

Green Goddess Smoothie

(1 serving)

Ingredients:

- 1 banana
- 4 lacinato kale leaves
- 3 swiss chard leaves
- 1 cup almond or coconut milk
- handful of ice
- 1 tablespoon chia seeds

***Optional Smoothie Boosts:**

- 1 tablespoon seeds: hemp seeds, ground flax seeds
- 1 scoop of your favorite pea protein powder, or collagen powder

Instruction:

1. Combine all ingredients in a blender and blend on high until creamy and smooth.



Goji- B Smoothie

(2 servings)

Ingredients:

- ¼ cup dried goji berries, soaked in water for 30 minutes
- ¼ cup raw cashews, soaked in water for 30 minutes
- ½ inch piece of ginger, peeled
- 1 banana
- 1 orange, peeled
- 1 tablespoon nutritional yeast (get your dose of Vitamin B)
- 2 cups water
- ice, optional

Instructions:

1. Place everything in blender. Blend until smooth.



Killer B-eet Smoothie

(2 servings)

Ingredients:

- 1 $\frac{1}{3}$ cups frozen peeled raw beets (you can find these in the frozen section of Trader Joe's)
- 1 orange, peeled
- 1 $\frac{1}{2}$ cups water (+ more if needed)
- 1 frozen banana
- $\frac{1}{2}$ cup full fat coconut milk
- 1 handful ice
- 3 tablespoons hemp seeds

Instructions:

1. Place everything in the blender and blend until smooth. Add more water if the smoothie is too thick and won't blend.
2. Pour into two glasses and enjoy immediately or store in the refrigerator for later.



Scrambled Egg Tacos

(2 servings)

Ingredients:

- 4 eggs scrambled
- 4 corn tortillas or jicama wraps
- small handful of lettuce leaves
- 2 tablespoons cilantro, chopped
- ½ avocado, sliced
- pico de gallo salsa

Instructions:

1. Assemble your tacos: Divide the scrambled eggs evenly into 4 tortillas/ jicama wraps.
2. Top with with lettuce, cilantro, avocado and pico de gallo.



Applesauce, Banana Blender Pancakes (make a double batch so you have more for the week or to freeze)

(8 servings)

Ingredients:

- 2 cups oats
- 1 ¼ cups unsweetened almond milk or water
- 2 large ripe bananas
- ¼ cup applesauce
- 1 egg
- ½ teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 ½ teaspoons baking powder
- ¼ teaspoon salt
- handful of spinach (for green pancakes- optional)
- coconut oil

Instructions:

1. Place all ingredients in the blender and blend on high 2 minutes, until smooth.
2. Heat a large skillet with coconut oil over medium heat.
3. Pour about ¼ cup of batter onto the pan.
4. Cook 2-3 minutes per side and serve hot.

*Optional toppings: Cashew butter, coconut butter, almond butter, berries, fresh fruit or a tiny drizzle of honey.



Baked Mahi Mahi (pair with your favorite salad and roasted vegetables)

(serves 4)

Ingredients:

- 4 mahi mahi filets (skinless)
- lemon wedges
- salt and pepper
- garlic powder
- ¾ cup avocado oil mayonnaise (we like Primal Kitchen)
- ¼ cup diced onion

Instructions:

1. Preheat oven to 425 F degrees. Spray a baking sheet with avocado oil spray.
2. Place the filets on the baking sheet and squeeze a little lemon juice on each filet. Season with salt, pepper, and garlic powder.
3. In a small bowl, mix together the mayonnaise and onions until well combined.
4. Spread the mayonnaise mixture evenly on top of each of the filets.
5. Place the baking sheet in the oven and bake for 10-20 minutes depending on the thickness of the filet. The fish is done when it is opaque and flakes easily in the middle of the filet.
6. Squeeze lemon generously all over the fish and serve with a salad and roasted vegetables.



Hearty Stir-Fry

(4 servings)

Ingredients:

- 4 cups cooked meat (shredded chicken/pork, ground turkey/ beef)
- 1 tablespoon coconut oil
- 3/4 cup water + more
- 1 washed head of red leaf lettuce, torn into bite size pieces
- 4 cups assorted chopped vegetables- zucchini, onion, broccoli, cauliflower, peppers
- 2 lbs chopped gold or red potatoes (thin skin)
- 1 cup chopped tomatoes
- pico de gallo or hot sauce (if store-bought, make sure it has no sugar added!)



Instructions:

1. Heat coconut oil in skillet.
2. Add potatoes and about 1/4 cup water and cook covered until almost fork tender. Keep adding a little water to keep them steaming them under the lid.
3. Add the rest of the chopped vegetables, adding the ones that require more cooking time first.
4. Cook until vegetables are done to your desired level of crispness and potatoes are fork tender.
5. Add cooked chicken and heat everything together.
6. Scoop onto beds of lettuce and top with chopped tomatoes and salt.

Best Broccoli Soup

(serves 6-12; makes a large stockpot)

Ingredients:

- ½ cup olive oil, + more
- 4 heads broccoli (about 3 lbs), use mostly florets and a few stems, chopped
- 2-4 teaspoons salt, more to taste
- 2 tablespoons olive oil
- 5 cloves garlic, chopped
- 1 onion, chopped
- 1 teaspoon black pepper
- ¼ teaspoon red pepper flakes, (more for more spice flavor)
- 1 ½ pound gold potatoes, (10-12 small potatoes) peeled and chopped
- 8 cups of water or broth
- Zest of 1 large lemon
- ¼ cup fresh lemon juice, more to taste

Instructions:

1. In a large pot, heat 2 tablespoons of the oil over high heat. Add a couple cups of the broccoli, so that you have a single layer covering the bottom of the pan. Saute the broccoli until it browns on 1 side only. Do not stir or flip; leave the top side green. Transfer to a bowl and repeat with the remaining broccoli and more oil. Season with 1 teaspoon of salt.
2. In the same pot, reduce heat to medium. Add 2 tablespoons of oil and the Myokos butter. Add the garlic, onion, black pepper, red pepper, and ½ teaspoon salt and stir.
3. Cook mixture until onions are soft. Add the potatoes to the pot along with 8 cups of water or broth and 1 teaspoon salt. Bring to a simmer and cover.
4. Cook until the potatoes are tender, about 10 minutes.
5. Add the browned broccoli, cover, and cook until broccoli is tender, another 7 to 10 minutes.
6. Add lemon zest.

7. Transfer to a blender and puree until reaching your desired consistency, we like smooth. Or use an immersion blender. Mix in the lemon juice.
8. Ladle into bowls and drizzle a little olive oil on top with a dash of black pepper and salt and more lemon juice if desired. We like this recipe with a lot of lemon juice squeezed in at the end!



Easiest Tomato Soup

(2-4 servings)

Ingredients:

- 3 tablespoons olive oil
- 1 onion, chopped
- 1 (28 oz) can San Marzano tomatoes
- 1-2 cups water
- 4 basil leaves (optional)
- Salt and pepper to taste

Instructions:

1. Heat the oil in a stock pot over high heat and add the onions. Cook, stirring frequently until they start to brown and caramelize.
2. Add the tomatoes and water. Add more water if you like a thinner consistency.
3. Bring to a boil. Reduce heat to a simmer for 10 minutes. Turn heat off.
4. Add the basil. Transfer the soup to a blender and puree or use an immersion blender.
5. Season with salt and fresh black pepper.
6. Sprinkle a couple pieces of torn basil leaves on top and another drizzle of olive oil. If you can create an “eat clean” grilled cheese sandwich for dipping, let us know! :)



Pumpkin Curry Soup

(4-6 servings)

Ingredients:

- 1 28 oz can pumpkin puree (or fresh cooked pumpkin puree)
- 2 cans coconut milk, full fat
- 4 cups vegetable broth or bone broth
- 1 shallot, chopped
- 2 ½ (or less) tablespoons red curry paste (less for less spicy)
- Salt to taste
- Sesame oil for drizzling
- 3 green onions, sliced

Instructions:

1. Blend the pumpkin, coconut milk, broth, shallots, and red curry paste until smooth.
2. Heat a saucepan, over medium heat and add the soup puree. Cook until heated through, about 10 minutes.
3. Ladle into bowls and drizzle with 1 teaspoon sesame oil and a sprinkling of green onions.



Lettuce Wraps

(4 servings)

Ingredients:

- 1 ½ lbs carne asada, ground bison, ground beef or ground turkey
- Favorite taco toppings: pico de gallo, shredded cabbage, cilantro, diced onion, diced tomatoes, diced avocado, hot sauce
- 8 large lettuce leaves, washed (instead of tortillas)

Instructions:

1. Cook meat in skillet on medium heat until done. Drain fat.
2. Scoop cooked meat into the lettuce leaves.
3. Top with favorite taco toppings. Enjoy!



Hummus and Celery

(1 serving)

Ingredients:

- 1 cup of celery sticks
- 4 tablespoons hummus

Instructions:

1. Dip your crudites into your hummus and enjoy a simple healthy snack!



Cucumber, Tomato, & Avocado

(1 serving)

Ingredients:

- 1 small cucumber, sliced into coins
- ½ avocado, sliced
- 10 cherry tomatoes, halved

Instructions:

1. Place 1 slice of avocado and tomato half on each cucumber slice. Enjoy!

