

# Coconut Chicken Curry

## YOU WILL NEED

- 1 c. brown rice
- 1 tbsp. organic coconut oil
- 1 1/2 lb. boneless, skinless chicken breasts, cut into 1/4-inch strips
- 1 small onion finely chopped
- 3 cloves garlic, minced
- 1 tbsp. grated fresh ginger
- 1 small green apple
- 1 tbsp. curry powder
- 1 c. light coconut milk
- 1 c. low-sodium organic chicken broth
- 1 cup frozen peas (no need to thaw)
- 1 - 2 tsp. stevia or brown rice syrup to taste
- chopped cilantro to garnish

## DIRECTIONS

- Cook the rice according to package directions.
- heat the oil in a large nonstick skillet over medium heat.
- Add the chicken & onion, stirring occasionally, until the chicken is just beginning to brown, 5 to 6 minutes.
- Add the garlic and ginger and cook, stirring for 1 minute.
- Add the apple, sprinkle with the curry powder and cook 1 minute.
- Stir in the coconut milk, broth, stevia and frozen peas, cover & simmer until the chicken is cooked through, apples and onions are tender, approx. 5 mins.
- Serve over the rice and top with cilantro, if desired.



# Lemon Garlic Crockpot Chicken

## YOU WILL NEED

- 1 whole chicken
- 30-40 cloves of garlic, peeled
- 1 whole lemon
- 1 white onion, sliced
- salt and pepper
- homemade Italian seasoning blend - Equal Parts of: marjoram, thyme, rosemary, savory, sage, oregano, basil

## DIRECTIONS

- Line the bottom of your crock pot with your sliced onions and all of your peeled garlic
- Wash your chicken under cold water and then pat dry
- Place your chicken on top of your onions and garlic
- Cut your lemon in half and squeeze the juice all over the chicken
- Season the inside and outside of your bird generously with salt, pepper, and italian blend
- Place the lemon halves inside the cavity of your chicken
- Put the lid on your crock pot and cook on low for 6 hours
- Once your chicken is cooked, remove the chicken and place on a plate, shred all chicken away from the bone and place back in the broth with the onions and garlic
- Throw the chicken on top of brown rice and or some seasonal veggies...Voila!



# Clean Simple Fast Meatballs

## YOU WILL NEED

- 2lbs grass fed ground beef (or turkey)
- 1 egg (if no allergies)
- 2 tbsp fresh chives, minced
- 2 tbsp fresh basil, minced
- 1/2 onion, chopped
- 2 -3 garlic cloves, minced
- 1/2 cup minced sun dried tomatoes
- 2 tsp celtic sea salt
- 1 tsp black pepper



## DIRECTIONS

- preheat your oven to 350.
- Then, mix all of the ingredients together in a big bowl and shape into golf ball sized (maybe a bit larger) meatballs.
- heat a skillet over medium to medium high heat. Once the pan is hot, spray some coconut oil (if non-stick) and carefully place the meatballs in the pan. Then, brown the meatballs on all sides.
- if your skillet is oven safe, cover it with foil and transfer to the oven and cook for an additional 15 or so minutes.
- If the skillet is not oven safe, move the meatballs to a large baking dish, cover and cook for a few more minutes until desired temperature. That's it! So quick and so flavorful,

Carefully weigh your  
very crucial step for  
this recipe to work



# Rosemary Sweet Potato Wedges

## YOU WILL NEED

- 4 organic sweet potatoes, sliced into wedges
- 1-2 tbsp extra-virgin olive oil\*
- 1/2 tsp coarse sea salt
- 1/2 tsp ground black pepper
- 1 tbsp dried rosemary



## DIRECTIONS

- Preheat oven to 350F degrees.
- In a large bowl, drizzle the oil on to the wedges. Add the seasoning and make sure the wedges are evenly coated.
- Cover a cookie sheet with parchment paper and spread wedges evenly on to cookie sheet.
- Bake for 20-25 minutes or until wedges are fork tender.

Serves 4

### NOTE:

\*You've likely heard that olive oil should not be heated. This is not always the case and depends on the quality of the oil. Be sure to purchase high quality, certified organic olive oil. This is because olive oil that is high quality will also be an excellent source of antioxidants. It is these antioxidants that prevent the oil from oxidizing when heated.

# Zucchini Fritters & Vegan Sour Cream

## YOU WILL NEED

- 1 large zucchini, grated
- ½ tsp salt
- 2 large garlic cloves, minced
- 1 tsp baking powder
- ½ cup kamut flour (or all-purpose)
- ½ tsp coriander
- ½ tsp onion powder
- ¼ tsp freshly ground black pepper
- 1 tbsp olive oil

## NOTES

To make sour cream: To your blender, add the following ingredients and blend until smooth: ½ cup cashews (soaked for at least 2 hours and drained), 1 tsp lemon juice, ½ tsp apple cider vinegar, ¼ tsp salt and ⅓-1/2 cup of water (as needed).

## DIRECTIONS

- Sprinkle some salt over your grated zucchini, allow to sit for about an hour to remove some water.
- Put the zucchini in a large, clean dish towel, and squeeze out any excess water. Put zucchini in a large bowl.
- Add in the minced garlic, flour, coriander, onion powder, and black pepper.
- Form into balls and press gently to flatten.
- Heat oil in a large pan over medium heat. Cook until golden (about 5 minutes), then flip and cook for another few minutes, or until that side has also browned lightly.
- Serve, with a dollop of vegan sour cream on top (see notes above)



# Chilli Lime Grilled Salmon

## YOU WILL NEED

### INGREDIENTS

2 lbs salmon cut into 4 portions  
1 tbs light olive oil  
1 tsp salt  
1 tsp ground cumin  
1 tsp paprika powder  
1 tsp onion powder  
1/2 tsp ancho chili powder  
1 tsp black pepper  
juice from 1/2 a lime

### FOR THE AVOCADO SALSA

1 avocado cubed  
1/2 red onion sliced or diced  
2 limes juiced  
1 tbs fresh cilantro chopped

## DIRECTIONS

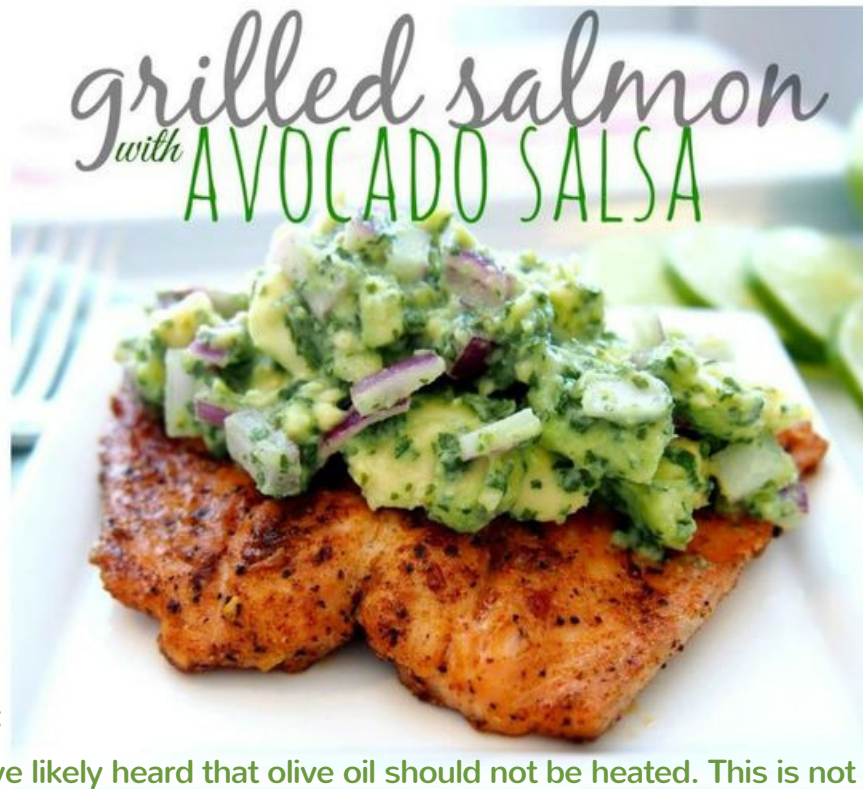
Mix the oil, salt, chili powder, cumin, paprika, onion and black pepper, lime juice together along with the salmon fillets in a zip-lock bag, to mix and refrigerate for at least 30 minutes.

Pre-heat the grill.

For Salsa, combine the avocado, onion, cilantro, lime juice, and salt in a bowl and mix well, chill until ready to use.

Grill the salmon to desired doneness (about 5 minutes)

Top with avocado salsa and enjoy!



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# Chicken Curry in a Hurry

## YOU WILL NEED

- 4 organic, boneless skinless chicken breasts, cut into 1/2-inch strips
- 1 large onion sliced
- 2 110g cans chopped tomatoes
- 3 organic green apples
- 1tbsp organic curry powder
- 1tsp cumin
- 1tsp allspice or cloves
- 1 tbsp brown rice syrup (or stevia equivalent)
- sea salt to taste
- 1 c. water
- dash of cinnamon
- dash of cayenne pepper
- coconut oil cooking spray

## DIRECTIONS

- spray sauce pan with coconut oil
- saute onions and apples over low heat until soft and lightly colored
- add remaining ingredients
- cover and simmer for 35 mins stirring occasionally, until the chicken is cooked through, apples and onions are tender,
- serve over a bed of brown rice and add a simple side salad
- serves 4



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# Sweet Potato Crust BBQ Chicken Pizza



## YOU WILL NEED

### Gluten free sweet potato crust:

- 3 medium sweet potatoes
- 1 egg
- 1 cup almond flour
- 1/2 teaspoon salt
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon garlic powder
- 1 tablespoon apple cider vinegar

### Barbecue Chicken Pizza Toppings:

- 1/2 cup barbecue sauce
- 1/2 cup tomato sauce
- 1 cup shredded rotisserie chicken (pre-cooked)
- 1 cup chopped spinach
- 1 medium red onion, sliced and sautéed

## DIRECTIONS

### To make the sweet potato crust:

Pre-heat oven to 400°.

Cook sweet potatoes in microwave until soft.

Peel sweet potatoes and add to large mixing bowl with almond flour, egg, salt, dried oregano, dried basil, garlic powder, and apple cider vinegar. (For an extra kick, add a pinch of chili powder.)

Mash ingredients until well combined and the mixture takes on a doughy consistency.

Use rubber spatula to spread on a Pizza Stone (you could also use a Silicon Baking Mat or greased baking sheet.)

Cook dough at 400° for 30 minutes.

### To finish the sweet potato crust pizza:

While pizza dough is baking: shred 1 cup of pre-cooked rotisserie chicken, chop 1 cup spinach, and sauté one thinly sliced medium red onion until soft.

Remove pizza dough from oven and spread barbecue sauce and tomato sauce on top.

Cover pizza with shredded rotisserie chicken, chopped spinach, and red onions. Drizzle with barbecue sauce.

Return pizza to oven and bake for an additional 10 minutes. Slice and enjoy!





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# Avocado Chopped Salad with Smoked Paprika Grilled Shrimp

## YOU WILL NEED

- 1/4 cup organic lime juice
  - 1 teaspoon organic lime zest
  - 2 teaspoons spicy brown mustard
  - 2 tablespoons olive oil
  - 1/2 teaspoon cayenne pepper sauce
  - 1/2 teaspoon coconut aminos
  - Salt and Pepper to taste
- Whisk all ingredients together and set aside for flavors to blend.**
- 1/4 cup diced cilantro
  - 2 large ripe Haas avocados
  - 1 medium ripe tomato
  - 2 green onions, thinly sliced
  - 12 whole uncooked large shrimp, peeled and deveined
  - 2 Tablespoons coconut oil
  - 2 teaspoons smoked paprika



## DIRECTIONS

- Chop avocados and tomato into small pieces.
- Strain vinaigrette to remove lime zest. Stir in cilantro.
- Toss all vegetables and vinaigrette together.

### FOR GRILLED SHRIMP:

- Brush large uncooked shrimp with vegetable oil and smoked paprika.
- Grill until cooked through, turning once.

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# Grilled Ginger-Sesame Chicken Chopped Salad

## YOU WILL NEED

### Dressing and Marinade

- 1/2 c coconut aminos
- 2 Tbsp finely minced ginger
- 3 Tbs olive oil
- 1 Tbsp toasted sesame oil
- 1 tsp Sriracha
- 1/2 tsp salt or to taste
- 1/4 cup apple cider vinegar
- 1/4 cup chopped green onions

### Salad

- 2 (9 oz) boneless skinless chicken breasts
- 1 lb napa cabbage, halved lengthwise and thinly sliced crosswise
- 1 1/2 - 2 cups matchstick carrots
- 2/3 cup slivered or sliced almonds, toasted
- 1/2 cup cilantro leaves, chopped
- 3 chopped green onions, green and white parts
- 1 tsp white sesame seeds, toasted
- 1 tsp black sesame seeds

## DIRECTIONS

### 1. For the marinade:

- Whisk together coconut aminos, ginger, olive oil, sesame oil, Sriracha and salt. Add chicken breasts to a large resealable bag and add 3 Tbsp of the marinade mixture, reserving remaining. transfer chicken to refrigerator and let rest at least 30 minutes

### 2. For the dressing:

- Add apple cider vinegar and chopped green onions to remaining dressing mixture and whisk together

### 3. For the salad:

- Heat a grill or grill pan or stove top over medium-high heat.
- Brush grill lightly with coconut oil, then place marinated chicken on grill and cook, about 4 minutes per side, or until chicken has cooked through. Transfer to a cutting board and let rest 10 minutes.
- Then, cut chicken crosswise into strips about 1/4-inch thick.

### 4. To assemble salad:

- In a large bowl toss together cabbage, chicken, carrots, almonds, 3 chopped green onions, and cilantro with enough dressing to coat salad.
- Sprinkle top with sesame seeds and serve.





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# Chicken Lettuce Wraps with GF Hoisin Sauce



## 5 MIN GF HOISIN SAUCE

- 5 tablespoons coconut aminos
- 3 tablespoons creamy almond butter
- 1 1/2 teaspoons brown rice syrup
- 2 teaspoons sesame oil
- 2 teaspoons chinese hot sauce
- 1/4 teaspoon garlic powder
- 1 dash white pepper
- Combine and mix till well blended

## CHICKEN LETTUCE WRAPS

- 1 tablespoon olive oil
- 1 pound ground organic chicken or turkey
- 2 cloves garlic, minced
- 1 onion, diced
- 1/4 cup GF hoisin sauce
- 2 tablespoons coconut aminos
- 1 tablespoon rice wine vinegar
- 1 tablespoon freshly grated ginger
- 1 tablespoon Sriracha, optional
- 1 (8-ounce) can water chestnuts diced
- 2 green onions, thinly sliced
- salt and freshly ground black pepper
- 1 head butter lettuce



## DIRECTIONS

Heat olive oil in a saucepan over medium high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat.

Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger and Sriracha until onions have become translucent, about 1-2 minutes.

Stir in chestnuts and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste.

To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style.



## Gluten Free Chicken Pad Thai

### YOU WILL NEED

4 Tbsp Lime Juice about 2 limes  
2-3 cloves Garlic minced  
1 tsp Crushed Red Pepper Flakes  
1 Tbsp Coconut Aminos  
Fresh Ginger finely chopped  
1 tsp Rice Vinegar  
1/2 cup Sunflower Butter  
1/2 cup Coconut Milk canned, shake to mix  
4 large Eggs  
4 tsp Coconut Aminos  
Coconut Oil for cooking/frying  
1 medium Onion thinly sliced  
2 cups frozen organic peas  
4 cups cooked Spaghetti Squash (approx 1 whole squash, shredded)  
2 lbs organic Chicken breasts preferably grilled, cooked , diced



### DIRECTIONS

- Place all the ingredients from 4 Tbsp Lime Juice all the way to 1/2 cup Sunflower Butter in a food processor or blender and pulse until well blended and smooth.
- Scrape down the sides of the bowl with a rubber spatula, then add the coconut milk. Pulse until it's blended and smooth. Set aside. This is your sauce.
- Crack the eggs into a bowl, and scramble them with the coconut aminos.
- Heat a large skillet over medium-high heat, about 3 minutes. Add 4 teaspoons of coconut oil to the skillet, and when it's melted, pour in the eggs and let them spread like a pancake. Reduce the heat to medium and cover with a lid, letting the eggs cook until they're set and beginning to brown on the bottom, about 3-4 minutes.
- Flip and lightly brown the other side. Remove the eggs from the pan and cut into strips with a sharp knife. Alternately, you could just scramble the eggs.
- Using the same pan, increase heat to medium-high and add 2 teaspoons of coconut oil. Sauté the onion and peas, stirring with a wooden spoon, until they're crisp-tender.
- Add the spaghetti squash, chicken, and cooked egg to the pan and, stirring with a wooden spoon, cook until heated through, about 3 minutes.
- Add the sauce to the pan and mix until everything is well-blended and hot.
- Spoon onto plates and sprinkle with crushed cashews and squirt with a lime wedge.