, mashed

Set a grill pan over medium-high heat. Brush both sides of the halibut fillets with the oil and season to taste with salt and pepper. Add fish to pan and cook 3 minutes per side or until golden brown. Meanwhile, in a large bowl, combine the coleslaw mix, mango and mandarin orange segments with mashed avocado. Toss gently to combine as if avocado is mayonnaise. Season with salt and black pepper. Serve halibut on top of the slaw on a plate. It's best to prepare the coleslaw right before serving to prevent the avocado from oxidizing and turning gray.

Grilled Salmon with Spinach and Tomato Stack

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

Serves 1

1 tsp avocado or coconut oil (for cooking)
1 salmon fillet
1 tomato, sliced
2 TBSP basil, divided in two
1 cup spinach
1 tsp extra virgin olive oil (for garnish)
1 TBSP balsamic vinegar

Brush a skillet with the avocado or coconut 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, top with the tomato slices and then the salmon. Drizzle a few drops of olive oil and some balsamic vinegar on top, then sprinkle with remaining basil.



Grilled Tuna with Salsa

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

Serves 1

1 tsp avocado or coconut oil
1 oz raw tuna
2 TBSP fresh salsa
1 cup snow peas

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

Jazz Salad

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

Serves 2

2 lettuce leaves, torn into bite sizes
⅓ cup cucumber, cubed
⅓ cup carrots, chopped
1 cup cherry tomatoes
4–6 jumbo olives, chopped or halved
2 oz cooked crab
6 cooked shrimp
1 TBSP olive oil
2 TBSP balsamic vinegar

Combine lettuce, cucumber, carrots and tomatoes in a bowl. Add olives, cooked crab and shrimp and toss in oil and vinegar dressing.

Hoisin-Glazed Scallops with Grilled Zucchini

(RR, SS, CC)

Serves 4

16 large scallops
Dash of salt
Dash of black pepper
5 tsp avocado or coconut oil
5 TBSP hoisin sauce [recipe below]
1 medium lime
2 medium zucchini, halved lengthwise

Rinse the scallops and pat dry with a paper towel; season to taste with salt and pepper. Heat 3 tsp of the oil in a skillet over medium heat. Add scallops and cook 1–2 minutes per side or until golden brown. Brush tops and sides of scallops with the hoisin sauce and drizzle the lime juice over them. Cook 1–2 minutes more or until scallops are opaque and cooked through. Using a slotted spoon, remove scallops from pan and transfer to a serving plate. Simmer remaining liquid 1–2 minutes, until it reduces and develops the consistency of thick syrup; set aside. Set a grill pan over medium-high heat. Brush both sides of the zucchini halves with the remaining oil and season to taste with salt and pepper. Grill zucchini for 2–3 minutes per side until golden brown and tender. Spoon reduced liquid over scallops and serve with zucchini.

Hoisin Sauce

(Makes about ⅓ cup)

3 TBSP Tamari (wheat-free) soy sauce
2 cloves garlic, minced
½ tsp ginger paste or minced ginger
1 TBSP sesame oil
1 TBSP rice vinegar
1 TBSP peanut or almond butter
1 tsp wheat-free miso paste (optional)
¼ tsp Chinese Five Spices powder (optional)
Dash of chill powder, if you like spicy (optional)

Whisk all ingredients in a small bowl. Store it in an airtight jar in the fridge for up to a month.

Quick-Broiled Salmon with Ginger Mint Salsa

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

Serves 2

2 salmon fillets
2 tsp lemon juice
¼ tsp salt
½ tsp black pepper
1 tsp grated ginger
2 TBSP fresh mint, chopped
½ oz lime juice
½ cup scallions, chopped
1 tsp olive oil

Preheat broiler oven on high. Heat an oven-safe pan inside the broiler for 10 minutes. The pan should be 5–7 inches from the heat source. Rub the salmon with lemon juice, salt and pepper. Using a hot pad, pull the pan out of the broiler and place the salmon skin-side down into the pan. Return the pan to the broiler and cook 5–7 minutes, depending on the salmon's thickness. Test to ensure the salmon is cooked through. Combine the ginger, mint, lime juice and scallions; spoon over salmon. Garnish with olive oil.



Roasted Fennel and Orange Fish

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

Serves 4

4 cups fennel
1 cup red bell pepper, sliced
8 chopped scallions
1 TBSP avocado or coconut oil
⅓ tsp salt
⅓ tsp pepper
2 oranges, sliced
4 of your favorite white fish filets
1 tsp orange zest
1 ¼ cups orange juice
½ tsp rice vinegar
1 ½ tsp ground ginger

Preheat oven to 450 degrees and coat roasting pan with cooking spray. To prepare the vegetables, combine fennel, pepper, scallions and oil in a pan. Season with salt and pepper and toss well. Place orange slices over vegetables and roast for 10 minutes. To prepare fish, combine orange zest, orange juice and vinegar in a bowl and stir. Sprinkle fillets with ginger, salt and pepper and arrange on top of oranges in roasting pan. Drizzle orange juice mix over the fillets. Roast for 18 minutes or until fish flakes.

Salmon and Herb Spaghetti

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

Serves 2

3 zucchini
3 TBSP avocado or coconut oil
3 garlic cloves, minced
7 grape tomatoes

⅓ cup chicken broth or vegetable broth
2 salmon fillets
1 TBSP basil
1 ½ TBSP oregano

Spiralize zucchini and cook in 2 TBSP of oil. Set aside. Cook garlic and tomatoes in the remaining oil for 1 minute. Raise heat to high and add broth, salmon, basil and oregano and cook until salmon is opaque (4–5 minutes). Toss tomatoes with zucchini pasta.

Shrimp Salad

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

Serves 1

10 basil leaves
½ cup tomatoes
1 TBSP olive oil
2 tsp balsamic vinegar
½ tsp Tamari (wheat-free) soy sauce
Dash of salt and pepper
3 oz shrimp, cooked

Combine basil and tomatoes. Whisk oil, vinegar and soy sauce in a cup. Season with salt and pepper. Dress the basil mixture and add cooked shrimp.

Thai Coconut Shrimp Soup

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

Serves 4

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

In a large pot, bring the chicken broth, fish sauce, ginger and chili sauce to a boil. Add the coconut milk, mushrooms, peppers and peas; reduce heat and simmer for 2 minutes. Add shrimp and simmer for about 2-3 minutes, until shrimp is cooked through. Add lime juice and stir right before removing from heat. Top with scallions when serving in a bowl.

Tuna Salad

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

Serves 1

4–6 oz tuna fish in water
1 TBSP onion powder
1 TBSP garlic powder
½ cup chopped red bell pepper
1 TBSP avocado oil mayonnaise OR ¼ of avocado, mashed
Salt and lemon pepper to taste
1 inner lettuce leaf

Combine all ingredients and serve on a lettuce leaf.

Thai Spiced Calamari

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

Serves 4

2 TBSP Asian chili sauce
1 TBSP soy sauce
1 tsp ginger
1 oz lime juice
10 oz calamari, cut into 1 ¼-inch (3 cm) pieces
2 peaches, halved
8 arugula leaves

Combine sauces, lime juice and ginger and whisk with a fork. Add calamari and toss to coat; cover and refrigerate for 30 minutes. Remove calamari and pour marinade into a saucepan. Bring the pan to boil over high heat, then reduce to medium and let simmer for 3 minutes. Set aside to cool. Preheat grill on medium heat and spray with cooking oil. Cook calamari for 1 minute, turn and cook for another minute or until tender. Remove the calamari and cook the peach halves for 2 minutes, then cut into cubes. Divide arugula and top with calamari and peaches. Serve with the sauce.

Tuscan Cod

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

Serves 2

1 tsp avocado or coconut oil
½ cup onions
1 diced green bell pepper
½ clove minced garlic
1 cup cherry tomatoes, diced
1 tsp capers
1 tsp cumin
½ - 1 tsp crushed red pepper flakes
2 cod fillets

Heat oil in skillet over medium-high heat. Add onion, bell pepper and garlic and sauté for 2 minutes. Add tomatoes, capers, cumin and crushed red pepper and cook for 5 minutes. Add fish, spooning sauce over it. Cover and cook 10 minutes until fish flakes easily.

Walnut Shrimp and Veggies

(RR, SS, CC)

Serves 4

1 TBSP avocado or coconut oil
2 garlic cloves, minced
2 cups broccoli, chopped
1 summer squash, sliced
6 scallions, sliced
1 lb shrimp
3 TBSP chicken broth
1 TBSP lemon juice
1 TBSP fresh basil
¼ cup walnuts

In skillet heat oil over medium-high heat, then add garlic and cook for 1 minute. Add broccoli, squash, and scallions and cook for 2 more minutes. Add shrimp and sauté 2–3 minutes, or until shrimp is almost cooked. Add broth, lemon juice and basil and cook until shrimp is pink (about 1 minute). Sprinkle walnuts evenly over the shrimp and vegetables.

Zesty Red Snapper with Mushrooms

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

Serves 4

⅓ tsp red pepper flakes
⅓ tsp pepper
½ tsp oregano
½ tsp tarragon
½ tsp paprika

¼ tsp salt
4 snapper fillets
2 TBSP lemon juice
1 cup sliced mushrooms

Heat oven to 400 degrees. Mix dry herbs. Brush fish fillets with lemon juice. Rub both sides of fish with herb mixture; arrange the fillets in an ungreased rectangular baking dish. Cook mushrooms in remaining lemon juice in 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



Almond Broccoli Stir-Fry

(RR, SS, CC, P2; Make without almond for Detox, P1, FS)

Serves 4

- 10 cups broccoli florets
- 2 TBSP sesame oil
- 2 cloves garlic
- ¼ cup low-sodium soy sauce
- ½ tsp ground ginger
- 2 tsp lemon juice
- ½ cup slivered almonds, toasted (omit for Detox, P1 and FS)

In a nonstick skillet, stir-fry broccoli in oil for 2 minutes or until slightly tender but crisp. Add garlic; stir-fry for 1 minute. Stir in soy sauce and ginger and cook 1–2 minutes. Sprinkle with lemon juice and almonds.

Asian-Style Zucchini

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

Serves 2

- 1 tsp avocado or coconut oil
- 1 large zucchini, halved lengthwise and cut into 1-inch slices
- ¼–½ tsp garlic powder
- Black pepper to taste
- 1 tsp reduced sodium Tamari (wheat-free) soy sauce
- 2 TBSP sesame seeds

Heat oil in a non-stick skillet over medium heat. Stir in the zucchini and cook until lightly browned. Season with garlic powder and pepper and continue cooking until zucchini is well coated and tender. Remove from heat. Sprinkle with soy sauce and sesame seeds.

Asparagus with Garlic and Onions

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

Serves 2

- ¼ cup water
- ½ pound asparagus
- ½ cup onions
- 2 TBSP avocado or coconut oil
- Salt and pepper to taste
- 2 garlic cloves

Pour water into a skillet. Place asparagus and onion in the skillet. Bring water to a boil over medium heat. Cover skillet and steam asparagus and onion 2–5 minutes, until slightly tender. Add a few tablespoons of extra water, if needed to maintain steam. When water has steamed off, place oil in skillet. Continue cooking until onions and asparagus are lightly browned. Mix in garlic and cook for 30 seconds. Season with salt and pepper.

Broccoli Marinara

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

Serves 4

- 2 TBSP avocado or coconut oil
- 2 cloves garlic, chopped
- 2 cups canned diced tomatoes with basil, garlic and oregano (no salt added)
- 2 cups chopped broccoli
- Salt and pepper to taste

Heat oil in 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 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. Do not overcook the broccoli. Pour into a serving dish and toss before serving.



Baby Bok Choy with Garlic

(RR, SS, CC)
Serves 4

- 2 TBSP avocado or coconut oil
- 4 cloves minced garlic
- 3 cups low sodium chicken broth
- 8 cups bok choy (Chinese cabbage)
- Salt and pepper to taste

Heat oil in a saucepan over medium heat; cook and stir the garlic until very lightly browned, about 5 minutes. Pour in the chicken broth, add the baby bok choy and bring to a boil. Reduce heat to a simmer and cook until the bok choy are tender, about 6 minutes. Season to taste with salt and pepper..

Balsamic Kale

(Detox, FS, RR, SS, CC, P1, P2)
Serves 4

- 5 cups kale, chopped
- 1 garlic clove, minced
- 1 TBSP avocado or coconut oil
- 2 TBSP balsamic vinegar
- Salt and pepper to taste

Cook kale in large covered saucepan over medium-high heat until the leaves are wilted. Uncover; stir in garlic, oil and vinegar. Cook while stirring for about 2 minutes. Add salt and pepper to taste.

Beet and Arugula Salad with Dried Cranberries

(Detox, FS, RR, SS, CC, P1, P2)
Serves 4

- ¼ cup dried cranberries
- ¼ cup water
- 2 TBSP extra virgin olive oil
- 2 TBSP balsamic vinegar
- ½ tsp salt
- ½ tsp pepper
- 8 cups arugula
- 1 can drained and sliced beets (or fresh after they’re cooked)

Combine cranberries with water in a small bowl and microwave for 1 minute. Combine oil, vinegar, salt and pepper in a bowl and whisk for 1 minute. In large bowl, toss arugula with half the dressing and portion into individual bowl. Cut beets into cubes and mound over arugula. Drizzle remaining dressing on top of beets. Drain cranberries and sprinkle on top of each salad.

Brilliant Sautéed Broccoli

(Detox, FS, RR, SS, CC, P1, P2)
Serves 6

- 1 lb broccoli florets
- 3 TBSP nutritional yeast (optional)
- 1 tsp golden monk fruit
- 2 TBSP extra virgin olive oil
- 1 tsp red pepper flakes
- ¼ TBSP sea salt
- ½ tsp black pepper

Fill a pot with water and bring to a boil. Fill a large bowl or pot with half ice and half water. When the water comes to a boil, add the broccoli florets using a strainer with a handle, if possible. Allow broccoli to cook for 2 minutes until tender. Immediately remove from the boiling water and transfer to a bowl of ice to stop the cooking process. Immerse the broccoli completely in ice water for a minute. Remove and place in a dish that is lined with paper towels. In a small bowl, mix the nutritional yeast and browned monk fruit; set aside. Heat the oil in a large skillet over medium-high heat. Add the broccoli and season with red pepper flakes, salt and pepper. Stir to coat the broccoli, then cook and stir for 1–2 minutes. Remove from heat and dust with the nutritional yeast mixture.



Cauliflower Spanish “Rice”

(Detox, FS, RR, SS, CC, P1, P2)
Serves 4

- 1 cauliflower head, grated to the texture of rice OR organic cauliflower 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
- ¼ cup vegetable broth

Heat oil in a large skillet and sauté chopped vegetables until heated through. Add broth and lower heat, stirring often. When cauliflower starts to soften, add tomato and spices and cover over low heat until it reaches the texture of Spanish rice. Add salt and pepper to taste. Add vegetable broth if you desire moist “rice.”

Broccoli with Garlic and Cashews

(RR, SS, CC)
Serves 5

- 1 ½ lbs broccoli, cut into bite-sized pieces
- ½ cup olive, avocado or coconut oil
- 1 TBSP Golden Monk fruit
- 3 TBSP Bragg® Liquid Aminos
- 2 tsp white vinegar
- ¼ tsp pepper
- 2 cloves garlic, minced
- ⅓ cup cashew nuts, chopped

Place the broccoli into a large pot with about 1 inch of water in the bottom. Bring to a boil and cook for 4–6 minutes or until fork-tender but still crisp. Drain, then arrange broccoli on a serving platter. While the broccoli is cooking, put oil in a small skillet over medium heat. Mix in Monk fruit, liquid aminos, vinegar, pepper and garlic. Bring to a boil, and then remove from the heat. Mix in the cashews and pour the sauce over the broccoli.

Vegetables with Almonds

(RR, SS, CC)
Serves 6

- 2 TBSP almonds, sliced
- 2 TBSP chicken broth
- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 2 cups broccoli, chopped
- 2 cups cauliflower, chopped
- ½ cup olive or avocado oil
- ½ tsp organic garlic salt
- Pepper to taste

Pour oil in skillet over medium-low heat. Season with garlic salt and 1 tsp garlic pepper. Mix in almonds and cook until golden brown. Stir in broth, onion, red bell pepper, broccoli and cauliflower. Cook 5 minutes or until vegetables are tender.

Carrot Salad with Cilantro and Lemon

(Detox, FS, RR, SS, CC, P1, P2)
Serves 2

- 1 large carrot
- 2 scallions
- 2 TBSP cilantro
- 1 TBSP lemon juice
- ¼ tsp sea salt
- 1 dash cayenne pepper

Grate the carrot. Mince the scallion, discarding the root tips and some of the green portion. Place grated carrot in a bowl with the scallions, cilantro, lime juice and salt. Toss. Sprinkle pepper and serve.

Cauliflower Soup

(Detox, FS, RR, SS, CC, P1, P2)
Serves 6

- ⅓ TBSP nutmeg
- ½ oz honey or ½ tsp monk fruit powder
- 5 cups cauliflower
- 2 TBSP extra virgin olive oil
- 4 cups water
- 1 medium onion, sliced
- 1 clove garlic, sliced
- 1 cup apple, cored and chopped

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

Cherry Tomato Salad with Green Onions and Cilantro

(Detox, FS, RR, SS, CC, P1, P2)
Serves 6

- 1 lb cherry tomatoes, halved or quartered
- 6 scallions, minced (discard the root tip and some of the green portion)
- 2 tsp chili powder
- 2 tsp dried oregano
- ½ tsp crushed garlic
- Pinch of sea salt and pepper
- 2 TBSP freshly squeezed lime juice
- 2 TBSP apple cider vinegar
- ¼ cup fresh cilantro leaves

Mix tomatoes, scallions, chili powder, oregano, garlic, salt, pepper and cilantro. Drizzle with lime juice and vinegar.

Classic Gazpacho

(Detox, FS, RR, SS, CC, P1, P2)
Serves 6

- ½ cup water
- 4 cups cherry tomatoes
- 1 large cucumber, diced
- 1 yellow bell pepper, diced
- 1 white onion, diced
- ¼ cup olive oil
- 2 garlic cloves, minced
- 1 jalapeno or chipotle pepper, minced (optional for spicy dish)
- 2 TBSP parsley, chopped
- 2 TBSP basil, chopped
- 2 TBSP red grape vinegar

Blend tomatoes, water and oil in a high-speed blender. Transfer to a bowl and add remaining ingredients. Refrigerate and serve.

Countryside Vegetarian Chili

(RR, SS, CC)
Serves 8

- 2 tsp herbs de provence
- 1 TBSP salt
- 4 cups flaxseed meal
- 4 cups chopped tomatoes
- ½ TBSP black pepper
- 2 medium onions, chopped
- 1 whole eggplant, peeled and chopped
- 2 medium zucchini, chopped
- 8 jalapeno peppers, minced

Combine all ingredients in a slow cooker and cook 4–6 hours on low. If cooking in a regular pot, bring chili to boil over medium-high heat, then simmer for 1 ½–2 hours.

Creamy Broccoli Soup

(RR, SS, CC)
Serves 4

- Dash black pepper
- ¼ tsp nutmeg
- ½ cup tofu or almond/cashew “cream cheese”
- ¼ cup white onions
- 2 cups chopped broccoli
- 1 TBSP olive or avocado oil
- 2 cups vegetable broth
- 1 cup soy milk

Cook/steam broccoli. Cook onions in oil over medium-high heat until onions are crisp-tender. Reduce heat to medium. Blend tofu or “cream cheese” and vegetable broth, about 30 seconds or until mixed well. Stir in remaining ingredients. Cook until heated through, stirring frequently.

Creamy Carrot Soup

(Detox, FS, RR, SS, CC, P1, P2)
Serves 6

- 1 cup chopped celery
- Pinch of sea salt and pepper
- 6 oz vegetable stock
- 3 TBSP olive oil
- ¼ oz parsley
- 1 cup chopped onions
- 1 ½ lbs carrots, chopped

Put oil in a large deep saucepan over medium heat. When oil is hot, add vegetables. Sprinkle with sea salt and pepper and stir occasionally, about 15 minutes or until carrots are softened. Add stock and cook until vegetables are very tender, about 15–20 minutes. Cool the mixture and blend until pureed and smooth. Reheat if serving warm. If serving cold, refrigerate for 2 hours.

Creamy Cauliflower Soup

(RR, SS, CC)
Serves 4

- ½ cup chopped celery
- 2 TBSP extra virgin olive oil
- 8 oz soy or almond milk
- Dash black pepper
- ½ cup chopped onions
- 1 cup cauliflower
- 4 cups chicken broth

Heat oil in a stock pot. Sauté onions and celery until onion is translucent. Add cauliflower and chicken stock; bring to a boil, reduce heat, cover and simmer for 25 minutes or until cauliflower is tender, stirring occasionally. Puree cauliflower mixture in a blender until smooth. Return to pot and add salt and pepper. Add milk and stir until heated through. If the soup is still too thick, add more broth until the consistency is to your liking.

Creole Okra and Tomatoes

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

Serves 4

1 TBSP extra virgin olive oil
1 yellow onion, chopped
4 cups okra, sliced
2 cups chopped plum tomatoes
1 bay leaf
½ tsp thyme
¼ TBSP sea salt
½ tsp red pepper

Heat oil in skillet over medium heat, 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 the mucilage is mostly evaporated.

Cucumber Salad with Dill

(RR, SS, CC)

Serves 1

1 cucumber, sliced
2 TBSP dried dill weed
½ cup plain non-dairy Greek yogurt
1 dash sea salt
¼ tsp pepper

Slice cucumber into large pieces; combine all other ingredients and toss. Serve at room temperature.

Cucumber Salad with Basil

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

Serves 4

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

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

Cucumber, Tomato and Mint Salad

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

Serves 4

2 cups cucumber, sliced
3 tsp monk fruit sugar
2 medium plum tomatoes
½ cup chopped scallions
½ TBSP fresh mint
2 TBSP extra virgin olive oil
½ tsp black pepper
3 TBSP red grape vinegar
½ tsp sea salt

In a large bowl, combine cucumbers, vinegar, sugar and salt and let sit for 30 minutes. Add tomatoes, scallions, mint and oil. Gently combine while seasoning with salt and pepper to taste.



Curried Lentils

(SS, CC)

Serves 2

2 tsp curry powder
1 cilantro sprig
1 cup celery, chopped
1 cup cooked basmati rice
1 tsp honey
½ cup low-fat vegan cashew or coconut sour cream
1 cup chopped onions
1 TBSP balsamic vinegar
1 cup lentils
1 TBSP avocado oil
4 cups water

Cook lentils according to directions. Heat the oil and curry powder together in a large saucepan over medium-high heat. Add the onion and celery; cook 5 minutes, stirring occasionally until vegetables are soft. Add the water and lentils and bring to a boil. Remove from heat; stir in honey, vinegar, salt and sour cream. Top with cilantro.

Curried Tofu Scramble with Roasted Peppers and Peas

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

Serves 4

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

Heat the olive 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 minutes.

*Tip: Freezing tofu will make it crumble better.

Eggplant Casserole

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

Serves 6

½ cup tomato sauce
1 tsp oregano
½ cup mushrooms
1 tsp basil
½ tsp garlic powder
1 cup chopped red onions
2 whole eggplants, peeled and sliced thin

Preheat oven to 350 degrees. Place eggplant on a cookie sheet sprayed with cooking spray, and then spray some on the eggplant. Place under the broiler for 10–15 minutes. In a casserole dish, pour a bit of tomato sauce on the bottom, then layer eggplant, mushrooms, onions, tomato sauce and spices. Keep layering until you reach the top. Cover and cook for one hour.



Eggplant Mixed Grill

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

Serves 4

2 TBSP olive oil
2 TBSP parsley
6 tsp oregano
2 TBSP basil
1 TBSP balsamic vinegar
1 TBSP sea salt
½ tsp pepper
6 cloves garlic, minced
1 red onion, cut into wedges
Asparagus (10 spears)
1 eggplant cut into ½-inch thick slices

In a large resealable plastic bag or bowl with lid, mix the oil, parsley, oregano, basil, vinegar, salt, pepper and garlic. Place the onion, asparagus, mushrooms, eggplant and bell peppers in the bag to marinate for 2 hours in the refrigerator, stirring occasionally. Preheat grill on high heat. Lightly oil the grill and add the vegetables; grill for 6 minutes on each side or until tender.

Eggplant “Parmesan”

(RR, SS, CC)

Serves 2

Dash salt
Pinch red pepper flakes
½ cup silken tofu or almond/cashew “cream cheese”
1 cup chopped onion
1 cup canned whole tomatoes
Dash pepper
1 whole eggplant, peeled and diced
1 cup parsley
1 TBSP basil
2 garlic cloves, minced

Salt the eggplant and let drain for an hour to take out the bitterness. Heat 1 TBSP of oil in a pot, then add onion and 1 garlic clove and sauté for a few minutes until soft but not browned. Add the tomatoes, chopped basil, parsley, pepper and red pepper flakes and cook for a few minutes to marry the flavors. Mix the tofu or “cream cheese” with remaining garlic, chopped parsley and red pepper flakes. Place some of the sauce on the bottom of a pan, then add a layer of eggplant followed by a layer of tofu or “cream cheese.” Top with sauce and repeat layering. Bake at 325 degrees for 50 minutes or until eggplant is cooked through and soft.

Eggplant Spinach Sauté

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

Serves 6

1 eggplant, cut into 1-inch cubes
2 large carrots, cut into 1-inch pieces
1 cup cauliflower
1 bunch spinach
1 tsp olive oil
1 onion, diced
Pinch of sea salt and pepper

Preheat saucepan and add oil. Wash spinach. Add onions, eggplant, carrots, salt and pepper and sauté for 5–7 minutes. Add cauliflower and sauté for another 5 minutes, adding spinach just before finishing. Cover; let simmer for 3 more minutes.

Fennel and Radicchio Salad with Balsamic Vinaigrette

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

Serves 1

2 TBSP extra virgin olive oil
⅛ tsp sea salt
¼–½ cup balsamic vinaigrette
1 ½ cups fennel bulbs (cored and thinly sliced)
2 cups radicchio (red chicory), torn and loosely packed

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



Fresh Summer Vegetable Ratatouille

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

Serves 8

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

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 pot with onions. Sauté all remaining vegetables one batch at a time, adding a little more oil each time to add a new set of vegetables in. Season 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, stirring occasionally. Remove bay leaf and adjust seasoning.

Garden Vegetable Packet

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

Serves 4

3 cups broccoli
2 cups cauliflower
1 red bell pepper, sliced
1 tsp basil
½ TBSP sea salt
⅛ tsp pepper
1 small sweet potato, cut into small cubes

Preheat oven to 450 degrees. Center vegetables on a sheet of aluminum foil and sprinkle on seasonings, then top with 2 ice cubes. Bring foil ends up and together, forming a tent, and double fold at the top. Bake 20–25 minutes.



Garden Vegetable Soup

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

Serves 2

½ cup zucchini
2 garlic cloves, sliced
½ tsp sea salt
¾ cup carrots, strips
½ cup onions, chopped
1 ½ cups cabbage, chopped
1 TBSP no-added-salt tomato paste
½ cup green beans
1 tsp basil
4 cups vegetable broth

In a large saucepan sprayed with cooking spray, sauté carrots, onion and garlic over low heat, about 6 minutes. Add broth, cabbage, green beans, tomato paste, basil, oregano and salt. Bring to a boil. Lower heat and simmer covered for 15 minutes. Stir in zucchini and heat 3–4 minutes.

Garlic Kale

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

Serves 2

5 cups kale, chopped
4 cloves garlic, minced
2 TBSP extra virgin olive oil
Pinch of sea salt and pepper

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. Add a pinch of salt and pepper.



Ginger Carrot Soup

(RR, SS, CC)

Serves 6

2 ½ tsp grated fresh ginger
1 cup butternut squash, cubed
2 tsp extra virgin olive oil
2 heaping cups chopped carrots
Sea salt and pepper to taste
1 onion, chopped
3–4 cups vegetable broth
3 garlic cloves, smashed
2 chives, chopped
1 apple, chopped
1 TBSP apple cider vinegar

In a large stockpot, heat oil on medium heat and sauté onions until soft, stirring occasionally. Add garlic, carrots, squash and apples for about 8 minutes, stirring occasionally. Stir in apple cider vinegar, ginger and then 3–4 cups broth, depending on your desired consistency. Cover and reduce heat to simmer for 30–45 minutes or until vegetables are tender. Let cool slightly, then pulse/blend mixture in a blender. Garnish with chives.

Green Beans with Almonds

(RR, SS, CC)

Serves 7

2 lbs green beans
¼ cup sliced almonds

Trim the ends off the green beans. Steam the green beans 4-5 minutes or until fork-tender. Place in a bowl and top with almonds.

Golden Carrot Soup

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

Serves 2

3 TBSP bay leaves
2 TBSP olive oil
¼ tsp black pepper
2 TBSP parsley
2 ½ cups carrots, chopped
1 onion, chopped
2 garlic cloves, minced
4 cans vegetable or chicken broth

Heat oil in saucepan. Add carrots, onions, garlic and bay leaves. Put the broth in another pan and bring to boil. Pour boiling broth over the vegetables and simmer 15 minutes or until tender. Remove pan from heat and remove bay leaves. Allow the soup to cool a little and then transfer to a food processor or blender and puree until smooth. Season with pepper. Garnish with parsley.

Green Bean Casserole

(RR, SS, CC)

1 cup onions, chopped
3 oz goat cheese, hard type
3 cups green beans
1 cup mushrooms
¾ cup red bell pepper
4 TBSP balsamic vinegar
3 oz silken tofu or almond/cashew “cream cheese”

Trim and discard the ends of fresh whole green beans. Boil the green beans in just enough water to cover for 3 minutes. Combine the slightly cooked green beans, mushrooms and bell peppers in a casserole dish. Toss with olive oil, soy sauce or balsamic vinegar and roast for 15 minutes at 375 degrees. In a separate saucepan, sauté onions in olive oil until tender and brown. For additional flavor, mix the greens, mushrooms and peppers with almond/cashew “cream cheese” and bake at 400 degrees for 5–8 minutes.



Green Bean Salad 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 Bragg® Liquid Aminos
½ tsp sesame oil
1 garlic clove, minced
¼ tsp black pepper
1 tsp sesame seeds
1 tsp local honey (optional)
1 tsp chili garlic sauce (optional)

Cut off green bean stems and steam beans in a covered steamer for 8 minutes. Whisk together the vinegar, olive oil, dry sherry, liquid aminos, sesame oil, garlic and pepper (optional honey and chili garlic sauce) until emulsified, about 1 minute. Set aside. Toast the sesame seeds in a small, dry pan over medium heat, stirring occasionally 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.

Grilled Italian Vegetables

(Detox, 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 sea 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 over vegetables. Stir occasionally throughout. Grill 20–25 minutes.

Grilled Tomatoes and Stuffed Mushrooms

(RR, SS, CC)

Serves 4

4 tomatoes
1 ½ TBSP balsamic vinegar
1 ½ TBSP olive oil
Pinch of sea salt and pepper
1 clove garlic
8 mushrooms, stems removed
7 oz silken tofu
2 TBSP dill weed
2 TBSP parsley
1 lemon, juiced and ½ rind grated

Preheat oven to 375 degrees. Line baking tray with parchment paper. Place the tomatoes, cut side up, on the tray; drizzle with 2 teaspoons each of the vinegar and oil and sprinkle with a little salt. Bake 20 minutes or until tender. Meanwhile, combine the remaining oil and crushed garlic. Brush the tops of the mushrooms with the garlic oil and place, stem side down, on a baking sheet lined with baking paper. Bake for 20 minutes. Place the tofu in a bowl and use a fork to break it up. Add the dill, parsley, lemon rind and lemon juice. Mix well and season with salt and pepper. Turn the mushrooms over and fill with tofu mix. Return to the oven for 5 more minutes or until mix is heated through. Divide the spinach among four plates. Top with the mushrooms and tomatoes. Drizzle with a teaspoon of the remaining vinegar.

Grilled Vegetables and Tofu Salad

(RR, SS, CC)

Serves 4

2 red peppers, quartered
2 zucchini, thinly sliced
2 baby eggplant, thinly sliced lengthwise
7 oz whole mushrooms, stems trimmed
4 ½ oz baby corn, halved lengthwise
2 ½ TBSP olive oil
13 oz patted firm tofu, patted dry
3 ½ oz macadamia nuts
Pair with your favorite vinaigrette dressing from TLS Marinade and Dressing booklet

Preheat grill and flat plate on medium heat. Place the pepper, zucchini, eggplant, mushrooms and corn in a large bowl. Add 2 teaspoons of oil and toss to coat. Place pepper, skin side down, on grill and cook 4 minutes on each side or until skin starts to blacken. Transfer to a bowl, cover with towel and set aside to cool. Place the zucchini and eggplant on the grill and cook 3 minutes or until tender. Set aside. Place mushrooms and corn on the flat plate. Cook 3–4 minutes. Transfer with the rest of the vegetables. Brush tofu with 1 TBSP oil. Place on grill and cook 4 minutes on each side. Cut into strips and add to vegetables. Once pepper is cool, peel away the skin and cut the flesh into thin strips. Add to the other cooked veggies, then add the basil and nuts. Toss. Add vegetables and favorite vinaigrette dressing and toss.

Herbed Vegetables and Lentils

(RR, SS, CC)

Serves 2

1 cup zucchini, sliced
1 scallion
2 cups drained pimientos
½ tsp oregano
¼ tsp thyme
¾ cup lentils
1 ½ cups vegetable broth (or substitute with chicken broth)
4 TBSP nutritional yeast
2 garlic cloves, minced
1 cup sliced summer squash

Heat chicken broth and lentils to boiling in 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 slightly tender yet crisp and mixture is of desired consistency, 2–3 minutes longer.

Kale Chips

(FS, RR, SS, CC, P2)

Serves 1

5 cups whole kale
1 TBSP olive oil
½ oz dry sherry
Salt

Preheat oven to 300 degrees. Discard stem and inner rib of kale leaves and tear into 2-inch or 3-inch pieces. Place kale in a resealable bag. Add half of the oil and squeeze the bag so oil gets distributed throughout all leaves. Add remaining oil and repeat. Sprinkle the sherry and vinegar over the leaves and shake to spread evenly. Spread leaves on a baking sheet. Roast until crisp, about 35 minutes. Season with salt.



Lemon-Roasted Asparagus with Parmesan

(RR, SS, CC)

Serves 6

1 lemon, zested
2 TBSP olive oil
½ TBSP sea salt
¼ cup nutritional yeast (optional)
2 ½ bunches of asparagus
4 garlic cloves, chopped
¼ tsp pepper

Preheat oven to 425 degrees. In a roasting pan, toss asparagus with the oil, garlic lemon zest, salt, pepper and red pepper. Roast for 20–25 minutes, tossing occasionally until brown. Drizzle lemon juice to taste over asparagus. Optional: Sprinkle with nutritional yeast before serving.

Japanese Vegetable Salad

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

Serves 1

1 TBSP red grape vinegar
¼ slices white radishes
¼ cup red radishes
¼ cup sliced and seeded cucumber
1 cup water
Sea salt to taste
¼ cup carrot strips, diagonally sliced

In a bowl, combine radishes, cucumber, carrot and salt. Toss and mix and let stand for at least 20 minutes or up to 2 hours. In a small saucepan, bring vinegar and water to a boil. Remove from heat and cool. Transfer vegetables to colander and press gently to allow liquid to drain off. Return vegetables to bowl. Pour vinegar mixture over vegetables and toss to coat. Cover bowl with plastic wrap and refrigerate until serving.

Mashed Cauliflower “Potatoes”

(RR, SS, CC)

Serves 4

¼ cup soy milk
1 garlic clove, minced
1 head cauliflower
1 dash sea salt and pepper
¼ cup chicken stock (optional)

Boil cauliflower until tender. Roast garlic until soft. Drain cauliflower, add garlic and mash. Add salt and pepper to taste and flavor with soy milk or chicken stock.

Mediterranean Summer Tomatoes

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

Serves 4

5 fresh tomatoes
5 shallots, chopped
½ cup olive oil
¼ 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 Peppers

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

Serves 4

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
Sea salt and pepper to taste (start with a pinch)

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



Napa Cabbage and Avocado Salad

(FS, RR, SS, CC, P2)

Serves 1

2 TBSP Bragg® Liquid Aminos
1 TBSP olive oil
1 tsp honey
½ tsp dark sesame oil
¼ tsp ground ginger
¼ tsp chili powder
Sea salt and pepper to taste
Avocado
½ cup sprouts
1 scallion
1 jalapeño pepper, diced
2 cups chopped cabbage

Place the cabbage in a large bowl. Mince the scallions, discarding the root tips and some of the green portion. Remove stem of the jalapeño pepper, then cut lengthwise, scrape seeds out and finely mince. Add the scallions, jalapeño, sprouts and cabbage and toss to combine. In a bowl, whisk the liquid aminos, oils, ginger, honey, chili powder, salt and pepper for about 1 minute. Pour over the cabbage. Add avocado slices and toss gently.

Nopalito Salad with Pickled Jalapeños

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

Serves 4

¼ cup minced red onions
2 TBSP olive oil
1 TBSP lime juice
1 large tomato, sliced
½ cup parsley
4 nopales

How to prepare nopales: clean off any spikes, rinse off and cut into roughly ½-inch thick strips. Note: Nopales can be eaten raw or cooked. To cook, sauté nopales in a little bit of olive oil over medium heat until nopales turn from bright green to dark green.

Place the nopales in a bowl and add parsley, onion, oil, pickled jalapeño and lime juice. Toss to combine. Arrange a lettuce leaf on each individual plate and top each with the nopales mixture. Arrange the tomato slices around the edge of each plate.



Oven-Roasted Asparagus

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

Serves 4

1 bunch asparagus, ends trimmed
3 TBSP olive oil
1 clove garlic, chopped
½ tsp pepper
1 TBSP lemon juice
1 ½ TBSP nutritional yeast (optional)
¼ tsp sea salt

Preheat oven to 425 degrees. Place all ingredients in a plastic resealable bag and shake to coat asparagus. Place in a baking pan and bake for 15 minutes. Sprinkle with lemon juice.

Portabella Mushroom “Burgers”

(RR, SS, CC)

Serves 2

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

Sauté carrots, onion and mushroom stems until tender. Remove from pan. Sauté mushroom caps upside down for 5 minutes. In meantime, mix oil, vinegar, garlic, Italian seasoning and pepper. Turn 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 Bragg® Liquid Aminos or coconut aminos

Preheat oven to 450 degrees. Cut broccoli into pieces and 2-inches long. Place broccoli in a mixing bowl and mix 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 sesame seeds in a dry pan over medium-high heat for 30–60 seconds. When broccoli is done, add seeds and toss.

Roasted Garlic Lemon Broccoli

(Detox, 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
½ tsp lemon juice

Preheat oven to 400 degrees. Toss 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.

Sautéed Vegetables

(RR, SS, CC)

Serves 1

1 TBSP lemon juice
1 garlic clove
½ onion, sliced
1 TBSP olive oil
¼ cup nutritional yeast (optional)
½ cup mushrooms
1 cup spinach

Sauté onions and garlic in oil until soft. Add mushrooms and cook until done. Add spinach, toss well and sauté very briefly. Top with lemon juice and nutritional yeast.



Sautéed Zucchini

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

Serves 2

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

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

Snack Salad

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

Serves 3

3 TBSP olive oil
3 TBSP red grape or balsamic vinegar
¾ TBSP Italian seasoning
¼ cup water chestnuts (optional)
1 cup sliced mushrooms
3 cups broccoli florets
1 cup celery, chopped
3 cups cauliflower florets
6 black olives, sliced

Combine oil, vinegar and Italian seasonings. Add all other ingredients. Stir and serve.



Spicy Grilled Vegetable Skewer

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

Serves 6

Marinade
1 tsp ground ginger
2 TBSP shallots
4 TBSP soy sauce
1 tsp rice vinegar
3 TBSP canola oil
½ oz lime juice
¼ tsp red pepper

1 yellow squash, cut into 1-inch slices
2 portabella mushrooms, cut into quarters without stems
1 red bell pepper, cut in 1-inch chunks

Mix all ingredients for marinade in small bowl. Place vegetables in a container and pour marinade over them. Cover and refrigerate for 20 minutes. Skewer the vegetables. Spray the grill with cooking spray and grill on medium-high heat until they are soft and browned (about 8–10 minutes), turning frequently.

Spicy Roasted Kale

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

Serves 4

4 cups chopped kale, stems removed
1 TBSP olive oil
1 TBSP chili powder
¼ TBSP sea salt

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

Spinach Salad with Raspberries and Walnuts

(RR, SS, CC)

Serves 4

8 cups baby spinach
1 cup raspberries
½ cup chopped walnuts
¼ cup chopped onions
Pair with your favorite dressing from TLS Marinades and Dressings booklet

Place the ingredients in a bowl, drizzle dressing of choice over it and serve.

Steamed Artichokes

(RR, SS, CC)

Serves 2

2 artichokes
2 TBSP olive or avocado oil
2 garlic cloves
Sea salt and pepper to taste

Fill pan with just enough water to cover bottom and bring to a full boil over high heat. Meanwhile, trim and discard stems and tough outer leaves of artichokes. Tuck slices of garlic into artichoke leaves and drizzle with oil. When water begins to boil, place steamer in pot and set artichokes in steamer. Cover pot and allow artichokes to steam for about 20 minutes or until tender.

Stir-Fry Veggie Platter

(RR, SS, CC)

Serves 2

Romaine or Boston lettuce leaves
2 TBSP sesame seeds
¼ cup sliced asparagus
½ cup broccoli florets
3 TBSP olive oil
¼ onion, sliced ½-inch
½ yellow tomato, chopped
1 green bell pepper, thinly sliced
1 carrot, sliced
½ tsp garlic, minced
1 portabella mushroom, chopped

Heat 1 TBSP oil in a skillet over high heat until almost smoking. Add carrots, pepper and onion. After cooking for a few minutes, remove them from heat. Heat 1 TBSP oil in the skillet and add tomato, broccoli, asparagus and garlic. Stir-fry until crisp, about 3 minutes. Place with other cooked vegetables. Heat remaining oil and add mushrooms and stir-fry for 2 minutes. Sprinkle all vegetables with seeds and serve in a lettuce wrap.



Tempeh Rancheros

(RR, SS, CC)

Serves 4

1 TBSP canola oil
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
2 tsp chili powder
1 tsp cumin
½ tsp sea salt

Heat oil in skillet on 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. Cover and cook for 3 more minutes. Serve tempeh in shallow bowls..



Tomato Basil Soup

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

Serves 3

2 TBSP red grape vinegar
5 TBSP olive oil
6 fresh basil leaves
1 ⅓ tsp dried basil
1 cup chopped tomatoes, seeds and juice reserved
⅓ tsp sea salt
¼ tsp pepper
2 cloves raw garlic
1 cup cucumber, chopped

Put tomatoes in saucepan with their seeds and juice along with the garlic, basil leaves, oil, vinegar, salt and pepper to taste. Heat to 150 degrees, below boiling point. Remove from heat, blend for 30 seconds, strain through a not-too-fine sieve, removing only the seeds and skin. Return to heat and bring back to desired temperature. Adjust seasoning. To serve: put cucumbers in bowls, ladle in soup and garnish with chopped basil.

Vegan Vegetable Curry

(RR, SS, CC)

Serves 6

2 TBSP curry powder
1 cup chopped zucchini
1 cup chopped onion
5 cups chopped cauliflower
2 cups green beans
1 cup chopped yellow squash
1 ½ cups yams
1 ½ cups organic no-sugar-added tomato sauce
3 cups soy milk

Combine coconut milk, tomato sauce and curry powder in saucepan. Bring mixture to a boil, then reduce to a slow simmer. Add the vegetables and cook 30–45 minutes or until all vegetables are tender.



Vegetable Pizza

(RR, SS, CC)

Serves 4

¾ cup tomato sauce, canned
8 Kalamata olives, sliced
½ tsp garlic powder
½ tsp basil
½ tsp oregano
½ TBSP sea salt
6 mushrooms, sliced
1 eggplant, peeled and sliced ¼-inch thick
4 oz vegan cheese

Sprinkle both sides of eggplant with salt and let sit for 20 minutes to reduce bitterness. Mix herbs and spices in the tomato sauce. Place eggplant slices on baking sheet, topped with the tomato mixture, olives and mushrooms. Sprinkle cheese on top and bake at 350 degrees for 20 minutes or until edges of the cheese brown.

Zucchini Mexicali

(FS, RR, SS, CC, P2)

Serves 10

¼ cup olive, avocado or coconut oil
1 zucchini, thinly sliced
1 onion, chopped
1 carrot, shredded
¾ cup celery
½ cup julienned green pepper
½ tsp sea salt
¼ basil
2 TBSP tomato paste
1 packet of organic taco seasoning
2 tsp mustard
1 cup tomato, chopped
1 small jalapeño/cayenne pepper (optional)

In a large skillet, combine first eight ingredients. Cover and cook over medium-high heat for 5 minutes. Stir in taco seasoning; top with tomatoes. Cook uncovered for 5 minutes or until heated through.

Zucchini Tomato Vegetable Packet

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

Serves 4

1 onion, sliced
1 tomato, cut into chunks
1 TBSP olive oil
¾ tsp lemon pepper
½ tsp oregano
¼ tsp sea salt
2 large zucchini, chopped

Preheat oven to 450 degrees. Center vegetables on a sheet of aluminum foil. Drizzle with oil and seasonings. Bring up foil sides and double fold top and ends to seal; leaving some room at the top, like a tent. Bake 20–25 minutes.