



HEALING
LEAKY GUT

CANDIDA GUT RECIPES



A glass of pink smoothie with a mint leaf and a straw, with raspberries and a cherry in the background.

BEVERAGES & BREAKFASTS

GOOD MORNING SMOOTHIE

Total Time: 5 minutes Serves: 1-2

INGREDIENTS

½ cup goat's milk kefir or coconut milk
¼ cup blueberries
¼ cup blackberries
Handful of chopped kale
1 scoop protein powder
1 tablespoon sprouted chia seeds
Stevia
Water

- 1 In a high-powered blender, combine all ingredients, sweetening with stevia to taste and adding water as necessary. Puree on high until smooth.

CHERRY PIE SMOOTHIE

Total Time: 5 minutes Serves: 1-2

INGREDIENTS

½ cup warmed cherries (previously frozen)
¼ cup coconut milk
½ teaspoon vanilla extract
¼ teaspoon cinnamon
Pinch sea salt
Pinch cardamom
Stevia

- 1 Warm frozen cherries in saucepan. In a high-powered blender, combine all ingredients. Puree on high until smooth.

MORNING REFRESHER SMOOTHIE

Total Time: 5 minutes Serves: 1-2

INGREDIENTS

½ bunch spinach
½ cup blueberries
½ cucumber, peeled
½ cup goat's milk kefir
½ cup ice
1 scoop protein powder
1 teaspoon cinnamon
Water

- 1 In a high-powered blender, combine all ingredients, adding water as necessary. Puree on high until smooth.

BAKED APPLE SMOOTHIE

Total Time: 5 minutes Serves: 1-2

INGREDIENTS

1 baked apple
¼ cup coconut milk
1 tablespoon flaxmeal
2 tablespoon vanilla protein
or collagen powder
½ teaspoon cinnamon
½ teaspoon vanilla extract
Pinch ginger
Stevia

- 1 Bake apple in oven at 350 degrees for 30 minutes. In a high-powered blender, combine all ingredients, sweetening with stevia to taste. Puree on high until smooth.

SPICY VEGETABLE JUICE RECIPE

Total Time: 5 minutes Serves: 1-2

INGREDIENTS

1 medium beet
1 cucumber
1 lemon
1 knob fresh ginger
1/8 fresh jalapeño pepper
(or less)
1 clove garlic

- 1 Add all ingredients to vegetable juicer. Gently stir juice and drink immediately.

STRAWBERRY MOJITO SMOOTHIE

Total Time: 5 minutes Serves: 1-2

INGREDIENTS

1 cup strawberries
3–5 fresh mint leaves,
chopped
1 cucumber, peeled
1 scoop protein powder
1 cup sparkling mineral water
(such as Pellegrino)
2 tablespoons fresh
Lime juice
Stevia

1 In a high-powered blender, combine all ingredients, sweetening with stevia to taste. Puree on high until smooth.

TURMERIC TEA RECIPE

Total Time: 5 minutes Serves: 1-2

INGREDIENTS

1 cup coconut milk
1 cup water
1 tablespoon ghee
1 teaspoon turmeric
Stevia

- 1 In a small saucepan over medium heat, combine coconut milk and water. Warm through, about 2 minutes.
- 2 Stir in ghee, turmeric, and stevia to taste. Cook, stirring, until heated through, about 2 minutes longer.

HOT CHOCOLATE SMOOTHIE

Total Time: 5 minutes Serves: 1-2

INGREDIENTS

¼ cup coconut milk
¼ cup water
1 scoop chocolate protein powder or cocoa powder
2 tablespoons collagen powder
2 tablespoons chia seeds
Stevia

- 1 Heat coconut milk and water in saucepan. In a high-powered blender, combine all ingredients. Puree on high until smooth.

BUTTERNUT SQUASH PANCAKES

Total Time: 25 minutes Serves: 4

INGREDIENTS

½ cup coconut flour
1 teaspoon baking powder
1 teaspoon cinnamon
½ teaspoon sea salt
¼ teaspoon nutmeg
1 cup coconut milk
3 tablespoons coconut oil,
melted, plus additional for
greasing pan
2/3 cup mashed roasted
butternut squash
4 egg yolks
1 tablespoon honey
1 tablespoon vanilla extract

- 1** In a small bowl, whisk together coconut flour, baking powder, cinnamon, salt, and nutmeg.
- 2** In a medium bowl, whisk together coconut milk, coconut oil, squash, eggs, honey and vanilla. Stir into dry ingredients.
- 3** Heat a skillet coated with coconut oil over medium-high heat. Drop batter into skillet to form pancakes. Cook, turning once, until golden and cooked through, 4–6 minutes.



COCONUT CREPES

COCONUT CREPES

Total Time: 30 minutes Serves: 4-5

INGREDIENTS

6 eggs
1 cup coconut milk
3 tablespoons coconut flour
3 teaspoons coconut oil,
melted, plus additional for
greasing pan
½ teaspoon sea salt

- 1** In a medium bowl, combine all ingredients. Beat with electric mixer for 3 minutes. Let stand 15 minutes.
- 2** Heat skillet greased with coconut oil over medium-high heat. Ladle batter into pan and swirl around to form a thin crepe. Cook until bubbles start to form, 1–2 minutes. Flip and cook until golden. Repeat with remaining batter.

TURMERIC EGGS

Total Time: 25 minutes Serves: 2

INGREDIENTS

3 tablespoons ghee
½ cup chopped onion
8 scallions, chopped
6 cloves garlic, minced
2 tablespoons turmeric
4 eggs
1 tablespoon chopped
fresh thyme
1 tablespoon chopped
fresh oregano
1 tablespoon chopped
fresh basil leaves

- 1** In a medium skillet over medium-low heat, melt ghee. Add onion, scallions, garlic, and turmeric. Cook until vegetables are softened, about 10 minutes.
- 2** In a medium bowl, combine eggs, and herbs. Add to skillet and cook, stirring constantly, until desired doneness.



BAKED EGGS AND SPINACH

BAKED EGGS AND SPINACH

Total Time: 25 minutes Serves: 4

INGREDIENTS

6 cups firmly packed fresh spinach leaves
1 shallot, chopped
2 tablespoons coconut oil plus additional for greasing ramekins
2 tablespoons sun-dried tomatoes
4 eggs
1 teaspoon Italian seasoning
Sea salt and pepper

- 1** Preheat oven to 400 degrees F.
- 2** In a skillet over medium heat, cook spinach and shallot in coconut oil, stirring occasionally, for 3–4 minutes. Stir in sun-dried tomatoes and mix well. Divide among 4 ramekins greased with coconut oil.
- 3** Crack 1 egg into each ramekin on top of spinach mixture. Sprinkle evenly with Italian seasoning and season with salt and pepper.
- 4** Set ramekins on a baking sheet and bake until set, 15–18 minutes.



BREAKFAST SALMON-EGG BAKE

BREAKFAST SALMON-EGG BAKE

Total Time: 55 minutes Serves: 4-6

INGREDIENTS

2 tablespoons ghee
1 onion, thinly sliced crosswise
1 cup chopped bell pepper
1 cup sliced mushrooms
8 eggs
1 cup goat's milk kefir
1 tablespoon chopped fresh dill
1 teaspoon nutmeg
Sea salt and pepper
6 ounces smoked wild-caught salmon, skin removed, broken into ½-inch pieces

- 1** Preheat oven to 350 degrees F. Grease an 8-inch square baking pan.
- 2** In a 10-inch skillet over medium heat, melt ghee. Add onion and pepper and cook, stirring occasionally, until softened. Add mushrooms and cook until softened and slightly browned, 3–5 minutes.
- 3** Remove pan from heat and spread vegetable mixture in prepared baking pan. Top evenly with salmon.
- 4** In a medium bowl, combine eggs, kefir, dill, and nutmeg. Season with salt and pepper. Beat well. Pour over salmon.
- 5** Bake until center is set, 35–40 minutes.

BUTTERNUT SQUASH AND BEET HASH

Total Time: 45 minutes Serves: 2-4

INGREDIENTS

1 cup peeled and cubed
butternut squash
1 large beet, peeled and
cubed
1 tablespoon coconut oil,
melted
Sea salt and pepper
1 cup diced turkey or
6 slices turkey bacon
1 onion, diced

- 1** Preheat oven to 400 degrees F.
- 2** On a baking sheet, toss squash and beet with coconut oil and season with salt and pepper. Spread in a single layer and roast until golden brown and tender, 25–30 minutes.
- 3** In a skillet over medium heat, cook turkey bacon until crispy. Add onion and season with salt. Cook, stirring occasionally, until onions caramelize. Stir in roasted vegetables. Cook for another 5 minutes.

SAGE CHICKEN BREAKFAST PATTIES

Total Time: 20 minutes Serves: 4

INGREDIENTS

1 pound organic ground chicken
1 green apple, peeled and diced
1 tablespoon dried parsley
1 teaspoon ground sage
½ teaspoon onion powder
¼ teaspoon garlic powder
¼ teaspoon dried basil
¼ teaspoon sea salt
¼ teaspoon pepper
Coconut oil

- 1** In a large bowl, combine all ingredients except coconut oil and mix well. Shape mixture into small patties.
- 2** In a large skillet over medium-high heat, cook patties in coconut oil, turning once, until no longer pink, 6–8 minutes.

PEAR PORRIDGE

Total Time: 10 minutes Serves: 1

INGREDIENTS

1 pear, peeled and chopped
1 scoop protein powder
4 tablespoons Coconut milk
2 tablespoons hemp seeds
¼ teaspoon ginger powder
Stevia

- 1** In a blender, puree pear and coconut milk on high until smooth.
- 2** Pour into small saucepan over medium heat warm through.
- 3** Remove from heat, stir in protein powder, and sweeten with stevia to taste. Transfer to bowl and serve warm.



A close-up photograph of a wooden mortar and pestle. The mortar is a dark, polished wood, and the pestle is a lighter wood. They are resting on a light-colored wooden surface. A small sprig of fresh green herbs is placed next to the mortar. The background is blurred, showing more of the wooden surface and some greenery. The text "SOUPS & SALADS" is overlaid in a white box in the center of the image.

SOUPS & SALADS



ONION SOUP

Total Time: 50 minutes Serves: 4-6

INGREDIENTS

2 tablespoons ghee
4 large onions, peeled
and thinly sliced
2 cups chicken bone broth
2 cups beef bone broth
5 cloves garlic, chopped
Sea salt and pepper

- 1** In a stockpot over medium heat, melt ghee. Add onions and cook, stirring occasionally, until lightly caramelized.
- 2** Add broths and garlic. Season with salt and pepper to taste.
- 3** Bring mixture to a boil, reduce heat, and simmer for 30–50 minutes (the longer the simmering time, the more flavorful the soup).

CURRIED CAULIFLOWER SOUP

Total Time: 40 minutes Serves: 4

INGREDIENTS

2 tablespoons coconut oil
1 onion, chopped
1 cauliflower head,
cut into florets
3 cups chicken bone broth
1 pound chicken, cooked
and shredded
½ teaspoon coriander
½ teaspoon turmeric
1½ teaspoon cumin
1 cup coconut milk
2 tablespoons parsley
1 teaspoon sea salt,
plus a pinch
1 teaspoon pepper

- 1** Preheat oven to 375 degrees F. Spread out onion and cauliflower on a baking sheet. Drizzle with the coconut oil and season with sea salt and pepper. Roast for 10 minutes. Stir and place back in the oven for another 5-10 minutes, until golden.
- 2** Place the cauliflower and onions in pot and add the bone broth. Stir in the coriander, turmeric, cumin and a pinch of sea salt. Add in the shredded chicken and bring mixture to a boil. Reduce the heat to medium and let mixture simmer for another 5-10 minutes.
- 3** Add all ingredients (except for chicken, coconut milk and parsley) to a high powered blender and puree until a smooth consistency is achieved. Add in the chicken, coconut milk and parsley. Mix until well combined and serve warm.

PUMPKIN-GINGER SOUP

Total Time: 45 hours Serves: 8

INGREDIENTS

2–3 tablespoons
coconut oil
2 onions, finely chopped
3 tablespoons grated
fresh ginger
3 cloves garlic, minced
2 cans (15–16 ounces each)
pure pumpkin
5–7 cups chicken bone
broth
1 cup goat's milk kefir
Sea salt and pepper

- 1** In a stockpot over medium heat, cook onions in coconut oil, stirring occasionally, until translucent. Add ginger and garlic and cook, stirring, until fragrant.
- 2** Stir in pumpkin and add broth to reach desired consistency. Bring to a boil, reduce heat, and simmer 10 minutes or longer (the longer the simmering time, the more flavorful the soup). If desired, transfer to blender (or use immersion blender) and, working in batches if necessary, puree until smooth.
- 3** Return soup to pot, stir in kefir, and season to taste with salt and pepper. Warm through.

LEMONGRASS CHICKEN SOUP

Total Time: 6.5 hours Serves: 4

INGREDIENTS

1 pound boneless, skinless chicken breasts
3 cups chicken bone broth
2 cups chopped cabbage
1 cup sliced mushrooms
4 carrots, chopped
⅓ cup sliced onion
¼ cup fresh lemon juice
2 stalks lemongrass, smashed, or zest of
1 lemon, cut into strips
4 cloves garlic, minced
1 knob fresh ginger, peeled and minced
Sea salt

- 1** In a slow cooker, combine all ingredients. Cook on low for 6–8 hours.
- 2** Remove and discard lemongrass or lemon zest. Shred chicken in mixture and stir to distribute. Season with salt to taste.



BONE BROTH CHICKEN-VEGETABLE SOUP

BONE BROTH CHICKEN VEGETABLE SOUP

Total Time: 6.5 hours Serves: 4-6

INGREDIENTS

3 or 4 boneless, skinless
chicken breasts
4 cups chicken bone broth
5 ribs celery, chopped
5 carrots, chopped
1 onion, chopped
4 cloves garlic, minced
4 thyme sprigs
Sea salt and pepper
1 tablespoon chopped
fresh parsley

- 1** In a slow cooker, combine first 7 ingredients. Season with salt and pepper. Cook on low for 6 hours.
- 2** Using a fork, shred chicken in the mixture. Taste and adjust seasoning if necessary. Serve topped with parsley.

SLOW-COOKER LEMON-KALE CHICKEN SOUP

Total Time: 6.25 hours Serves: 6-8

INGREDIENTS

2 pounds boneless, skinless chicken, chopped
6 cups chicken bone broth
1 onion, chopped
3 handfuls of chopped kale
½ cup fresh lemon juice
Sea salt and pepper
2 tablespoons chopped fresh parsley

- 1** In a slow cooker, combine chicken, broth, onion, kale, and lemon juice. Season with salt and pepper.
- 2** Cook on low for 6–8 hours. Stir in parsley. Taste and adjust seasoning if necessary.

CHICKEN BONE BROTH

Total Time: 24 hours Serves: Varies

INGREDIENTS

Chicken necks and feet
Garlic cloves, smashed
Carrots, cut into chunks
Onions, cut into chunks
Spinach
3 tablespoons apple
cider vinegar
2 bay leaves
Sea salt and pepper
Water

- 1 In a slow cooker, combine all ingredients with enough water to completely cover chicken parts. Cook on high and allow to simmer for 24 hours. Strain, cool, transfer to airtight storage containers, and chill or freeze.

AVOCADO SALAD

Total Time: 10 minutes Serves: 2

INGREDIENTS

1–1½ cups cubed cooked
boneless, skinless chicken
breast
1 avocado, diced
1 tomato, chopped
½ onion, sliced
1 tablespoon fresh lime
juice
1 tablespoon olive oil
1 teaspoon sea salt

1 In a serving bowl,
combine all ingredients
and toss until well
mixed.

CHICKEN FAJITAS SALAD

Total Time: 30 minutes Serves: 2-4

INGREDIENTS

1 tablespoon coconut oil
1 pound boneless, skinless chicken breasts
1 teaspoon sea salt
2 cloves garlic, minced
1 cup chopped bell pepper
½ onion, chopped
1 can (15–16 ounces) black beans, rinsed and drained
½ teaspoon cumin
½ teaspoon chili powder
Handful each of fresh spinach and romaine lettuce

- 1** In a skillet over medium-high heat, melt coconut oil. Add chicken and sprinkle with salt and half of the garlic. Cook, turning once, until no longer pink. Remove to cutting board, cool, and shred.
- 2** Add pepper, onion, and remaining garlic to skillet. Cook, stirring occasionally, 5–10 minutes. Return shredded chicken to pan. Add beans, cumin, and chili powder. Cook, stirring occasionally, until vegetables are tender.
- 3** Transfer chicken mixture to bowl and toss with greens.



MAIN DISHES



SLOW-COOKER BEEF STEW

Total Time: 4.5 hours Serves: 4-6

INGREDIENTS

2 pounds cubed grass-fed
beef stew meat
3 sweet potatoes, peeled and cubed
1 onion, diced
1 cup diced celery
1 cup diced carrots
½–1 cup beef bone broth
3 cloves garlic, minced
2 tablespoons coconut oil
1 tablespoon Worcestershire sauce
1 tablespoon honey
1 sprig fresh thyme
1 sprig fresh rosemary
Sea salt and pepper

- 1** In a slow cooker, combine all ingredients. Season with salt and pepper.
- 2** Cook until beef and vegetables are tender, 4–5 hours. Remove herb sprigs before serving.

SLOW-COOKER BEEF AND ROOT VEGGIE STEW

Total Time: 4.5 hours Serves: 4-6

INGREDIENTS

2 pounds cubed grass-fed beef stew meat
2 sweet potatoes, peeled and diced
2 onions, chopped
1 rutabaga, peeled and diced
4 carrots, chopped
2 cloves garlic, minced
2 cups beef bone broth
2 tablespoons worcestershire sauce
1 teaspoon apple cider vinegar
Sea salt and pepper

- 1** In a slow cooker, combine all ingredients and mix well.
- 2** Cook on high for 4–6 hours. Season to taste.



SLOW-COOKER BEEF AND BROCCOLI

SLOW-COOKER BEEF AND BROCCOLI

Total Time: 6.25 hours Serves: 2-3

INGREDIENTS

¼ cup coconut aminos
¼ cup beef bone broth
2 tablespoons apple
cider vinegar
2 teaspoons coconut oil,
melted
1 pound grass-fed steak,
cut into strips
4 cloves garlic, minced
¼ teaspoon crushed
red-pepper flakes
Sea salt and pepper
1 head broccoli, cut
into florets

- 1** In a slow cooker, combine coconut aminos, broth, vinegar, and coconut oil. Stir in garlic red-pepper flakes and season with salt and pepper. Add beef and stir to coat. Add broccoli and stir again.
- 2** Cook on low for 6 hours.

SHREDDED BEEF SLIDERS

Total Time: 8.25 hours Serves: 6-8

INGREDIENTS

2–3 pounds grass-fed steak
2 small onions, thinly sliced
½ cup beef bone broth
¼ cup coconut aminos
1 teaspoon garlic powder
1 teaspoon sea salt
1 teaspoon black pepper
½ teaspoon onion powder
½ teaspoon paprika
¼ teaspoon chili powder
Bibb lettuce leaves

- 1** In a slow cooker, combine all ingredients. Cook on low for 8–10 hours.
- 2** Use a fork to gently pull apart beef in slow cooker until shredded. Taste and adjust seasonings as needed.
- 3** Serve in lettuce leaves.

STEAK WRAPS

Total Time: 20 minutes Serves: 3-4

INGREDIENTS

1 onion, chopped
1 bell pepper, chopped
Coconut oil
3 cloves garlic, minced
1 pound grass-fed steak,
thinly sliced
2–3 tablespoons coconut
amino acids
Sea salt and pepper
Romaine lettuce leaves
Sprouts
Sauerkraut

- 1** In a skillet over medium-high heat, cook onion and pepper in coconut oil, stirring occasionally, until onion is translucent. Add garlic and cook, stirring, until fragrant, 30–60 seconds.
- 2** Add steak and cook, stirring occasionally, until desired doneness. Season with coconut amino acids, salt, and pepper to taste.
- 3** Serve steak mixture in romaine leaves and top with sprouts and sauerkraut as desired.

AVOCADO-STUFFED MEATBALLS

Total Time: 30 minutes Serves: 4

INGREDIENTS

Coconut oil
(for greasing pan)
1 pound ground grass-fed
beef
1 egg
3 tablespoons chopped
fresh parsley
4 cloves garlic, minced
1 tablespoon Dijon mustard
1 teaspoon sea salt
1 teaspoon pepper
½ avocado, cut into
small dice

- 1** Preheat oven to 400 degrees F. Lightly grease sheet pan with coconut oil.
- 2** In large bowl, combine all remaining ingredients except avocado. Mix well and, using wet hands, form 8 to 12 meatballs.
- 3** To stuff meatballs, make a hole in center, insert avocado cube, and close up hole, making sure avocado is fully surrounded by meat.
- 4** Place meatballs on prepared sheet pan and bake until cooked through, about 12 minutes.



BISON-STUFFED PEPPERS

BISON-STUFFED PEPPERS

Total Time: 45 minutes Serves: 2-4

INGREDIENTS

1 cup quinoa, rinsed
2 cups chicken bone broth
½ cup chopped
 fresh parsley
2 bell peppers, halved
 and seeds removed
Salt and pepper
1 zucchini, chopped
1 onion, chopped
2 tablespoons minced
 garlic
Coconut oil plus additional
 melted for drizzling
1 tablespoon Italian
 seasoning
1 pound ground bison

- 1** Preheat oven to 450 degrees F.
- 2** Prepare quinoa with broth per package directions. Fluff with fork and stir in parsley.
- 3** Meanwhile, sprinkle bell peppers with salt and pepper. Roast cut side down on sheet pan until skin begins to char, about 20 minutes. Set aside. Reduce oven temperature to 375 degrees F.
- 4** In a large skillet over medium heat, cook zucchini, onion, and garlic in coconut oil, stirring occasionally, 10–12 minutes. Add Italian seasoning and season with salt and pepper to taste. Stir in bison and brown, breaking up clumps, until cooked through. Stir in quinoa. Remove from heat.
- 5** Divide quinoa mixture evenly among bell pepper halves, place in 8-inch square baking dish, and drizzle with melted coconut oil as desired. Bake until heated through.

ZUCCHINI LASAGNA

Total Time: 1 hour Serves: 6

INGREDIENTS

1 onion, diced
4 cloves garlic, minced
2 tablespoons coconut oil
plus additional for greasing pan
2½ pounds ground bison
2 tablespoons dried oregano
2 tablespoons dried basil
½ teaspoon cayenne pepper
½ teaspoon sea salt
1 can (6 ounces) tomato paste
1 can (28 ounces) diced tomatoes
1 cup black olives, sliced
6 zucchini, thinly sliced lengthwise
1 cup shredded raw goat cheese

- 1** Preheat oven to 350 degrees F. Grease 13 x 9-inch baking pan with coconut oil.
- 2** In a large pot over medium heat, cook onion and garlic in coconut oil, stirring occasionally, for 3 minutes. Add bison and brown, breaking up clumps of meat.
- 3** Add oregano, basil, cayenne pepper, and salt. Stir in tomato paste until combined. Add diced tomatoes (with juice) and mix well.
- 4** Cover bottom of prepared pan with half of zucchini. Ladle on half of the meat sauce and spread to cover zucchini. Top with olives.
- 5** Layer on remaining zucchini and top with remaining meat sauce. Sprinkle lasagna evenly with cheese. Cover tightly with foil and bake until bubbly and heated through, about 30 minutes.

SPAGHETTI SQUASH “ALFREDO”

Total Time: 1.5 hour plus soaking time Serves: 4-6

INGREDIENTS

1 cup raw cashews
1 spaghetti squash
2 cups water
6 cloves garlic, minced
1 teaspoon sea salt
⅛ teaspoon nutmeg
1 teaspoon fresh lemon juice
1 pound ground bison
Coconut oil

- 1** Soak cashews in water for 4 hours. Drain and set aside.
- 2** Preheat oven to 425 degrees F.
- 3** Prick squash all over with small sharp knife. Place on sheet pan and roast whole squash until tender when pierced with knife, 45–90 minutes, depending on size. Let cool.
- 4** In a blender, combine cashews and the 2 cups water. Puree until a paste is formed. Add to small saucepan over medium heat with garlic, salt, and nutmeg. Cook until heated through. Stir in lemon juice. Keep warm.
- 5** In a skillet over medium-high heat, cook bison in coconut oil until no longer pink. Keep warm.
- 6** When squash is cool enough to handle, cut in half lengthwise and remove seeds with spoon. Use a fork to remove the “spaghetti” strands and place in serving bowl. Top with cooked bison and cashew sauce.

BISON BURGERS

Total Time: 20 minutes Serves: 4

INGREDIENTS

1 pound ground bison
1 tablespoon garlic powder
1 tablespoon
 Worcestershire sauce
2 teaspoons sea salt
2 teaspoons pepper
2 teaspoons onion powder
½ teaspoon cumin
Coconut oil
Fresh or cooked spinach

- 1** In a large bowl, combine all ingredients except coconut oil. Mix thoroughly and form into 4 patties.
- 2** In a skillet over medium-high heat, cook patties in coconut oil, turning once, 8–12 minutes or until desired doneness.
- 3** Serve over a bed of spinach.

SAUSAGE AND SAUERKRAUT

Total Time: 30 minutes Serves: 4

INGREDIENTS

4 rutabagas, peeled
and cubed
2 tablespoons coconut
oil, melted
1 onion, sliced
1 pound organic chicken
sausage, cut into ¼ inch
pieces
16 ounces sauerkraut,
drained
¼ teaspoon pepper
½ teaspoon sea salt

- 1** In a large skillet, sauté the rutabaga in the coconut oil for 5-8 minutes or until softened and lightly browned. Stir in onion and sauté for another 5 minutes or until tender.
- 2** Add the sausage, sauerkraut, pepper and salt. Cook uncovered, over medium heat, until heated through, stirring continuously.

CHICKEN-AVOCADO BURGERS

Total Time: 25 minutes Serves: 4

INGREDIENTS

1 pound ground chicken
½ onion, chopped
1 egg
1 tablespoon chopped
fresh parsley
1 clove garlic, minced
Sea salt and pepper
1 avocado, halved
and pitted
Coconut oil

- 1** In a bowl, combine chicken, onion, egg, parsley, and garlic. Scoop avocado into bowl. Season with salt and pepper. Mix well to combine and shape into 4 patties.
- 2** In a skillet over medium-high heat, cook patties in coconut oil, turning once, until no longer pink, 8–10 minutes.

BAKED ITALIAN CHICKEN

Total Time: 30 minutes Serves: 4

INGREDIENTS

1–2 tablespoons ghee plus additional for greasing pan
1 onion, chopped
1 cup sliced mushrooms
Garlic powder
Italian seasoning
Sea salt and pepper
8 ounces goat cheese (chèvre)
½ cup chicken bone broth
1 can (14 ounces) artichoke hearts, drained
2 tomatoes, chopped
1 cup fresh spinach
4 boneless, skinless chicken breasts

- 1** Preheat oven to 350 degrees F. Lightly grease a 13 x 9-inch baking pan with ghee.
- 2** In a skillet over medium heat, cook onion in ghee, stirring occasionally, until softened. Add mushrooms and cook until golden. Season with garlic powder, Italian seasoning, salt, and pepper to taste.
- 3** Crumble goat cheese into pan, add broth, and stir well to combine. Stir in artichoke hearts, tomatoes, and spinach.
- 4** Put chicken in prepared baking pan. Pour artichoke mixture over top and bake until chicken is cooked through, about 30 minutes.

SLOW-COOKER PULLED MEXICAN CHICKEN

Total Time: 4.5 hours Serves: 2-4

INGREDIENTS

2 boneless, skinless
chicken breasts
1 jar (16 ounces) organic
no-sugar-added salsa
Lettuce
Guacamole

- 1** In a slow cooker, combine chicken and salsa. Cook on low for 4–6 hours.
- 2** Use fork to gently pull apart chicken in the slow cooker until shredded. Stir to combine with salsa.
- 3** Serve over a bed of lettuce with guacamole.

BACON-CABBAGE TOSS

Total Time: 45 minutes Serves: 2-3

INGREDIENTS

5 slices turkey bacon,
chopped
4 tablespoons ghee
1 onion, chopped
½ head cabbage, shredded
1 teaspoon apple cider
vinegar
Sea salt and pepper

- 1** In a large skillet over medium heat, cook turkey bacon until crisp.
- 2** Add 2 tablespoons of the ghee. When melted, add onion and cook, stirring, until translucent.
- 3** Add cabbage and cook, stirring occasionally, until soft, 20 to 30 minutes.
- 4** Reduce heat to low and add vinegar and remaining 2 tablespoons ghee. Stir to combine and season with salt and pepper to taste.

AVOCADO—TUNA SALAD LETTUCE WRAPS

Total Time: 15 minutes Serves: 1-2

INGREDIENTS

1 can (5–6 ounces)
wild-caught tuna
½ avocado, halved
and pitted
¼ onion, chopped
1 tablespoon chopped
fresh parsley
2 teaspoons fresh lemon
juice
1 teaspoon sea salt
1 teaspoon olive oil
Romaine lettuce leaves

- 1** Flake tuna into bowl. Scoop avocado out of peel and add to bowl. Add onion, parsley, vinegar, salt, and pepper and mix well.
- 2** Serve tuna salad in romaine leaves.



CILANTRO SALMON BURGERS

CILANTRO SALMON BURGERS

Total Time: 20 minutes Serves: 2-4

INGREDIENTS

2 cans (6–7 ounces each)
wild-caught Alaskan
salmon, drained
2 tablespoons scallions,
finely chopped
3 cloves garlic, minced
2 teaspoons chopped
cilantro
3 eggs
2 tablespoons fresh
lime juice
1 tablespoon mustard
1 teaspoon sea salt
½ teaspoon pepper
¼ cup coconut flour
Coconut oil

- 1** In a bowl, combine salmon, scallions, garlic, and cilantro and mix well.
- 2** In another bowl, whisk together eggs, lime juice, mustard, salt, and pepper. Add to bowl with salmon and mix until well combined. Add coconut flour and mix again.
- 3** In a skillet with coconut oil over medium-high heat, drop mixture in 3 or 4 portions to form burgers. Cook, turning once, until browned and heated through, about 8 minutes.

BAKED GROUPER WITH COCONUT-CILANTRO SAUCE

Total Time: 30 minutes Serves: 4

INGREDIENTS

2 tablespoons coconut oil
4 wild-caught grouper fillets (6 ounces each)
¼ teaspoon sea salt
½ cup coconut milk
½ cup cilantro leaves
2 cloves garlic, minced
1 teaspoon minced fresh ginger
½ teaspoon curry powder

- 1** Preheat oven to 425 degrees F. Grease a 13 x 9-inch baking pan with coconut oil.
- 2** Place fish in the prepared pan. Sprinkle with salt.
- 3** Combine coconut milk, cilantro, garlic, ginger, and curry powder in a food processor. Pulse until smooth. Pour half of the mixture over fish. Bake until fish flakes easily, 15–20 minutes.
- 4** Pour remaining mixture over baked fish and serve.

QUINOA BEAN BURGERS

Total Time: 70 minutes Serves: 8-10 Burgers

INGREDIENTS

½ onion, chopped finely
3 garlic cloves, minced
2 cups quinoa, cooked
2 cups adzuki beans,
cooked
3 tablespoons salsa
1 tablespoon mustard
1 teaspoon sea salt
½ teaspoon pepper
1 tablespoon parsley
½ teaspoon chili powder
1 egg
1 tablespoon coconut oil

- 1** Add the cooked quinoa, beans, salsa, mustard, salt, pepper, parsley, chili powder and egg. Mix until smooth.
- 2** Preheat oven to 350 degrees F. Line a baking sheet with parchment paper and lightly oil to prevent sticking.
- 3** Use wet hands to form patties and press onto parchment paper. Bake for 25 minutes. Flip burgers and bake for another 10-15 minutes.

A close-up photograph of a green ceramic bowl filled with a dark purple acai bowl. The bowl is topped with several slices of ripe banana, fresh blueberries, and shredded white coconut flakes. The word "EXTRAS" is overlaid in large, white, bold, sans-serif capital letters, centered within a thin white rectangular border that frames the text and the toppings it describes.

EXTRAS

SLOW-COOKER CINNAMON APPLESAUCE

Total Time: 6.25 hours Serves: 6-8

INGREDIENTS

10 large green apples,
peeled, cored and
chopped
½ cup water
1 teaspoon cinnamon
Stevia

- 1** In a slow cooker, combine all ingredients, sweetening with stevia to taste. Cook on low for 6–8 hours.
- 2** Mix applesauce well and mash any clumps of apples to reach desired consistency.





KALE CHIPS

Total Time: 25 minutes Serves: 2

INGREDIENTS

1 bunch kale, large stems removed and leaves roughly chopped
1 tablespoon fresh lemon juice
2 teaspoons coconut oil, melted
¼ teaspoon sea salt

- 1** Preheat oven to 350 degrees F. Line a baking sheet with parchment.
- 2** In a large bowl, combine all ingredients. Using hands, massage oil and seasonings onto kale until thoroughly coated.
- 3** Spread kale on prepared pan and bake until crisp, about 12 minutes.

CHARD GREENS

Total Time: 1.5 hours Serves: 4-6

INGREDIENTS

1 tablespoon coconut oil
2 tablespoons garlic,
minced
5 cups chicken bone broth
5 bunches chard, trimmed
and chopped
Sea salt and pepper

- 1** In a large pot over medium heat, melt coconut oil. Add garlic and cook, stirring, for 2–3 minutes. Pour in broth and bring to a boil. Reduce heat and simmer for 30 minutes.
- 2** Add chard and raise heat to medium-high. Let greens cook down for about 45 minutes, stirring occasionally.
- 3** Reduce heat to medium and cook until greens are tender. Season with salt and pepper to taste.

BAKED VEGETABLE FRIES

Total Time: 55 minutes Serves: 2-4

INGREDIENTS

1 rutabaga, peeled
2–3 carrots
1 red bell pepper
1 onion
2 portobello mushroom caps
1–2 tablespoons coconut oil, melted
2 teaspoons onion powder
2 teaspoons garlic powder
Sea salt and pepper

- 1** Preheat oven to 425 degrees F.
- 2** Cut vegetables into long, thin strips. (You should have about a cup of each.)
- 3** Place on large baking sheet (working in batches if necessary) and toss with coconut oil to coat. Spread in single layer, sprinkle with onion powder and garlic powder, and season with salt and pepper.
- 4** Roast until vegetables are tender and golden brown, about 40 minutes.



BLUEBERRY PUDDING

BLUEBERRY PUDDING

Total Time: 15 minutes Serves: 4

INGREDIENTS

1 cup coconut milk
1 cup goat's milk kefir
1 cup blueberries
3 avocados, halved and pitted
¼ cup sprouted chia seeds, ground
1 tablespoon vanilla extract
½ teaspoon sea salt
1 drop peppermint oil
Stevia

- 1** In a high-powered blender, combine coconut milk, kefir, and blueberries. Scoop avocados into blender. Add chia seeds, vanilla extract, salt, and peppermint oil. Sweeten with stevia to taste. Puree until smooth.
- 2** Transfer pudding into saucepan and warm over medium-low heat until heated through. Serve warm.

FRIED “FAUX” RICE

Total Time: 20 minutes Serves: 2-4

INGREDIENTS

1 large head broccoli,
chopped into small
florets
3½ tablespoons ghee
1 onion, chopped
1 carrot, shredded
Sea salt and pepper
2 eggs, lightly beaten
2 tablespoons coconut
aminos

- 1** In a high-powered blender, pulse broccoli until it resembles grains of rice, being careful not to overprocess.
- 2** In a skillet over medium heat, cook “riced” broccoli with onion and carrot in 3 tablespoons of the ghee, stirring occasionally, until tender. Season with salt and pepper to taste. Keep warm.
- 3** In another skillet over medium heat, and melt remaining ½ tablespoon ghee. Add eggs and stir to scramble them and chop finely. Immediately add to broccoli mixture and stir to combine.
- 4** Stir in coconut aminos, warmed through, and serve immediately.