

December 2016

The Plan

FOOD IS YOUR MEDICINE



Lyn-Genet Recitas

Contents

BREAKFASTS	4
<hr/>	
GLUTEN FREE CHOCOLATE BREAKFAST CUPCAKES	4
CARDAMOM GLAZED PEAR GINGER SPICE SCONES	5
BUCKWHEAT PANCAKES	7
GLUTEN FREE LEMON BLUEBERRY CHIA MUFFINS	8
APPETIZERS	9
<hr/>	
AREPAS- CORN FREE	9
AVOCADO FRIES WITH SWEET AND SPICY DIPPING SAUCE	10
BASIL MINT DRESSING	11
CARROT PICKLES	12
CHILI INFUSED LEMON BALM HONEY	13
CRAB CAKES	14
DELICATA KALE SALAD	15
EGG-FREE ZUCCHINI "TOTS"	16
GLUTEN-FREE CRACKERS	17
GREEK ZUCCHINI FRITTERS	18
GUACAMOLE ONION RINGS	19
KALE DIP	20
LEMON GOAT CHEESE DIPPING SAUCE	21
LENTIL PÂTÉ	22
MANGO CUCUMBER SALSA	23
POLENTA	24
POTATO AND LEEK GRATIN	25
QUICK & HEALTHY SOY FREE CHINESE STIR FRY SAUCE	26
VEGAN AVOCADO MAYO	27
ROASTED BROCCOLI WITH TAHINI SAUCE	28
ZUCCHINI CHIPS	29
DINNERS	30
<hr/>	
APPLE GINGER BURGERS	30
BUCKWHEAT VEGAN BURGERS	31
CHANA MASALA	32
CHICKEN WITH NECTARINES	33
CHICKEN PARMESAN	34
CHICKEN WITH SPICY NECTARINE SALSA	35
CROCKPOT CREAMY CASHEW CHICKEN	36

CINNAMON BLACK PEPPER CHICKEN	37
CUMIN LAMB STIR-FRY	38
CURRIED LAMB CHOPS	39
GLUTEN FREE BUFFALO CHICKEN NUGGETS	40
GREEK LAMB BURGERS WITH GOAT CHEESE SCHMEAR	41
LAMB LOLLIPOPS WITH POMEGRANATE AND BASIL	42
LEEK AND MUSHROOM FRITTATA	43
SQUASH AND EGG BAKE	44
SWEET & SOUR CHICKEN STIR FRY	45
TACO NIGHT	46
THE PLAN PESTO CRUSTED CHICKEN	47
VEGETARIAN “TUNA” SALAD	48
 DESSERTS	 49
 BLUEBERRY MINT POPSICLES	 49
CARAMEL CREAM CHIA CHOCOLATE DRIZZLED 'CHEESECAKE' FLAN	50
CARROT CAKE COOKIE DOUGH BITES	51
CRANBERRY GRAPEFRUIT SORBET	52
GLUTEN FREE PEACH COBBLER	53
GOAT CHEESE ICING	54
GRILLED FRUIT WITH CHOCOLATE GINGER SAUCE	55
GRAIN-FREE CHOCOLATE CHIP SQUASH BLONDIES	56
PALEO PUMPKIN BREAD	57
VEGAN AVOCADO CHOCOLATE MOUSSE	58
VEGAN FUDGESICLES	59
 COCKTAILS & DRINKS	 60
 GINGER MARGARITA	 60
WATERMELON LIME GRANITA	61

Breakfasts

Gluten Free Chocolate Breakfast Cupcakes

Using almond flour is a wonderful way to get your protein in, and help to balance your blood sugar! Chia is used as a binding agent and is rich in protein, calcium, magnesium and fiber! These super moist treats are so good you might not want to let people know how healthy they are...



- 2 1/2 cups almond flour
- 1/2 cup cocoa powder
- 1/2 tsp baking soda
- 3 Eggs
- 1/4 cup chia seeds
- 4 Tbsp avocado oil or butter
- 1/2 cup agave or honey
- 1 tsp Vanilla
- 1 1/4 cups grated Zucchini

1. Preheat oven to 350 degrees.
2. Combine all ingredients in a food processor and thoroughly combine all ingredients, roughly 2 minutes.
3. Butter cupcake tins and pour in batter.
4. Bake for 20-25 minutes.
5. Check cupcakes with toothpick. When finished, the toothpick should come out clean.

Cardamom Glazed Pear Ginger Spice Scones



For the scones:

- 3 cups almond flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon sea salt
- 1/4 tsp ground cardamom
- 1 cup finely chopped pears
- 3 Tbsp Honey
- 1 tablespoon dried or grated ginger
- 1 tablespoon apple cider vinegar
- 1 egg (sub in flax eggs for egg free option)

For the glaze:

- 3 Tbsp goat cheese
- 1/4 Tsp my farm honey
- Cardamom to taste
- 1/4 tsp vanilla
- Drops of hot water to consistency.

Scones:

1. Combine the dry ingredients - almond flour, salt, baking soda, and spices.
2. Add the pears and mix until coated.
3. In another bowl, combine honey, ginger, vinegar and the egg/flax eggs.
4. Mix the wet into almond flour mixture. Mix gently until combined and knead gently until it is a ball of dough.
5. Make 2 - 1" thick discs. Cut each circle into 6 wedges. Put on parchment lined baking sheet.
6. Bake in a 350-degree oven for 15 -20 min or till lightly browned.

Glaze:

7. Mix goat cheese and honey into a thick paste.
8. Add the vanilla and warm/hot water. Stir in cardamom.
9. Spatula into a small sandwich bag (it should still be thick-ish but drizzle-able). Snip end of bag and pipe on cooled scones.

Gluten Free Carrot Chia Muffins

Want a protein rich breakfast that's great on the run and chock full of antioxidants? Ditch the carrot juice which is high in sugar. Try these muffins and get your beta carotene and protein on



- 2 3/4 cups blanched almond flour
- 1/2 tsp baking soda
- 3 eggs
- 1/4 cup raw organic chia seeds
- 4 TBS butter
- 1/4 cup agave
- 1/8th cup raisins
- 1 tsp vanilla
- 1 1/4 cups finely grated or shredded carrot
- 1 T cinnamon
- 1/4 tsp ground cloves
- 1/2 tsp ground ginger

10. Preheat oven to 350.

11. Combine all ingredients in a food processor and blend until thoroughly mixed, approximately 2 minutes.

12. Pour into paper lined muffin cups and bake for approximately 20-25 minutes.

Buckwheat Pancakes



- 2 chia eggs (2 T chia seeds mixed with 6 T warm water)
- 2 cups buckwheat flour
- 1/4 cup apple sauce 2 cups rice or coconut milk
- 1tsp baking powder
- 1/2 teaspoon cinnamon
- 1/4 tsp cardamom
- dash sea salt
- butter for pan or avocado oil if vegan

1. Make chia eggs and set aside.
2. In a large bowl combine dry ingredients.
3. Combine applesauce and milk and stir in chia eggs.
4. Add wet ingredients to dry ingredients and mix thoroughly.
5. Pour batter onto oiled skillet- cook over medium heat.

Gluten Free Lemon Blueberry Chia Muffins

These bad boys pack approximately 7 grams of protein per muffin! One of our most popular muffin recipes especially when people need a quick snack or breakfast. They freeze really well, so make sure to make in big batches.



- ½ cup coconut flour
- ½ tsp baking soda
- Dash of sea salt
- 6 large eggs
- 1/2 cup chia
- 1/2 cup honey
- ½ cup butter, softened
- juice of 1/2 lemon
- approx. 2 tsp zest of lemon
- 1 Tbsp pure vanilla extract
- 1 cup blueberries, fresh or frozen
- 1/4 cup almond slivers

1. Preheat oven to 350 °F.
2. In a small bowl, combine the coconut flour, baking soda, and salt.
3. In a large bowl, whisk the eggs, honey, chia, butter, lemon, lemon zest and vanilla.
4. Mix the dry ingredients into the wet. Gently fold in the blueberries. Spoon the batter into a well-buttered muffin tin.
5. Bake for 20–25 minutes. Remove from oven and sprinkle with almond slivers. Let cool and serve.
6. Yield: 6 servings

Note: these muffins are egg rich, so make sure that eggs are friendly for you before you try these!

Appetizers

Arepas- Corn Free

I love Arepas! These delicious delights are a flatbread, typically used in Colombian and Venezuelan cuisine. Unfortunately, many people find corn to be inflammatory (the main ingredient in most traditional arepas) so I came up with an almond flour version.

Try topping the arepas with stewed chicken, fresh guacamole and lime. If you prefer a vegetarian version it's incredible with wild sautéed mushrooms! Enjoy!



- 1 cup Blanched Almond Flour
- 1/2 cup Water
- 2 Eggs
- 1/2 cup grated Goat Gouda
- 1/4 cup Scallions
- 4 Tbsp Extra Virgin Olive Oil, divided
- Optional toppings: guacamole, wild mushrooms or shredded chicken

1. Whisk all ingredients together and let sit for 5 min.
2. Heat medium sized skillet and add 1 Tbsp of extra virgin olive oil.
3. Turn heat to low and pour in 1/4 of batter.
4. Reduce heat to low and cook until browned on one side 3-4 minutes. Flip over and cook on other side.
5. Repeat to make 4-6 arepas. Serve warm with optional toppings.

Avocado Fries with Sweet and Spicy Dipping Sauce

Fried avocados: as delicious as you imagine they are.



Avocado Fries

- 2 firm, ripe avocados
- ½ cup all-purpose flour
- 2 egg whites, beaten
- ½ Tbsp butter, melted
- 1½ cups panko breadcrumbs
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 Tbsp extra-virgin olive oil for oiling the baking pan

1. Preheat oven to 425 F°.
2. Slice the avocados into 10 slices and set aside.
3. Set out three bowls: place the flour in the first bowl, then the egg, and in the third bowl combine the panko, garlic powder, and onion powder.
4. Coat each avocado slice in flour, egg, and then panko mix. Place avocado fries on a well-oiled baking pan.
5. Bake for 20 minutes until the fries are browned.

Yield: 4-6 servings

Sweet and Sour Dipping Sauce

- ¼ cup agave or honey
- ¼ cup rice vinegar
- 2 -3 tbsp sriracha
- Optional 1 tbsp fresh grated ginger

1. Combine all ingredients and serve immediately or refrigerate.

Basil Mint Dressing

So. Incredibly. Refreshing! Basil, oregano and mint flowers with fresh garlic sunflower seeds. The great thing about this recipe is the raw garlic not only replicates the taste of mustard, but the herbs and the garlic are all yeast fighters!



- 1 cup evo
 - $\frac{3}{4}$ cup balsamic
 - $\frac{1}{2}$ cup fresh mint
 - $\frac{1}{2}$ cup basil
1. Pop everything into a food processor or blender.
 2. Blend all ingredients together and serve immediately or refrigerate.

Carrot Pickles

Great topping for your burgers!



- Brine
- 1 cup rice vinegar
- 1 cup water
- 2 tbsp honey or agave
- 1 tbsp pink Himalayan sea salt
- 2-inch piece of ginger, sliced
- 2 garlic cloves, chopped
- 2 pounds of carrots, thin sliced
-

1. Combine all ingredients except the carrots into a saucepan and let simmer for 8 minutes.
2. Place chopped carrots in a mixing bowl and pour hot brine over the carrots, let sit for 1 hour. Transfer to a mason jar and let sit for at least 24 hours. Carrots are good for one month.

Chili Infused Lemon Balm Honey

So delicious with fried chicken or drizzled on baguette with fresh ricotta. Lemon balm is an incredible anti-anxiety herb and aids a deep, restful sleep.



- 1/2 cup honey
- 2 tbsp fine diced lemon balm
- 1 Vietnamese chili fine diced with seeds

1. Combine all ingredients and let sit for at least a half hour.
2. Use immediately or store in refrigerator.
3. Keeps for 5 days.

Crab Cakes

Wow, do I love what crab does for your metabolism, and what could be more delicious and seemingly decadent than crab cakes. Have I ever said how much I love when decadent foods make you lose weight and feel 100%?

Note: You can also make crab cake sliders – just form smaller patties and adjust cooking times.



- 4 eggs
- 1/3 cup grated carrot
- 3 scallions, finely chopped
- 2 Tbsp lime juice, 2 limes juiced
- 1/4 tsp sea salt
- 1/4 tsp celery seed
- 1/2 tsp pepper
- 1/2 tsp cayenne pepper or smoked chipotle powder
- 1 1/2 pounds lump crabmeat, cleaned and drained, and picked through to remove shells
- 3/4 cup panko or gluten free panko
- 4 Tbsp extra-virgin olive oil, divided
- 1/2 cup Rouille or mayo, to top
- 2 tbsp chopped fresh dill, to top

1. In a medium-size mixing bowl, stir the eggs, carrot, scallions, lime juice, and spices together. Add the crab meat and stir gently with a fork. Slowly add the panko to the mix. Form into 10-12 patties, or crab cakes.
2. In a large skillet, add 2 Tbsp oil and 5-6 crab cakes to the pan. Cook over medium heat until browned, about 4–5 minutes per side. Add 2 tbsp evo to pan. Repeat until all crab cakes are cooked. Serve with avocado mayo, or mayo at room temp- garnish with dill
3. If you'd prefer, you can bake the crab cakes instead on a well-oiled baking sheet at 375 for 20 minutes.

Yield- 10-12 crab cakes

Delicata Kale Salad

Did you know that Delicata is the least reactive out of all the winter squash? It's not always the easiest to find, but it's worth it! It's hard to choose a favorite vegetable, but, boy, is Delicata up there. The sweetness of the Delicata squash stands up nicely to the kale and the colors combine so beautifully. Add some hemp seeds or pepitas in there and you have another delectable salad that is dairy-free and high in protein and will hit your protein goals for lunch.



- 2 Tbsp extra-virgin olive oil
- 1 medium Delicata squash, cut into ½-inch cubes
- ¼ tsp carrot essence or water
- 4 cups kale, deveined and chopped
- 1 cup pomegranate arils
- ¼ cup Hemp seeds or pepitas, optional

1. Heat the oil in a medium skillet.
2. Add the squash and sauté for 1 minute.
3. Add the broth and cover skillet for 5 minutes or until the squash is tender.
4. Add kale and sauté for one additional minute with the cover off, until the kale starts to wilt.
5. Remove from heat and place in bowl. Top with chopped green apple and seeds, if desired.

2 servings

Egg-Free Zucchini "Tots"



Tots

- 1 c shredded zucchini (juice squeezed out)
- 6 T water
- 1 T ground flax
- 1/3 c finely ground almonds or almond flour
- 1/4 c crumbled goat cheese
- 1 tsp garlic powder
- Ground sea salt and pepper to taste
- Pinch of thyme & oregano

1. Mix water with ground flax and scramble. Let sit a few minutes until thick (egg substitute)
2. Add all other ingredients and mix.
3. Scoop with a tablespoon measure and roll into tator-tot shape.
4. Place on lightly olive oiled parchment and spray lightly with more olive oil.
5. Bake for 15-20 min until golden brown and crispy, turning once or twice while baking.

Vegan option: Substitute 3T ground sunflower seeds (do it in a coffee grinder, food processor or a mortar and pestle) for the goat cheese. This adds a nutty, I think, cheese flavor.

With egg option: Sub in 1 egg for flax

Goat Cheese Dip

- 1/4 cup goat cheese
- 1/2 tsp balsamic vinegar or any vinegar
- 1/2 tsp each garlic powder and onion powder
- 1/2 tsp lemon juice
- 1/2 tsp parsley
- 1/8 c. water
- Sea salt and white pepper to taste
- pinch of thyme

1. Mix all ingredients together. Stir until smooth. Chill and/or serve.

Gluten-Free Crackers

Have wheat issues? Want a protein rich snack? Try this cracker recipe!



- 1/3 cup almond flour
- 1 tablespoon coconut flour
- 1/4 cup pumpkin seeds
- 2 tablespoons sunflower seeds
- 3 tablespoons flaxseeds
- 1/2 teaspoon sea salt
- 2 tablespoons evo
- 1/4 cup water
- Add in 1 tsp garlic powder
- Optional: Add Italian seasonings, curry or cayenne to taste

1. Pulse almond flour and coconut flour in a food processor until well ground. Pulse in seeds, and salt until almost fully ground (leave a little texture for crunch). Pulse in evo then water; dough will form a ball in food processor.
 2. Refrigerate for 30 minutes. Roll out dough between 2 pieces of parchment paper until 1/4 inch (or less) thick. Cut into 2-inch squares, 5 rows each way
 3. Bake at 300° for 20 to 25 minutes
- Serve and enjoy!

Greek Zucchini Fritters



- 2 pounds large zucchini, coarse grate
 - 2 eggs
 - ½ cup chopped mixed fresh herbs, such as fennel, dill, mint, parsley (I like to use mostly dill)
 - 1 tablespoon ground cumin
 - 1 cup fresh or dry breadcrumbs, more as necessary
 - Freshly ground pepper
 - 1 cup crumbled goat ricotta
 - All-purpose flour as needed and for dredging
 - Olive oil for frying
1. Salt the zucchini generously and leave to drain in a colander for one hour, tossing and squeezing the zucchini from time to time. Take up handfuls of zucchini, and squeeze out all the moisture. Alternately, wrap in a clean dish towel, and squeeze out the water by twisting at both ends.
 2. In a large bowl, beat the eggs and add the shredded zucchini, herbs, cumin, bread crumbs, salt and pepper to taste and feta. Mix together well. Take up a small handful of the mixture; if it presses neatly into a patty, it is the right consistency. If it seems wet, add more breadcrumbs or a few tablespoons of all-purpose flour. When the mixture has the right consistency, cover the bowl with plastic wrap and refrigerate for one hour or longer.
 3. Heat 1 inch of olive oil in a large frying pan until rippling, or at about 275 degrees. Meanwhile, take up heaped tablespoons of the zucchini mixture, and form balls or patties. Lightly dredge in flour.
 4. When the oil is very hot, add the patties in batches to the pan. Fry until golden brown, turning once with a spider or slotted spoon. Remove from the oil, and drain briefly on a rack. Serve with plain Greek style yogurt if desired.

Guacamole Onion Rings

So...onions are healthy. And avocados are healthy. So, guacamole onion rings must be super-duper healthy!! Well, actually, yes, they can be! Get ready to make this a regular on your menu! Like most of our recipes, it's easy to make this one gluten free.



- 3 avocados, ripe
- 1 lime
- 1 tomato, diced and drained of excess water
- 2 cloves garlic, minced
- 1/4 tsp sea salt
- 1/2 tsp cumin
- 1/4 tsp cayenne
- 1/4 tsp cinnamon
- 2 small-medium yellow onions
- 2 eggs, beaten
- 2 cups panko bread crumbs (or gluten free panko)
- Avocado oil for frying
- Optional lime for spritzing

1. In a medium mixing bowl, mash avocados with the juice of one lime. Mix in chopped tomato, and spices
2. Cut onion into 1/2-inch slices. Place wax paper on a baking tray and separate the onion rounds and fill with approx. 1 tsp of guacamole. Place tray in freezer for an hour.
3. Put the beaten eggs in one bowl, and the panko in the other. Remove the frozen onions from the freezer. Gently dredge the onion in the egg and then in the panko. Repeat this step for extra crispy onion rings (highly recommended).
4. In a large skillet fill the base with avocado oil and medium high heat. Fry the onion rings until browned. When brown place on a plate with paper towels to drain excess oil. Repeat until done. Optional, spritz with lime juice.

Kale Dip

Looking for a Plan friendly kale or spinach dip for this weekend? This is when I love Whole Foods 365 frozen organic! You can use the frozen blue curly kale or their spinach and blot the greens dry to make this easy delicious protein rich dip.



- 2 garlic cloves, minced
- One 10-ounce package frozen spinach or kale thawed and squeezed dry
- 16 ounces goat cheese, softened
- 2 tablespoons unsalted butter, softened
- 1½ cups finely grated goat gouda or manchego
- 1 tablespoon finely chopped basil
- 1 teaspoon finely chopped dill, plus more for garnish
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons lemon juice
- 1 tablespoon lemon zest

Chunky Dip

In a large mixing bowl, combine all the ingredients and stir until well combined.

Creamy Dip

Throw everything in a food processor and blend (you know I usually default to the quick and easy route like this!).

Optional: for a warm dip put under the broiler on high for 4-5 minutes.

Garnish the dip with more dill or basil and black pepper and serve with crudités, crackers and bread of choice.

Lemon Goat Cheese Dipping Sauce

A great calcium rich dip for your potato chips or vegetable crudités, this also work wonderfully for burgers and chicken.



- 4 oz goat cheese
- 1 cup coconut milk (canned)
- 1 tbsp chives
- 1/2 tsp black pepper
- 1/2 tsp lemon juice
- 1 tsp organic lemon zest

1. Put all ingredients except lemon zest, in food processor or blender and mix thoroughly.
2. Remove from food processor and put in a bowl.
3. Add lemon zest and mix.

Lentil Pâté

Looking for a nice #vegan appetizer, rich in protein? Here's a great easy recipe for a lentil pâté- or as we like to joke, faux gras.



- 1 cup shitake mushrooms
- 2 tablespoons olive oil
- 2 tablespoons coconut cream
- 1 small onion, peeled and diced
- 2 cloves garlic, peeled and minced
- 2 cups cooked green lentils
- 1 cup pumpkin seeds or cashews (cashews are a test)
- 2 tablespoons lemon juice
- 1/2 tsp sea salt
- 2 tablespoons fresh sage or flat leaf parsley
- 1 teaspoon brown sugar
- 1/8 teaspoon cayenne pepper
- fresh black pepper
- Optional: truffle oil

1. Heat the olive oil over medium heat in a medium skillet. Add the onions and garlic with nuts of choice, and cook, stirring frequently, for 6 minutes. Add the mushrooms and let simmer on low, stirring occasionally, another 6 to 8 minutes, then add the coconut cream. Remove from heat.
2. In a food processor, combine all ingredients and process until completely smooth. Taste, and add salt, pepper, and additional lemon juice, if needed
3. Scrape the pâté into a small serving bowl and refrigerate for a few hours, until firm. Optional- top with truffle oil (this is really amazing).
4. Serve with bread of choice, keeps for 4-5 days refrigerated. Freezes very well.

Mango Cucumber Salsa



- 1 cup mango chopped (can use frozen)
 - 1 Kirby cucumber- small diced pieces
 - Juice of lime
 - ½ small raw red onion (optional)
 - 1 tsp chopped cilantro (optional)
 - ½ roasted jalapeno – whole jalapeno for VERY spicy. The spiciness is primarily from seeds.
1. To roast jalapeno just throw on open flame until skin starts to blacken.
 2. Mix all ingredients in a jar and shake well.
 3. Consume within one week or freeze.

Polenta

On the days it's nonstop rain and gloomy gray skies, I love my weekends making delicious comfort food like this vegan polenta with sautéed shiitakes. So easy. So delicious! Best of all? Shiitakes are a great source of vitamin D which is perfect as we head into fall and winter!



Polenta

- 1 can coconut milk
- 3 cups water
- 1 tsp dried sage
- 1/4 tsp sea salt
- 1 cup coarse grain corn meal

Shiitake Topping

- 1 cup shiitakes diced
- 2 tbsp evo
- 1/4 cup water
- Optional: truffle oil 2 tbsp

Polenta

1. Add all ingredients except corn meal to medium saucepan. Bring to simmer then slowly add in corn meal stirring frequently over low heat. Stir for 3-4 minutes, then cover and let sit for 30 minutes.
2. Preheat oven to 350. Take cast iron skillet and oil pan well. Pour polenta in skillet. Let bake for 15 minutes

Shiitake Topping

3. Sauté mushrooms in evo in medium skillet. Add water to create a mushroom broth. Pull out polenta and add shiitakes on top distributing broth evenly. Put pan back in oven and broil for 2 minutes on high.
4. Serve polenta warm. Optional drizzle with truffle oil.

Potato and Leek Gratin

This is how I make our potato leek gratin at LGKitchen, except I use coconut cream for the cream and goat gouda for the gruyere. Of course, I think the cheese adds plenty of salt so I don't add any!



- 2 tablespoons unsalted butter (or avocado oil)
- 2 large leeks, trimmed and halved lengthwise
- 1 ½ pounds peeled Yukon Gold potatoes
- ½ teaspoon ground black pepper
- ½ tsp dried sage
- 2 thyme sprigs
- 1 cup coconut cream
- 1 fat garlic clove, finely chopped
- 1 bay leaf
- ¼ teaspoon freshly ground nutmeg
- ¾ cup goat gouda, grated

1. Heat oven to 350 degrees and butter a 2-quart gratin dish.
2. Wash the leeks to remove any grit and slice thinly crosswise. Using a mandolin or sharp knife, slice the potatoes into rounds, 1/8-inch thick. Toss with 3/4 teaspoon salt and 1/4 teaspoon pepper.
3. Layer the rounds in the gratin dish. Melt the 2 tablespoons butter in a large skillet over medium heat.
4. Add leeks, remaining salt and pepper, and thyme.
5. Cook, stirring, until leeks are tender and golden, 5 to 7 minutes.
6. Discard thyme and scatter the leeks over the potatoes. Add cream, garlic and bay leaf to the skillet, scraping up browned bits of leeks from the bottom of the pan. Simmer gently for 5 minutes. Stir in nutmeg. Pour the cream over the leeks and potatoes and top with the gouda. Cover with aluminum foil and transfer to the oven. Bake for 40 minutes, uncover and bake until the cheese is bubbling and golden, 15 to 20 minutes longer. Let cool slightly before serving.

Quick & Healthy Soy Free Chinese Stir Fry Sauce



- ¼ cup brown sugar
- 1 tsp fresh ground ginger
- 2 garlic cloves, minced
- 2 cups of chicken broth- low sodium
- ¼ cup rice vinegar
- Optional- 1 tbsp sesame oil

Combine all ingredients in a large glass jar with a lid. Shake well. Can store in fridge for 2 weeks or freeze.

Vegetables to Try:

Dense: Carrots, Broccoli, Cauliflower, Green Beans, Bell Peppers.

Quick-Cooking: Snap Peas, Onions, Celery, Snow Peas, Mushrooms, Zucchini, Bok Choy.

Vegan Avocado Mayo

I am totally egg challenged and gain a pound if I even look at a yolk! Here's a great mayo alternative with healthy fats and loads of potassium and omega 9s!



- 1 avocado
 - 1 tsp lemon juice
 - 1/8th tsp pink Himalayan sea salt
 - 1/4 cup extra virgin olive oil
 - optional: 1 garlic clove
1. Scoop out the avocado flesh and put it into the blender or food processor.
 2. Add lemon juice, salt (and the garlic clove if you'd like) and blend together.
 3. Slowly add in evo and keep pureeing until smooth.

Roasted Broccoli with Tahini Sauce

This is one of the dishes we serve from LGKitchen in days 1-20, but of course we use our recipe for low reactive sunflower tahini sauce!!



Sunflower Tahini

- 1 cup sunflower seeds
- 1/4 cup extra virgin olive oil
- 1/4 cup water
- 1 garlic clove, peeled
- 2 tbsp. lemon juice
- dash sea salt
- optional: add more water for creamier tahini

Add all ingredients to a food processor and blend until smooth, about 3 minutes.

Serve immediately, or store and refrigerate up to 5 days.

Roasted Broccoli

- 1 to 1 ½ pounds broccoli crowns
- 2 tablespoons extra virgin olive oil
- Salt and freshly ground pepper to taste

1. Heat the oven to 450 degrees.
2. Line a baking sheet with parchment paper.
3. Slice the broccoli crowns 1/3-inch-thick, letting the flower buds on the edges fall off.
4. Peel any large pieces of stem by gently pulling away the thick skin, then toss the slices and the unattached buds with the olive oil, salt, and pepper.
5. Place on the baking sheet in an even layer.
6. Roast until the tops are nicely browned, stirring and flipping the large slices over (tongs are a good tool for this) after 8 minutes, roasting about 15 minutes total.
7. Remove from the oven and transfer to a platter or to individual serving plates. Drizzle on the tahini sauce and serve, or serve the tahini sauce in small bowls for dipping.

Zucchini Chips

Zucchini season is coming upon us, so here's a great recipe for some zucchini chips! Zucchini is loaded with potassium and this recipe can be made gluten free.



- 1 lb zucchini (roughly 2 medium large), sliced in 1/4-inch rounds
 - 1 tbsp avocado oil, plus more for greasing baking sheet
 - 1/4 cup finely grated goat gouda or manchego
 - 1/4 cup panko (or gluten free panko)
 - 1 tsp herbes de Provence or Italian herb blend
 - fresh black pepper
1. Preheat oven to 450.
 2. In a medium bowl, toss the zucchini with the oil. In a medium bowl combine the cheese, panko, herbs, and pepper.
 3. Dip zucchini into panko, both sides, pressing down to mix (this way you won't have to use eggs).
 4. Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Serve piping hot!

Dinners

Apple Ginger Burgers

Sage is great for sinus and bronchial conditions and AMAZING for hot flashes. Top these with the cheese of your choice and have on a salad for a quick summer dish.



- 1 1/2-pound ground chicken
 - 1/2 tsp Himalayan pink salt
 - 3/4 cup roughly chopped fresh sage
 - 3 large garlic cloves, finely minced
 - 2 tablespoons finely chopped ginger
 - 1 teaspoon freshly ground pepper
 - 1 apple, finely chopped or grated
1. Mix everything together and chill.
 2. Form into patties and fry in the nonstick skillet with a little EVOO.

Buckwheat Vegan Burgers

One of my dear clients, Tal, just shared this recipe with me for buckwheat vegan burgers. The great thing about buckwheat is, it's VERY high in protein (24 grams per cup). Buckwheat is related to rhubarb and sorrel making it a suitable substitute for grains for people who are sensitive to wheat or other grains that contain protein gluten. I find that most people who do well with buckwheat also do well with wild rice which is pretty high in protein, 7 grams per cup and is actually a grass (so folks with severe grass allergies may not do as well on it.)



- 1 cup Soaked buckwheat grains
 - 1 tablespoon Ground Flax seeds
 - 2 tablespoons Water
 - 1 clove of Garlic
 - ½ Small Onion, fresh & pureed
 - Black pepper & Sea Salt to taste
 - Fresh chopped herbs of your taste
 - Olive oil to spray
1. Blend your grains, soaked overnight. Strain.
 2. Mix flax seeds with water until thick.
 3. Pour into the buckwheat paste. Add salt, pepper, herbs, grated garlic & pureed onion.
 4. Form burgers. You might need to squeeze them a little bit to make sure they stay "in shape"
 5. Spray the baking sheet with olive oil. Place the burgers.
 6. Bake them for 25-30min @ 350F (180°C)

Chana Masala

Stewing chickpeas for a longer time helps to break down cellulose and the digestive spices of this version of Chana masala has made chickpeas even friendlier than usual!



- 1 large onion
- 4 cloves garlic
- 1 tbsp cumin
- 1 tsp black pepper
- 1 tsp coriander
- 1 tsp cinnamon
- ½ tsp cardamom
- 2 tbsp extra virgin olive oil
- 1 cup low sodium chicken broth
- ½ cup water
- ½ cup tomato sauce
- 2 cups chickpeas, drained and rinsed
- 4 cups kale, deveined and chopped or 6 cups spinach
- 2 carrots chopped
- 1 large zucchini chopped

1. In a medium saucepan add 2 tbsp extra virgin olive oil and sauté spice for 2 minutes over medium heat until spices are fragrant.
2. Add onion and garlic and cook an additional 3-4 minutes until onions start to soften.
3. Add all other ingredients and mix well.
4. Simmer, covered over low heat for 30 minutes, stirring occasionally. Serve warm. Yield 4 servings

Chicken with Nectarines



- 4 boneless, skinless chicken breast halves (1¼ lb) tenderloins and visible fat removed
 - 3 tablespoons extra-virgin olive oil
 - 2 teaspoons balsamic vinegar
 - 1/2 teaspoon kosher salt
 - 1/4 teaspoon freshly ground black pepper
 - 3 to 3 1/2 ounces (1 bunch) fresh watercress, tough stems removed, coarsely chopped (about 2 1/2 cups lightly packed)
 - 1 medium ripe nectarine, pitted and sliced into thin wedges
 - 1/2 small red onion, sliced into thin half-moons
1. Prepare the grill for direct heat: If using a gas grill, preheat to medium-high (400 degrees) with the lid closed. If using a charcoal grill, light the charcoal or wood briquettes; when the briquettes are ready, distribute them evenly over the cooking area. For a medium-hot fire, you should be able to hold your hand about 6 inches above the coals for 4 to 6 seconds. Have ready a spray water bottle for taming any flames. Brush the grill grate.
 2. Place the chicken breast halves between two sheets of plastic wrap, then pound each one to a thickness of about 1/4 inch (You can also ask the butcher to do that.)
 3. Whisk together the oil, balsamic vinegar, salt and pepper in a liquid measuring cup to form an emulsified dressing. Transfer 2 tablespoons of the dressing to a bowl; use it to brush the chicken all over. (Reserve the rest of the dressing for the salad; discard any dressing left over from brushing the chicken.)
 4. Place the chicken on the grill. Cook (uncovered) for 1 to 2 minutes per side or until just cooked through, with light char marks. Transfer to a plate.
 5. Toss the watercress, nectarine and onion with the reserved dressing in a large bowl. Divide the chicken evenly among individual plates. Top each portion with one-quarter of the salad, and serve right away.

Chicken Parmesan



- 4 6 oz chicken breasts, cooked
 - ½ cup panko or gluten free panko
 - ¼ cup grated parmesan cheese
 - 2 tbsp extra virgin olive oil
 - 1 cup mozzarella
 - 1 cup tomato sauce
 - Extra oil for baking pan
 - Fresh basil minced
1. Combine panko and parmesan cheese in a bowl.
 2. Lightly brush the olive oil on the chicken, then press chicken in panko mixture.
 3. In a medium skillet add 2 tbsp of olive oil or avocado oil. Add chicken and cook for 2-3 minutes on each side until browned.
 4. Spoon 2 tbsp of tomato sauce over each piece of chicken and top each with 2-3 tbsp of shredded mozzarella cheese.
 5. Put chicken in oven and broil on high for 2-3 minutes and extra crispy browned cheese!
 6. Serve with “zoodles” and top with fresh or dried basil.

Chicken with Spicy Nectarine Salsa



- 8 boneless chicken thighs
 - 3 tablespoons extra-virgin olive oil
 - 2 teaspoons balsamic vinegar
 - 2 cloves garlic, chopped fine
 - 1/8th tsp sea salt
 - 1/4 teaspoon freshly ground black pepper
 - Salsa Salad
 - 1/2 small red onion, sliced
 - 1 jalapeno chopped fine
 - 1 medium ripe nectarine, pitted and sliced into thin wedges
 - 1/2 cup fresh basil, chopped
 - juice of 1 lime (appx 2 tbsp)
 - dash sea salt
 - Optional: 1 cup of nasturtium leaves, chopped
 -
1. Whisk together the oil, balsamic vinegar, salt, pepper in a small mixing bowl. Let chicken marinate in dressing for at least 20 minutes, preferably up to 2 hours.
 2. Place the chicken in a large oiled skillet and cook chicken over medium heat for 4-5 minutes. Turn chicken over and cook until browned. Add the marinade to a small saucepan and simmer while chicken is cooking for 5-6 minutes. Remove chicken from pan and plate.
 3. Add all the ingredients for the salsa salad together and pour on the chicken.
 4. Optional sprinkle of nasturtium leaves on the chicken for an arugula like peppery flavor.

Crockpot Creamy Cashew Chicken

Coach Emily is hitting it out of the park again! Here's how I made this recipe Plan friendly:



- 1-pound boneless, skinless chicken breasts or tenders, cut into bite size pieces
- 2 potatoes, peeled + cut into 1-inch cubes
- 1/2 cup home roasted sunflower seeds
- 1/2 of a sweet onion
- 2 cloves garlic
- 1-inch knob of fresh ginger, peeled
- 2 tablespoons Thai red curry paste or sriracha
- 1-2 teaspoons garam marsala (optional)*
- 2 teaspoon cumin
- 1 tsp coriander
- 1 teaspoon cinnamon
- 1/4 teaspoon cayenne pepper
- pinch of salt
- 1 tablespoon fresh lemon juice
- 2 cup water and 1 avocado blended together to replace almond milk
- 1 handful fresh basil chopped + more for serving

1. Combine the chicken, potatoes and red pepper in the bowl of your crockpot.
2. To a blender or food processor, add the cashews or sunflower seeds, onion, garlic, ginger, Thai red curry paste, cumin, cinnamon, cayenne, a good pinch of salt and lemon juice.
3. Puree the mixture until completely smooth. If needed, add 1/2 cup of water to help the mixture blend.
4. Pour the paste over the chicken.
5. Puree water and avocado and add to crockpot.
6. Cover and cook on low for 4-5 hours or on high for 3-4 hours.
7. To thicken the sauce, crank the heat to high on the crockpot and let cook, UNCOVERED for 20-30 minutes.

Cinnamon Black Pepper Chicken

One of my favorite recipes to make on Sunday night is my cinnamon black pepper chicken. I'm not shy when it comes to flavor, so you may want to adapt this to better suit your palate!

This dish is incredible with roasted vegetables and a salad with pomegranate arils.



Chicken

- 3 tbsp cinnamon
 - 3 tbsp fresh ground black pepper (I love Tellicherry)
1. Preheat oven to 400 degrees.
 2. Combine the spices together and rub all over the chicken.
 3. Bake chicken according to size, this was a 3 pounder and was done in 75 minutes.

Optional glaze

- 1/4 cup honey or agave
 - 2 tbsp sriracha
 - 1/4 cup jus from the chicken
4. Combine all ingredients 15 minutes before chicken is finished roasting.
 5. Using a brush or baster, thoroughly coat the chicken with the glaze.

Cumin Lamb Stir-Fry



- 1 tablespoon whole cumin seeds
 - 2 teaspoons Sichuan or Tellicherry peppercorns
 - 1-pound boneless lamb
 - 1 teaspoon ground cumin
 - $\frac{3}{4}$ teaspoon sea salt
 - 4 to 8 dried red chilis
 - 1 large white onion
 - 1 bunch (about 8) scallions, trimmed
 - 2 tablespoons olive oil or avocado oil
 - 3 large garlic cloves, finely chopped
 - 1 $\frac{1}{2}$ tablespoons rice wine
 - 2 cups fresh basil
-
1. Heat broiler with an oven rack placed 3 inches below heat source.
 2. Using a mortar and pestle or the flat side of a knife, make a paste with garlic and a pinch of salt. Put half the garlic paste in a large bowl and add lamb, cumin, hot sauce, pepper, chipotle powder, and scallion. Mix to combine.
 3. Shape lamb mixture into 1 1/2-inch meatballs and place on an oiled rimmed baking sheet. Make sure meatballs are spaced at least 1 inch apart. Transfer baking sheet to oven and broil meatballs for 8 to 10 minutes, or until browned on top and slightly pink on the inside.
 4. Meanwhile, combine (goat cheese?) sunflower tahini, remaining garlic paste, 1 the lemon juice to taste.
 5. Transfer cooked meatballs to a serving platter or individual plates.
 6. Option: serve with tahini sauce and extra hot sauce.

Curried Lamb Chops

What about using all those lovely healing & digestive spices in this Curried Lamb Chop recipe? Perfect to warm you up on these cool, fall nights.



- 1 teaspoon ground cumin
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon ground allspice
- 1/4 teaspoon freshly ground pepper
- 1/2 teaspoon ground ginger
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon cinnamon
- 1/8th tsp sea salt
- 1/8th tsp turmeric
- 3 garlic cloves, minced
- 8 lamb rib chops (2 pounds)
- 2 tablespoons avocado oil
- 2 tablespoons chopped fresh basil
- 1/2 tsp chopped fresh mint

1. In a small bowl, mix the spices. Reserve the herbs for later. Pat the garlic all over the lamb chops, then sprinkle them with the spice mixture.
2. In a large skillet, heat the avocado oil. Add the chops and cook over moderately high heat, turning once, for about 6 minutes for medium-rare. Transfer the chops to plates, garnish with the basil and mint.

Gluten Free Buffalo Chicken Nuggets

Can you say kid and family friendly? Super easy to whip up and great at BBQs, these buffalo nuggets hit the spot.



- 1-pound boneless chicken cut into 2" pieces
 - 3/4 cup panko or gluten free panko
 - 1/2 tsp onion powder
 - 1/2 tsp garlic powder
 - 4 tbsp avocado oil
 - 1/4 cup sriracha
 - 1/8th cup rice vinegar
 - 1 teaspoon avocado oil for pan
1. Preheat oven to 400°
 2. Use 1 tsp avocado oil for baking sheet. In a medium bowl combine panko, onion powder, garlic powder, salt and shake to blend. Combine avocado oil, sriracha and vinegar.
 3. Dip chicken pieces into sriracha mix and coat thoroughly. Then dredge chicken into panko mix and coat thoroughly on both sides.
 4. Place chicken pieces on baking sheet and bake in oven for 20 minutes.
 5. Raise oven to broil for crispy chicken and broil for 2-3 minutes.

Greek Lamb Burgers with Goat Cheese Schmear

Lamb burgers, how do I love thee? Easier to digest than beef, lamb burgers are a Plan favorite! Craving a pickle? Try a healthier low sodium alternative like thinly sliced cucumbers marinated in rice vinegar for 20 minutes!



- 1.5 lbs ground lamb
 - 4 cloves crushed garlic
 - 1 T cumin
 - 1 T coriander
 - 1 lemon
 - 1 cup mint, chopped
 - 4-6 oz goat cheese (softened)
 - optional: dash of cayenne
 - Himalayan sea salt
 - freshly ground black pepper
1. To adorn: sliced red onion, arugula/greens, thinly sliced cucumber, tomato, black olives.
 2. Fire up the grill. Finely chop a bunch of fresh mint and zest a lemon on top of it. Divide.
 3. Add half the mint mixture to the lamb, and add the crushed garlic, coriander, cumin, 1/2 tsp. sea salt, and pepper. Mix and form in to 4-6 patties.
 4. Throw patties on the grill.
 5. Mix the remaining mint and lemon zest with the goat cheese, a squirt of lemon juice (from the lemon) and a dash of sea salt. Add fresh pepper to taste.
 6. To serve, add a schmear of the goat spread, and top your choice of tomato, red onion, arugula or baby greens

Lamb Lollipops with Pomegranate and Basil



- 1 rack of lamb, frenched
 - 3 tbsp chopped fresh rosemary
 - 4 tbsp extra virgin olive oil
 - 2 tbsp Basil, chopped
 - 1 clove of garlic, minced
 - zest and juice of 1 lemon
 - sea salt and pepper to taste
 - ½ c pomegranate arils or pomegranate seeds from 1/2 pomegranate
1. Preheat oven to 400 degrees F. Season rack of lamb on both sides with rosemary, salt and pepper. Heat a sauté pan to medium-high. Add olive oil. Place fat side down in pan for 5 minutes. Use tongs to turn over and cook for another 5 minutes. Slide into oven and cook for 5 minutes. Let rest at least 10 minutes underneath foil before slicing and serving.
 2. Meanwhile, prepare vinaigrette. Add olive oil, lemon juice, lemon zest, chopped basil and garlic in small bowl. Spoon onto lamb lollipops. Serve with pomegranate seeds.

Leek and Mushroom Frittata



- 1-pound leeks
- 1 Tbsp olive oil
- ½ cup mushrooms
- 2 cup spinach
- Extra-virgin olive oil spray (from an olive oil mister)

- 6 large eggs
- 1 cup grated goat Gouda
- 1½ cups full-fat canned coconut milk
- 1 tsp tarragon
- ½ tsp coarsely ground black pepper

1. Cut off the stems and dark green tops from the leeks. Cut each leek in half and into ¼-inch slices. Rinse the leeks in a colander under cold water. Repeat until all sand is removed.
2. Heat oil in a skillet and add leeks and mushrooms. Cook on a medium-low heat for 6- 8 minutes.
3. Whisk the eggs, cheese, coconut milk, spinach, tarragon, and pepper together. Pour the egg mixture over the leeks in the skillet and cook for 8-10 minute. Cut into slices and serve warm or at room temperature.
4. Yield: 4–6 servings

Squash and Egg Bake



- 4 Squash
- 4 eggs
- 2 tablespoons of olive oil
- ½ purple onion
- 2 garlic cloves
- Herbes de Provence (to taste)
- Sea salt (to taste)
- Pepper (to taste)

1. Preheat oven to 375 degrees. Cover your baking sheet with aluminum foil. Rinse and dry squash. Using your sharp knife and your cutting board, cut tops off squash. Using your small spoon, scoop out/discard insides of squash, leaving a shell at least ¼ in. thick. Brush squash with 1 tablespoon of olive oil and set on your baking sheet. Bake for about 15 minutes.
2. In the meantime, place skillet under medium heat and add 1 tablespoon of olive oil. Add onion, garlic and a pinch of salt. Cook until onion is translucent, 3 to 5 minutes.
3. Place about 1 tablespoon of your onion/garlic mixture inside each squash. Crack 1 egg into each squash and bake until eggs are set, about 20 minutes. Serve right away, topping each with Herbes de Provence, sea salt and freshly ground pepper.

Yield: 4 servings

Sweet & Sour Chicken Stir fry

Stir fries make everyone happy, especially the cook. This dish is easy to make as a satisfying gluten free dinner! Just serve it with rice noodles or rice.



- ¼ cup seasoned rice vinegar
- ½ tsp sea salt
- ¼ cup apricot jam
- 3 tbsp sriracha
- Juice of 1 lime, about 1½ –2 Tbsp
- 2 Tbsp extra-virgin olive oil, divided
- 1-pound chicken, cut into bite-size pieces
- 4 cloves garlic, minced
- 2 tsp finely grated ginger or ½ tsp ground ginger
- 2 cup low-sodium Chicken Broth
- 2 cups chopped broccoli
- 2 cups chopped zucchini
- 2 cups chopped peppers
- ½ cup chopped mushrooms of choice
- ¼ cup canned chopped water chestnuts

1. Whisk vinegar, salt, apricot and sriracha in small bowl. Set aside.
2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook for 2 minutes. Transfer to a plate.
3. Add the remaining 1 tablespoon oil, garlic, and ginger to the pan and cook, stirring for 30 seconds. Add the broth and bring to a boil, stirring constantly. Add the broccoli, zucchini, peppers, mushrooms, and cooked chicken. Reduce heat to a simmer, cover, and cook for 8–10 minutes
4. Add water chestnuts and top with apricot sauce mixture. Stir well, cooking for an additional minute.

Yield: 4 servings

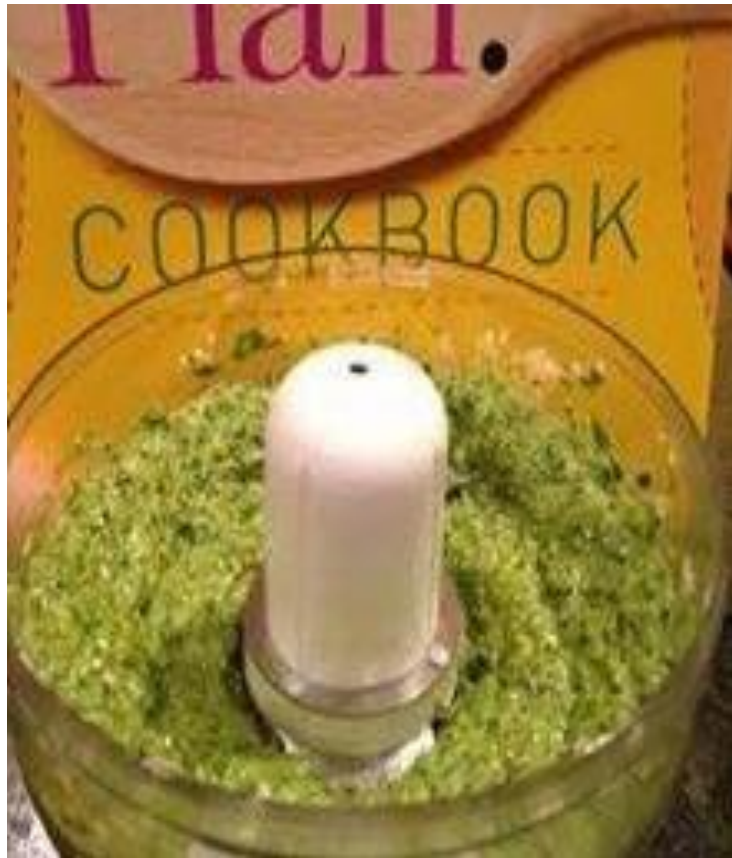
Taco Night



- 2 tbsp extra virgin olive oil
- 1 bell pepper sliced
- 1 red pepper sliced
- ½ red onion sliced
- 2 cloves garlic minced
- 1 tbsp chipotle in adobo or 2 tbsp chili powder or 2 tbsp sriracha
- 1-pound ground meat
- 1 cup kale or spinach, chopped
- ½ lime
- Optional: ¼ cup cilantro
- Corn or flour tortillas
- Store bought salsa
- 1 cup grated cheese
- Store bought guacamole

1. In a large skillet set heat to medium. Add olive oil to pan and then add peppers, onion, and garlic. Stir for one minute and then add spices. Mix thoroughly.
2. Add meat and greens of choice- stir for 6-7 minutes. Remove from skillet and top with juice of ½ lime and add optional cilantro.
3. Serve warm with corn tortillas, salsa, grated cheese and guacamole

The Plan Pesto Crusted Chicken



- 1 cup raw sunflower seeds
- 2 cups packed fresh basil leaves
- 1 cup extra-virgin olive oil
- 1/4 cup water
- 1/2 cup grated parmigiana
- 3 cloves garlic
- 2 Tbsp fresh lemon juice or balsamic vinegar
- 2-pound boneless chicken breasts or boneless chicken thighs

1. Preheat oven to 375. Place all ingredients for the pesto in the bowl of a food processor. Purée until smooth.
2. Pound the chicken breasts or thighs until thin.
3. Place chicken on a rimmed baking sheet. Divide pesto mixture on top of chicken, making sure they are evenly covered. Bake for 30 minutes, until crust is brown. Serve as-is, or slice chicken into 1-inch pieces and roll up like sushi.

Serves 6-8

Vegetarian “Tuna” Salad



The hijiki option is great for our folks who are hypothyroid. Just take 2 tsp hijiki and soak overnight. This gives the "tuna fish" more of a true seafood flavor!

- 2 cups cooked chickpeas or 1 16 oz can
 - 1/4 cup aioli from The Plan Cookbook (or use mayo)
 - 1 garlic clove
 - 1 1/2 tablespoons umeboshi vinegar
 - 2 teaspoons celery seeds
 - 2 tablespoons sliced scallions, from about two scallions
 - 1 tsp black pepper
 - optional-1 tbsp rehydrated hijiki (soak overnight)
 - optional-1/8th cup red onion, fine mince
 - optional- top chickpea salad with 1/4 cup finely minced cucumber
1. Drain and Rinse chickpeas. Place chickpeas in the bowl of a food processor and pulse two or three times to roughly chop.
 2. Add aioli, garlic, umeboshi vinegar, celery seeds, scallions, black pepper and optional hijiki to the processor and pulse two or three times more to incorporate.
 3. Top with optional cucumbers and or red onion. Have as a "tuna" salad or a sandwich! Add sandwich fillings of choice such as tomatoes, sprouts etc.
- To make it vegan sub the aioli for 1/4 cup canned coconut milk. This is delicious with a hot curry!

Desserts

Blueberry Mint Popsicles

Too hot to make that smoothie or just looking for a refreshing treat? You'll never miss dairy with these nutritious popsicles. Want to add protein? Try adding $\frac{1}{4}$ cup of chia seeds to the coconut milk.



- $1\frac{1}{4}$ cups fresh or thawed frozen blueberries
 - 1 tablespoon water (if using fresh blueberries)
 - 3 tablespoons maple syrup, divided
 - 2 tablespoons fresh mint, thinly chopped
 - 1 teaspoon vanilla
 - 1 15-ounce can coconut milk (room temperature)
1. In a small saucepan, heat 1 cup of blueberries, the water (if using fresh berries), vanilla and maple syrup and simmer on low for 3 minutes and remove from heat.
 2. Let cool. Add the chopped mint, and coconut milk and mix thoroughly.
 3. Put the mix in popsicle molds and put in freezer for 20 minutes. After 20 minutes insert wooden popsicle sticks. Freeze 4-6 hours

Caramel Cream Chia Chocolate Drizzled 'Cheesecake' Flan

Christine Thornton, Planner extraordinaire, does it again. I swear this woman's baking skills and food styling is AMAZING. And what is better in summer than having a recipe for a cake that requires no baking?

Get your raw hippie groove on with this "Caramel Cream Chia Chocolate Drizzled 'Cheesecake' Flan!"



Crust

- 3 Tbsp each cocoa
- 3 Tbsp maple syrup
- 3 Tbsp almond butter.

1. Add 1 Tbsp avocado oil. Stir.
2. Add 1 1/2 c desiccated or shredded unsweetened coconut.
3. Mix until blended and push into a small (8-10") springform or round pan.

Filling

- 4 T almond butter
- 3 T maple syrup
- 1/2 t vanilla
- 2 c full fat coconut milk (1 can)
- pinch sea salt.

1. Add 3/4 c chia seeds and stir until thick (3-5 min).
2. Pour into pan.
3. Chill overnight.

Carrot Cake Cookie Dough Bites

Christine is knocking it out of the ballpark! This recipe for Raw Carrot Cake Bites is so delicious and chock full of nutrition! I subbed the pineapple and added candied ginger to make it Plan friendly.

Tastes great frozen, cold or room temp. Freezes. Wonderful with dark chocolate drizzle and/or goat cheese icing drizzle



- 1/2 c grated carrot
- 1 c almonds
- 1/2 c unsweetened shredded coconut
- 2 T honey (raw if you have it)
- 2 T raw almond butter
- 1 tsp chia (optional)
- 1/8th cup chopped dried candied ginger
- 2 t vanilla
- 1 T cinnamon
- 1/4-1/2 tsp each ginger, cloves, nutmeg
- Water to consistency

1. Grind first 3 ingredients in a food processor. Add the honey and raw almond butter. Blend.
2. Add spices. If too dry, add water a little at a time.
3. Form into balls and refrigerate or freeze OR drizzle with melted dark chocolate and/or goat cheese "cream cheese" icing and eat.

Cranberry Grapefruit Sorbet

What is great about this sorbet is that citrus zest helps normalize blood sugar and lower cholesterol, plus it's anti-inflammatory and fights skin, breast and colon cancer.



- 1/4 cup agave or honey
 - 1 cups water
 - 1 teaspoon grated organic grapefruit zest
 - 2 cups cranberry juice
 - 2 tablespoons lemon juice
 - 1 tsp white pepper
1. Combine the agave, water, and grapefruit zest in a medium saucepan, and bring to a boil over medium-high heat, stirring occasionally. Remove the pan from the heat and set it aside to steep for 5 minutes.
 2. Stir in the cranberry juice and lemon juice. Strain the mixture through a fine-mesh sieve into a bowl. Stir in the white pepper, and set it aside to cool. (It will cool faster if you set the container in a bowl of ice water and stir it intermittently.)
 3. Cover and refrigerate the sorbet base until it is thoroughly chilled, about 4 hours or up to overnight.
 4. Process the sorbet in an ice cream machine according to the manufacturer's directions. Transfer it to a freezer-proof container, cover, and freeze until ready to serve.

Gluten Free Peach Cobbler

Peaches are a total summer delight and what a great healthy way to enjoy them Once again almond flour makes this tasty treat healthy enough for breakfast!



- 8 peaches, sliced
- 1/4 cup coconut milk (carton) or rice dream
- 1/4 tsp cinnamon
- 1/4 tsp ginger
- 4 tablespoons butter, room temp
- 1 cup almond flour
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg or cardamom
- 2 tbsp brown sugar (I don't use any at home)
- 1 teaspoon vanilla extract

1. Preheat the oven to 350.
2. In a saucepan, add peaches and 1/4 cup alternate milk and simmer for about 10 minutes.
3. Mix the almond flour, butter, sugar, cinnamon and vanilla in a food processor until well-combined.
4. Butter a 6x8 baking dish and put the peach mixture on the bottom, spoon the almond flour mixture on top.
5. Bake for 25-30 minutes until browned. Serve with whipped cream, ice cream, or coconut sorbet!

Goat Cheese Icing



- 4 oz goat cheese
 - 2 oz butter, softened
 - 1 tsp vanilla extract
 - 1.5 cups confectioners' sugar
1. Combine all ingredients in food processor fitted with an s blade. Blend for 1 min.
 2. Place in a small bowl, cover and let chill in the refrigerator while you make the cupcakes.

Grilled Fruit with Chocolate Ginger Sauce



- 1/2 cup heavy cream
 - 4 oz good quality chopped chocolate (I used semi-sweet chips)
 - 2 T chopped crystallized ginger
 - Use firm pears, peaches, plum, cut in half, brushed with olive oil
 - Grill the fruit for 1-2 minutes.
1. To make the sauce: place cream in a small microwave safe bowl and microwave on high for about 1 minute (or heat over low heat in a saucepan). Pour over chopped chocolate and stir until smooth. Add in the chopped ginger.
 2. Spoon sauce over fruit.
 3. Option: top with slivered almonds you have roasted yourself at 250.

Grain-Free Chocolate Chip Squash Blondies

These look DELISH!

Just remember that coconut oil is a HUGE test and walnuts are higher reactive. So, stay with a safe nut or use this to test pecans!



- ⅓ cup coconut flour
- ½ tsp. baking soda
- 1 tsp. cinnamon
- ¼ tsp. sea salt
- 3 large whole eggs (at room temperature)
- ½ cup butternut squash puree or pumpkin puree
- 1 tsp. vanilla
- ¼ cup honey
- ¼ cup coconut oil or butter, melted
- ⅓ cup mini chocolate chips (such as: Enjoy Life Chocolate Chips)
- ¼ cup walnuts or pecans (omit for Nut-free)

1. Pre-heat oven to 350 degrees F.
2. In a medium bowl, combine coconut flour, baking soda, cinnamon and salt. In a smaller bowl, whisk eggs. Then mix in squash, vanilla, honey and oil until well combined. Add liquid ingredients to dry ingredients and mix just until combined. Stir in chocolate chips and walnuts. Transfer batter to 9x9 square baking dish. Bake for 17-20 minutes or until golden brown. Allow bars to cool slightly before cutting into 12 bars.

Paleo Pumpkin Bread

Oh tis the season for #pumpkin and pumpkin spice. Last week we discussed the incredible health benefits of these spices- here's a great recipe that Health Coach Emily made.

This would be GREAT for a breakfast on the run and would freeze easily!



- 1 cup blanched almond flour (not almond meal)
 - ¼ teaspoon sea salt
 - ½ teaspoon baking soda
 - 1 tablespoon pumpkin pie spice
 - ½ cup roasted pumpkin
 - 3 tablespoons honey or agave
 - 3 large eggs
1. In a food processor combine almond flour, salt, baking soda, and pumpkin pie spice.
 2. Add pumpkin, honey (or agave), and eggs and pulse for 2 minutes Scoop batter into a mini loaf pan 4.
 3. Bake at 350° for 35-45 minutes Cool for 1 hour.

Vegan Avocado Chocolate Mousse

Total guilt free treat and great for your kids. This mousse is LOADED with potassium and if you pop this mousse in the freezer for an hour it tastes like gelato!



- 3 large avocados, soft and ripe
 - 1/4 cup cacao powder
 - 6 tablespoons canned coconut milk
 - 1 tsp vanilla extract
 - 2 tsp avocado oil
 - 2 tablespoons honey
1. Combine avocado, cacao powder, coconut milk, vanilla, avocado oil and honey in blender.
 2. Blend on high for 1 minute or until smooth.
 3. Refrigerate for at least 30 minutes and then serve

Vegan Fudgesicles

Health Coach Emily and I worked on this recipe and it's AMAZING!



- ½ cup raw creamy almond butter
 - 14 oz full-fat coconut milk
 - 1 large, ripe avocado
 - 2 tbsp honey or agave
 - ½ cup cocoa powder
1. Add all ingredients into a food processor. Spoon mixture in popsicle molds. Firmly knock the molds on the counter a few times to remove any air bubbles. Insert a popsicle stick into each mold and place in the freezer until set – at least 6 hours.
 2. To remove popsicles, run the mold under hot water until you can easily pull a fudgesicle out.
 3. If you want to decorate your fudgesicles, dip or drizzle them with melted chocolate and sprinkle with desired toppings. Eat immediately, or place back in the freezer to set until ready to enjoy.

Cocktails & Drinks

Ginger Margarita

I was feeling under the weather so I made some INTENSE ginger tea. I had 8 oz leftover so I made ginger pomegranate margaritas for me and the hubs!



Ginger Tea

- 4 inches grated ginger
- 24 oz of water

Let simmer for 20 min. Delish with lemon and honey

Ginger Margarita

- 1-part ginger tea
- 1-part lime juice
- 2 parts tequila
- 1/8th part simple syrup of agave
- 1 tsp pomegranate arils per cocktail

Watermelon Lime Granita

I was just recommending a watermelon lime granita to a client for her snack, who does her gardening in the afternoons. This is a great way to cool off. If you'd like to try this as a breakfast option just add enough chia to meet your protein needs. Feel free to sub any fruit that works for you. I love to do blueberry with cardamom when I make some for my family! When using other fruits make sure to add a 1/2 cup of water.



- 3 tbsp agave or honey
 - 2 tablespoons fresh lemon or lime juice
 - 3 cups watermelon
1. Add all ingredients to a processor and blend.
 2. Add one shot of your favorite alcohol to make this an adult treat.
 3. Pour mixture into 4 - 8 oz mason jars and freeze.