

Eat Clean Menu & Recipes

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|------------|--|-------------------------|--------------------------------------|--------------------------------|-----------------------------|--|---|
| Break fast | Apple Cider Vinegar Detox & Avocado | Bibimbap | Egg Burrito - Fried egg Coconut Wrap | Papaya Coconut Bowl | Scrambled Egg Tacos | Shitake, Arugula, Lentil, Egg Breakfast Bowl | Soft-boiled Eggs over Quinoa & Vegetables |
| Lunch | Asian Rainbow Salad | Chicken Tomatillo Chili | Chickpea Lentil Salad | Coconut Meatballs | Crunchy Buffalo Sauce Salad | Curried Chicken Salad | Potato Lentil Salad |
| Dinner | Easy Sausage, Brown Rice & Zucchini Bowl | Fresh Carrot Juice Soup | Hearty Stir-Fry | Kale Chickpea Salad | Pumpkin Curry Soup | Smoked Salmon Sushi Rolls | Spicy Buffalo Spaghetti Squash Casserole |
| Snacks | Banana with Almond Butter | Killer B-eet Smoothie | Loaded Sweet Potatoes | Miso Avocado Spread & Crudites | Pink Pataya Hummus | Sun-dried Tomato Dip with Crudites | Turkey Roll-ups & Apple |

Apple Cider Vinegar Detox Elixir & ½ Avocado

(2-4 servings)

Ingredients:

- 1 16 oz glass of water
 - 1 tablespoon apple cider vinegar (we like Braggs)
 - juice of ½ -1 lemon
 - Pinch of cayenne (optional)
 - 1 teaspoon raw honey (optional)
 - Ice (optional)
-
- ½ avocado sprinkled with salt

Instructions:

1. Mix everything (except the avocado) into the glass of water and drink up!



Bibimbap

(This recipe has lots of steps but worth it!)

(4 servings)

Ingredients:

Seasoned Spinach:

- ¾ lb Baby spinach, washed, roots/ends trimmed off if any
- 1 tbsp sesame oil
- ½ teaspoon Salt
- 1 teaspoon sesame seeds, toasted
- 1 teaspoon sesame oil

Seasoned Carrot:

- 1 ½ c sliced carrots
- ¼ teaspoon salt
- 1-2 teaspoons sesame oil

Seasoned Bean Sprouts:

- 2-3 c bean sprouts
- ¼ teaspoon salt
- 1 teaspoon sesame oil

Seasoned Cucumber:

- 1 cup cucumber, sliced
- ½ teaspoon salt
- 1 tsp hot chili sauce
- Pinch of toasted sesame seeds

Seasoned Beef:

- 1 lb ground beef
- 2 tablespoons coconut aminos
- 4 garlic cloves, minced
- 2 teaspoons honey
- 1 teaspoon sesame oil
- 2 teaspoons coconut oil

Additional ingredients:

- 2 ½ cups cauliflower rice (we often use ready-made fresh or frozen riced cauliflower)
- sesame oil



- 4 eggs
- kimchi or kraut if you prefer less spicy
- hot sauce

Instructions:

1. For the Seasoned beef: Combine the beef, coconut aminos, garlic and honey together. Mix with hands and set aside to marinate for 15-20 minutes.
2. Heat a skillet over medium high heat with 1 teaspoon sesame oil. Add in the cauliflower rice and cook until soft and toasted, about 5 minutes. Remove and divide between four bowls.
3. In the same pan, heat 1 tablespoon sesame oil over medium heat and add the spinach. Cover. Stir frequently until wilted, sprinkle with salt, sesame seeds, and 1 teaspoon sesame oil and remove from heat and set aside.
4. Clean out the pan and add 1-2 teaspoons sesame oil over medium heat. Add the carrots. Stir and cover for about minute. Remove cover and saute until just starting to soften but still crunchy. Add a small pinch of salt. Remove from pan and set aside.
5. Repeat with bean sprouts.
6. After you've removed the bean sprouts, melt the coconut oil in the same skillet over medium high heat and add the beef with any marinade. Saute until cooked through, about 6-10 minutes.
7. Transfer to a bowl and drizzle with 1 teaspoon sesame oil.
8. Heat 2 teaspoons sesame oil in the same skillet over medium- high heat and fry the 4 eggs, just until the whites are crispy and the yolk is still runny.
9. Divide the vegetables and seasoned beef and place in individual piles on top of the cauliflower rice. Top with a fried egg and a sprinkle of sesame seeds. Serve with kimchi, kraut or your favorite hot sauce if you like it spicier.

Egg Burrito/ Fried Egg Coconut Wrap

(1 serving)

Ingredients:

- 2 eggs cooked to your liking (we prefer fried)
- 1 coconut wrap
- ¼ cup sauteed spinach
- ¼ avocado, mashed
- Hot sauce

Instructions:

1. Warm both sides of coconut wrap over open flame on stove. The wrap will become more pliable and easier to fold when warmed.
2. Add eggs, spinach, avocado, and hot sauce to wrap.
3. Fold like a burrito and enjoy!



Papaya Coconut Bowl

(2-4 servings)

Ingredients:

- 1 large papaya, about 2 lbs, de-seeded, flesh cubed
- juice of 2 limes
- pinch of salt
- 2 tablespoons coconut oil, melted
- ½ cup unsweetened coconut flakes

Instructions:

1. In a small bowl, squeeze the limes and add the salt and coconut oil. Mix.
1. Spoon the papaya into bowls.
2. Drizzle the lime coconut oil sauce over the papaya.
3. Top with a sprinkle of unsweetened coconut.



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.



Shiitake, Arugula, Lentil, Egg Breakfast Bowl *(vegan option)*

(4 servings)

Ingredients:

- 4 eggs, soft-boiled, poached, or fried (omit or sub avocado for egg)
- 2 cups cooked lentils (Trader Joes has a ready made package)
- 2 tablespoons sherry vinegar
- 2 tablespoons olive oil
- salt and pepper
- 8 oz shiitake mushrooms, stems removed, caps sliced
- 1 shallot, diced
- 2 cloves of garlic, minced
- 2 tablespoons fresh parsley, chopped
- 2-3 cups brown rice, quinoa, or cauliflower rice
- 3 cups baby arugula, washed
- Truffle oil

Instructions:

1. Add the cooked lentils to a small bowl and mix in 1 tablespoon of the sherry vinegar and 1 tablespoon of the olive oil and a pinch of salt and pepper. Set aside.
2. Heat 1 tablespoons olive oil in a large skillet over medium high heat. When the oil is hot, add the mushrooms and cook until they start to turn golden, about 3 -5 minutes.
3. Add the shallot and garlic to the skillet and cook for another minute. Add 1 tablespoon of the sherry vinegar and the parsley and give it a good stir. Remove from heat.
4. Spoon the lentils and grains or cauliflower rice (if using) into 4 bowls. Add the arugula and top with the mushrooms and one egg. Drizzle truffle oil over the top with a pinch of salt and pepper and enjoy!



Soft-boiled Eggs over Quinoa & Vegetables

(1 serving)

Ingredients:

- 2 soft- boiled eggs
- ½ cup cooked quinoa
- ½ -1 cup raw or sauteed vegetables
- cayenne pepper

*Feel free to be creative and vary the vegetable mixture with zucchini, kale, spinach, chard, bell peppers, etc.

Instructions:

1. Scoop the quinoa into a bowl.
2. Place the eggs on top and slice in half. Layer on the vegetables and a dash of cayenne pepper.



Asian Rainbow Salad

(4-6 servings)

Ingredients:

- Asian Salad Dressing- see below or Primal Kitchen Sesame Ginger Vinaigrette
- 1 head green cabbage, shredded, or 10 oz of cruciferous crunch salad mix
- 2 cups baby spinach, chopped
- 2 large carrots, grated
- 10 cherry tomatoes, halved
- 1 cucumber, julienned
- 1 yellow, 1 orange & 1 red bell pepper, cored, seeded, chopped
- 1 cup organic edamame, shelled, fully cooked
- ½ bunch cilantro, chopped
- 1 small bunch mint, chopped
- ½ bunch scallions, green parts only, chopped
- 20 fresh basil leaves, chopped
- ½ c raw almonds, sliced



Asian Salad Dressing:

(makes about ½ cup; double if you like more)

Ingredients:

- 1/4 cup coconut aminos
- 2 tablespoons rice vinegar
- 2 tablespoons olive oil
- 1/2 tablespoon sesame oil
- 1 tsp raw honey
- 1/4 teaspoon garlic powder or 1 tsp minced garlic
- 1/4 teaspoon ginger powder or 1 tsp fresh grated ginger

Instructions:

1. Add dressing ingredients to an 8 oz mason jar. Cover with a lid and shake vigorously until well combined.

Salad Instructions:

1. In a large bowl, mix the dressing into the cabbage and massage it in. Then add everything else, except the tomatoes and stir well.
2. Add the tomatoes last and gently coat with dressing.
3. Divide among 4-6 plates and enjoy.

Chicken Tomatillo Chili

(6-8 servings)

Ingredients:

- 2 ½ lbs chicken breasts and or thighs (we use 50:50)
- 2 ½ lbs tomatillos, rinsed, husked
- 5 Anaheim chili peppers, seeded, diced
- 1 onion, diced
- 4 garlic cloves, minced
- 1 jalapeno, seeded, diced (more if you like spicier)
- 6-8 cups chicken broth
- 1 teaspoons cumin
- 1 teaspoons dried oregano
- 2 teaspoons salt
- 2 teaspoons black pepper
- 1-2 limes juiced

Toppings:

- 2 avocados, sliced
- handful of cilantro, chopped
- hot sauce (optional)

Instructions:

1. Combine everything except the toppings in the bowl of a slow cooker. Cook on low for 6-8 hours.
2. Near the end of the cook time, take two forks and shred the chicken and mash the tomatillos.
3. Ladle into bowls and add desired toppings!



Chickpea Lentil Salad

(2-4 servings)

Ingredients:

- 3 tablespoons olive oil
- 1 cup cooked lentils
- 1 can chickpeas, rinsed and drained
- 1 ½ c cherry tomatoes, halved
- 2 handfuls spinach
- juice of 1 lemon
- salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add everything except the lemon and stir well.
2. Cover for 3-4 minutes to allow the spinach to wilt.
3. Remove the cover and saute for for another 3-5 minutes. Remove from heat.
4. Spoon into bowls and very generously squeeze lemon juice over the salad. Season with salt and pepper.



Coconut Meatballs

(4-6 servings, 20 small meatballs)

*Serve over Cauliflower Rice, Roasted Sweet Potatoes, or Salad

Ingredients:

- 2 lbs ground chicken (breast and thigh mix if possible) or turkey, lamb, pork, beef
- lime juice
- 4-6 cups cooked brown or cauliflower rice/ roasted sweet potatoes, or salad

Seasoning:

- ¾ cup cilantro plus a few sprigs for garnish
- 2 small shallots, diced
- ¾ cup carrots, diced
- ¼ cup basil leaves, chopped
- ½ tablespoon ginger
- 1 tablespoon fish sauce
- ½ teaspoon salt
- ½ teaspoon cumin
- 2 tbsp coconut cream (skim from the top of a full fat coconut milk can if you can't find a can of coconut cream)



Coconut Sauce:

- 1 can full-fat coconut milk
- 1 tablespoon red curry paste
- 1 teaspoon fish sauce
- 1 tablespoon tomato paste
- ¼ teaspoon ground coriander powder
- ¼ teaspoon garam masala powder

Instructions:

1. Preheat oven to 420 degrees F.
2. Blend all of the seasoning ingredients in a food processor or blender. Set aside.
1. Line a baking sheet with parchment paper or aluminum foil.
2. In a large bowl, mix the ground meat with the blended spice mixture. It is best to use your hands to combine thoroughly.
3. Form about 20 golf ball size meatballs. Place on baking sheet.
4. Bake for 20 minutes. Remove pan from the oven and flip meatballs over. Bake for an additional 10-15 minutes or until completely cooked through.

5. For the coconut sauce: heat a large pot over medium-low heat. Add in all of the coconut sauce ingredients, stirring frequently. Continue heating until the sauce thickens.
6. Add more salt or red curry paste according to your preference.
7. Add the cooked meatballs to the sauce pot. Simmer together for 3-4 minutes, stirring gently to coat the meatballs in sauce.
8. Serve with your cauliflower rice, roasted sweet potato, or a side salad along with a squeeze of lime juice and a sprinkle of cilantro leaves.

Crunchy Buffalo Sauce Salad

(1 serving)

Ingredients:

- 2 handfuls of your favorite lettuce
- ¼ cup corn
- 1 tablespoon red onion, diced
- 2 tablespoons carrot ribbons
- ¼ cup garbanzo or black beans
- ¼ avocado, sliced
- 6 chips: Grainless Cassava & Coconut Tortilla Chips (Trader Joes)
- 1 tablespoon: Primal Kitchen Buffalo Sauce

Instructions:

1. Add first 5 ingredients to a salad bowl.
2. Top with avocado slices, crumbled chips and drizzle with dressing.



Curried Chicken Salad

(4 servings)

Ingredients:

- 3 cup cooked skinless, boneless chicken breasts, cut into bite sized pieces or we like shredded
- ½ cup avocado oil mayonnaise
- ½ avocado, mashed
- 2 tablespoons curry powder
- ½ cup grapes, halved
- 3 stalks celery, diced
- ½ cup walnuts, chopped
- ½ red onion, diced
- ⅓ cup carrots, shredded
- salt and pepper

Instructions:

1. In a large bowl, mix together the mayonnaise, avocado, and curry powder until well combined.
2. Add the cooked chicken, grapes, celery, walnuts, red onion, and carrots. Mix well.
3. Enjoy immediately over lettuce leaves, on top of homemade cauliflower toast, with “clean” crackers or chill in the refrigerator for later.



Potato Lentil Salad

(4 servings)

Ingredients:

- 24 oz baby or fingerling potatoes, halved
- 2 teaspoons olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 lemon, for zest/juice
- 8 oz asparagus, sliced
- 1 cup lentils, cooked (Trader Joes has ready-made package)
- 4 green onions, sliced thinly
- ½ cup sundried tomatoes drained, chopped
- 4 oz baby arugula
- 1 avocado, sliced



Instructions:

1. Preheat oven to 425 degrees F. Line a baking sheet with foil or parchment.
2. In a large bowl, mix potatoes with oil, salt, and pepper.
3. Transfer potatoes to baking sheet and roast 10-12 minutes.
4. Zest lemon until you have 1 teaspoon. Squeeze lemon until you have 2 tablespoons.
5. Remove the baking sheet from the oven and flip the potatoes over. Add the asparagus to the same baking sheet if there is room and bake 12-14 more minutes or until potatoes are tender. If asparagus is getting too brown before the potatoes are tender, remove asparagus from baking sheet and cook potatoes longer.
6. Place cooked lentils, onions, tomatoes, lemon zest, juice, and arugula in large bowl.
7. Add the roasted potato, asparagus mixture into the bowl.
8. Top salad with avocado and serve.

Easy Sausage, Brown Rice and Zucchini Bowl

(serves 4)

Ingredients:

- 2 tablespoons avocado oil, divided
- 8 zucchinis, sliced into coins
- 4 “clean” sausages (no sugars added)
- 3 cups brown rice, cooked
- salt and pepper, to taste
- side salad

Instructions:

1. Heat a skillet to medium high and add avocado oil.
2. Add the zucchini slices to the skillet and saute, stirring occasionally until they start to brown and soften. While these are cooking, slice the sausages into coins. Do not overcook. Remove from heat.
3. Add 1 tablespoon of avocado oil to the same skillet. Add the sausage slices and cook on medium high, flipping occasionally until they turn golden brown on both sides.
4. Scoop the cooked brown rice into bowls, and layer with zucchini and sausages.
5. Season with salt and pepper. Enjoy!



Fresh Carrot Juice Soup

(6+ servings)

Ingredients:

- 6 tablespoons coconut oil
- 1 ½ sweet white onions, chopped
- 2 lbs or about 8 large carrots, chopped into coins
- 1 cup water or broth
- 4 teaspoons fresh ginger, peeled and chopped
- 6 cups carrot juice
- 1 teaspoon ground coriander
- 1-2 teaspoons salt
- 1-3 cups water



Instructions:

1. In a large stock pot, melt the coconut oil over medium-high heat. Add the onions and saute for 10 minutes, until they turn brown and start to caramelize.
2. Once the onions are soft and browning, turn the heat down to medium and add the carrots, water and ginger and cook for 15-20 minutes until the liquid has boiled away.
3. Once the liquid has boiled off, continue cooking the carrots until they start to brown and caramelize, about another 10 minutes. Stir frequently so they do not burn, but allow them to brown on all sides. Scrape the brown bits on the bottom of the pan and deglaze with a little more water or broth if necessary.
4. Add the carrot juice, coriander and salt. Return to a boil, cover and simmer for another 20 minutes, until everything is tender.
5. Using an immersion blender, blend soup until smooth. (Or transfer to blender and puree.)
6. Add water to the soup to reach your desired creamy consistency. Enjoy!

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.

Kale Chickpea Salad

(4 servings)

Ingredients:

- 2 bunches of kale, stems removed and leaves sliced into ribbons (7 cups)
10 oz bag
- juice of 1 lemon
- salt, to taste
- 3 tablespoon apple cider vinegar
- 1 garlic clove, minced
- 1 shallot, diced
- 1 tablespoon fresh thyme
- 1 tablespoon Dijon mustard
- 2 teaspoons honey (optional)
- ⅓ cup olive oil
- fresh black pepper
- 1 tablespoon avocado oil
- 1-2 small leeks, sliced
- 1 can chickpeas, drained and patted dry
- ½ cup Marcona almonds



Instructions:

1. In a large salad bowl, add the kale, lemon juice, and a pinch of salt.
2. Using your hands, massage and work the salt into the kale until it softens, 2-3 minutes.
3. For the dressing: In a small bowl, whisk the vinegar, garlic, shallot, thyme, and add a dash of salt. Set aside for 10 minutes.
4. To finish the dressing, whisk in the Dijon mustard, honey (if adding) and olive oil.
5. Add a dash of pepper.
6. Heat a large skillet over medium heat. Add in 1 tablespoon of oil. Once melted, add the leek and chickpeas and cook until the leek softens, about 4 minutes.
7. In the large kale bowl, add the dressing, almonds and chickpea-leek mixture. Enjoy!

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.



Smoked Salmon Sushi Rolls *(Fun for kids to make their own!)*

(4-6 servings)

Ingredients:

- 3 cups cauliflower rice, cooked and still warm
- 2 tablespoons cashew butter
- 1 package smoked salmon- unsweetened, *READ ingredients!*
- 8-10 toasted nori sheets
- 1 cup carrots, grated
- 1 cucumber, julienned
- 1 red bell pepper, julienned
- handful of microgreens
- 1 avocado, sliced thin
- water
- sesame seeds, optional
- wasabi, optional



Instructions:

1. In a large bowl, mix the cooked cauliflower rice with the cashew butter. Set aside.
2. Place a bamboo sushi mat on a clean surface or on a cutting board and spread about $\frac{1}{4}$ - $\frac{1}{3}$ cup of the cauliflower rice mixture onto the half of the sheet closest to you. Spread it thin and to the edges as well.
3. Layer the salmon across in a straight line in the middle of the cauliflower rice.
4. Repeat with all other toppings (except sesame seeds, wasabi).
5. Starting with the edge closest to you, tightly wrap the roll with your sushi mat and roll until the opposite end of the nori sheet sticks to the roll. Sometimes wetting the end of the nori sheet will help it stick together easier.
6. Using a sharp knife, cut the roll into $\frac{3}{4}$ inch pieces.
7. Repeat with remaining ingredients.
8. Sprinkle with sesame seeds and if desired- a tiny dash of wasabi.

Spicy Buffalo Spaghetti Squash Casserole

(4 servings, makes 9 x 9 inch pan)

Ingredients:

- 1 large spaghetti squash (baked and flesh scooped out)
- 3 tablespoons coconut oil, divided
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 stalks celery, diced
- 2 carrots, diced
- 1 red bell pepper, diced
- 1-2 cups spinach, kale, or chard chopped
- 1 pound ground turkey or ground chicken
- 1 teaspoon garlic powder
- 1 teaspoon salt
- Dash of black pepper
- 1 cup Primal Kitchen Buffalo Sauce
- 3 eggs, whisked
- Optional Toppings: avocado slices, diced green onions, cilantro



Instructions:

1. Preheat oven to 350°F.
2. Grease the inside of a 9x9 inch baking dish with a little coconut oil. Or skip this step if you use a Dutch oven.
3. Heat a large skillet or Dutch oven over medium heat and melt 2 tablespoons coconut oil.
4. Add the onion, garlic, celery, carrot and bell pepper. Cook for 8 minutes and then add greens/kale. Saute until vegetables soften, another 5-10 minutes
5. Add the ground meat, garlic powder and salt and pepper and cook until the meat is cooked through, stirring frequently. Remove from heat.
6. Scoop the spaghetti squash threads into this mixture and combine.
7. Stir in the Buffalo Sauce and the whisked eggs and combine well.
8. Bake for 45-60 minutes or until the top forms a lightly browned crust. Remove from oven and allow to cool before cutting. Add optional toppings if you desire.

Banana with Almond Butter

(1 serving)

Ingredients:

- 1 banana, sliced into coins
- 1-2 tablespoons almond butter (or unsweetened nut or sunflower seed butter)
- cinnamon

Instructions:

1. Place a small dollop of nut butter on each banana coin and a sprinkle of cinnamon.



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.



Loaded Sweet Potatoes

(2 servings)

Ingredients:

- 2 sweet potatoes, washed
- 1 tablespoon olive oil
- 2 garlic cloves, chopped
- 12 cherry tomatoes, cut in half
- 1 tablespoon apple cider vinegar
- 1 cup black beans, rinsed and drained
- 1/8 teaspoon coriander
- 1/4-1/2 teaspoon chipotle powder (depending on how spicy you like it)
- 1 teaspoon miso paste
- 2 tablespoons tahini
- Salt and pepper
- 1 lime
- 1 avocado, sliced



Instructions:

1. Preheat the oven to 400 degrees Fahrenheit.
2. Pierce the skin of the sweet potatoes a few times with a fork and place on parchment paper lined baking sheet. Bake for 60-70 minutes until tender on the inside.
3. In a saucepan, heat 1 tablespoon of olive oil on medium heat. Add the garlic and saute for 1 minute.
4. Add the tomatoes and cook for another 2-3 minutes. Turn heat to low if garlic is getting too brown.
5. Add the apple cider vinegar, beans, coriander, chipotle, miso, tahini and a pinch of salt and pepper and cook for 5 more minutes over medium low heat. Set aside.
6. When the sweet potatoes are done, remove from the oven. Being careful not to burn yourself, slice them in half.
7. Scoop out 2/3 of the soft flesh of each sweet potato and mix into the bean- potato mixture.
8. Add spoonfuls of the combined mixture back into the sweet potato skins.
9. Finish with a squeeze of lime juice and avocado slices.

Miso Avocado Spread & Crudites (great probiotic)

(4 servings)

Ingredients:

- ½ large avocado
- 3 tablespoons miso
- 2 tablespoons tahini
- 1 garlic clove
- 4 tablespoons olive oil
- 4 cups of your favorite crudites

Instructions:

1. In a Vitamix or blender, blend all ingredients until smooth and creamy!
2. Use as a fun spread on Ezekial bread for a unique spin on avocado toast or as a dip for vegetables.



Pink Pataya Hummus (*a kid favorite because its PINK!*)

(4 servings)

Ingredients:

- 1 can chickpeas, drained but liquid/ aquafaba reserved
- 2 garlic cloves
- ¼ cup extra virgin olive oil
- ¼ cup tahini
- juice of 1 lemon
- 1 tablespoon (or more if needed) chickpea liquid/ aquafaba
- 1 ½ teaspoons pink pataya powder
- salt if desired (we like it without salt)

Instructions:

1. Blend everything together. If the mixture is too dry, continue adding aquafaba 1 tablespoon at a time. Enjoy with crudites immediately or store in an air-tight container for up to one week.



Sun-dried Tomato Dip with Crudites

(makes about 2 cups)

Ingredients:

- 3 oz sun-dried tomatoes (not oil packed)
- ¼ cup olive oil
- ¼ cup capers, drained
- 15 basil leaves
- 3 tablespoons sherry vinegar
- 3 garlic cloves
- ¼ cup walnuts or pine nuts
- 1 cup kalamata olives, drained and pitted
- juice of ½ lemon (optional)
- salt and pepper
- Crudites- carrots, celery, bell peppers (1 cup per person)

Instructions:

1. Soak the tomatoes in a bowl of hot water for 5 minutes or until they soften. Drain.
2. In a food processor add the tomatoes, olive oil, capers, basil, vinegar, and garlic and blend. Add in the nuts and pulse to a chunky consistency. Add the olives in and pulse just a few times to maintain the chunky consistency. Add a little more olive oil and a squeeze of lemon if needed.
3. Season with salt and pepper as desired and dip away!



Turkey Roll-Ups & Apple

(4 Roll-Ups is 1 serving)

**Great, simple option for work/school lunches!*

Ingredients:

- 2 medium carrots, sliced in half lengthwise to make 2 carrot “sticks”
- 1 medium cucumber, sliced lengthwise to make 8 cucumber “sticks”
- 4 pieces of deli-sliced turkey
- ½ avocado, sliced lengthwise to make 4 slices
- 1 apple (to eat alongside turkey roll ups)

Instructions:

1. Roll 2 long cucumber slices, 1 carrot slice, and 1 slice of avocado in a piece of deli sliced turkey.
2. Repeat to make 4 roll-ups and enjoy!

