



YOUR NEW “FARMACY”

RECIPES TO OPTIMIZE YOUR HEALTH



NOURISHMENT GUIDE FOR YOUR BODY, MIND AND SPIRIT

This is your official permission slip for self-care. Self-care is not selfish. “We cannot serve from an empty vessel.” As you begin to put your wellbeing as a first priority and you begin to heal and feel better, you may notice that life seems to go more smoothly and those around you feel better too.

Our intention with the foods and activities we suggest for you is to decrease your inflammation and increase your energy. Inflammation is the root cause of all disease and is caused by physical, chemical and emotional stress. Decreasing your inflammation simply helps you feel good, so you can get back to enjoying your life. When our health has been gradually declining for some time, we forget what it feels like to be healthy and have energy. It’s time to remember.

When we are at-ease, we have less dis-ease.

This is an opportunity for you to look at your health and Wellbeing from a fresh perspective. We will invite you to experiment with some new foods and activities that may be personalized for your circumstances. We just ask that you keep an open mind and be willing to take an adventure in discovering what agrees with you to help you feel good.

This is a guide for you to refer to for inspiration, information and recipe ideas to consider.

As Hippocrates, the father of modern medicine said:

“Let food be thy medicine and medicine be thy food.”

When it comes to the nourishment you consume, don’t focus on rules and goals. Instead, focus on standards for yourself and keep them high. Nourishment is not just your food; it is also in the form of relationships, music, movies, news, medications, environment, movement, activities, ideas, and books. It’s a collection of your experiences.

Everything counts. Choose wisely and be true to you.

Your choices either decrease your inflammation and pain or increase it. Your body’s ability to heal is much greater than you have ever been led to believe. Just like Dorothy in the Wizard Of Oz -

“You’ve always had the power my dear, you just had to learn it for yourself.”

~ Glinda, The Good Witch.

SIMPLE FOOD RULES



Vegetables that are non-GMO (not genetically modified), preferably local and/or organic.

Go on a vegetable adventure. Eat a variety prepared in many different ways—raw and cooked. Every single one has a unique set of nutrients and compounds that cannot be replicated. Enjoy exploring new ways to nourish yourself with nature’s creations. A few exceptions. Avoid corn and soy. They contain high amounts of pesticides, are genetically modified and often inflammatory.

Meats that are local, organic and/or humanely raised. “Big food” meats found in chain stores are not the best quality. Sometimes the chain store is our only convenient option and now there is usually an organic or healthier option. It is a bit more of an investment, but as they say “Pay now or pay later. If you think healthy food is expensive and time consuming, try illness.” It’s all about what you value.

For beef, grass fed is best. For chicken, consider hormone/antibiotic free and free range. We love Tendercrop Farm. They have locations in Dover, NH and Newbury, MA.

Organic Eggs or local eggs are a wonderful source of protein and choline, for those they agree with. Don’t forget to eat the yolks. That’s where a lot of the nutrients are.

Fish, shellfish and shrimp/lobster, etc. that is wild and NOT farm raised is best. Go for Wild Alaskan salmon, haddock, wild caught shrimp, lobster, clams, mussels are all great, especially here in New England! Frozen, wild caught is perfectly fine. A word of caution that shellfish can be inflammatory for some people, so always be mindful of how you feel after you eat anything.

Organic Grains can be a healthy part of your diet, in moderation. However, if you are looking to decrease your sugar numbers, it is best to minimize grains. The best grains to eat are; old-fashioned oatmeal or steel cut oatmeal, brown rice or white basmati rice, and quinoa (actually a seed, but used as a grain).

Raw Nuts and Seeds contain high levels of nutrients that are difficult to get from other sources, such as magnesium, manganese, B vitamins, Vitamin E, calcium and phosphorus. Great seed options to try include, chia, sesame, sunflower, hemp, flax and pumpkin. Raw (not roasted) Nuts to add to your diet include, almonds, walnuts, pistachios, cashews, etc. Be sure they are raw and NOT roasted with oils and salt. You can also soak nuts and sprouted nuts for those suffering with GI issues. Dry roasted is OK, but be steer away from nuts roasted in safflower or cottonseed oil.

Organic Fruits (buy organic when they are available) contain a wide variety of phytonutrients that aid the body in detoxifying and improve the immune system and feeling of energy and wellbeing. Good fruits to consider; organic strawberries only (non-organic are essentially a vehicle for pesticides), raspberries, wild blueberries, papaya, blackberries, apples, cherries, oranges, mangos, pineapple, melon, lemons and limes to name a few.

Beverages - Filtered water, Coconut Water, Kombucha (a fermented drink), and Herbal teas (unsweetened). Stay away from drinking milk and that fourth cocktail! Beverages are the #1 source of added sugar, so staying away from soda, sweetened iced teas, sweet coffee drinks, etc. can improve your health dramatically.

Fats are an important part of your nutrition. They help increase metabolism and absorption some nutrients, regulate hormones and improve brain/nervous system health. They also keep you full longer. The best and most readily available oils include, extra virgin olive oil, coconut oil, avocado oil and walnut oil. Stay AWAY from canola oil, cottonseed oil and other processed oils.

Sweetness in life is important. The best options when you want to add sweetness to anything is **real Maple Syrup** or **Raw Honey**. Use a teaspoon at a time for oatmeal, gluten free pancakes, unsweetened coconut yogurt, etc.

SuperFoods: Small things. Big Impact. By adding them, you are boosting your immunity and giving your cells super powers to protect them against the inevitable things we come in contact with that cause inflammation. Think of them like Teflon® to keep toxins rolling off you. There are many more, but here are a few to experiment with. These can be purchased at your local health food store or on Amazon.com.

Spirulina is algae harvested in fresh water. This is one of the most nutrient dense foods on our planet. High in easily absorbable protein, B vitamins, chlorophyll, calcium, iron and trace minerals the body needs to improve nerve & brain function, cardiac health, slow aging, fight cancer cells and improves detoxification. I recommend Hawaiian Spirulina in powder form. Easy to add to any smoothie. 1 tsp is equivalent to 3-4 servings of fruits and veggies.

Atlantic Dulse (aka Seaweed. Yup, seaweed) – It is nutrient dense and helps with hormone balance, iodine, vitamin C and many antioxidants not found from any other source. You can add this to soups, smoothies, stir fry and salads. There are many other varieties of seaweed/algae to experiment with.

Aloe Vera (Yes. The plant you may have growing in the living room). The use of aloe for healing has been documented since ancient times. Known best for its skin healing powers, it is also wonderful for reducing inflammation, healing the gut, and bringing the body into balance. The way to consume aloe is to purchase a leaf in the produce section and “filet” it to get the clear gel out to use in a smoothie, on a salad or just eat it plain. It has no taste and is not too bad if you are ok with its slimy texture! The easiest way to consume it is to purchase aloe juice. I recommend Lakewood Organic Pure Aloe. Other brands may add chemicals and/or sugar.

Microgreens & Sprouts contain different nutrients, and greater density of antioxidants, necessary enzymes, vitamins and minerals than some full-grown plants. You don’t need to eat as much to get the nutrients you need. The best options are; broccoli sprouts, watercress, sunflower shoots and pea shoots. Sometimes they are packaged as a mix. They can be found

at the grocery store or health food store. You can easily grow your own broccoli sprouts in a Mason jar. It's the hot new thing for health nuts like you. Experiment. You'll be growing a cancer fighter right in your own kitchen. Sulfurophane is the key compound found in broccoli sprouts proven to fight off cancer cells.

Cocoa (Raw, unsweetened, organic): Best news. Chocolate is a great source of antioxidants, Magnesium, Iron, fiber, flavanols and polyphenols. 4 grams of fiber and 0 grams of sugar! Helps to improve absorption of antioxidants from berries too. Use it in smoothies and add a few dates for sweetness.

Love & Joy are the MOST important superfoods. Give love to yourself often and unconditionally. Do things that bring you joy and inspiration. If you need a scientific reason, it increases blood flow, improves the health of your DNA/healthy gene expression, increases oxygen and calms your nervous system.

FOODS TO AVOID

PROCESSED SUGAR. Adding high fructose corn syrup and processed sugar to our food supply is the #1 contributor to chronic disease and poor health.

Wheat and foods made with wheat: processed cereals, bread, pasta and crackers.

Processed oils/fats: Canola oil, vegetable oil, soybean oil, etc.

Dairy. It has found to be highly inflammatory to people suffering with chronic disease, pain, autoimmune issues and compromised health.

Alcohol - minimize your consumption. Simply put, it's a neurotoxin – literally kills cells. Many of us enjoy a cocktail or two, just check in with yourself if you are suffering with pain.

Corn: Full of GMOs (genetically modified organisms) and pesticides.

Soy: Also, full of GMOs and pesticides.

Diet anything and Artificial Sweeteners such as Splenda (Sucralose) and NutraSweet/"Equal" (aspartame, L-phenylalanin and neotame) are neurotoxins. They contribute to neuro-degeneration, nerve damage and pain among a long list of undesirable effects on the body.

Stevia/Truvia can be used sparingly. There are lots of variables about how the herb is chemically processed. If you need to sweeten something, use a teaspoon of raw honey or real maple syrup.

STRESS: It's not a food, but it is a top of the list contributor to pain and other chronic illnesses. The hormones released in the body when we have a stress response create havoc with your cellular function. A lot of our stress is caused by how we perceive situations and being in a state of "fight or flight" becomes a dangerous habit. Seek out tools to help you with your feelings of stress, such as meditation, exercise, breath work, yoga, Qi Gong, massage, EFT ("tapping"/Emotional Freedom Technique), getting out in nature or anything else that brings you into the present moment can calm the nervous system.

SOME RECOMMENDATIONS

Bookend Your Day

How you begin and end your day (usually) is up to you. In between, life is a rollercoaster ride. When you begin your day empowered and nourished, life seems to go more smoothly and this helps you to stay at-ease and on track. Remember, this is your permission slip for self-care.

Morning Routine

Upon rising: Drink warm lemon water.

Juice of ½ a lemon in 8-10 oz. of warm water (less shock to the body than cold) or drink a large glass of water. It is helpful to prepare a glass of water on your nightstand before and drink it first thing in the morning. Hydrating gets your organs functioning and provides you with energy. This small thing can have a huge positive effect on how energized you feel and your overall health.

Warm lemon water has amazing benefits:

- Decreases inflammation
- Helps fat loss
- Detoxifies your liver
- Helps with arthritis and joint pain
- Gives you energy

Next, have a **5-minute to 20-minute mindfulness/meditation practice**. This can include prayer, but also include some time of complete stillness and just being. After all, we are human beings, not human doings. See recommended guided meditation towards the back of this book. Notice, we call it a “practice”. That’s because whatever we do a lot, we get good at and that’s called practice.

Meditation has been coined the “Swiss Army knife of medical tools”. It supports just about everything to improve your wellbeing. It has been proven to decrease pain, stress, blood pressure, help Type 2 Diabetes and many other chronic illnesses. Overall, it increases your level of joy and happiness. A Harvard study proved that it actually increases the gray matter in our frontal lobe, executive function and shrinks the amygdala (fight or flight - fear) part of our brain.

In a nutshell, this enables us to calm the nervous system, relax more and enjoy life. Experiment. See what is different for you over time.

RECIPES

BREAKFAST ADVENTURES

For Coffee Lovers Only “Bulletproof” Coffee

For those that want to continue to enjoy their creamy coffee. Here is a new way without the processed half and half!

INGREDIENTS:

2 Cups brewed coffee (organic is best)
1 TBS Coconut Oil or Coconut Butter
Optional: ½ C Warmed Almond (or coconut) milk
Experiment and see what variation works for you.
1 tsp cinnamon or cocoa powder

DIRECTIONS: Place all ingredients in a blending and blend until creamy and frothy. About 30 seconds.

Warming Detox Drink

Warm lemon/ginger/honey/apple cider vinegar detox drink –Helps reverse disease, boost energy, reduce inflammation and lose body fat.

INGREDIENTS:

1 Cup warm water
2TBS Apple Cider Vinegar
½ tsp Grated Fresh Ginger
1 tsp Raw Local Honey
2 TBS Lemon Juice (fresh)
Dash of Cayenne Pepper
¼ tsp Cinnamon

Egg & Veggie Scramble

Eggs are a great way to include restorative proteins and fats into your body. This easy recipe is satisfying and includes everything you need to start your day with fueled cells and good energy.

INGREDIENTS:

2 eggs (organic or local farm eggs. Nellie's eggs are a good grocery store option)

1 C Organic Baby Spinach

1 C Broccoli

½ C Sweet potatoes chopped

1 Scallion

1 tsp Olive oil

If not dairy free, sprinkle with parmesan, salt & pepper.

(Other options to add: tomatoes, precooked nitrate free bacon or ham, any veggies you have on hand! Experiment.)

DIRECTIONS: Heat 1 tsp olive oil in pan. Sauté sweet potato first for 5 minutes, then add broccoli, spinach and scallion for about an additional 3-5 minutes. In the meantime, beat two eggs. Add egg mixture to veggies. Scramble and enjoy.

Breakfast Hot Oatmeal Fruit Crisp

Oatmeal has tremendous benefits by providing us with a good energy source, fiber and satisfying flavor. This recipe can be altered based on your preferences and what you have on hand that day. Optional flavors; Mixed berries (works great with frozen berries - they never go bad and you can keep them on hand), banana, apple or any fruit that sounds good to you.

INGREDIENTS:

½ C Old Fashioned Oatmeal

1 C water and/or mix of almond or coconut milk

1 tsp Vanilla

1 tsp Cinnamon

1 TBS Chia Seeds (optional, but great for detox and energy)

½ C Frozen Mixed Berries OR ½ Banana, OR 1 Chopped Apple

1 tsp Honey or Real Maple Syrup

DIRECTIONS: Put liquid and oatmeal in saucepan. Bring to a boil, then turn heat down. When oats come to a boil, add frozen berries or apples. If using banana, add it after oatmeal is done cooking. Turn heat to medium low and simmer oatmeal for 10 minutes or until desired texture. Sprinkle with cinnamon, drizzle with 1 tsp raw honey or real maple syrup.

Energy in a Jar - Oatmeal on-the-go

This is a great breakfast to make the night before or prepare in the morning and take with you to-go. Similar to the oatmeal crisp recipe, but it can be eaten chilled or at room temperature.

Combine all of the ingredients and let it sit for minimum of 15 minutes or overnight.

INGREDIENTS:

½ C Old fashioned oatmeal
1 C Almond and/or coconut milk
¼ C Frozen berries or fresh fruit (banana, berries, apple - whatever you like)
1 tsp Vanilla
1 tsp Cinnamon
1 TBS Walnuts
1 TBS Shredded unsweetened coconut
1 tsp Maple syrup or honey (raw is best)
Good extras (Optional superfoods):
1 TBS Hemp seeds
1 TBS Chia seeds

Simple Clearvite Berry Smoothie Recipe

This smoothie will nourish your body to clear your mind, decrease stress, decrease inflammation, help you perform and feel at your best. It has fruits, veggies, protein to start your day or as an energy boosting snack.

INGREDIENTS:

1 C almond and/or coconut milk
1 scoop Clearvite by Apex Energetics Collagen Powder
½ C Frozen Wild Blueberries or mixed berries
Add a cup of baby spinach, kale or mixed greens
1 tsp Spirulina (SuperFood)
Blend for 1-2 minutes.

Caribbean Mango Smoothie

INGREDIENTS:

1 C Coconut milk
1C Frozen Mango
1 C Baby spinach, kale or mixed greens
1 tsp Spirulina
½ Avocado – Great whole food with healthy fats to optimize your energy and decrease inflammation
1 Banana (frozen is a great taste option. Try peeling and freezing half bananas. Store in zip lock bag in freezer. Grab when you need one).
Blend for 1-2 minutes

Berry Cacao Power Smoothie Recipe

This smoothie will nourish your body to clear your mind, decrease stress, decrease inflammation, help you perform and feel your best. It is packed with fruits, veggies, protein and SuperFoods to start your day or satisfy a mid-afternoon chocolate craving.

INGREDIENTS:

1 C almond and/or coconut milk

½ C any mixed frozen berries

Add a cup of baby spinach, kale or mixed greens

½ Avocado – Great whole food with healthy fats to optimize your energy and decrease inflammation

½ Banana (frozen is a great taste option. Try peeling and freezing half bananas. Store in zip lock bag in freezer. Grab when you need one)

1 TBSP Cocoa powder (raw organic)

1 teaspoon Spirulina Powder

1 TBSP of Almond Butter – Good fats, minerals, vitamin E, Magnesium (needed to support nervous system, bones, metabolism, and muscles)

Blend all for about 1-3 minutes.

Optional Seeds to add to any smoothie: 1 TBSP Hemp Seeds and/or 1 TBSP Flax Seeds

Nerve Tonic - Blueberry Mint Smoothie

Serves 1

INGREDIENTS:

¾ C Wild Frozen Blueberries (Wyman's is a good options)

½ C Frozen Mango

½ C Organic Baby Spinach

2 Fresh Mint Leaves

½ Banana (Frozen bananas are great to have on hand. Just peel when they become extra ripe and keep them in a Ziploc in freezer.)

¼ Avocado

1 TBS Flax Seeds

1 tsp Spirulina

1 C water, Coconut Water or Aloe Juice

Raspberry Lemon Smoothie

Serves 1

INGREDIENTS:

1 C Water

1 TBS Flax Seed

1 C Frozen or Fresh Raspberries

1 Banana

¼ C Spinach

1 TBSP Almond Butter

2 tsp Lemon Juice (fresh squeezed)

Power Greens Smoothie

This is a powerful combination of alkalizing/detoxing vegetables, fruit and healthy fats.

Serves 1

INGREDIENTS:

4 Celery stalks
1 Cucumber
½ Green Apple
1 C Kale leaves
Juice of ½ lime
1 TBS Coconut oil
½ C Almond Milk
1 C Fresh Pineapple

Flourless Banana Pancakes

Serves 4

INGREDIENTS:

2 Ripe bananas, mashed
3 Eggs
1tsp baking powder
1 tsp cinnamon
1 tsp vanilla extract
1TBS melted coconut oil
Toppings: Coconut butter or organic butter, 2 teaspoons of real maple syrup

DIRECTIONS: Combine all ingredients in a bowl. Pour batter into a pan with melted butter over medium heat. Cook until small bubbles form and then flip. Tip: Cooks best on an electric griddle

Blueberry Banana Muffins

(Whole Food - Gluten & Processed Sugar Free)

INGREDIENTS:

1 Mashed Banana
2 Eggs
½ C Almond flour
2 tsp Cinnamon
2 TBS Coconut oil (melted)
1 tsp Vanilla
1 tsp Baking powder
½ C Blueberries (frozen or fresh. Wild Maine Frozen are best!)

DIRECTIONS: Preheat oven to 350. Mix together ingredients and put in muffin tins greased with coconut oil. Bake for about 30 minutes or until done.

SOUPS/STEWES

Bone Broth

Try this to boost your immune system, treat joint pain/arthritis, help with crohn's disease, heal leaky gut, lose unwanted weight and overcome food intolerances.

For detox and immune boost, drink a cup each morning or throughout the day. The collagen content repairs gut and immune function.

Total Time: 48 hours Serves: Varies

INGREDIENTS:

- 4 pounds beef bones with marrow
- 4 carrots, chopped
- 4 celery stalks, chopped
- 2 medium onions, peel on, sliced in half lengthwise and quartered
- 4 garlic cloves, peel on and smashed
- 1 teaspoon Himalayan sea salt
- 1 TBS apple cider vinegar
- 1 teaspoon whole peppercorns
- 2 bay leaves
- 3 sprigs fresh thyme
- 5-6 sprig parsley
- 18-20 cups cold water (or enough to cover bones and veggies)

DIRECTIONS: Place all ingredients in a 10 quart capacity crock-pot. Add in water. Bring to a boil over high heat; reduce and simmer gently, skimming the fat that rises to the surface occasionally. Simmer for 24-48 hours. Remove from heat and allow to cool slightly. Discard solids and strain remainder in a bowl through a colander. Let stock cool to room temperature, cover and chill. Use within a week or freeze up to 3 months.

Semi-Homemade Chicken or Beef Stew

Stew is a hearty tradition that is nourishing and satisfying. An effortless way to get your protein, good fats and veggies in one dish. You can also prepare these for your Crock Pot.

4 Cups (2 cartons) of Kitchen Basics or Organic Chicken broth or Beef Broth. OR use your homemade beef broth. 3 roasted chicken breasts (see recipe below) Chicken – either a whole pre cooked rotisserie chicken (just pull apart and cut into chunks) or 3 chicken breasts roasted in the oven on a cookie sheet. Spread a little olive oil on chicken and sprinkle with dried thyme, salt and pepper. Roast for 30 minutes at 350 degrees. Chop up into chunks when cooled. OR Beef - 1.5 lbs. of grass fed stew meat

INGREDIENTS:

½ Vidalia Onion chopped

1 clove minced garlic

1-2 TBS olive oil

3-4 stalks of chopped celery. Whatever texture you like

3-4 lbs. of carrots sliced

1 Cup chopped organic baby spinach or chopped organic kale

¼ Cup fresh parsley

2 TBS dried thyme

Himalayan Sea Salt and Fresh Ground Pepper

Optional: Rice, Wild Rice, Quinoa (a seed), Buckwheat (they are all gluten free options)

Cook preferred grain/seed separate from soup. Always cook them on the side and add soup to rice/ quinoa, etc.

DIRECTIONS: Heat Dutch oven. Spread 1-2 TBS olive oil. Sautee (on medium heat) chopped onion, celery, a little salt and pepper and a bit of thyme. Sauté for about 10 minutes until translucent. Once cooked, add 2 cartons of chicken or beef broth. Make sure broth is free of MSG. (Pacifica Organic or Kitchen Basics are good choices). Add chopped carrots, chicken and remainder of thyme. Simmer for about 1 hour or all day in a crock pot Enjoy!

Mediterranean Roasted Beets

Makes 1 serving

INGREDIENTS:

3 Cups medium beets, cut in ½ inch cubes

1 ½ tsp olive oil

Herbal seasoning (to taste. I use Herbamare or Herbs de Provence)

½ tsp Himalayan sea salt

1 TBS chopped parsley

1 TBS fresh lemon juice

DIRECTIONS: Preheat oven to 400 degrees F. Combine beets with oil, salt, and herbal seasoning blend in a medium bowl; mix well. Arrange beets in a single layer on a baking sheet. Bake for 45 minutes or until tender. Remove from oven. Cool for 30 minutes. Combine beets with parsley and lemon in a medium bowl; toss gently to blend. Serve warm or chilled.

Fresh Green Soup for One

A quick and surprisingly satisfying soup that provides wonderful oxygen rich veggies and compounds to keep your cells happy, healthy and making energy for you.

DIRECTIONS:

1 TBS coconut oil or butter
½ leek, dark green ends removed, and roughly chopped (or ½ onion)
1 small zucchini, roughly chopped
1 garlic clove, minced
Unrefined sea salt
1 ½ Cups spring water or filtered water
Large handful of baby spinach
Handful of fresh parsley
Juice of ½ lemon
Freshly ground black pepper
Optional: Mix in freshly chopped mushrooms and sprinkle with parmesan for an extra boost.

DIRECTIONS: Heat the oil or butter in small sauce pot over medium-low heat. Sauté the leek or onion, zucchini, and garlic in the oil, salted to taste, until soft. Add the stock (water). Bring to a simmer, then immediately remove from heat. Stir in the spinach, parsley, and lemon juice. Put it all into a blender and blend until smooth. Add pepper and salt to taste.

Hearty Vegetable-Miso Soup

Makes 1 serving

INGREDIENTS:

1 tsp Extra-virgin olive oil
2 TBS finely chopped onion
1 Clove garlic, chopped
1 Medium carrot, cut into thin diagonal slices
1 Medium celery stalk, cut into slices
½ tsp finely grated peeled ginger
2 Cups water
¼ Broccoli florets
2 TBS chopped fresh green beans
¼ C shredded napa cabbage (or bok choy)
1 TBS wakame seaweed (can be purchased at health food store)
½ tsp sesame oil
1 TBS green onion, sliced
1 TBS miso paste (mixed with 2 TBS hot water)

DIRECTIONS: Heat oil in medium saucepan over medium-high heat. Add onion, garlic, ginger, carrot, and celery; cook, stirring frequently, for 5 minutes. Add water; cook at a gentle boil on low for 10 minutes or until vegetables are tender. Add broccoli, green beans, cabbage, and seaweed; cook, stirring frequently, 5-7 minutes or until tender-crisp. Remove from heat. Add sesame oil, green onion, and miso; mix well.

Stir Fried Veggies

(optional: add chicken or steak)

Makes 1 serving

INGREDIENTS:

With Protein: 1-2lbs Sautéed sliced chicken breast or sliced steak. Sauté/stir fry in combination of coconut oil and sesame oil (tsp) add salt and pepper as desired.

1 ½ tsp Coconut oil

1 tsp. Sesame oil

½ Carrot, cut into thin diagonal slices

¼ C broccoli florets

1 Stalk of celery, sliced diagonally

2 Green onions, sliced

¼ Medium red pepper, sliced

1-2 tsp minced fresh ginger

1 TBS Gluten free tamari soy sauce

½ C cooked brown rice or quinoa (optional)

DIRECTIONS: Heat coconut and sesame oils in large skillet or wok over medium-high. Add carrot; cook, stirring constantly, for 1–2 minutes. Add broccoli, celery, green onions, ginger, soy sauce and red pepper; cook, stirring frequently. Cook for 4–6 minutes until tender/crisp.

Fresh Baked Salmon

Makes 2 servings

INGREDIENTS:

1 LB Wild Alaskan Salmon - Do not use farm raised salmon!

1 tsp Old Bay Seasoning - Sprinkle to cover salmon

Lemon Wedge

1 tsp Himalayan sea salt

Fresh Ground pepper to taste

DIRECTIONS: Preheat oven to 350 degrees. Place salmon in baking pan. Squeeze lemon juice over pieces, old bay seasoning, salt & pepper. Bake for 20-30 minutes until desired texture. Serve over rice and/or along your favorite salad!

LUNCH AND DINNER ADVENTURES

Hearty Ground Beef & Roasted Veggies

INGREDIENTS:

1 LB Grass Fed Ground Beef
1 sweet potato cubed
2 Cups Chopped Organic Kale
1 C Chopped Broccoli
Sea Salt & Pepper
1 tsp rosemary

DIRECTIONS: Pan roast sweet potato in coconut oil, when cooked, add broccoli and kale. Meanwhile, brown beef and season with Himalayan sea salt, pepper and dried rosemary. Drain off fat, if significant. Mix in roasted veggies and enjoy! This is also pretty good at room temp for lunch. You can add it to a bed of mixed greens for an instant salad. More greens=better.

Curried Cauliflower

INGREDIENTS:

1 TBS Extra-virgin olive oil
1 tsp Curry powder
½ Medium head cauliflower, stems removed, trimmed into large florets
¼ tsp Himalayan sea salt

DIRECTIONS: Preheat pan with olive oil. Put cauliflower in and sprinkle with curry powder, salt and pepper. Add 2 TBS of water for steaming. Cover and let cook/steam about 10 minutes. Stirring occasionally.

Acorn or Kabocha Squash with Garlic-Tahini Filling

Makes 2 servings

INGREDIENTS:

½ Medium kabocha or acorn squash, seeds removed
4 TBS sesame tahini
2 tsp miso paste
1 tsp Clove garlic, chopped
2 tsp. Extra-virgin olive oil

DIRECTIONS: Preheat oven to 400 degrees F. Cut squash in half. Place squash halves on baking sheet lightly coated with oil or spray. Combine tahini, miso, garlic, and oil in a small bowl; mix well. Cover squash pieces evenly with tahini mixture. Bake for 30 minutes, or until squash is fork-tender.

Greek Salad

INGREDIENTS:

- 1 Head romaine lettuce, chopped
- 1 Medium cucumber, peeled, cut lengthwise, sliced
- 1 Medium tomato, cut into wedges
- 5 Kalamata olives, pitted

DIRECTIONS: Combine all in mixing bowl. Add dressing below.

Greek Dressing

Makes 8 servings, about 2 TBS each.

INGREDIENTS:

- ½ C Extra-virgin olive oil
- ¼ C Red wine vinegar
- 1 TBS Balsamic vinegar
- ¼ C Fresh lemon juice
- 2 tsp dried oregano
- 1 Clove crushed garlic
- 1 tsp Dijon mustard
- ½ tsp Sea salt
- 1 tsp Herbal seasoning blend
- 2 TBS chopped fresh parsley

DIRECTIONS: Place oil, red wine and balsamic vinegars, lemon juice, oregano, garlic, mustard, salt, seasoning blend, and parsley in a blender or processor, in 2 or more batches, if necessary; cover with lid. Blend until smooth. Refrigerate dressing if not using immediately. If dressing solidifies when cold, hold at room temp for 30 minutes. Stir before serving.

DESSERTS

A Quick Sweet Treat

INGREDIENTS:

- 1 Medjool Date
- 1 TBSP peanut butter
- 1 TBSP of unsweetened cocoa nibs or chocolate chips

DIRECTIONS: Fill Medjool Date with 1 TBSP peanut butter, sprinkle with 1 TBSP of unsweetened cocoa nibs (found at health food store) or best quality chocolate chips. I recommend Good Life brand. They are gluten free and dairy free. Can be found at most grocery stores. As for Medjool Dates, they can be purchased at most grocery stores in the fruit/vegetable area.

Chocolate/Coconut-Almond Date Balls

Makes 20

INGREDIENTS:

- 1 Cup Dates, pitted and soaked
- 1 Cup Raw almonds
- 2 TBS Coconut oil
- 2 TBS Cacao Powder (unsweetened, raw, organic)
- 1 pinch sea salt
- ¼ Cup Unsweetened shredded coconut, for rolling

DIRECTIONS: Place pitted dates in a bowl of water and soak for 30 minutes. Place all ingredients into a food processor (except coconut) and mix until fully combined. Stop processing occasionally and scrape the sides to ensure equal blending. Once fully combined, roll mixture into 1 inch balls with your hand and roll in shredded coconut. Cool in the fridge or freezer and serve chilled for best flavor and texture.

Cashew Cranberry Balls

Makes approx 12

INGREDIENTS:

- ¾ Cup raw cashews
- 2 TBS coconut oil, melted, plus extra in necessary
- ⅓ Cup almond flour
- ⅓ Cup unsweetened shredded coconut
- ½ tsp Pure vanilla extract
- 2 TBS water
- ½ Cup chopped dried cranberries (or dried cherries)
- 1 tsp Cinnamon
- 1 tsp Cardamom (optional)
- Unsweetened shredded coconut to roll balls in

DIRECTIONS: Place the cashews in a large bowl and cover with hot water. Let the cashews soak in hot water for 15 minutes, then drain cashews thoroughly. Place soaked cashews in food processor and process for a few minutes until you get a very thick paste. You will need to stop the blender and scrape down the sides of your blender once in a while. Add in the melted coconut oil and process a bit more until you get a thick but smooth cashew butter. If needed, add a bit more oil until desired texture.

In a large bowl, combine the cashew butter, almond flour, coconut cinnamon, vanilla, and water and mix until you get a homogenous mixture, much like the cookie dough. Gently fold in the dried berries until they are evenly distributed. Scoop 1 tablespoon of dough and roll it into a small ball between your palms. Repeat until all mixture is used up. Roll balls in cinnamon (and optional cardamom) and coconut.

Tropical Fruit Salad Treat

Serves 2

INGREDIENTS:

½ papaya cut into chunks (save a few seeds and try eating them! Peppery, but very good for gut health)
1 banana sliced
Handful of sliced strawberries
1 C pineapple cut into bite sized chunks
1 TBS lime juice from slice of lime
1 TBS unsweetened coconut
2 tsp Chia seeds

DIRECTIONS:

Combine all ingredients and sprinkle with coconut. Enjoy!

Chocolate Bread

(Gluten and chemical free & low sugar! From www.livinghealthywithchocolate.com)

INGREDIENTS:

1½ cups (202g) avocado
3 tablespoons (36g) melted coconut oil
1 teaspoon vanilla extract
2½ tablespoons (40g) coconut cream (cream that forms on the top of a can of coconut milk when can is left in the fridge overnight)
3 tablespoons (63g) raw honey
2 room temperature eggs
½ cup (58g) pecans
2 cups (228g) blanched almond flour
¼ cup (22g) raw cacao powder
1 teaspoon baking soda
½ teaspoon salt
⅓ cup high quality chocolate chips, plus some more to sprinkle on top

DIRECTIONS:

1. Preheat oven to 350°F, and line bottom and sides of an 8½ x 4½-inch medium loaf pan with parchment paper.
2. Add the avocado to a food processor and pulse to break it down. Then add the coconut oil, vanilla, coconut cream, honey and eggs, and pulse until smooth.
3. Chop the pecans, and add them to a large bowl along with the almond flour, baking soda, cacao powder, salt and chocolate chips.
4. Using a rubber spatula, mix the wet and dry ingredients gently. Do not over mix.
5. Spoon batter into the prepared pan and sprinkle top with chocolate chips. Note: the batter will be very thick and you will need to spread it across the pan with a spatula.
6. Bake until a toothpick inserted into the center of the loaf comes out clean, approximately 40–45 mins.
7. Let the bread cool in the pan over a wire rack for about 10 minutes before serving. To preserve freshness, store bread inside an airtight container in the refrigerator.

MINDFULNESS/MEDITATION EXERCISE

Set a timer for 5-20 minutes (Start with 5 minutes and work up to 20 over time). Get in a comfortable position in a chair with your back straight and feet flat on the floor.

- Close your eyes.
- Put your feet on the floor and connect with the floor and the earth below you.
- Begin to notice your breath and take 3 deep breaths.
- Next, move your intention to your heart and notice it. Send it appreciation for everything it does for you day in and day out. Keep noticing your breath and breathe normally.
- Enjoy that special connection with yourself. The truth of who you are. Your heart. Take 3-5 breaths.
- Next, you can ask yourself silently; “Who am I? What do I want? How can I serve?”
- Once you ask, just let it go. Know that you are planting seeds in your consciousness that will blossom at exactly the right time.
- Next, just connect with your breath and notice any thoughts that pop into your head. Just observe them and let them go. Notice you are not your thoughts.
- Allow yourself to let go and enjoy the peace and love in your heart.
- This space of breathing and letting go activates the self healing mechanisms in your body. It signals that you are asking for and allowing healing to occur. This subtle and simple practice is very powerful.
- Envision healing taking place in your body and know that it is happening.
- Enjoy this sacred practice and know it is contributing to your happiness, health and wellbeing.
- This will get easier with practice. It will take some time to get used to and may even feel very uncomfortable at first. Like anything we do a lot of, we get good at. That’s why it’s called practice.

“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection.”

~ Buddha, 4th Century.

