



The Plan

FOOD IS YOUR MEDICINE



Lyn-Genet Recitas

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Breakfasts



Almond Flour Raisin Cinnamon Muffins



- 2 cups Blanched Almond Flour
- 2 Tbsp Cinnamon
- 1/2 tsp Cardamom
- Pinch Cloves
- 1/2 tsp Baking Soda
- 5 Eggs
- 2 Tbsp Honey
- 2 Tbsp Applesauce
- 1/2 cup Avocado Oil
- 1/4 cup dried Cranberries
- 1 tsp Pure Vanilla Extract

1. Preheat oven to 350 degrees.
2. In a medium bowl, combine almond flour, cinnamon, cardamom, cloves, and baking soda and mix thoroughly.
3. In a large bowl, combine the eggs, honey, applesauce, avocado oil, raisins, and vanilla and mix thoroughly.
4. Slowly add the dry ingredients to the wet. Mix thoroughly.
5. Pour batter into muffin tins, lined with cupcake lines.
6. Bake at 350 degrees for 20-22 minutes, or until toothpick comes out clean. Let cool and serve warm.

Apple Chia Compote with Flax Granola

Restarting your Plan and The Cleanse? Tired of having just the flax for your breakfast, but LOVE how it aids digestion and keeps you full? Why not make a cinnamon apple chia compote and top it with 3-4 tbsp of the flax granola?



- 2 cups chopped apples
- 2 cups Coconut Milk or Rice Dream
- 1 cup chia seeds
- 1 Tbsp agave nectar or honey
- 1 tsp pure vanilla extract
- 1/2 teaspoon cinnamon
- 1/2 tsp cardamom
- flax for topping
- chopped apple for topping (1/3 cup per serving)

1. Combine all the ingredients in a small saucepan and bring to a boil.
 2. Reduce heat to simmer and let simmer for 2–3 minutes, stirring constantly to prevent the chia from congealing.
 3. Let sit for 5 minutes for soft compote, 10 minutes for firmer compote.
 4. Top with flax. Serve warm.
- 2-4 servings

Buckwheat Crepes

For those of you who love your wheat and are overdoing it a bit OR for vegetarians looking to find a new vegetarian protein (1 cup of buckwheat flour has 24 grams of protein), buckwheat is a hearty, satisfying option AND it's gluten free! I gave options to make this dairy free.

This could totally be a nice dinner option for folks!



- 1 cup buckwheat flour
- 1/4 teaspoon salt
- 2 large eggs
- 1 cup milk or coconut milk
- 1 tablespoon melted unsalted butter or avocado oil
- 1/4 to 1/2 cup water

1. To make the crêpe batter: Combine all the ingredients (except water) in a blender, and blend until smooth.
2. Cover the batter and let it rest in the refrigerator for at least 2 hours, or overnight.
3. When you're ready to make crêpes, thin the batter with water, using less water for thicker crêpes and more water for thinner ones.
4. Preheat a crêpe pan or non-stick skillet over medium-high heat. Lightly grease the pan with butter, oil, or pan spray, then pour in enough batter to thinly coat the bottom of the pan; swirling the pan as you pour the batter will help ensure an even coating.
5. Cook the crêpe for 1 to 2 minutes on the first side, until it's golden and lifts from the pan easily. Flip it over and cook for another 1 to 2 minutes on the other side.
6. Transfer cooked crêpes to a plate, stacking them on top of one another, and keeping a towel over them.
7. Fill as desired; serve warm.

Yield: 10 to 12 crêpes

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
- 1 tsp 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.

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

1. Preheat oven to 350.
2. Combine all ingredients in a food processor and blend until thoroughly mixed, approximately 2 minutes.
3. Pour into paper lined muffin cups and bake for approximately 20-25 minutes.

Chocolate Breakfast Mug

I LOVE when you share your recipes with me - thank you [Laurie N-Blr](#) this looks amazing! She even worked out the protein for you folks- what a good friend!



- 3 Tbsp Almond Flour
- 2 Tbsp Cocoa Powder
- 2 Tbsp Agave or Honey
- 1/4 tsp salt
- 1 Egg
- 5 Tbsp Olive Oil or Avocado Oil
- 1-2 Tbsp Semi-sweet Chocolate Chips
- Top with Coconut Cream if desired

1. In a mug, mix together almond powder, cocoa powder, sweetener of choice and salt.
2. Add the egg and the oil and mix until completely blended.
3. Stir in the chocolate chips.
4. Microwave 60-90 seconds or until desired doneness.
5. Serve with coconut cream.

Gluten Free Cheddar Chive Muffin

I am a huge fan of savory breakfasts, here's a gluten free cheddar chive muffin. Feel free to sub any herbs you prefer!



- 1¼ cups blanched almond flour
- ½ teaspoon baking soda
- 3 large eggs
- 2 tablespoons chopped chives or scallions
- 2 cups packed grated Goat cheddar cheese, manchego or cows cheddar (8 ounces)

Instructions:

1. In a food processor, combined almond flour, and baking soda
2. Pulse in eggs, until well combined
3. Briefly pulse in chives and cheddar cheese
4. Scoop a heaping ¼ cup of batter into each paper lined muffin cup
5. Bake at 350° for 25-30 minutes

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.

Gluten Free Lemon Blueberry Chia Muffins

- Another #gluten free breakfast to test during your 20 days! This one can be nut free, so it's a perfect option for our Planners who want to avoid almonds!

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 well, so make sure to make in big batches.

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



- ½ cup coconut flour
- ½ tsp baking soda
- Dash of sea salt
- 6 large eggs
- ½ cup chia
- ½ cup honey
- ½ cup butter, softened
- Juice of ½ lemon appx 2 tsp
- Zest of ½ lemon
- 1 Tbsp pure vanilla extract
- 1 cup blueberries, fresh or frozen
- ¼ cup almond slivers or pumpkin seeds

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.

Yield: 6 servings

Pan-Baked Lemon Almond Tart



- 4 eggs
 - 1/4 cup agave or honey
 - Pinch of salt
 - 1/2 cup almond flour
 - 1/4 cup cream or coconut cream
 - 1/2 cup sliced almonds, more for garnish
 - 1 lemon, zest and juice- organic
 - 2 tablespoons butter
 - Powdered sugar, for garnish
1. Heat oven to 400 degrees. In a bowl, combine eggs, sugar, salt, ground almonds, cream, sliced almonds, lemon zest and juice.
 2. Melt butter in an 8-inch ovenproof skillet over low heat; when foam has subsided, add almond mixture to pan, tilting pan to distribute batter evenly. Continue to cook tart on stovetop until edges just begin to set, then put pan in oven and finish cooking, about 10 to 15 minutes more.
 3. When tart is done, put it in broiler for about a minute or until just golden on top. Sprinkle with powdered sugar and sliced almonds. Serve.

Persian Potato Pancakes (Kookoo Sib Zamini)



Happy Chanukah! This will not only be great for the holiday but would make an EXCELLENT brunch dish! Those who know regular potato latkes will notice right away that these are different in texture and appearance, as they start with cooked potato, use more eggs and are a lovely golden color inside.

- 2 pounds red potatoes
 - Sea salt
 - 1 tablespoon flour
 - 1 teaspoon baking powder
 - 1/2 teaspoon ground turmeric
 - Freshly ground black pepper
 - 5 large eggs, beaten
 - 6 tablespoons avocado oil or olive oil
1. Scrub the potatoes. If they vary in size, cut the larger ones in half. Put all the potatoes in a large pot with a couple pinches of salt and cover with cool water by at least an inch. Bring to a boil over high heat, then reduce the heat to medium-low and cook for 30 to 40 minutes (depending on their size), until the potatoes are barely fork-tender. Drain and place in a bowl of cold water to cool completely.
 2. Drain the potatoes and discard the potato skins. Use the large-holed side of a box grater to grate the cooled potatoes.
 3. Whisk together the flour, baking powder and turmeric in a large mixing bowl. Season generously with sea salt and pepper. Add the grated potatoes and beaten eggs, mixing until well incorporated.
 4. Heat the oil in a large skillet over medium heat. Use your hands to form oval or round patties, using all the potato mixture. Once the oil shimmers, add several patties to the pan, gently flattening them with the back of a wooden spoon. Cook for about 8 minutes, turning them once, until both sides are a rich golden brown.

Poached Eggs

Planning a holiday brunch?

Here's a great easy recipe because you can prep 12 eggs at once



- 12 eggs
 - Herbs – ex: basil, chives
 - Cheese – optional
1. Preheat oven to 350 degrees.
 2. Pour 1 tablespoon of water in each cup of a muffin pan and then gently crack the eggs into the cups.
 3. Add ingredients of choice.
 4. For poached eggs (less reactive) bake for 13-15, until the whites are set but the yolks are slightly runny.
 5. Bake 3-5 minutes longer for baked eggs.
 6. Using a small slotted spoon, transfer the eggs to bread or greens of choice!

Pumpkin Chia Pudding



- ½ cup chia seeds
 - 1 teaspoon ground cinnamon
 - ½ teaspoon ground allspice
 - ½ teaspoon ground ginger
 - ¼ teaspoon ground cardamom
 - 1/8 teaspoon ground nutmeg
 - 1 ½ cups unsweetened coconut milk beverage
 - 1 Tablespoon maple syrup
 - 1 teaspoon vanilla extract
 - ½ teaspoon almond extract
 - 15-ounce can pumpkin puree
1. In the bowl mix the chia and 5 dry spices.
 2. Then add in the milk, maple syrup, and two extracts.
 3. Once they are combined and the spices are dissolved, fold in the pumpkin.
 4. Store, refrigerated, in an airtight container.
 5. To serve, microwave with an additional splash of coconut milk until warmed through (or serve cold) and top with chopped almonds

Raisin Cinnamon Bread – Gluten Free

I had SO much fun with Elisabeth Hasselbeck showing her how to make this recipe! What a sweetie, she really needed to add some gluten free recipes to her arsenal. Try this one from The Plan Cookbook, it's a winner and great when you are on the run.



- 2 cups almond flour
- 2 Tbsp cinnamon
- ½ tsp cardamom
- Pinch cloves
- ½ tsp baking soda
- 5 eggs
- 2 Tbsp honey
- 2 Tbsp applesauce
- ¼ cup butter, softened
- ¼ cup raisins
- 1 tsp pure vanilla extract

1. Butter for oiling bread pan
2. Preheat oven to 350 °F. Butter a loaf pan.
3. In a medium bowl, combine the almond flour, cinnamon, cardamom, cloves and baking soda and mix thoroughly.
4. In a large bowl, combine the eggs, honey, applesauce, butter, raisins and vanilla and mix thoroughly.
5. Slowly add the dry ingredients to the wet. Mix thoroughly.
6. Pour the batter into prepared bread pan.
7. Bake for 30-35 minutes until toothpick inserted in the center comes out clean. Let cool and Serve warm.

Warm Apple Pie Bread



The smell in your house will be AH-MAZING with cinnamon permeating through.

APPLE PIE BREAD:

2 cups blanched almond flour
1 tablespoon coconut flour
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/2 tsp cardamom
1/4 tsp cloves
1/4 teaspoon salt
1 cup diced apples
1/3 cup full fat coconut milk

4 tablespoons avocado oil
6 tablespoons honey
2 eggs
1/2 teaspoon vanilla extract
1/3 cup hazelnuts or pecans (test- low reactive)

CRUMB TOPPING:

2 tablespoons almond flour
1 1/4 teaspoon avocado oil
1/8 teaspoon ground cinnamon

1. Preheat oven to 350°F. Grease the bottom and sides of a 6.4 x 3.8-inch loaf pan with avocado oil, and line it with a piece of parchment paper. Cut paper to fit lengthwise, leaving some excess on the edges. You can also make this bread on 8 1/2 x 4 1/2-inch medium loaf pan. Mix together the almond flour, coconut flour, cinnamon, baking soda and salt. In a separate bowl, whisk together the coconut milk, avocado oil, honey, eggs and vanilla extract. Using a rubber spatula, mix dry and wet ingredients together just until combined. Do not over mix.
2. Gently fold into the batter the apple slices and chopped hazelnuts (reserve about 1 tablespoon of hazelnuts for the crumb topping). Pour batter into the prepared loaf pan. Mix all the crumb topping ingredients together with your hands, then sprinkle top of bread with the crumbs and reserved hazelnuts or pecans.
3. Bake for 30 minutes and then check for doneness (a toothpick inserted into the center comes out clean), cook for another 10-15 more minutes if needed. Total baking time should be approximately 40-45 minutes. Set pan on a wire rack to cool. Carefully remove bread from pan while still warm, and drizzle caramel over the top before serving.

Salads and Soups



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.

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

Indonesian Chicken Soup with Noodles, Turmeric and Ginger

This is so warming and would be delicious with zucchini noodles!



- 1 free-range chicken, about 3 pounds, quartered
 - 2 stalks fresh lemon grass, bruised with the handle of a heavy knife and tied in a knot
 - 6 kaffir lime leaves, fresh or frozen (optional)
 - 1 teaspoon sea salt, more to taste
 - 1 teaspoon black peppercorns
 - 1 ½ tablespoons coriander seeds
 - 2 teaspoons cumin seeds
 - 5 shallots, peeled and halved
 - 3 cloves garlic, peeled
 - 2 teaspoons finely minced fresh turmeric, or 1 1/2 teaspoons ground turmeric
 - 2 tablespoons finely minced ginger
 - 3 tablespoons avocado oil
 - 2 cups zucchini noodles
 - 1 tablespoon fresh lime juice
 - 2 tablespoons chopped mint or Thai basil
 - 2 shallots, thinly sliced and fried
 - Quartered limes
 - chili paste or sriracha for serving
1. Place chicken in a medium pot with lemon grass, lime leaves (if using), salt and 2 quarts water. Bring to a boil over high heat. Skim off any foam and reduce heat to a simmer. Cover and simmer until chicken is tender, about 45 minutes, skimming as needed to make a clear broth. Remove chicken pieces from broth and set aside. Remove and discard lemon grass and lime leaves; reserve stock in pot. When chicken is cool enough to handle, discard skin and bones and shred meat into bite-size pieces.
 2. Meanwhile, combine peppercorns, coriander seeds and cumin seeds in a small food processor. Pulse until ground. Add halved shallots, garlic, turmeric and ginger and pulse to a thick paste. (Add a little water if needed.)
 3. Heat peanut oil in a medium saucepan over high heat. When very hot, add spice paste and cook, stirring until paste is cooked and beginning to separate from the oil, about 5 minutes.
 4. Add cooked spice paste and chicken meat to stock. Bring to a simmer and cook 10 minutes.
 5. Cook noodles according to package directions.
 6. Turn off heat under soup and stir in lime juice. Taste for salt.
 7. To serve, divide noodles in large soup bowls. Ladle chicken pieces and soup on top and sprinkle with celery leaves or herbs, and fried shallots, if using. Pass lime and sambal at the table.
 8. Eat from soup bowl, or serve a scoop of rice on a side plate, sprinkled with more shallots, and put a mouthful of noodles and chicken on rice. Combine on a spoon, dab with sambal, and eat.

Lentil Soup

This dish is not only a fantastic option for a vegetarian meal, but the addition of apricots makes this dish incredibly rich in iron which is very important for our vegetarian and vegan friends. Soup at night usually hampers weight loss, so this would be a test for a dinner option.



- 3 tablespoons extra-virgin olive oil
- 1 large onion, cut into 1/4-inch pieces (2 1/2 cups)
- 2 medium carrots
- 3 cloves garlic, finely chopped
- 1/2 cup dried apricots, cut into 1/2-inch pieces
- 1 teaspoon cumin seed
- 2/3 cup dried split red lentils
- 4 cups no-salt-added vegetable broth, warmed
- 2 tablespoons fresh thyme leaves
- 3 tablespoons fresh lemon juice
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper, or more as needed
- 1/4 cup finely chopped fresh flat-leaf parsley, for serving

1. Heat the oil in a large pot over medium heat. Once the oil shimmers, add the onion and carrots; cook, stirring occasionally, until they soften and turn sweet, 10 to 12 minutes.
2. Add the garlic, apricots and cumin seed; cook until fragrant, 2 to 3 minutes.
3. Add the lentils, pour in the broth and increase the heat to medium-high. Once the mixture comes to a boil, reduce the heat to medium-low so the liquid is barely bubbling. Cover and cook until the lentils are tender, 20 minutes.
4. Stir in the thyme leaves and lemon juice, then remove from the heat.
5. Use an immersion (stick) blender to blend about half the soup in the pot, leaving the rest to give the soup texture. (Alternatively, you can transfer half the soup to a blender, puree, and return it to the pot.)
6. Add the salt and pepper, taste, and add more as needed. Divide the soup among bowls, top with the parsley and serve hot.

Provençal Greens Soup

This looks AH-MAZING, total comfort food. Just remember that bread and eggs are a test.

You can also use green swiss chard and spinach but remember they are goitrogens so if your bbt is consistently below 97 limit its use to once a week. Parmesan is the least reactive cows cheese so test it if you haven't.



- 2 tablespoons extra-virgin olive oil
 - 2 leeks, cut in half lengthwise, sliced, rinsed of dirt and drained on paper towels
 - 4 garlic cloves, sliced
 - sea salt
 - 6 cups chopped greens (leaves only), such as kale or dandelion greens (spinach or green swiss chard)
 - Black pepper, to taste
 - 2 large eggs
 - 4 thick slices country bread, toasted and rubbed with a cut clove of garlic
 - Grated Parmesan, for serving or goat gouda or manchego
1. Heat 1 tablespoon olive oil in a large, heavy soup pot over medium heat, and add the leeks. Cook, stirring, until tender, 3 to 5 minutes. Add the garlic and 1/2 teaspoon salt, and cook, stirring, until the garlic is fragrant, about 1 minute. Add the greens, and stir until they begin to wilt. Add 1 1/2 quarts water (6 cups) and salt to taste, and bring to a simmer. Reduce the heat and simmer, partially covered, for 15 to 20 minutes, until the greens are very tender and the broth sweet. Add pepper, and taste and adjust seasoning.
 2. Beat the eggs in a bowl. Making sure that the soup is not boiling, whisk a ladle of it into the beaten eggs. Take the soup off the heat, and stir in the tempered eggs. Brush the garlic croutons with olive oil, and place one or two in each bowl. Ladle in the soup, sprinkle on some Parmesan if desired and serve.

Smoky Fish Chowder Recipe

WOW! This would be an awesome hearty lunch dish and would be great for when you invert your lunch and dinner proteins!



- 3 oz. bacon, diced or 1 small chicken sausage
- 3 tablespoons unsalted butter
- 2 medium leeks, white and light- green parts, thinly sliced
- ¼ teaspoon chipotle powder
- ¼ cup dry white vermouth or white wine
- 2 cups homemade chicken broth or homemade fish stock
- 2 cups kale chopped
- ½ pound fingerling potatoes, sliced into 1/4-inch rounds
- 3 thyme sprigs
- 2 cups whole milk or coconut milk
- 10 ounces flaky white fish, such as flounder into 2-inch chunks

1. In a heavy pot over medium-high heat, brown bacon until crisp, about 5 minutes. Use a slotted spoon to transfer bacon to a paper-towel-lined plate to drain.
2. Spoon off all but 2 tablespoons of bacon fat from the pot.
3. Add butter and let melt.
4. Add leeks and kale; cook, stirring frequently, until soft, about 5 minutes.
5. Stir in chipotle; cook 1 minute.
6. Pour in vermouth and simmer until almost completely evaporated, about 2 minutes.
7. Stir in stock, 1 cup water, potatoes, thyme and remaining salt.
8. Simmer until potatoes are tender, about 25 minutes.
9. Add milk and cooked bacon to pot; bring to a simmer.
10. Add fish and cook until just opaque, 2 to 4 minutes.
11. Use a fork to flake fish into large pieces. Taste and adjust seasoning if necessary. Remove thyme. Serve immediately.

Vegetable Bouillon

It's soup season and here's a great idea for making your own bouillon. Here's the basic recipe which you can make Plan Friendly with the vegetables that work for you.



- 9 ounces leek
 - 7 ounces fennel
 - 7 ounces carrot
 - 9 ounces celery root
 - 2 ounces sun-dried tomatoes
 - 2 or 3 garlic cloves
 - 3 1/2 ounces parsley
 - 3 1/2 ounces cilantro
 - 3/4 cup plus 1 tablespoon fine sea salt
1. Simply put all the ingredients into the processor and blend together. The result will be a moist, granular paste. Spoon into clean jars with tight-fitting lids. Keep one jar of the mix in the fridge—within easy reach for everyday cooking.
 2. The rest can be stored in the freezer—it will stay soft and spoonable due to all the salt. Use within six months. To use the soup mix directly from the refrigerator or freezer, just stir about 1 teaspoon of it into 1 cup of hot water.

Wild Rice, Almond and Cranberry Dressing



Be cautious if you have crazy grass allergies, wild rice is not actually a rice, but a grass! You can always sub another grain.

- 2 C wild rice
- 2 strips (2" x 1/2") organic orange zest
- sprinkle celery seed (optional)
- 1/2 tsp salt
- 6 C water
- 2 whole cloves
- 1/2 sm onion
- 2 C chopped onion
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 C dried cranberries
- 1 C homemade chicken broth
- 1/2 C chopped herbs of choice
- 1/2 C sliced almonds, toasted

1. Combine rice, orange zest, celery seed, salt, and water in deep, wide, 5-quart pot.
2. Heat to a boil over high heat.
3. Stick cloves into onion half and add to pan.
4. Cook, covered, over medium low heat until rice is tender, 35 to 45 minutes.
5. Remove from heat and let stand, covered, 10 minutes.
6. Discard orange zest, onion with cloves, and celery. Drain excess water if necessary. Set rice aside in pan.
7. Heat oil in large skillet over medium heat. Add chopped onion and stir to combine.
8. Cover and cook over low heat until onions wilt, about 5 minutes.
9. Cook, uncovered, over medium heat, stirring occasionally until onions are golden, about 10 minutes.
10. Add garlic and cook 1 minute. Add onion garlic mixture, cranberries, broth, and herbs to rice and stir to blend.
11. Cover and cook over low heat 15 minutes.
12. Spoon into 3 quart baking dish and cool.
13. Cover and refrigerate until ready to reheat.
14. About 1 hour before serving, remove baking dish from refrigerator.
15. Place in preheated 400°F oven for 55 minutes or until heated through. (Or, reheat over medium heat in covered skillet, about 10 minutes.)
16. Uncover and sprinkle with almonds.

Wild Rice Vegetable Soup

Wild rice a great test and it's not even a rice but a grass (so watch out if you have grass allergies, it may be higher reactive). I have a grass allergy by the way and totally have no wild rice sensitivities. I have wild rice casseroles twice a week for veggie nights. One cup of cooked wild rice has appx 7 grams of protein. Shitakes are a nice source of Vit D which most of us need in winter and this hearty soup will keep you nice and warm. Ps wild rice can be a little spendy but Whole Foods has it for \$2.49 a lb in their bulk section.



- 1 cup wild rice
- EVOO for sautéing
- 1 large yellow onion, diced
- 1 fennel bulb diced
- 1 lbs carrots chopped
- 1-pound shitake mushrooms, diced
- 1 teaspoon sage
- 2 cloves garlic, minced
- 1 teaspoon fresh oregano
- 1 cup white wine
- 1 bay leaf
- 4 cups homemade chicken stock
- 2 teaspoons minced fresh rosemary
- 1 cup coconut milk or milk of choice
- 1 tablespoon lime juice
- 1/2 teaspoons salt, divided
- 1 /4 cup grated cheese of choice
- greens for garnish

1. Bring a pot of water to a boil. Add the wild rice and 1/2 teaspoon of salt, and reduce to a simmer. Cook for 45 minutes, until the rice has burst open and tastes tender.
2. While the rice cooks, prepare the rest of the soup. Warm a tbsp of oil in a stock pot over medium-high heat. Add the onions, carrots and fennel and cook until the onions have softened and turned translucent, 3 to 5 minutes. Turn the heat down to medium and stir in the mushrooms and add 1 teaspoon sage. Cook until the mushrooms have released all their liquid and turned dark golden-brown, 12- 15 minutes.
3. Add the garlic and oregano, and cook until fragrant, about 30 seconds. Increase the heat again to medium-high and pour in the wine. Stir and scrape the brown bits from the bottom of the pan. Continue simmering until the wine has reduced by about half and the liquid has thickened a bit.
4. Add stock. Bring to a boil, then reduce to a simmer. Simmer for 20 minutes to meld the flavors. Add the rosemary, milk, and cooked wild rice. Simmer for another 10 to 15 minutes, until the soup has thickened to your liking. Stir in the lime juice. Top with cheese and greens of choice.

Winter Salad with beets and radicchio

What a beautiful salad! Just remember while raw beets are very low reactive, cooked beets are MUCH higher reactive (the cooking intensifies the sugars). You can do what I do which is just pickle my raw beets. Delish!



- 3 medium red beets (unpeeled, greens trimmed)
- 1 radicchio, cut into 1 1/2-inch chunks (about 2 1/2 cups)
- 1/2 small red onion, cut into very thin half moons
- 1/2 cup dried cranberries
- 1/4 cup pomegranate seeds (arils; optional)

FOR THE DRESSING

- 1 teaspoon finely grated orange zest
- 1 tbsp fresh lemon juice
- 1 tablespoon finely chopped shallot
- 1 tablespoon plus 1 teaspoon balsamic vinegar
- 1 teaspoon honey
- 3 tablespoons extra-virgin olive oil
- 1/4 teaspoon freshly ground black pepper, or more as needed

1. For the salad: Preheat oven to 400 degrees.
2. Rinse, dry and then wrap each beet in aluminum foil. Place them on a rimmed baking sheet; roast (middle rack) for 45 minutes, or until you can pierce the centers with a fork. Let cool, then peel the beets and cut them into 1-inch chunks.
3. Meanwhile, make the dressing: Whisk together the orange zest, lemon juice, shallot, balsamic vinegar, honey, oil and pepper in a medium bowl to form an emulsified dressing.
4. To assemble the salad, combine the radicchio, red onion, cranberries and beets in a mixing bowl. Pour the dressing over the top and toss gently to coat. Taste, and add more salt and/or pepper, as needed.
5. Scatter the pomegranate seeds on top, if desired, and serve.

Side Dishes and 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

Sweet and Sour Dipping Sauce

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

6. Combine all ingredients and serve immediately or refrigerate.

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

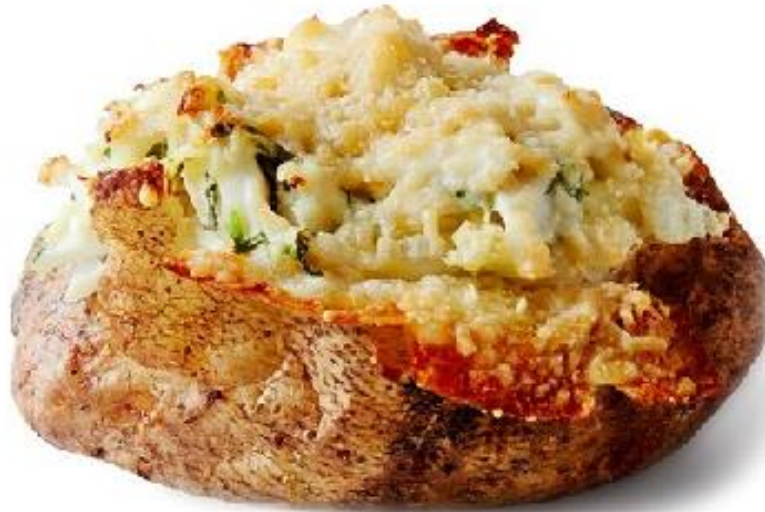
Baked Brie with Fig



Talk about an EASY Holiday app! I am totally making this, but subbing the pistachios for almond slivers. I have had women gain THREE pounds, THREE from those devilish little green guys...This could totally be a nice dinner option for folks!

- 2 tablespoons fig spread
 - ¼ cup almond slivers
 - 8-ounce wheel of Brie
 - Honey
 - Apple slices
 - Pear slices
 - An assortment of crackers
-
1. Mix the fig spread and almond slivers in a bowl until well combined.
 2. Place the wheel of Brie inside a small skillet.
 3. Coat the top of the cheese with the fig-almond spread and bake at 350°F for 17 to 20 minutes.
 4. Drizzle with honey and serve alongside the apples, pears and cracker

Baked Potatoes with Crab, Jalapeño and Mint



Dear Lord I think I am in love. And as many of you know, crab is low reactive and marvelous for thyroid health if it passes for you! NOM.

- 4 lbs. chopped fingerlings or red potatoes
- 1 teaspoon olive oil
- ½ pound lump crab meat
- 1 teaspoon lemon juice
- 2 teaspoons extra-virgin olive oil
- 1 tablespoon mint leaves, shredded
- 1 jalapeño pepper, seeded and diced
- 4 tablespoons goat cheese
- 4 tablespoons unsalted butter
- Freshly ground black pepper to taste
- 1 cup grated Parmesan cheese or manchego

1. Preheat oven to 450.
2. Scrub potatoes under running water; dry them, and rub the skin of each with the oil and a little salt. Pierce the skin of each in three or four places with the tines of a fork.
3. Place the potatoes in the oven, and roast for 45 minutes to an hour, depending on the size of the potatoes, until they offer no resistance when a knife is inserted in their centers.
4. While the potatoes are baking, lightly toss the crab meat in a bowl with the lemon juice, olive oil, shredded mint, diced jalapeño and goat cheese.
5. When the potatoes are done, remove them from the oven, slice them open down the middle and use a spoon to scrape out their flesh into a bowl.
6. Add the butter, salt and pepper and mash to combine. Spoon the mixture back into the empty jackets, place on a baking sheet, top with the crab-meat mixture and shower with cheese.
7. Return to the oven for approximately 15 minutes, until the cheese is melted and golden.

Braised Leeks



- 6 leeks, not too thick if possible
 - 2 tablespoons extra virgin olive oil
 - Salt and freshly ground pepper
 - ½ cup dry white wine, like sauvignon blanc
 - 1 ½ ounces Parmesan, freshly grated
1. Cut the ends and the dark green leaves of the leeks, and cut in half lengthwise. Place in a bowl of cold water for 10 minutes, then run under the faucet to remove any sand that may be lingering in between the layers. Peel off thick outer layers and discard.
 2. Heat the olive oil over medium heat in a wide, heavy skillet that will accommodate all the leeks in one layer. Place the leeks in the pan, cut side down, and cook, shaking the pan and moving them around with tongs, until they are lightly browned, 3 to 4 minutes. Using tongs, turn the leeks over and cook on the other side until they are lightly browned, 3 to 4 minutes. Season with salt and pepper. Turn the leeks back over so that the cut side is down. Peel off the outer layers if they are papery, as they will not soften when the leeks are braised. Pour in the wine and stir to deglaze the bottom of the pan, then add enough water or stock to come just to the top of the leeks. Bring to a boil, reduce the heat and simmer uncovered for 20 to 25 minutes, until the leeks are thoroughly tender when pierced with a knife. Most of the liquid should have evaporated by this time. Meanwhile, preheat the broiler.
 3. Transfer the leeks to an oiled ovenproof pan if your skillet cannot go under the broiler. Using tongs, turn the leeks so that the flat side is up. If there is still a lot of liquid in the pan, pour it off. Sprinkle the Parmesan over the leeks. Place under the hot broiler until the cheese has melted and is beginning to color. Remove from the heat and serve

Brussels Sprouts With Pomegranate-Tahini Sauce



Remember brussels sprouts are a goitrogen, so if you pass them limit to once a month. The key to making them easier to digest is to steam them well first, then sauté or roast!

Tahini does tend to be higher reactive, so try this low reactive sunflower tahini instead and spice up according to your taste. I love mine with chipotle or berbere!

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

Brussels Sprouts

- 3 to 4 pounds brussels sprouts, trimmed and halved
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon minced garlic
- 1 cup panko (Japanese bread crumbs)
- Lemon wedges and chopped parsley, for garnish
-

1. Add all ingredients for Sunflower Tahini to a food processor and blend until smooth, about 3 minutes. Then then aside.
2. Make the sprouts: If frying, pour 1/2 inch corn oil in a deep skillet. Heat until very hot but not smoking. (Test by gently dropping a half sprout into the oil; when oil is ready, sprout will pop loudly and sizzle immediately.) Working in batches to avoid crowding the pan, fry sprouts until browned and crisp but still bright green, 2 to 3 minutes. Remove to paper towels to drain.
3. If roasting, heat oven to 375 degrees and place a pan of water on the bottom shelf to prevent sprouts from drying out. Toss sprout halves in about 3 tablespoons corn oil until slick, but not dripping. Spread them out on 2 sheet pans and bake until tender and browned, about 30 minutes.
4. Meanwhile, make the bread crumbs: in a small skillet, heat olive oil over gentle heat until medium-hot. Add garlic and stir; it will sizzle. Immediately add bread crumbs and stir until toasted and golden brown, about 2 minutes. Stir in salt, then remove to paper towels to drain.
5. When ready to serve, spread cooked sprouts on a platter. Drizzle with about 1/2 cup sauce and top with bread crumbs. Tuck in lemon wedges around the edges and sprinkle parsley over the top. Serve immediately, passing any extra sauce at the table.

Caramelized endive

Endive is SUPER low reactive. It also helps promote the secretion of bile, which aids the liver and gall bladder and the high fiber content in endive helps keep the system running smoothly. It is delicious when cooked and easier to digest in winter when too many raw foods can hamper digestion. When cooked the flavor is reminiscent of artichoke, but juicier. These creamy, caramelized ones are perfect for a first course or may be an accompaniment for nearly any main course, especially in winter. Recipe adapted from NY Times.



- 4 medium Belgian endives
- 2 tablespoons unsalted butter
- Salt and pepper
- ½ cup crème fraîche or coconut cream
- 1 garlic clove minced fine
- 1 tablespoon lemon juice
- 1 teaspoon chopped tarragon
- 1 teaspoon finely minced chives
- 2 tablespoons chopped parsley

1. Remove and discard a layer of exterior leaves from each endive so that only smooth and unblemished leaves are showing. Trim 1/4 inch from the bottoms and discard. Halve each endive lengthwise, keeping the leaves connected at the base.
2. Heat the broiler to high. Set a large wide skillet over medium-high heat. Add butter and swirl to coat. When butter begins to sizzle, arrange endive halves in one layer, cut side down. Season with salt and pepper and let cook for about 5 minutes, until lightly browned. Adjust the heat so that the endives cook slowly and do not scorch. Turn endives over, sprinkle with salt, and cook for another 5 minutes.
3. Meanwhile, in a small bowl, stir together crème fraîche, garlic clove and lemon juice. When endives are cooked on both sides, smear the cut surfaces liberally with this mixture.
4. Place skillet under broiler, about 3 inches away from heat source. Broil for about 5 minutes, until well browned, crisped and bubbling.
5. In a small bowl, combine tarragon, chives and parsley.
6. Transfer endives to a serving platter or individual plates. Drizzle with any remaining juices in pan. Sprinkle herbs on top and serve immediately.

Carrot and Beet Crackers

Most gluten free crackers contain high reactive ingredients like quinoa, potato starch and tapioca starch AND they cost a fortune. Here's an easy to make recipe with just TWO ingredients and they are chock full of protein, calcium and omega 3s.



Carrot Crackers

- 2 cups grated carrots
- 2 Tbsp flax seeds
- 3 Tbsp chia seeds

Beet Crackers

- 2 cups grated beet
- 2 Tbsp flax seeds
- 3 Tbsp chia seeds
- ¼ cup extra-virgin olive oil for oiling 2 baking sheets

1. Place all the Carrot Cracker ingredients in a food processor and blend. Scrape down the sides to get all ingredients incorporated.
2. Form into a ball and let sit for 45 minutes for mucilage to form to bind the ingredients.
3. Repeat with the Beet Cracker ingredients.
4. Preheat oven to 225 F° and oil the baking sheets.
5. Take 2 sheets of wax paper and place the carrot dough between them.
6. Use a rolling pin to roll out the dough until it is ⅛-inch-thick. Use a 4-inch round cookie cutter to form the crackers.
7. Repeat the process with the beet dough.
8. Place the crackers on cookie sheets and bake for 50 minutes.
9. Flip the crackers and bake for an additional 50 minutes. For extra crispy crackers, turn off the oven and leave crackers in for 2–3 hours.

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.

Cheesy Pull-Apart Bread



Yes, you could totally do this with sourdough to make it extra friendly- look at these ideas!! Perfect for your holiday party.

Loaf of bread: sourdough boule or ciabatta

Choose Plan Friendly options for stuffing:

Savory: Caramelized onion, chopped bacon, sausage, sautéed vegetables, like shiitake mushrooms, greens, or leeks, roughly chopped olives, hemp seeds, roasted garlic, cheese of choice.

Sweet: Dark chocolate chunks, sea salt, olive oil

Seasonings of choice: freshly ground pepper, chipotle powder, Sriracha, olive oil

1. Crosshatch your bread. Starting from one side, use a serrated knife to slice the loaf *practically* all the way through, then move a little over and slice again. Then do the same thing the other way. Your goal is to cross-hatch the entire thing without slicing through the bottom.
2. Tuck a lot of stuff into it. **Be sure to add toppings in their complete and/or cooked form:** While whatever ingredients near the top of the loaf might crisp up, raw mushrooms will not magically roast and bacon will not magically sizzle. **Take care to tuck your ingredients into the little bread crevices.** That's the only way the bread close to the base will get its fair share of flavor.
3. And then you'll want cheese. Any number of melty cheeses would work well - you want something that is going to melt into beautiful strands of goo - it makes the pulling-apart more fun. You could supplement with non-melty cheeses (like Manchego or Parmesan or soft or crumbly goat cheese), but don't use any cheeses that are watery or might react weirdly to high temperatures.
4. Season it. You could season it simply with pepper and olive oil or you could be more ambitious: chipotle powder, Sriracha, etc. You'll also want to add another drizzle of liquid to baste the bread and make sure it doesn't dry out.
5. Wrap the loaf of bread in foil like the giant baked potato it resembles.
6. Lay it on a baking sheet, then bake at 350° F for 20 minutes.
7. Carefully unwrap the loaf and put it back in the oven for 10 minutes to crisp up its top and make the cheese bubble. Keep a close eye on the bread during this final bake: Toppings near the surface tend to burn.

** adapted from food52.com*

Coconut flour wraps/burritos



- 4 eggs
 - 1/4 cup coconut flour
 - 1/4 cup rice milk
 - 2 tbsp flax seeds
 - Extra Virgin Olive Oil for frying (medium heat)
1. Add the eggs, coconut flour, flax and rice milk to a medium mixing bowl whisk thoroughly.
 2. Let sit for 5 minutes.
 3. Add 1 -2 tbsp of evo to a medium skillet and put 2 tbsp of batter for each wrap. Cook until brown for 1-2 minutes, then flip and cook on other side.
 4. Makes 6 mini wraps- 2 wraps is a serving providing roughly 7 grams of protein. Fill with vegetables and proteins of your choice!

Coconut Rice

This simple recipe is almost identical to the way we prepare rice in LGKitchen for day 2 dinner. We serve it with grilled veggies and often use our pumpkin seeds hummus.



- 2 cups Basmati rice
 - 1 ½ cups coconut milk
 - 1 cup homemade chicken broth or carrot essence
 - 3 scallions, thinly sliced
 - 2 tablespoons finely chopped ginger
 - Fresh red chili, sliced, for garnish (optional)
1. Place rice in a fine strainer, and rinse with cold water until water runs clear. Transfer to a medium saucepan.
 2. Add 1 cup water, coconut milk, and chicken broth. Cover, and place over medium-high heat.
 3. Bring liquid to a boil, then reduce and simmer until liquid has been absorbed and rice is tender, about 15 minutes.
 4. Remove from heat, and stir in scallions and ginger. Add a little more coconut milk if rice is too dry. Season to taste with salt. Serve.

Cream of Broccoli Soup with Manchego

So many people are redoing the cleanse for the new year- you can try some new recipes to test the old standbys. What about a broccoli cheese soup for testing cheese on day 4? Most broccoli cheese soups have wheat, this recipe is gluten free.



- 2 TBL butter, ghee or avocado oil
- 1 organic onion, diced
- 2 organic carrots, diced
- 1 head fennel- optional
- 3-4 cloves garlic
- 8 cups of organic broccoli, florets
- Sea salt and freshly ground pepper to taste
- ¼ tsp white pepper
- 2 1/2 cups homemade chicken stock
- 2 cups coconut milk
- 1/2 teaspoon freshly grated nutmeg
- 3 cups manchego

1. Add the butter to a large stock pot over low medium heat until melted. Add onions, carrots and fennel and sauté until onions are translucent, about 8 minutes. Add garlic and sauté an additional 2 minutes.
2. Add broccoli and stir to coat well with butter. Cook about 5 minutes, stirring occasionally. Season with salt, pepper and white pepper. Add broth. Simmer for 15-20 minutes.
3. Remove from heat. Puree soup to desired consistency.
4. Return to pot, off heat, stir in coconut milk, nutmeg and cheese.
5. Stir to combine and melt cheese.
6. Serve immediately or refrigerate.
7. Top with cheese or toasted pumpkin seeds for extra thyroid boosting and immune boosting health!

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
- ⅓ cup grated carrot
- 3 scallions, finely chopped
- 2 Tbsp lime juice, 2 limes juiced
- ¼ tsp sea salt
- ¼ tsp celery seed
- ½ tsp pepper
- ½ tsp cayenne pepper or smoked chipotle powder
- 1½ pounds lump crabmeat, cleaned and drained, and picked through to remove shells
- ¾ cup panko or gluten free panko
- 4 Tbsp extra-virgin olive oil, divided
- ½ 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

Crisp Kale Chips with Chile and Lime Recipe

Well this looks fun and it will be super easy if you buy kale that is already prechopped. You can get it at Costco, Whole Foods and many other stores!



- 20 cups kale from 1-2 bunches (torn into bite-size pieces, washed and thoroughly dried)
 - ¼ cup extra virgin olive oil
 - ¾ teaspoon kosher salt
 - Finely grated zest of 2 limes
 - Flaky sea salt, or to taste
 - Chipotle powder
1. Heat the oven to 350 degrees. Make sure the kale is dry; if it is not, it will steam rather than crisp in the oven.
 2. In a large bowl, toss kale pieces with olive oil and kosher salt; you may need to do this in 2 batches. Massage the oil onto each kale piece until the oil is evenly distributed and the kale glistens.
 3. Spread the kale out on 2 17-by-12-inch jellyroll pans (or do this in batches).
 4. Bake the kale chips until the leaves look crisp and crumble, about 12-16 minutes. If they are not ready, bake for another 2 to 4 minutes. Remove from the oven and cool to room temperature. Sprinkle with the lime zest, sea salt and chili powder to taste.
 5. Easy, addictive and loaded with bright flavors, this is your new favorite way to prepare kale. Buy more kale than you think you need; these go fast.

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
6. 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!

Gluten-Free Stuff Mushrooms

I am always trying to re-invent recipes to be lower inflammatory and thyroid friendly. If I can make it gluten-free and have the option of dairy-free, that just means I can reach more people! I've always love stuffed mushrooms and on these very chilly winter nights, it's fun to have a quick easy side dish to pop in the oven and make the kitchen toasty! That's why I've come up with this healthy, delicious recipe for stuffed mushrooms. Gluten-free, dairy-free, and so mouth-watering and tasty. Enjoy!



- 12 Cremini Mushrooms Stems, minced
- 1/4 cup Onion, minced
- 3 Tbsp Extra Virgin Olive Oil
- 1/4 tsp Sage
- 2 Tbsp Crushed raw sunflower seeds
- Sea Salt, to taste
- White Pepper, to taste
- 12 Medium Cremini Mushrooms, stems taken out
- 3/4 cup blanched almond flour
- Olive Oil, for brushing the tops of Mushrooms
- Optional - 1 oz Grated Goat Gouda or Manchego

1. Preheat oven to 350 degrees.
2. Add extra virgin olive oil, minced mushroom stems, onions, and sage to a small skillet and sauté on low for 4-5 minutes.
3. Remove from heat and in a small mixing bowl, add the mushroom sauté, sunflower seeds, 1/2 cup almond flour, seas salt, and pepper, and if you want to add cheese, you can do so here. Mix ingredients well with a spoon.
4. Using a pastry brush or your hands, rub mushrooms caps with olive oil. Stuff the mushroom with the almond flour mixture and pack tightly.
5. Put in an oiled skillet or baking ramekin and bake for 25-30 minutes until the mushrooms are tender to the touch. Let cool and serve warm.

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.

Homemade Goat Milk Ricotta



"Today on the blog Lelaina from Green Mom Company walks you through the steps to DIYing your own batch of homemade goat milk ricotta. If you're like us and crazy about The Lyn-Genet Plan Cookbook for delicious anti-inflammatory recipes this one is definitely for you! Give it a try tonight and you'll be making tasty dishes like Tarragon and Goat Ricotta Frittata in no time!!"

Okay, for those that know me know that I LOVE FOOD! But they also know that the words homemade and food don't really go hand in hand. Since I've been forced to grow up (somewhat) and now have a responsibility to feed my family, I've had to learn how to work my way around a kitchen. I feel that I have come a long way from an expert level Mac & Cheese maker (from a box) to actually using real food that has an actual shelf

life. So why on earth would you want to take direction from me on how to make something homemade? Because it's that flip'n easy to make!! I was so proud of myself I immediately text'd my food blog friend at [One Missing Ingredient](#) to brag! I have zero shame. None.

I was trying to explore out of the Mac & Cheese box and make something healthy and low reactive from the [Lyn-Genet Recitas "The Plan" Cookbook](#). Check out our other [blog post](#) for more info on this [Low Inflammation diet](#). The reason why I was forced to make Goat Ricotta from scratch is because NO ONE SELLS IT!! You'd think down here in Gluten Free, Vegan, everything Raw land that I would be able to find some Goat Ricotta!! Nope. I had to hit the internet to see how I was going to make this happen. So, I turned to my trusty friend that helped me fix my dryer a few months ago, You Tube. Turns out Ricotta is pretty super simple to make and really not that much effort! I was up for the challenge of messing this up!

- 1 Quart of Whole Goats Milk
 - 1/4 Teaspoon of Sea Salt
 - 3 Tablespoons of Distilled White Vinegar OR Lemon Juice*
 - Cheesecloth
 - Colander
 - Large Mixing Bowl
 - Thermometer (I used a candy thermometer) I have no idea why I even own one of those! Wedding gift maybe?
 - A Stirring Utensil of some sort
 - Stainless Steel Pan
1. Open your Goat Milk and pour it into your stainless-steel pot and turn burner on to medium low heat. We don't want to boil it! Just slowly warm it up.
 2. Add Salt and stir to blend
 3. Monitor the temperature and once the milk reaches 180-190 REMOVE FROM HEAT.
 4. Add 3 Tablespoons of Vinegar and gently stir to blend.
 5. At this point you are supposed to strain out the whey from your curds of deliciousness.

Jalapeno Poppers

Looking for some Sunday football recipes? How about healthy jalapeno poppers from The Plan Cookbook that you can make gluten free!



- 15 jalapenos (see note)
- 8 oz chèvre goat cheese
- 6 oz grated goat gouda
- ½ cup flour or rice flour
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ cup coconut milk, or rice dream unflavored
- ½ cup panko breadcrumbs or gluten free panko
- 2 cups avocado oil
- Dairy-Free Ranch Dressing- see next post

1. Slice the jalapenos in half lengthwise. If you want mild poppers, use a spoon to remove the pith and seeds. If you want some fire, only remove half. In a small mixing bowl, combine the chèvre and goat gouda and then spoon the mixture into each jalapeno. Set aside.
2. In a small mixing bowl, add the flour, garlic, and onion powder. Mix well. Dip each jalapeno into the seasoned flour mixture and let the peppers dry for 10 minutes. (If you omit this step the coating will just fall off!)
3. Arrange the coconut milk and panko in two separate bowls. Dip the jalapeno into the coconut milk and immediately into the panko and place on a rack. After you dip all the jalapenos once, repeat a second time for extra crispy poppers!
4. Place the oil in a medium skillet over medium-high heat, and fry poppers 4–5 at a time, 2 minutes on each side. Let the poppers drain on a paper towel on a plate. Serve with Dairy-Free Ranch Dressing.

Note: You may want to wear kitchen gloves when handling jalapenos.

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 crudité, crackers and bread of choice.

Leftover Veggies on Wonton Wrappers

Vegans and vegetarian lunches. Nom! So easy and best of all this decreases waste.



I buy wonton wrappers and fry them in avocado oil (perfect for heat up to 500 degrees). I take leftover veg (this was turmeric sautéed veg and roasted veg) and top with proteins and spices of choice. In this case cheese, seeds and chickpeas.

Most of us are so blessed to have so much food. Please don't waste it by throwing it out. Be kind to our earth.

So this is SO inexpensive, I used 3 wrappers per person high would up being ONE CENT per person!!! ❤️🖤

Mini Christmas Frittatas

How much do I love this idea? So great for your brunches!



- 8 large eggs
- 1/4 cup whole milk or coconut milk
- 1/4 cup broccoli florets
- 2 teaspoons finely chopped chives
- 1/2 teaspoon celery seed
- 1/2 teaspoon chipotle
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- Twelve 1-inch mozzarella balls
- 1/4 cup chopped red onions
- Small basil leaves, for garnish (optional)

1. Preheat the oven to 350 degrees. Line a standard-size, 12-well muffin pan with baking paper or silicone liners.
2. Whisk together the eggs and milk until well blended, then mix in the broccoli, chives and spices. Place a mozzarella ball in the bottom of each muffin cup, then evenly distribute the egg mixture among them, so that each cup is about three-quarters full.
3. Bake (middle rack) for about 30 minutes, until the frittatas are puffed and set; they will deflate a bit as they cool.
4. Serve right away, garnished with the peppers and basil, if desired. Or allow them to cool to room temperature before storing. If freezing, place the frittatas (unmold them first from the silicone liners, but paper liners can stay on) on a baking sheet and set them in the freezer until frozen, then you can place them in a plastic zip-top bag or other freezer-safe container.

Maple Roasted Brussel Sprouts and Butternut Squash



NOM- Brussels are a test and a goitrogen, but are lower reactive. So, if you pass them, please enjoy these nutritious tasty vegetables once a week!

The will help moderate estrogen levels as many vegetables of the brassica family do.

- 4 cups halved brussels sprouts
 - 3 cups peeled and cubed butternut squash
 - 2 gala apples, cubed
 - 1/4 cup melted ghee, butter or olive oil
 - 2 teaspoons dried thyme
 - 2 teaspoons dried rosemary, chopped
 - 1/3 cup pecans
 - 1/4 cup apple juice sweetened cranberries
 - 3 tablespoons maple syrup
 - 1 tablespoon olive oil
 - zest of 1/2 lemon
 - juice of 1 lemon
 - crushed black pepper, to garnish
 - flake salt, to garnish
1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper. Add brussels sprouts, butternut squash and apples to the baking sheet then toss in melted ghee, butter or olive oil. Top with dried thyme and rosemary along with a couple pinches of salt. Place in the oven to bake for 40 minutes, tossing every 10 minutes to help cook evenly.
 2. After 40 minutes, add pecans and cranberries and cook for another 10 minutes.
 3. In a bowl, whisk together maple syrup, olive oil, lemon zest and juice then pour over the veggies and toss to coat. Top with flake salt and black pepper before serving.

Panko-Crusted Brussels Sprouts

Steaming the Brussels sprouts prior to baking makes them easier to digest!



- 1 lb Brussels sprouts, trimmed, halved through the stem end
- 5 tbsp extra virgin olive oil, divided
- 2 tbsp herbes de Provence or Italian herb blend
- 1 cup panko bread crumbs or gluten-free panko, divided
- 1 cup chopped leeks
- 1 cup chopped carrots
- 1 cup finely chopped deveined kale

1. Preheat oven to 400 °F.
2. Cook Brussels sprouts in a large pot of boiling water for about 5 minutes. Transfer to a large bowl. Combine 3 tbsp olive oil with herbs and pour over Brussels sprouts, turning to coat well. Stir in $\frac{3}{4}$ cup of the panko.
3. Place leeks on the bottom of a medium cast-iron skillet and then layer with carrots, kale and top with Brussels sprouts. Sprinkle with remaining $\frac{1}{4}$ cup panko and drizzle remaining 2 tbsp oil on top. Bake for 18 to 20 minutes, until panko is browned.

Makes 4 servings

Parmesan Roasted Broccoli

Please note that parmesan is almost as low reactive as goat cheese and manchego. Most aged hard cow's cheeses are very low reactive, so try those when testing first!



- 4 to 5 pounds broccoli (note: if you like to slice and roast the stalks too, you won't need to buy quite as much)
- 4 garlic cloves, peeled and thinly sliced
- Good olive oil
- 1/2 teaspoon sea salt salt
- 1/2 teaspoon freshly ground black pepper
- 2 teaspoons grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- 3 tablespoons sunflower seeds, toasted
- 1/3 cup freshly grated Parmesan cheese
- 2 tablespoons julienned fresh basil leaves (about 12 leaves)

1. Heat the oven to 425° F.
2. Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets discarding the rest of the stalks. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 8 cups of florets. Place the broccoli florets on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 5 tablespoons olive oil. Sprinkle with the salt and pepper.
3. Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned.
4. Remove the broccoli from the oven and immediately toss with 1 1/2 tablespoons olive oil, the lemon zest, lemon juice, sunflower seeds, Parmesan, and basil. Serve hot.

Pea Pesto Toast with Preserved Lemons

This is one of my fave recipes with preserved lemons and you will hit lunch protein values with this. I usually have this in summer with a nice salad!



- 1 garlic clove, quartered
- 1/4 cup fresh basil
- 3 tablespoons extra-virgin olive oil, divided, plus more for toast
- 2 cups frozen peas
- 2 tablespoons chopped fresh chives
- 1 tablespoon finely chopped preserved lemon peel (from 1/2 preserved lemon), divided

- 1 tablespoon (or more) fresh lemon juice
 - Freshly ground black pepper
 - 4 oz grated gouda
 - 8 slices country-style bread or ciabatta, toasted
- makes 4 servings

1. Combine garlic, basil, 1 tablespoon oil, and 1/2 cup water in a small saucepan. Add peas and cook over medium heat, stirring occasionally, until peas are tender, about 5 minutes for fresh peas, about 2 minutes for frozen. Drain, reserving cooking liquid.
2. Transfer pea mixture to a food processor; pulse until a coarse paste forms. Transfer to a medium bowl; mix in chives, 1/2 tablespoon preserved lemon peel, 1 tablespoon lemon juice, and 2 tablespoons oil. Stir in reserved cooking liquid by tablespoonfuls until mixture is still thick but spreadable. Season pea mash with salt, black pepper, and more lemon juice, if desired.
3. Drizzle toast with oil; top with pea mash, sprinkle with remaining 1/2 tablespoon preserved lemon peel and cheese, and drizzle with more oil.

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.

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.

Roasted Carrots with Pomegranate and Sunflower Tahini



Sunflower seeds are rich in selenium which is important for thyroid health and best metabolism! Pomegranates are rich in antioxidants. Food is your medicine.

- 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
 - 1 lb. roasted carrots
 - 1/4 cup pomegranate seeds for garnish
1. Add all ingredients except carrots and pomegranate to a food processor.
 2. Blend until smooth, about 3 minutes.
 3. Serve immediately - pour over roasted carrots and garnish with pomegranate seeds- or store and refrigerate up to 5 days.

Roasted Fennel with Manchego

Fennel is one of my favorite vegetables for Planners to test (right along with potatoes) on your day 12. It's super low reactive and you are good to have it every other day. Fennel only becomes an issue when it's raw or undercooked, then it can be a little rough on digestion, so keep an eye out for that. Here's a super easy recipe that includes my other favorite ingredient. Cheese.



- 2 large or 3 to 4 small fennel bulbs, fronds reserved for garnish (about 2 pounds total)
 - About 1 cup olive oil
 - Fresh ground black pepper
 - 1 teaspoon sage
 - 1/3 cup freshly grated manchego
1. Preheat the oven to 350 degrees. Have a rimmed baking sheet or large, shallow baking dish at hand.
 2. Trim off and discard the bottom and tough outer layer of each fennel bulb. Cut each bulb in half from top to bottom, then cut each half into 4 equal wedges, keeping the core intact; that will help hold the wedges together.
 3. Pour enough oil to generously cover the bottom of the baking sheet or baking dish, then add the fennel wedges. You'll want to position them so their surfaces can hold the seasonings and cheese.
 4. Sprinkle each wedge with pepper and sage. Top each one with the cheese. Bake for about 30 minutes or until the fennel is tender enough to be easily pierced with a fork and the cheese is golden brown. Let cool (in the baking sheet or baking dish) until barely warm.
 5. Use a slotted spoon to transfer to individual plates or a platter. Garnish with fronds and serve right away.

Roasted Fingerlings with Preserved Lemons

Roasted fingerlings (super low reactive) with preserved lemons!



- 2 pounds fingerling potatoes, halved lengthwise
 - 3 tablespoons olive oil
 - 2 teaspoons chopped fresh rosemary
 - Sea salt and freshly ground black pepper
 - 3 tablespoons thinly sliced preserved lemon peel
 - 1/2 teaspoon organic orange zest
1. Preheat oven to 450°.
 2. Toss potatoes, oil, and rosemary on a large rimmed baking sheet; season with salt and pepper.
 3. Roast, tossing halfway through, until soft and golden brown, 25–30 minutes.
 4. Toss warm potatoes with preserved lemon peel and orange zest.

Savory Bread Pudding with Kale and Mushrooms



Here's a healthy take on stuffing, and shiitakes are rich in vitamin D – perfect for winter!

- 1 bunch kale, any type, stemmed and washed thoroughly in 2 changes of water (more if necessary)
 - 1 tbsp extra virgin olive oil
 - ½ pound shiitake mushrooms, sliced
 - 1 tsp fresh thyme leaves, coarsely chopped
 - 1 to 2 garlic cloves (optional)
 - Salt and freshly ground pepper
 - ½ pound stale bread, preferably whole-grain, sliced about 1 inch thick
 - 2 oz. manchego cheese, grated (1/2 cup)
 - 1 oz. Parmesan cheese, grated (1/4 cup)
 - Salt and freshly ground pepper
 - 4 eggs
 - 2 cups coconut milk
1. Bring a medium or large pot of water to a boil, salt generously and add the kale.
 2. Cook 2 to 3 minutes, until tender but still colorful.
 3. Transfer to a bowl of cold water, then drain and squeeze out excess water. Chop coarsely and set aside.
 4. If using garlic, cut one of the garlic cloves in half and rub the slices of bread with the cut side. Then mince all the garlic.
 5. Cut *the* bread into 1-inch squares.
 6. Heat the oil over medium-high heat in a heavy, wide skillet and add the mushrooms. Cook, stirring often, until they begin to soften, and add the thyme, garlic and salt and pepper to taste.
 7. Continue to cook for another minute or two, until the mushrooms are tender and fragrant.
 8. Stir in the kale, toss together and remove from the heat.
 9. Preheat the oven to 350 degrees. Oil a 2-quart baking dish, soufflé dish or gratin.
 10. In a large bowl, combine the bread cubes, the mushrooms and kale, and the two cheeses and toss together.
 11. Transfer to the prepared baking dish.
 12. Beat together the eggs and coconut milk. Add salt to taste and a few twists of the pepper mill, and pour over the bread mixture. Let sit for 5 to 10 minutes before baking so that the bread can absorb some of the liquid. Place in the oven and bake 40 to 50 minutes, until puffed and browned. Remove from the oven and serve hot or warm.

Slow-Cooker Scalloped Potatoes

Helloooooo gorgeous. You know I love potatoes. You know I love creamy, cheesy food. And you know I love my slow cooker, I think we have a trifecta of love!



- 2 3/4 cups peeled, 1/4-inch-sliced Yukon Gold potatoes
 - 2 3/4 cups peeled, 1/6-inch-sliced butternut or Delicata squash
 - Freshly ground black pepper
 - 4 tablespoons (1/4 cup) unsalted butter
 - 1/4 cup finely diced yellow onion (about 1/2 of a small onion)
 - 1/4 cup all-purpose flour or almond flour
 - 2 cloves garlic, minced
 - 2 cups coconut milk
 - 1/4 teaspoon freshly grated nutmeg
 - 1 cup freshly grated sheep or goat cheese
 - 2 teaspoons chopped fresh thyme
 - 1/4 cup freshly grated Parmesan cheese
1. Generously coat the inside of a 6-quart slow cooker with cooking spray.
 2. Place a layer of potato slices in the bottom of the slow cooker, alternating the Yukon Golds and squash.
 3. Generously sprinkle with kosher salt and black pepper (do not skimp or the potatoes will be bland). Repeat with a second layer of potatoes, another sprinkling of salt and pepper, then another layer of potatoes, continuing until all the potato slices have been used.
 4. Melt the butter in a medium saucepan over medium heat with the onion. Sauté until the onion is soft and beginning to turn translucent, about 4 minutes.
 5. Sprinkle the flour over the top, then whisk constantly until it turns a golden color and smells nutty, about 1 minute. Add the garlic and cook 30 seconds.
 6. Slowly pour in the coconut milk a few splashes at a time, whisking constantly to smooth any clumps. As you add the coconut milk, the mixture should begin to form a paste that becomes increasing golden. Finish adding the coconut milk, then increase the heat to medium high

(cont. on next page)

Slow-Cooker Scalloped Potatoes (Cont.)

8. Let cook, stirring constantly, until the sauce bubbles and thickens, about 6-8 minutes. Remove the pan from the heat, then stir in the nutmeg, grated cheese, and half of the thyme. Continue whisking until the cheese melts and you have a smooth, rich sauce. Add 1/4 teaspoon kosher salt and 1/8 teaspoon black pepper. Taste and add additional salt and pepper as desired.
9. Pour the sauce evenly over the potatoes, then jiggle the slow cooker gently so that the sauce seeps down to the various layers. Do not stir. Drape a triple layer of paper towels over the top of the slow cooker so that the sides of the paper towels overhang the edge, then cover the slow cooker with the lid over the top of the paper towels.
10. Cook for 2 1/2 to 4 hours on high, until the potatoes are tender, changing out the paper towels halfway through if they become soggy. The cooking time can vary widely depending upon your slow cooker, so adjust accordingly. Start checking at the 2 1/2-hour mark, then every 15 to 30 minutes afterwards depending on how the potatoes are progressing.
11. Once the potatoes are tender, uncover and sprinkle with Parmesan cheese and remaining thyme. Cook on high, uncovered, for 10 minutes to allow the cheese to melt and the top to crisp. Serve immediately or keep warm in the slow cooker for up to 1 hour.

Sourdough Bread Starter

Sourdough bread is much easier for most people to digest than regular bread, so why not make your own sourdough starter? How cool is that?

"A sourdough bread starter is a fermented mixture of flour and water that breeds naturally occurring bacteria and wild yeast. The starter acts as a leavening agent and gives the bread its tangy flavor. The starter is the lifeline of the sourdough making process, and you must handle it with care."

How do you make one?



To make one, an equal parts ratio of all-purpose flour and water are mixed together in a large glass bowl to form a loose batter. The acidity produced by the starter can react with a metal bowl's overtime, therefore, it's best to avoid using them all together. The mixture needs to rest covered with plastic in a safe place in your kitchen around room temperature (about 70°F) for the first 24 hours

An open-air space where your starter won't be in the way, such as the counter or the top of your refrigerator, is a good place to keep it. In this time, the wild yeast that freely exists in the air, finds a home in the mixture and begins to grow and feed off the sugars in the flour.

Spicy Korean Meatballs

Don't like spicy, just cut out the sriracha or gochujang (more reactive than sriracha so test it!).



- 3 green onions, very thinly sliced
- 2 garlic cloves, minced
- 1 egg, lightly beaten
- 1-pound ground beef, or lamb
- 1/2 cup panko breadcrumbs
- 2 tablespoons gochujang (Korean chili paste) or sriracha
- 1 tablespoon minced fresh ginger
- 1/2 teaspoon ground white pepper
- 2 tablespoons avocado oil for pan-frying

Glaze:

- 1/3 cup apricot preserves
- 2 tablespoons gochujang or sriracha
- 1 1/2 tablespoon rice vinegar
- 1 tablespoon coconut aminos

Garnishes:

- sliced green onion and toasted sesame seeds or crushed sunflower seeds

1. Preheat oven to 350° F. In large bowl, combine all meatball ingredients except oil. The key to good meatballs is not to over mix them. Just gently combine the ingredients until everything is evenly distributed. Form the mixture into golf-ball sized meatballs.
2. Heat oil in large skillet over medium-high heat. In batches (don't crowd the pan!), brown the meatballs on all sides. Transfer meatballs to rimmed baking pan and transfer to oven. Bake 10 minutes or until internal temperature reaches 160° F.
3. Meanwhile, in small saucepot, combine all glaze ingredients. Cook over medium heat 5 minutes or until mixture is slightly thickened.
4. To serve, brush meatballs with glaze and sprinkle with green onion and sesame seeds.

Stuffing Fritters with Cranberry Jalapeño Sauce



This would be a great way to repurpose the leftovers, right? So decadent, so yummy.

For the goat cheese and lime sauce:

- 1/2 cup goat cheese
- 1/4 cup finely chopped basil
- Finely grated zest of 1 large or 2 organic small limes
- Juice of 1 large or 2 small limes
- 1/8 teaspoon freshly ground black pepper

For the cranberry-jalapeño sauce:

- 1/2 cup cranberry sauce
- 1 tsp agave or maple syrup
- 1-2 med jalapeños, seeded, trimmed, and finely chopped

Make the cranberry-jalapeño sauce: Place the cranberry sauce, syrup, and jalapeños in a small bowl and stir until completely combined. The sauce will not be completely smooth. Cover and set aside.

Make the goat cheese and lime sauce: Combine all the ingredients in a small bowl. Cover and refrigerate until ready to serve.

Make the fritters: (see next page)

Stuffing Fritters with Cranberry Jalapeño Sauce (cont.)



Make the fritters:

1. Set up 3 shallow bowls side by side on a work surface.
2. Place the flour, 1 teaspoon of the cumin, chipotle powder, 1 teaspoon of the salt, and pepper in the first bowl and stir to combine.
3. Break the eggs into the second bowl, add 1 teaspoon of the salt, and whisk to fully combine.
4. Place the panko in the third bowl and stir to combine.
5. If your stuffing has pieces that are larger than 1/2 inch, coarsely chop first. Place the stuffing in a large bowl, add the garlic and remaining 2 teaspoons cumin, and stir until most of the bread is broken apart and has become a paste. The mixture should be a sticky, thick paste and should stick together with ease. If the mixture does not stick together when patted very lightly in the palm of your hand, mix in 1 tablespoon of the flour mixture at a time until it reaches the right consistency. If the mixture is dry, crumbles, or has big chunks of bread that won't come apart, mix in 1 tablespoon of the egg mixture at a time until it reaches the right consistency.
6. Line a large plate with 2 to 3 layers of paper towels and set aside.
7. Line a rimmed baking sheet with parchment paper and place it beside the 3 bowls.
8. Shape the stuffing mixture into 14 to 16 (2-tablespoon) lumpy balls.
9. Place them on one side of the prepared baking sheet, making sure they do not touch.
10. Place 1 of the balls in the flour mixture and turn to coat, patting it into a patty about 2 inches wide and 1/2 inch thick. Place the patty in the egg mixture, turn to coat, and then place it into the breadcrumb mixture, turning to coat completely. Place the coated fritter on the clean side of the baking sheet.
11. Repeat with the remaining stuffing balls.
12. Heat the oil in a 12- to 14-inch skillet over medium-high heat until shimmering.
13. Using a ladle or kitchen spider, carefully place 4 patties into the oil, making sure they are not crowded or touching.
14. Cook until the bottoms are a deep golden-brown, about 1 minute.
15. Carefully flip the fritters until the second side is deep golden-brown, about 45 seconds.
16. Transfer to the prepared plate, and sprinkle with additional salt if desired.
17. Repeat with frying remaining fritters.
18. Serve immediately with the sauces (see prior page) — these fritters are best hot out of the pan.

Tandoori Chickpea Squash Fritters

Pre-workout veggie lunch for Bill. Chickpea butternut squash fritters with fris e, greens, almond slivers and pecans with 25 grams of protein!



- 2 cups butternut squash, chopped
- 3 tbsp tandoori spice (or curry)
- 1 cup low sodium chickpeas
- 1 tsp fresh black pepper
- 1/4 tsp turmeric
- 3/4 cup panko
- 3 tbsp chia
- 2 oz goat cheese
- Evo to saut 

1. In a medium saucepan boil water add butternut squash and spice of choice. Simmer squash for 10 minutes until tender. Remove from heat and drain.
2. In a food processor add chickpeas, black pepper, turmeric and squash and blend thoroughly.
3. In a medium bowl add goat cheese and top with hot chickpea squash pur e to melt the cheese. Add panko and chia seeds and mix thoroughly. Let sit for 10 minutes for fritter batter to firm.
In a medium saut  pan at medium heat add evo and fritters. Saut  on each side until golden brown appx 4 minutes per side. Serve with salad of choice.
4. Makes 10 fritters with appx 5 grams of protein per fritter.

Vegan Chopped "Liver"

Just in time for Passover!



- 1 tablespoon olive oil
 - 1 1/2 cups chopped onions
 - 2 cups shiitakes, diced
 - 3/4 cup sunflower seeds
 - 1 tsp lemon juice, or to taste
 - 1/4 tsp pink Himalayan sea salt
 - 1/2 tsp white pepper
 - Heat the oil in a medium skillet.
1. Sauté the onions slowly over medium-low heat, stirring frequently, until translucent.
 2. Add the mushrooms and cook until they've wilted down and moisture is released.
 3. Combine the onions and mushrooms with the remaining ingredients in the container of a food processor.
 4. Process until mixed thoroughly. Serve immediately or refrigerate.

Yield: 8 servings

White Potato and Cheddar Gratin

Seeing that we are in the middle of a crazy nor'easter I am making some comfort food tonight with what I have in my pantry- hello potato gratin!



- 3 pounds potatoes, peeled and thinly sliced $\frac{1}{8}$ -inch thick
 - 1 cup coconut cream
 - 1 cup coconut milk
 - Sea salt and freshly ground black pepper, to taste
 - $1\frac{1}{2}$ cups grated aged manchego (about 6 ounces), divided
 - 3 tablespoons finely chopped chives
 - $\frac{1}{4}$ cups finely grated parmesan
1. Heat oven to 425°F.
 2. Combine potatoes, cream, salt to taste, and a few grinds of pepper in a large ovenproof skillet over medium-high heat.
 3. Bring to a boil and reduce heat to a simmer.
 4. Cook, swirling pan occasionally, until cream is slightly reduced and potatoes are just tender when pierced with a knife, 10 to 12 minutes.
 5. Fold in 1 cup of manchego and the chives and season to taste with salt and pepper. Cover the top of the gratin with the remaining manchego and the parmesan.
 6. Bake until the edges are bubbly and the topping is golden, about 20 minutes. Let sit for 10 minutes before serving.

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!

Sauces and Dressings



Broccoli Pesto

You could easily use frozen broccoli for this dish to cut down on prep time even more!

Pecorino is a sheep's cheese and so if you would rather not test Parmesan you could use the Pecorino with some Manchego.



- ½ pound broccoli florets
 - 2 garlic cloves, peeled
 - 1 cup basil leaves, tightly packed
 - ⅓ cup extra virgin olive oil
 - Freshly ground pepper to taste
 - 1 ½ to 2 ounces (⅓ to ½ cup) freshly grated Parmesan, or a mixture of Pecorino Romano and Parmesan, to taste
1. Steam the broccoli for 6 minutes, until very tender but still bright. Remove from the heat, rinse and drain on paper towels.
 2. Turn on a food processor fitted with the steel blade and drop in the garlic. When the garlic is minced and adhering to the sides of the bowl, stop the machine and scrape down the sides of the bowl. Add the broccoli and the basil to the machine and turn on. When contents are finely chopped, stop the machine and scrape down the sides of the bowl. Turn on the machine again and drizzle in the olive oil. Purée until smooth. Add salt and pepper to taste and the grated cheese, and process until well blended.
 3. Transfer to a bowl and serve as a dip, spread or sauce with pasta. If serving with pasta, this amount will be plenty for a pound of pasta. Thin out with ¼ to ½ cup of the pasta cooking water before tossing with the pasta.

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.

Creamy Dill Dip

One of the best ways to jazz up the 'same old' is with sauces. Here's a creamy dill dip, with a vegan version as well! Dill is a good source of calcium, manganese and iron and contains flavonoids, known for their antioxidant, anti-inflammatory and antiviral properties.

This dressing is great in fish, chicken, salads and vegetables and raw garlic AND dill is a great yeast fighter.



Creamy Dill Dip

- 6 oz goat cheese
- 1 cup water
- 1/4 cup dill, packed
- 1 clove garlic

Vegan Creamy Dill Dip

- 1 cup coconut milk
- 2 tsp lemon juice
- 1/4 cup dill packed
- 1 garlic clove
- 1/4 tsp pink Himalayan sea salt

1. Put all ingredients in a food processor. and blend until thoroughly mixed.
2. Add more or less water for desired consistency
3. Keeps in refrigerator for 5-6 days

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Homemade low reactive ketchup



- 4 whole cloves
 - 4 whole allspice berries
 - 1 cinnamon stick
 - 14 oz low sodium tomato sauce
 - 12 oz carrot ginger soup
 - 1 large onion chopped
 - 1 garlic clove crushed
 - ¼ cup balsamic vinegar
 - ¼ cup brown sugar
1. Add all ingredients to a medium pot. Cook over low heat, stirring occasionally, about 1 hour.
 2. Strain tomato sauce mix through a sieve.
 3. Transfer to 8 oz mason jars, fill to 6 oz and let cool.
 4. Let flavors marinate for at least 3 hours. Ketchup is good for 2 weeks. Freeze what you won't use and enjoy!

Lemon Confit

I have ALWAYS wanted to make preserved lemons but hate how long it takes. I am totally going to make this quicker version! Because the lemons are sliced, this technique takes much less time than the usual recipe for whole preserved lemons.

Make Ahead: The lemons need 3 days' curing time. Cover tightly and refrigerate for at least 1 month for best flavor. The recipe can be halved.



- 6 organic lemons
- 3 shallots, minced
- 3 medium cloves garlic, minced
- 1/4 cup sea salt
- 2 tablespoons sugar
- 1 to 2 cups extra-virgin olive oil

1. Bring a large pot of water to a boil over high heat.
2. Plunge the lemons into the water just long enough to soften any outer layer of wax on the fruit. Drain, rinse, then wipe the lemons clean and dry them.
3. Cut the lemons into very thin slices, discarding the ends and any seeds.
4. Combine the shallots and garlic in a small bowl.
5. Combine the salt and sugar in a separate small bowl.
6. Arrange a layer of lemon slices in the bottom of a medium container with a lid, making sure not to overlap the slices. Sprinkle the lemons first with a little of the shallot-garlic mixture, then with some of the salt-sugar mixture. Repeat to use all the slices, layering them in several stacks and sprinkling them alternately with the 2 mixtures until the final lemon slices are topped with the last of the shallot-garlic and salt-sugar mixtures. Cover tightly and refrigerate for 3 days; after a day or so, turn over the stacks so all the slices can cure evenly.
7. Drain the lemons in a strainer for about 15 minutes. Have ready a clean 1-quart container with a tight-fitting lid.
8. Pack the drained lemons tightly in the container, then fill with the oil, making sure the lemons are completely covered. The confit can be used immediately or refrigerated for at least 1 month.

9. Lemon Goat Cheese Dipping Sauce

A great calcium rich dip for your potato chips or vegetable crudité's, 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.

Low Reactive Tomato Sauce



- 1 (24 oz) bottle low-sodium tomato sauce
- 2 ½ cups Carrot Ginger Soup
- 1 garlic clove, minced
- 2 tbsp dried basil
- 1 tbsp dried oregano
- ½ tsp dried rosemary
- Optional: add 1 tbsp agave nectar or honey for pizza sauce

1. Combine all ingredients in a large saucepan and simmer over low heat for 20 minutes.
2. Let cool and pour into individual containers for freezing.

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.

Mint Vinaigrette

When we have cooler weather, you may find that your needs for raw vegetables decreases and smaller amounts may work better for you. Please note how you feel after salads etc., if you notice any bloating (which slows weight loss btw). That may be a sign to cut the raw component down a bit.

By the time it's February I usually just have a few tbsp of carrot/beet/radicchio at my meals or a small amount of chopped frisée with avocado, pomegranate (and some grated hard goat or sheep's cheese) for my best digestion. This simple salad is lovely at parties by the way. I love it with my mint vinaigrette.



- 1 cup Extra Virgin Olive Oil
- 3/4 cup Balsamic Vinegar
- 1/2 cup Fresh Mint
- 1 garlic clove

1. Add all ingredients to a food processor and blend.
2. Keep refrigerated for 5 days.

As you Planners know mustard is high reactive and a goitrogen (so it affects thyroid function-our master gland for metabolism), so I leave it out of my vinaigrette. But I find a little raw garlic really helps to mimic the flavor of mustard. Not only that but raw garlic helps to fight yeast, so it's a perfect choice for your salad dressings that have vinegar.

Remember that raw vegetables provide "live" enzymes while cooked vegetables aid digestion, so it's always great to have a mix of the two! Find your balance ratio of cooked to raw!

Obatzda (Bavarian Cheese dip)

It's midwinter and we need some comfort food!!!



- 1lb ripe camembert cheese or goat brie, room temp
 - 3 tablespoons of butter, unsalted, room temp
 - ¼ cup of goat cheese, room temp
 - 1/3 cup onion, finely chopped
 - 1/2 teaspoon cayenne
 - 1 teaspoon white pepper
 - ½ teaspoon caraway seeds (optional)
 - 4-8 tablespoons of dark German beer or wheat beer
 - 2 tablespoons of chives, finely chopped
1. Using potato masher, combine the camembert (or goat brie), goat cheese and butter in a medium bowl until well mixed, allowing some chunks of cheese to remain.
 2. Mix in the finely chopped onions, cayenne and pepper.
 3. Add in the beer, starting with 4 tablespoons, mixing well. Keep adding beer until you reach a good consistency, the mix should be easy to spread but not be wet or runny. Taste as you add the beer to check that you like the flavor balance as well.
 4. Cover with plastic wrap or transfer to a lidded container and refrigerate for at least 2 hours.
 5. After 2 hours, take the Obatzda out and taste for seasoning, adjusting as necessary.
 6. Once you have adjusted the seasoning, spoon the Obatzda into a loaf of sourdough bread which has been hollowed out. Serve garnished with chives and a little extra white pepper.

Queso Mushroom Dip

For your Oscars viewing pleasure!



- 1 tbsp extra virgin olive oil
- 1/2-pound shiitake mushrooms
- 6 ounces goat cheese, crumbled
- 6 ounces shredded Manchego or goat gouda
- 1/2 cup baby kale, fine diced
- 1/4 cup diced red onion
- optional: 2 chipotles in adobo, diced

1. Preheat oven to 375°F.
2. In a large skillet, heat oil over medium heat. Add mushrooms and cook, stirring frequently, until mushrooms have released their liquid and are dry and lightly browned, about 10 minutes.
3. Layer mushrooms in a baking ramekin. In a medium bowl combine cheeses, kale, onion and optional chipotles and toss until combined.
4. Spread cheese mixture evenly over mushrooms.
5. Bake until bubbling, about 25 minutes. Serve hot.

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.

Entrees



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.

Baked Chicken Drumettes

Here's another incredible recipe from Coach Laura in Chicago. Can anyone say Superbowl ideas....? You don't have to tell them it's healthy!



- 3-pound chicken drumettes
1. Add approximately 2" of water in the bottom of a pot with a metal steamer basket over high heat.
 2. Cover and bring to a boil ~ when boiling, add the wings and reduce the heat to medium. Steam for 10 minutes
 3. While steaming, lay paper towels down onto a rimmed baking sheet and top with a cooling rack.
 4. Once the wings have been steamed, remove them to the cooling rack and pat dry. Either refrigerator uncovered or let them sit out for 1 hour to have the skin dry.

Balsamic Cranberry Roast Chicken

I am going to do this with a whole duck. It would also be super cute with individual Cornish game hens.



- 2 cloves garlic
 - ¼ cup balsamic vinegar
 - 3 tbsp extra-virgin olive oil
 - 1 tbsp coconut aminos
 - 1½ cups cranberries, divided
 - 1 tsp cinnamon
 - 1 tsp black pepper
 - 1/2 tsp cardamom
 - 8 pieces chicken (thighs, drumsticks or a mixture)
 - Nonstick spray, as needed
 - Sea salt and freshly ground black pepper
 - 1 tbsp chopped fresh thyme, plus extra sprigs for finishing
1. In the bowl of a food processor or blender, process the garlic, balsamic vinegar, olive oil, coconut aminos and ½ cup of the cranberries until smooth.
 2. Place the chicken pieces in a large zip-top plastic bag and pour the marinade over the chicken.
 3. Close the bag and refrigerate for 30 minutes to 1 hour.
 4. Preheat the oven to 375°F. Lightly grease a large oven-safe skillet or casserole dish with nonstick spray.
 5. Remove the chicken from the bag, reserving the marinade.
 6. Place the chicken pieces in the skillet or dish, skin side down, and season with salt, pepper, thyme and rosemary.
 7. Sprinkle the remaining 1 cup cranberries around the pan.
 8. Roast the chicken until the skin begins to brown and the meat is nearly cooked through, 20 to 25 minutes.
 9. Flip the chicken and brush each piece generously with the reserved marinade. Discard the remaining marinade.
 10. Raise the oven temperature to 425°F and cook until the chicken skin is crispy, 5 to 8 more minutes. Serve immediately.

Beef Casserole with Potatoes and Kale

Cold weather =hearty food and I love one pan dishes so this is a win-win scenario!



- 4 garlic cloves
- 1 cup coconut cream or 1/2 and 1/2
- 2 thyme branches
- 2 tablespoons finely chopped fresh sage
- 1 tablespoon extra-virgin olive oil, more as needed
- 1-pound ground lean beef
- Black pepper, as needed
- 1 cup thinly sliced onion
- 3 ounces baby spinach or kale (3 packed cups)
- 2 teaspoons coconut aminos
- 1/2-pound carrots
- 1/2 pound Yukon gold potatoes
- 4 ounces manchego, grated (1 cup)

1. Crush and peel 2 garlic cloves. In a small pot over medium heat, combine cream, the crushed garlic, the thyme and 1/2 tablespoon sage. Bring to a simmer; cook until reduced to 1/2 cup, about 30 minutes. Strain and cool.
2. While cream cools, heat oil in an ovenproof 10-inch skillet (preferably cast iron) over medium-high heat. Add half the beef and brown well, crumbling with a fork as it cooks. Season with a few grinds of pepper; transfer meat to a paper-towel-lined plate. Repeat with remaining meat, 1/4 teaspoon salt and the pepper.
3. Add onion to pan drippings (drizzle with oil if pan seems dry). Cook, stirring occasionally, until onions are tender and golden, about 10 minutes. Peel and chop remaining 2 garlic cloves; add to pan with remaining sage. Return meat to skillet. Toss in spinach, a handful at a time, until wilted. Season with coconut aminos and pepper to taste.
4. Heat oven to 350 degrees. Slice carrots each half crosswise into 1/8-inch-thick slices. Cut potatoes into 1/4-inch-thick rounds. Layer half the carrots and potato slices over meat, alternating between carrots and potato, with slices overlapping one another. Season lightly with pepper; top with half the cheese. Repeat with remaining vegetables and cheese. Spoon reduced cream evenly over top.
5. Cover pan and bake until vegetables are very tender, 60 to 75 minutes. Uncover and cook until golden brown, about 10 minutes more. Cool 10 minutes before serving.

Beef stir fry with peppers

This will replace your Chinese takeout and would be a great dish to test red peppers with! If you want to play it safe stick with yellow squash or zucchini.



- 1 pound beef
 - 2+ tablespoons avocado oil
 - 1 red bell pepper, thinly sliced or yellow squash
 - 1 yellow onion, diced
 - 3 garlic cloves, sliced
 - 1 teaspoon fresh grated ginger
 - 1 teaspoon honey
 - pinch of salt
 - 1 cup packed Thai basil leaves or regular basil
 - 1/4 cup coconut aminos
1. Place a large sauté pan over medium-high heat, add avocado oil. Once pan is very hot, space out some of the meat in the pan making sure not to crowd it, and sear until browned on both sides, about 2 minutes per side depending on the thickness. It's very important not to crowd the pan here because you want to get a crispy crust on the meat. Once meat is browned, set aside and continue with the rest of the meat until it is all cooked.
 2. Add a little more oil to the pan then add the bell pepper or squash, ginger, onion and garlic and sauté until p soft and onions are translucent, scraping the brown bits from the bottom of the pan, about 10 minutes.
 3. Add the coconut aminos, and honey to the pan with the pepper and onions and let cook down over a high heat for about 5-8 minutes. Once slightly reduced, add the beef back to the pan along with the Thai basil leaves and mix. Cook for 2-3 minutes, until basil is soft and wilted.

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 Paillard with avocado and pomegranate salsa



CHICKEN

- 4 boneless skinless chicken breasts
- ¼ cup fresh lemon juice
- 3 TBL EVOO
- 1 TBL pomegranate molasses
- Himalayan sea salt and fresh ground black pepper

SALSA

- 1 large lemon
- ½ cup pomegranate seeds
- 3 scallions (white and light green parts only thinly sliced)
- 1 avocado pitted, peeled and cut into ¼” dice
- TBL EVOO or avocado oil
- 2 tsp chopped fresh flat leaf parsley
- 1 tsp finely diced seeded jalapeno
- 1 tsp pomegranate molasses

PREP THE CHICKEN

1. Pound each breast between pieces of wax paper or plastic wrap until about 3/8” thick.
2. In shallow bowl stir the lemon juice, 2 tablespoons of the olive oil, pomegranate molasses, ¼ tsp salt and ¼ tsp pepper.
3. Add the chicken, turn to coat, cover, and refrigerate for at least 20 minutes and up to 1 hour.

MAKE THE SALSA

4. Finely grate the zest from the lemon and then squeeze to get 1 TBL juice.
5. In bowl, mix the pomegranate seeds, zest, juice, scallions, avocado, olive oil, parsley, jalapeno, pomegranate molasses. Fold gently.

COOK THE CHICKEN

6. Heat avocado oil or olive oil in 12” skillet. I love my iron skillet.
7. Cook chicken breasts until lightly brown—approx. 3-4 minutes. Flip and cook until lightly browned on the other side—another 3 minutes more until cooked through.
8. Serve over mixed greens topped with the salsa

Chicken Parmesan



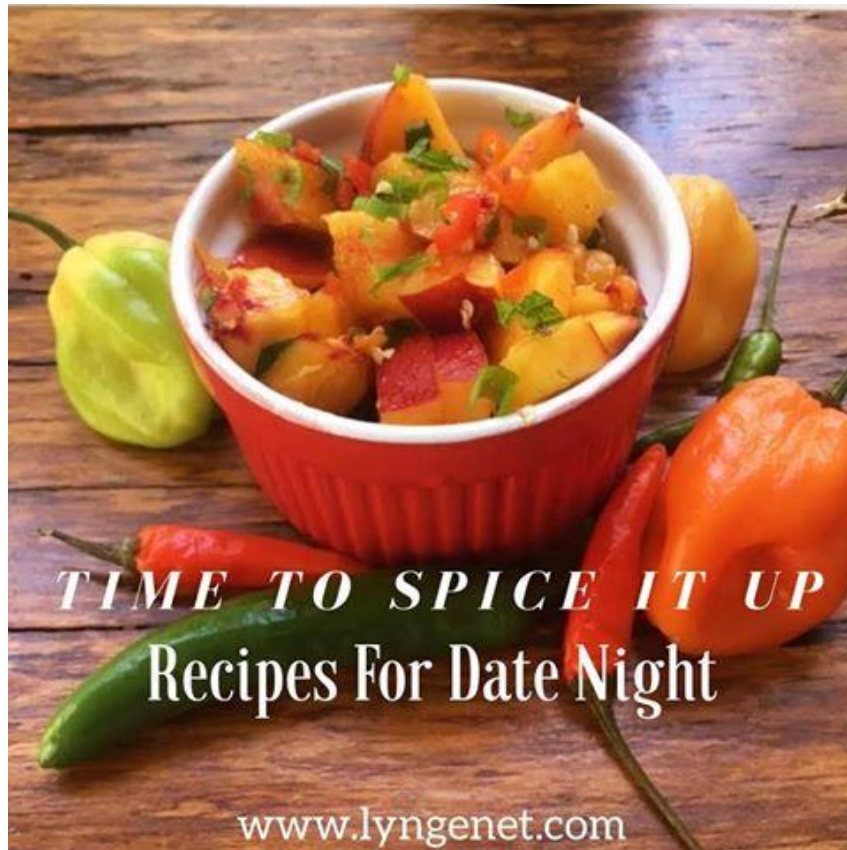
- 4 6 oz chicken breasts, cooked
 - ½ cup panko or gluten free panko
 - ¼ cup grated parmesan cheese
 - 2 tbsp extra virgin olive oil
 - 1 cup mozzarella
 - 1 cup tomato sauce
 - Extra oil for baking pan
 - Fresh basil minced
1. Combine panko and parmesan cheese in a bowl.
 2. Lightly brush the olive 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 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 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.

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.

Creamy Crockpot 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.

Creamy Slow-Cooker Peanut Chicken & Broccoli in Sate Sauce

Peanut butter tends to be lower reactive, but as it's a goitrogen we limit it to once a week. You could easily sub in another nut butter like raw almond butter, or raw cashew butter. And remember chicken and rice is a test!



Chicken

- 3 pounds boneless, skinless chicken thighs, cut into 1 1/2-inch chunks
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon avocado oil
- 1 bunch scallions, chopped
- 4 cloves garlic, minced
- 1 (2-inch) piece fresh ginger, peeled and minced
- 2 cups water
- 1/2 cup smooth peanut butter, preferably organic
- 3 tablespoons coconut aminos
- 1 to 2 tablespoons Thai red curry paste
- 1 tbsp honey
- 1 1/2 pounds broccoli crowns, cut into bite-sized florets

For serving:

- Chopped roasted peanuts
 - Chopped scallions
 - Asian chili-garlic paste
 - Sea Salt
1. Combine the chicken and pepper in a large bowl and toss until the chicken is lightly coated; set aside.
 2. Heat the oil in a small frying pan over medium-high heat until shimmering. Add the scallions, garlic, and ginger, season with a pinch of salt, and cook, stirring until bright green and fragrant, about 1 minute. Scrape into a 5-quart or larger slow cooker.
 3. Add the water, peanut butter, coconut aminos, red curry paste, and sugar. Whisk together until smooth and well-combined. Add the chicken and stir to combine. Cover and cook on the LOW setting without stirring until the chicken is cooked through and tender, 4 to 6 hours.
 4. Add the broccoli, gently stir to combine, and cover and cook until the broccoli is crisp-tender, 30 to 45 minutes more. Serve over rice, topped with chopped peanuts and scallions. Serve the chili-garlic paste on the side.

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.

Cumin Spiced Lamb Chops (or skirt steak) with Basil Garlic Dip



Lamb

- 1/4 cup coconut amino
- 1/4 cup avocado oil
- 3 tablespoons sherry
- 4 garlic cloves, minced
- 2 racks lambchops, frenched
- 4 tablespoons cumin seeds, toasted
- 1 tablespoon coriander seeds, toasted
- 1/2 teaspoon chipotle powder (optional)

1. Mix coconut aminos, oil, sherry, and garlic.
2. Cut lamb into 6 equal pieces and marinate for 6 to 8 hours.
3. Heat grill.
4. Grind cumin seeds, peppercorns, and coriander seeds.
5. Mix with optional chipotle and sprinkle liberally over lamb.
6. Grill until temperature reaches 140, let rest about 5 minutes, then slice each piece in half. Serve with

Basil Dip

- 1 cup basil
- 2 garlic cloves, minced
- 1/2 teaspoon chipotle powder (optional)
- 1/2 lime, juiced
- 2 tablespoons rice vinegar
- 1/3 cup olive oil
- sea salt to taste

7. Blend all ingredients through rice vinegar, then drizzle in oil with the machine running.
8. Season to taste with salt.

Duck Breast with Spicy Apricot Sauce

Yum so simple and easy. Lime and lemon are also great flavor boosters when you are trying to lower your sodium intake! You can get organic lime juice in a bottle which saves a LOT of time! I get mine at Whole Foods.



- 4 dried figs
- 1/3 cup hot water
- 4 or 5 limes or 1/3 cup lime juice
- Leaves from 2 stems mint
- Leaves from 2 stems basil
- 1 - 1.5 lbs chicken thighs or breasts skinless boneless
- Dash sea salt
- Freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- 1/3 cup fig jam or fig spread
- optional- figs cut for garnish

1. Stem the figs and cut the fruit into quarters. Place in a small bowl and cover with the hot water. Let stand while you prep other ingredients.
2. Meanwhile, cut the limes in half. Squeeze to yield 1/3 cup juice. Coarsely chop the mint and basil
3. Place the chicken thighs or breasts between two sheets of plastic wrap and lightly pound with a mallet to achieve an even thickness of 1/2 to 3/4 inch.
4. Lightly season both sides of the chicken with salt and pepper. Cut into 4 equal strips.
5. Heat 1 tablespoon of the oil in a large skillet over medium heat. Add half of the chicken pieces and cook for 3 minutes on each side or until lightly golden. Transfer to a plate and cover loosely to keep warm. Repeat with the remaining oil and chicken.
6. Add the lime juice to the skillet, stirring to dislodge any browned bits, then stir in the jam or spread. Drain the figs as needed, then add to the skillet. Cook for 3 or 4 minutes, stirring until there are no lumps of jam, then return the chicken to the skillet. Cook until the chicken is warmed through, making sure it's also completely done and coated with the sauce.
7. Divide among individual plates, spooning the sauce on top. Garnish with the mint and basil and fresh figs. Serve warm. Recipe adapted from The Washington Post.

Garam Masala Roast Chicken

I don't know about you but the holiday madness of parties and shopping means that by the time Wednesday rolls around I am EXHAUSTED, so simple, flavorful dishes like this THRILL me. The trick to this is the balsamic- you could actually use any herb blend you like from Italian to Chinese to Jamaican!

Even with no added fat, this bird is moist, juicy and flavorful. It's not the prettiest chicken you'll ever pull out of your oven -- the basting of balsamic vinegar bakes into a blackish crust -- but it's one of the tastiest. The garam masala seasoning is assertive without being overpowering.

You can add butter to the spice rub if you like, and you can baste with unsalted butter during roasting, but with a chicken this good, it seems pointless to bother.



3 tablespoons garam masala

- 1 teaspoon sea salt
- 3 1/2- to 4-pound whole chicken
- 2 tablespoons balsamic vinegar

1. Position an oven rack in the lower third of the oven; preheat to 400 degrees. Line a rimmed baking sheet with aluminum foil and place a wire roasting rack on the sheet. Spray the rack with nonstick cooking oil spray.
2. Combine the garam masala and salt in a small bowl. Place the chicken on a work surface and slide your fingers under the skin and over the breast meat on both sides, opening up a pocket between skin and meat. At the area where the leg connects to the body, work your fingers down around the thigh and leg, creating a pocket between skin and meat. Rub 2 teaspoons of the garam masala mixture under each breast half and under the skin of each thigh, rubbing it all along the meat. Rub the remaining mixture all over the skin of the chicken and inside the cavity. Tie the legs together with twine, and tuck the wings behind the back.
3. Place the chicken breast side down on the roasting rack and roast for 30 minutes. Remove the baking sheet from the oven and brush the back of the chicken with half of the vinegar; turn the chicken breast side up, brush the top with the remaining vinegar and roast for about 30 minutes or until an instant-read thermometer inserted into the thickest part of the thigh (away from the bone) registers 180 degrees.
4. Remove from the oven and let the chicken rest on the rack for 10 minutes before carving and serving.

Garlic Chicken and Potatoes

Potatoes are super friendly, I recommend them as your first vegetable test. To make this for a party you can cut the chicken into skewers and bake them with onions, zucchini and potatoes.



- 2 pounds small red-skinned potatoes, quartered
- 3 tablespoons extra-virgin olive oil
- 1/2 teaspoon cumin seeds (optional)
- Sea salt and freshly ground pepper
- 4 cloves garlic, finely chopped
- 2 tablespoons packed light brown sugar
- 1 lemon (1/2 juiced, 1/2 cut into wedges)
- Pinch of cayenne
- 4 skinless, boneless chicken breasts or 1 & 1/2 lbs boneless chicken thighs
- 2 tablespoons chopped fresh basil or tarragon

1. Position a rack in the lower third of the oven and preheat to 425 degrees F.
2. Toss the potatoes with 1 tablespoon olive oil, the cumin seeds, 3/4 teaspoon salt, and pepper to taste.
3. Spread in a large baking dish and roast until the potatoes begin to brown, 25 to 30 minutes.
4. Meanwhile, heat the remaining 2 tablespoons olive oil in a small skillet over medium heat. Add the garlic and cook, stirring frequently, until lightly golden, about 2 minutes.
5. Remove from the heat and stir in the brown sugar, lemon juice and red pepper flakes.
6. Remove the baking dish from the oven, push the potatoes to the sides and arrange the chicken breasts in the middle. Season the chicken with salt and drizzle with the garlic mixture.
7. Return to the oven and bake until the chicken is cooked through and the potatoes are tender, about 20 minutes.
8. Remove from the oven; transfer the chicken to a cutting board and slice.
9. Add the cilantro to the baking dish and toss with the potatoes.

Serve the chicken with the potatoes and lemon wedges. Drizzle with the pan juices.

Garlic Jalapeño Chicken Sausage Patties

This looks fun! Just make sure to get the chicken ground fresh or to use an alternate meat like beef or lamb. Ground chicken is much higher reactive (most likely due to oxidation).



- 2 Tbsp minced fresh jalapeños
- 2 cloves garlic minced
- 3 Tbsp red onion minced
- 2 Tbsp ghee or butter divided
- 1 lb ground chicken not too lean
- 1 Pinch red cayenne pepper or more, according to taste
- 1/8 tsp allspice
- 1/4 tsp cumin
- 1 Pinch nutmeg optional
- 1/4 tsp sea salt
- Black pepper to taste

1. Heat 1 Tbsp ghee in a small skillet over med heat. Add minced onion and cook about 30-60 seconds until soft and translucent. Add the jalapeño and garlic, stir, and continue to cook over medium 30-45 seconds until just softened. Remove from heat and allow to cool for a few minutes.
2. In a mixing bowl, combine the ground chicken with all the spices, salt and pepper. Once cooked mixture has cooled a bit (it can still be warm) add it to chicken mixture (along with any ghee still in the skillet) and mix with your hands until evenly distributed.
3. Heat a large nonstick skillet over medium heat and add remaining ghee. Form mixture into small patties about 1/2" thick (you'll make 8-10) and fry on each side 2-3 minutes or until golden brown, adjusting heat to avoid burning the outside if necessary.

Serve right away, or you can freeze after cooking for later use (meal prep.)

**The chicken mixture may be sticky, so wet your hands when forming into patties to make it easier.*

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

Herbed Chicken with Thyme

Using simple every day herbs can have so many health benefits. Thyme is one of the unsung heroes. Thyme is a natural cough remedy, lowers blood pressure, can help with mold exposure, and boosts immune function. The rinds of organic citrus are great cancer fighters!



- 4 chicken legs or 8 bone-in, skin-on chicken thighs
 - 1 teaspoon sea salt
 - 1 teaspoon freshly ground black pepper
 - ½ to ¾ cup all-purpose flour or almond flour
 - 3 tablespoons olive oil
 - 2 tablespoons herbes de Provence
 - 1 organic lemon, quartered
 - 8 to 10 cloves garlic, peeled
 - 4 to 6 medium-size shallots, peeled and halved
 - ⅓ cup dry vermouth or white wine
 - 4 sprigs of thyme, for serving
1. Heat oven to 400 degrees. Season the chicken with salt and pepper. Put the flour in a shallow pan, and lightly dredge the chicken in it, shaking the pieces to remove excess flour.
 2. Swirl the oil in a large roasting pan, and place the floured chicken in it. Season the chicken with the herbes de Provence.
 3. Arrange the lemon, garlic cloves and shallots around the chicken, then add the vermouth to the pan.
 4. Put the pan in the oven, and roast for 25 to 30 minutes, then baste it with the pan juices. Continue roasting for another 25 to 30 minutes, or until the chicken is very crisp and the meat cooked through.
 5. Serve in the pan or on a warmed platter, garnished with the thyme.

Recipe adapted from NY Times.

Korean Grilled Beef Lettuce Wraps



NOM! Sesame oil is a test and high in omega 6 – the pro-inflammatory omega, so I cut the amount in half. But frankly you can just omit it and add some fresh ginger to make it more of a safe Korean recipe. Ginger aids digestion so this goes so well with beef. You can also add it in and keep the sesame oil for total deliciousness.

FOR THE BEEF

- 1 ½ pounds rib-eye or other well-marbled steak
- ¼ cup coconut aminos
- ½ tbsp unrefined sugar
- ⅓ cup stout or porter
- 3-4 garlic cloves, minced
- 2 scallions, minced
- 1 tsp black pepper
- 1 tsp sesame oil
- 1 tbsp honey
- 1 Asian pear, peeled and grated
- optional- replace the sesame oil with 1 tbsp fresh grated ginger

FOR SERVING

- cooked sushi rice
- large lettuce leaves
- chopped scallions
- slivered chilis
- Thai basil
- Mint
- baby carrots
- Chile flakes
- thinly sliced garlic
- sriracha

1. Wrap the steak in plastic and place it in the freezer while you put together the marinade.
2. In a medium bowl, combine the coconut aminos, sugar, beef, garlic, scallions, pepper, sesame oil, honey and Asian pear.
3. Take the steak out of the freezer and slice it across the grain into 1/4-inch-thick strips.
4. Stir the steak into the marinade and let it sit for 30 minutes, while you build a very hot fire or preheat a gas grill to its highest setting.
5. When the grill is very hot, sear the steak until nicely caramelized, 2 or 3 minutes on each side. Work in batches to avoid crowding the meat.
6. Serve the beef with condiments and make ssäm (Korean-style wraps) by folding a piece of steak or two, vegetables and herbs inside a lettuce leaf.
7. Serve immediately, or store and refrigerate up to 5 days.

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.

Yield: 4–6 servings

Lemon-Garlic Chicken (Slow Cooker)

Easy peasy- lemon garlic chicken in a snap. I am making this tonight! Remember organic orange zest is a great breast and prostate cancer fighter!



- 1 tablespoon olive oil
 - 2 pounds boneless chicken
 - 1/2 teaspoon sea salt
 - 1 teaspoon freshly ground black pepper
 - 1 cup water
 - 1/2 cup freshly squeezed lemon juice
 - 1/2 teaspoon organic orange zest (optional)
 - 8 cloves garlic, smashed
 - 2 tablespoons unsalted butter, at room temperature
 - 2 tablespoons all-purpose flour or almond flour
 - Chopped fresh herbs of choice
1. Heat the oil in a large skillet over medium heat until shimmering.
 2. Season the chicken breasts on both sides with salt and pepper. Place the chicken in the pan and sear until browned on the bottom, about 5 minutes.
 3. Transfer the chicken seared-side up to a 6-quart or larger slow cooker in a single layer.
 4. Add the water, lemon juice, orange zest and garlic.
 5. Cover and cook on the LOW setting until the chicken is cooked through, tender, and registers 165°F on an instant-read thermometer, 3 to 4 hours.
 6. Meanwhile, place the butter and flour in a small bowl and use your fingers to rub the flour into the butter; set aside.
 7. Transfer the chicken to plates or a serving platter.
 8. Pour the liquid and garlic from the slow cooker into a small saucepan and bring to a boil over medium-high heat. Add the butter mixture and whisk constantly until completely incorporated into the sauce. Cook, stirring frequently, until the sauce is thickened, 3 to 4 minutes.
 9. Pour over the chicken, sprinkle with fresh herbs, and serve.

Moroccan Chicken with Preserved Lemons

And as one Planner noted preserved lemons are traditionally used in stews and soups- so here you go!



- 3 tablespoons extra-virgin olive oil
- 2 medium yellow onions, thinly sliced
- Sea salt
- Freshly ground black pepper
- 4 cloves garlic, thinly sliced
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon turmeric\
- 1/4 teaspoon cayenne pepper- optional
- 2 cups homemade chicken or vegetable broth or water
- 4 pounds skin-on chicken legs and thighs, trimmed of excess fat
- 1 preserved lemon, rinsed, pith removed, and peel thinly sliced
- 2 tablespoons fresh lemon juice
- Roughly chopped basil or oregano for garnish

1. Heat the olive oil in a Dutch oven set over medium heat. Add the onions, season with salt and pepper, and cook, stirring occasionally, until softened and browned, 6 to 8 minutes.
2. Add the garlic, paprika, cinnamon, ginger, turmeric, and cayenne and cook, stirring, until fragrant, about 1 minute.
3. Add the broth and bring the mixture to a boil. Meanwhile, sprinkle the chicken pieces with pepper, then add to the pot along with the preserved lemon. (It's okay if not all the chicken pieces are fully submerged in the broth.) Cover, turn the heat to medium-low, and simmer, stirring occasionally, until the chicken is tender and almost falling off the bone, 50 to 60 minutes. Use a pair of tongs to transfer the chicken to a platter.
4. Add the olives and lemon juice to the pot. Raise the heat to high, bring to a boil, and cook, uncovered, stirring occasionally, until slightly thickened, 5 to 10 minutes.
5. Season with salt and pepper, and spoon the sauce over the chicken. Sprinkle with parsley. Serve hot.

Mushroom Popover Pie

MMMM this recipe looks amazing and altered it to be Plan friendly. A quick easy dinner that would be great for leftovers!



- 2 tablespoons unsalted butter
- 1/2 cup finely chopped onion
- 12 ounces shiitake mushrooms, stemmed and minced
- 1 teaspoon minced or crushed garlic
- 1 teaspoon sea salt
- 1/2 teaspoon dried thyme
- Freshly ground black pepper
- 3 large eggs, preferably at room temperature
- 1 cup coconut milk
- 1 cup unbleached all-purpose flour or almond flour (will be denser).

1. Preheat the oven to 375 degrees with a rack in the center position.
2. Melt 1 tablespoon of the butter in a 9- or 10-inch cast-iron skillet over medium-low heat. Add the onion and cook, stirring, until it softens, about 5 minutes.
3. Add the mushrooms, garlic, 3/4 teaspoon of the salt, the thyme and a generous amount of pepper; cook, stirring often, for about 15 minutes or until the mushrooms' liquid has been released and has evaporated in the skillet and the mushrooms start to turn golden around the edges. (It will seem like a lot of mushrooms at first, but they will cook down.) Remove from the heat.
4. Meanwhile, combine the eggs, milk, flour and the remaining 1/4 teaspoon of salt in a blender; puree to form a smooth, aerated batter. (Alternatively, if you don't have a blender, whisk the ingredients together in a medium bowl. It's fine if the mixture has a few lumps.)
5. Transfer the mushrooms to a bowl. Rinse and dry the skillet, then return it to the stove top over low heat. Add the remaining tablespoon of butter; once it has melted and begun to foam, immediately remove from the heat and swirl to coat to the skillet. (Be sure the edges of the skillet are coated; this will ease removal after the popover is baked.) Add the mushrooms, spreading them into a fairly even layer, then pour in the batter.
6. Transfer to the oven and bake for 25 to 30 minutes or until the batter becomes dry on top and feels solid when touched lightly with a fingertip. The popover will be slightly puffed (it deflates fairly quickly), and its edges will have shrunk from the sides of the skillet and become quite brown.
7. Cut into wedges and serve hot or warm.

No-Fuss Jerk Chicken Recipe

Remember you can always tone down, or notch up, the spice!



- 2 tablespoons allspice berries
 - 1 tablespoon thyme leaves
 - 4 garlic cloves
 - 2 Scotch bonnet or habanero chilis, halved, stems removed\
 - 6 scallions, roughly chopped
 - 1 tablespoon black peppercorns
 - ½ teaspoons salt
 - ½ teaspoon grated nutmeg
 - ½ teaspoon cinnamon
 - 1 2-inch piece ginger, thickly sliced
 - 2 tablespoons coconut aminos
 - Juice of 2 large limes (about 4 tablespoons)
 - 6 large chicken legs, leg and thigh attached
1. Put allspice, thyme, garlic, chilies, scallions, peppercorns, salt, nutmeg, cinnamon, ginger, soy sauce and lime juice in a blender or food processor and grind to a rough paste.
 2. Put chicken in a baking dish, add seasoning paste and coat chicken well, using a spoon. Cover and marinate, refrigerated, for at least 6 hours, preferably overnight.
 3. Heat oven to 350 degrees and bring chicken to room temperature. Turn chicken once more in marinade to coat well, then put baking dish in the oven, uncovered. Bake for 1 hour or until well browned and juices run clear when probed with a paring knife. Put dish under the broiler for a minute or so to char chicken slightly.

Halibut with Fennel and Carrots



Fennel is one of the first vegetables I have folks test (right after potato) because it's so low reactive and has such great rotation (the seeds are higher reactive).

This is a simple elegant dish which would be great for optimizing thyroid function because it's high in iodine and selenium. Two nutrients essential for thyroid function! Thyme is a great yeast

fighter and now you all the MANY health benefits of sage.

- 1 bulb fennel, cored, thinly sliced, and fronds reserved
- 1 bunch young carrots, quartered and tops removed
- 1 small shallot, sliced
- 4 skinless halibut fillets (6 ounces each)
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 tbsp organic orange zest
- 8 sprigs thyme
- 4 leaves fresh sage, sliced

1. Preheat the oven to 425°F.
2. Tear 4 squares of parchment paper, about 15" x 15". In the middle of a piece of parchment, set 1/4 of the fennel, carrots, and shallot, topped by 1 piece of fish. Sprinkle with 1/8 teaspoon of the salt and a pinch of the pepper.
3. Lay 1 slice of the orange, 2 sprigs of the thyme, 1/4 of the sage, and a bit of fennel frond on top. Drizzle 2 Tablespoons of the wine around the fish.
4. Bring up the opposite sides of the parchment and fold them together, like you're folding the top of a paper bag, to seal all the edges. Set the packet on a baking sheet, and repeat with the remaining ingredients.
5. Bake until the packets are slightly browned and puffed, about 13 minutes.
6. Allow to rest for 2 to 3 minutes.
7. Set individual packets on plates and with kitchen shears or a small knife, carefully cut open at the table. (Caution: The escaping steam will be hot.)

Parmesan Lamb Chops



Another easy elegant dish for the holidays.

- 1 small rack of lamb
 - Sea salt and pepper
 - ½ cup panko
 - ½ ounce grated Parmesan (about ½ cup)
 - 1 tsp finely chopped rosemary
 - ½ cup almond flour seasoned with pepper and dash cayenne
 - Avocado oil for frying
 - Basil and rosemary for serving
 - Lemon wedges for serving
1. With a sharp knife, cut between bones to divide the rack of lamb into 8 chops. Trim chops of any excess fat. Season with salt and pepper on both sides.
 2. In a small bowl, mix together the panko, Parmesan, and rosemary.
 3. Dip each chop into the seasoned flour and lay on a baking sheet. Then brush the chops with avocado oil and sprinkle both sides of each liberally with the crumb mixture. Press any remaining mixture evenly over the chops to coat well.
 4. In a wide skillet, pour the avocado oil to a depth of 1/2 inch. Heat over a medium-high burner until the oil looks wavy.
 5. Add the chops without crowding. They should begin to sizzle, but not brown too quickly.
 6. Adjust the heat so they fry gently for about 2 1/2 minutes, until crisp and golden. Turn with tongs and fry on the other side for about 2 minutes. (The interiors should be pink and juicy, but not rare.) Blot on paper towels.
 7. Serve with parsley sprigs and lemon wedges.

Rare Roast Beef with Fresh Herbs and Basil Oil

Are you looking for a low reactive protein to test? Beef is very low reactive as long as you keep its rotation to once a week. Try this super easy recipe!



- 1 1/2-pound beef eye of round roast
 - 1/2 cup mix of finely chopped rosemary, mint and tarragon
 - Salt and freshly ground black pepper
 - 1/2 cup plus 1 tablespoon extra-virgin olive oil
 - 2 cups fresh basil leaves
1. Preheat the oven to 475°. Generously coat the roast with half of the chopped herb mixture and season with salt and pepper.
 2. In a large ovenproof skillet, heat 1 tablespoon olive oil over moderately high heat. Add the roast and lightly brown it on all sides, about 3 minutes. Wipe out the skillet, return the meat to it and roast in the oven until an instant-read thermometer inserted in the center registers 110°, about 25 minutes. Transfer the roast to a cutting board and season again with salt and pepper. Cover loosely with foil and let rest for 20 minutes.
 3. Meanwhile, bring a large saucepan of salted water to a boil and fill a bowl with ice water. Blanch the basil in the saucepan for 15 seconds. Transfer the basil to the ice water; drain well and squeeze out all the excess water. Transfer the basil to a blender. Add the remaining 1/2 cup extra-virgin olive oil and a pinch of salt and blend thoroughly.
 4. Thinly slice the roast and drizzle each portion with 1/2 tablespoon basil oil. Sprinkle with the remaining 1/4 cup chopped herbs and serve.

Vegetarian Roast Beast

Here's a vegetarian main course for Thanksgiving. This roasted stack of vegetables takes on holiday flavors from a sage-infused pesto and smoked Gouda cheese. To make it vegan, substitute a vegan cheese of your choice.



- 2
- cups Zucchini-noush*(recipe on following page)
- 1 tbsp sea salt
- 2 large red bell peppers
- 1/3 cup hemp seeds (may substitute slivered almonds)
- 3/4 cup extra-virgin olive oil
- 15 cloves garlic, smashed
- 2 cups lightly packed parsley leaves and tender stems
- 1/2 cup packed sage leaves, plus more for garnish
- 1/3 cup red wine vinegar
- 5 large Portobello mushroom caps or 1 lb shitake mushrooms
- 1 small (1 pound) Delicata squash
- 1 large white onion, cut into 1/2-inch slices
- 1/2 teaspoon freshly cracked black pepper
- 6 ounces (4 large slices) smoked Gouda (may substitute smoked mozzarella or a vegan cheese)
- Cooked orzo, couscous or basmati rice, for serving
- Balsamic vinegar, for drizzling
- Rosemary sprigs, for garnish

Directions on next page...

Vegetarian Roast Beast (Cont.)

1. Make the Zucchini Nough and Sunflower Tahini
2. Position an oven rack 6 inches from the broiler element; preheat the broiler. Line a baking sheet with aluminum foil. Place the peppers on the baking sheet; broil until charred black on all sides, turning them with tongs as needed. Transfer to a heatproof bowl and top with a plate to steam. Once the peppers are cool enough to handle, rub off and discard the charred skins. Tear each pepper carefully in two, removing and discarding the stems and seeds.
3. Preheat the oven to 500 degrees. Line a large roasting pan with foil, then seat a V-rack inside it. Set a small skillet over medium heat. Add the hemp seeds and toast, tossing them in the pan occasionally, until they are lightly browned in spots and fragrant, 2 to 3 minutes. Immediately transfer them to a plate to cool.
4. Return the skillet to medium heat and pour in the oil. Once it shimmers, add the smashed garlic and cook until just browned, 4 minutes. Let cool to room temperature. Combine the hemp seeds, parsley, sage, vinegar and 1/2 teaspoon of the salt in a food processor. Pour in the garlic and its oil (from the skillet) and the zucchini nough, and pulse until the ingredients are well incorporated but still a little chunky. Transfer the pesto mixture to a large bowl. Add mushrooms and gently turn them in the pesto to coat, using a rubber spatula to smear the pesto all over the mushrooms. You'll have some pesto left over; reserve this for serving.
5. Use a sharp serrated knife to cut the squash into 1/2-inch-thick rings. (Leave the squash unpeeled; the skin is tender enough to eat when roasted.) Use a spoon to scoop out and discard the seeds and pulp from each ring. Lightly season the squash rings, onion slices and roasted red pepper halves with the pepper and the remaining 1/2 teaspoon of salt.
6. Thread the vegetables onto a skewer: If you'd like, stand the skewer on your counter with the sharp end pointing straight up and the ring end on the counter, and thread from the top down. Start with a mushroom cap, with the outside of the cap facing the ring end of the skewer, a squash ring, half of a roasted pepper, a slice of Gouda and a slice of onion. (The first skewer will not pierce the flesh of the squash rings, but try to keep them even with the other vegetables as you work. You basically will be making a giant kebab.) Repeat this pattern more times, packing the kebab tightly as you go. End on a mushroom cap, this time with the outside of the cap facing the pointed end of the skewer. Press the stack tightly together and pierce all the way through it at an angle with the two other skewers, using them if possible to go through the flesh of the squash rings. (Reserve any extra vegetable slices for another use.)
7. Transfer the kebab to the rack and roast, turning it every 10 minutes, for 30 minutes, until the vegetables are browned and almost tender, and much of the cheese has dripped out.
8. Use a serving spoon to scrape up the cheese and lay it back on top of the kebab, and baste the kebab with the pan juices. Cook for an additional 20 to 30 minutes without turning, continuing to scrape up the cheese and baste every few minutes, until the squash offers no resistance when pierced with a fork.
9. Remove the kebab; scrape up any more cheese and spoon it on top, along with pan juices; tent with foil and allow it to rest for 10 minutes. (Some cheese may have burned on the foil; that's okay.)
10. Transfer to a platter of couscous, orzo, or basmati rice pouring any remaining juices over the top. Top with the remaining pesto, then drizzle with balsamic vinegar and garnish with rosemary sprigs and sage leaves.

Zucchini nosh

I love babaganoush, but like many of my clients, I am reactive to eggplant. Subbing zucchini was a natural idea with summer's bounty and thus zucchini-nosh was born!

- • 1/4 cup extra virgin olive oil
- • 1 large white onion chopped fine (approx. 2 cups)
- • 1/4 cup cumin
- • 1 tbsp. pink Himalayan sea salt
- • 1/8 cup water
- • 5 large zucchinis chopped (approx. 10 cups)
- oil for baking sheet
- • optional: 1 cup sunflower tahini

Add oil to a large skillet on medium heat and add onion, cumin and sea salt. Stir until spices are thoroughly mixed and then mix in water. Lower heat to lowest setting and let simmer for 30 minutes stirring often.

Add zucchini to the onion and mix well. Take zucchini/onion mixture and spread on a well-oiled baking sheet. Bake at 325 for 40 minutes.

Remove from zucchini from the oven and add to a medium mixing bowl. Mix well. The zucchini will break down to a chunky texture. Optional, add 1 cup sunflower tahini and mix well.

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.

Salmon Ceviche

Some seasoned Planners may be wondering why I'm featuring a salmon recipe considering that salmon is one of the most highly reactive foods. Well, it's only cooked salmon that's the devil, my friend. Salmon sashimi, carpaccio and ceviche just range in the 12-15% reactive list. Why is that? Well, it just so happens that certain proteins are very sensitive to cooking and salmon is one of them. The fish oils are also VERY sensitive to heat and so is omega 3. Now you can see why cooked salmon is 85% reactive!

But as always, I suggest you buy wild fish and not farm raised- enjoy!



- 3 Tbsp extra-virgin olive oil
- Juice of 6 limes plus 1 lime for garnish
- 2 tbsp peeled and grated ginger
- 1-2 red chili peppers, finely chopped
- 1/4 cup red onion sliced
- 1/4 tsp pink Himalayan sea salt
- 1 tsp honey
- 1 lb fresh wild salmon
- 1/4 cup chopped cilantro or microgreens

1. Whisk the oil, lime juice, ginger, chili, salt, and honey in a large bowl.
2. Pat the salmon dry. Slice the salmon into 1/8th to 1/4-inch-thick slices. Place the salmon slices gently in the bowl and let each piece soak in the lime mixture.
3. Let sit for 5–10 minutes and then turn and let the salmon soak completely on other side for 5–10 minutes.
4. Remove the salmon from the bowl and place on a platter. Garnish the platter with cilantro or microgreens and sliced lime rounds or place rounds on top.

Yield: 4 servings

Sausage and Kale Tarte

So quick, easy and winter-delicious. I love baking my dinners and this could be eaten a couple of days later if any is left. If you don't have someone local you can get your sausage from many people have done well with Aidell's. If there are any brands you have passed please share the good word! I made this as individual pies for a small dinner party and it was so pretty.



Pie crust

- Your choice- you can use the almond flour one from the Plan Cookbook.

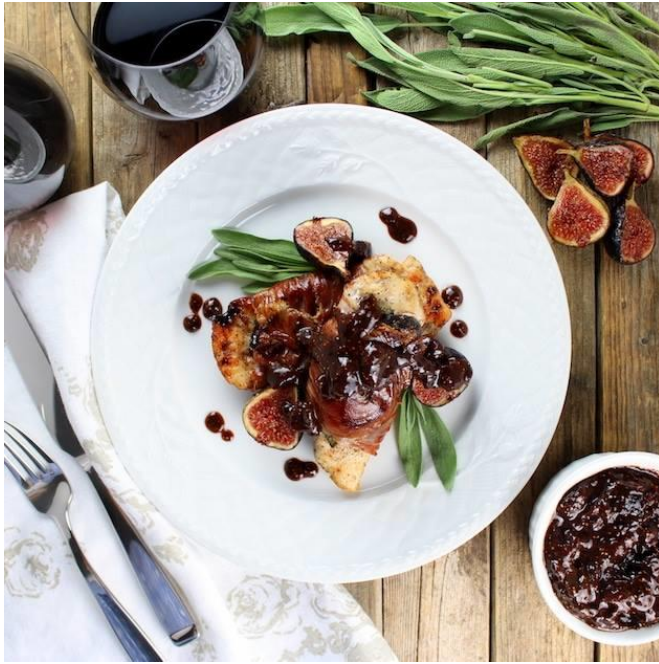
Sausage and Kale Filling

- 1 tablespoon butter
- 1 tablespoon olive oil
- 2 cups onion, minced
- 2 garlic cloves, minced
- 1/2-pound sausage
- 8 cups kale
- 1/4 cup cooking wine
- 1/2 cup fresh basil, cut into thin strips
- 1.5 cups of manchego

1. Heat oil and butter in pan on medium heat. Add onion and garlic and reduce heat to medium-low. Cook until onions are soft and light brown.
2. Remove onions from pan and set aside. Increase heat to medium and add sausage to pan. Brown sausage and break into small pieces. Remove sausage from pan and set aside.
3. Drain all but 1 Tablespoon of oil from pan. Add kale to pan. Pour white wine over kale. Scrape any bits from the pan and cover. Cook 3-5 minutes, until kale is wilted.
4. If kale is still very wet, cook uncovered for a minute or two. The overall mixture should be fairly dry. Remove kale to a large bowl. Toss cooked kale with cooked sausage and onions. Allow to cool for 5 minutes. Toss mixture with basil, and cheese.
5. Spoon sausage and kale mixture into cooked tart shell. Be sure to evenly cover the bottom of the tart shell. Bake the tart on a baking tray for 10-15 minutes at 400 degrees. Remove tart from oven when the filling is set and the tart shell is nicely brown. Cool tart slightly on a wire rack. Slice and serve with a big green salad.

Sautéed Chicken with lime herb fig sauce

Yum so simple and easy. Lime and lemon are also great flavor boosters when you are trying to lower your sodium intake! You can get organic lime juice in a bottle which saves a LOT of time! I get mine at Whole Foods.



- 4 dried figs
- 1/3 cup hot water
- 4 or 5 limes or 1/3 cup lime juice
- Leaves from 2 stems mint
- Leaves from 2 stems basil
- 1 - 1.5 lbs chicken thighs or breasts skinless boneless
- Dash sea salt
- Freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- 1/3 cup fig jam or fig spread
- optional- figs cut for garnish

1. Stem the figs and cut the fruit into quarters. Place in a small bowl and cover with the hot water. Let stand while you prep other ingredients.
2. Meanwhile, cut the limes in half. Squeeze to yield 1/3 cup juice. Coarsely chop the mint and basil
3. Place the chicken thighs or breasts between two sheets of plastic wrap and lightly pound with a mallet to achieve an even thickness of 1/2 to 3/4 inch.
4. Lightly season both sides of the chicken with salt and pepper. Cut into 4 equal strips.
5. Heat 1 tablespoon of the oil in a large skillet over medium heat. Add half of the chicken pieces and cook for 3 minutes on each side or until lightly golden. Transfer to a plate and cover loosely to keep warm. Repeat with the remaining oil and chicken.
6. Add the lime juice to the skillet, stirring to dislodge any browned bits, then stir in the jam or spread. Drain the figs as needed, then add to the skillet. Cook for 3 or 4 minutes, stirring until there are no lumps of jam, then return the chicken to the skillet. Cook until the chicken is warmed through, making sure it's also completely done and coated with the sauce.
7. Divide among individual plates, spooning the sauce on top. Garnish with the mint and basil and fresh figs. Serve warm. Recipe adapted from The Washington Post.

Scallops with Lemon Sunflower Pesto



- 1-pound Large Dry Scallops, completely pat dry
- Sea Salt and Ground Black Pepper
- 2 tablespoons Olive Oil
- 1 whole organic Lemon, zested and juiced
- 1/2 cup Basil Pesto
- 1/4 cup coconut cream
- Micro Greens, for garnish

Lemon Sunflower Pesto

- ¾ cup raw sunflower seeds
- 1 cup water
- 2 cups packed fresh basil leaves
- ¾ cup extra-virgin olive oil
- ½ cup grated parmigiana or manchego
- 3 cloves garlic
- 2 Tbsp fresh lemon juice

1. Place all ingredients in the bowl of a food processor fitted with S blade. Purée until smooth. To thin the pesto, add more water or balsamic vinegar.
2. In a medium sized cast iron skillet heat olive oil over medium high heat. {You want the pan very hot before you put the scallops in to properly sear the scallops.} Season the scallops with salt and pepper.
3. Place in the pan and sear 2 minutes on one side until golden brown and 1 minute on the other side. Remove to a plate and squeeze lemon juice over the top of the scallops and garnish with the lemon zest.
4. Meanwhile, in a medium sauce pan whisk together pesto and cream. Simmer until thickened, about 5 minutes.
5. Spoon pesto sauce over scallops and garnish with micro greens. Serve immediately.

Slow-Cooker Chicken Mole

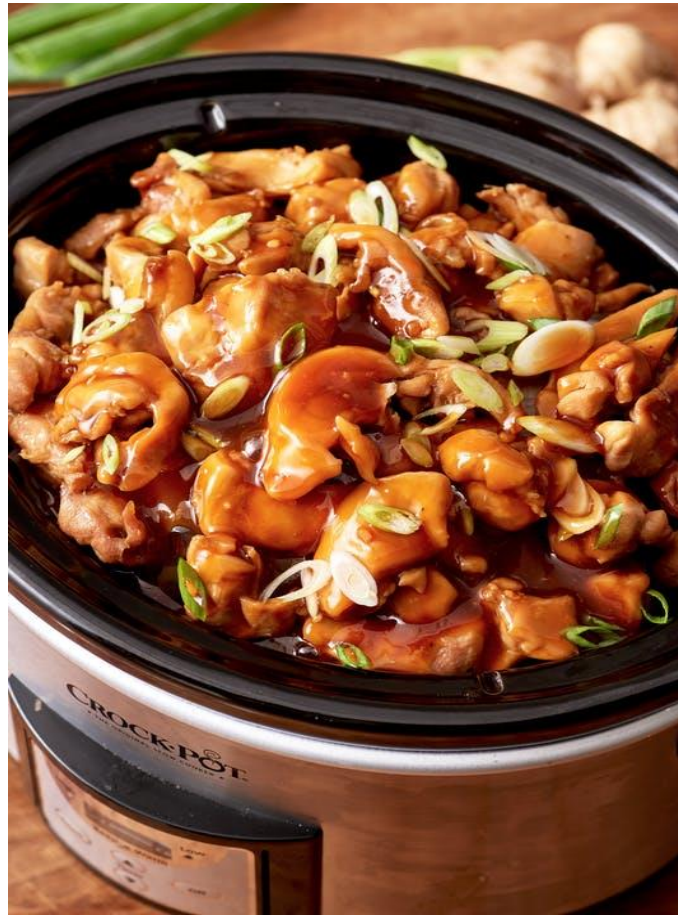
I Love Mexican food, especially the cuisine of Oaxaca, this tasty dish also provides all the wonderful health and joy benefits of chocolate



- 4 pounds boneless, skinless chicken thighs (about 12)
 - 2 cups low reactive tomato sauce* recipe follows
 - 1 medium yellow onion, roughly chopped
 - 2 chipotle Chile in adobo sauce
 - 1/2 cup sliced almonds, toasted
 - 1/4 cup raisins
 - 3 ounces bittersweet chocolate, finely chopped (1/2 cup)
 - 3 garlic cloves, smashed and peeled
 - 3 tablespoons extra-virgin olive oil
 - 3/4 teaspoon ground cumin
 - 1/2 teaspoon ground cinnamon
 - Fresh basil leaves for serving
1. Season chicken thighs with salt and place in a 5-to-6-quart slow cooker.
 2. In a blender, puree low reactive tomato sauce, onion, chipotle chilis, almonds, raisins, chocolate, garlic, oil, cumin, and cinnamon until smooth.
 3. Add tomato mixture to slow cooker, cover, and cook on high until chicken is tender, 4 hours (or 8 hours on low). Serve chicken and sauce topped with basil.

Slow Cooker Teriyaki Chicken

Perfect for Sunday dinner!



- 2 pounds boneless, skinless chicken thighs (about 6 thighs)
 - 1/2 medium yellow onion, diced (about 1 cup)
 - 2 cloves garlic, minced
 - 1/4 cup coconut aminos
 - 1/2 cup honey
 - 1/4 cup rice vinegar
 - 1/4 teaspoon freshly ground black pepper
 - 2 tablespoons grated peeled fresh ginger
 - 1/4 cup water
 - Scallions or herbs of choice
1. Arrange the chicken in a single layer in the bottom of a 6-quart or larger slow cooker. Scatter the onion and garlic over the top. Whisk the coconut aminos, honey, rice vinegar, pepper, and ginger together in a small bowl and pour over the chicken. Cover and cook on the LOW setting for 2 to 3 hours or on the HIGH setting for 1 to 2 hours. The chicken is done when an instant-read thermometer inserted into the thickest piece registers 165°F.
 2. Transfer chicken to a cutting board and cut into 1-inch pieces.
 3. Pour the sauce into a small saucepan and bring to a boil over medium-high heat. Cook until reduced by half, 15 to 20 minutes. Return the chicken to the slow cooker and pour in enough sauce to coat the chicken. Reserve any remaining sauce for leftovers. Serve over grain of choice and garnish with scallions or herbs of choice.

Spicy Orange Chicken

How about some healthy comfort food? This low sodium and soy free version of spicy orange chicken fits the bill!



- 1/4 cup coconut aminos
- 1 tablespoon fresh grated organic orange zest
- 3 tablespoons grated fresh ginger
- 2 tablespoons minced fresh garlic
- 4-5 tablespoons olive oil, divided
- 2 tablespoons sriracha (or more to taste)
- 1 1/2 tablespoons rice vinegar
- 2 teaspoons light brown sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground white pepper
- 1 1/4 pounds boneless, skinless chicken breasts or thighs, cut into thin strips
- optional - sesame seeds or sunflower seeds, scallions

1. In small bowl, whisk together orange zest, coconut aminos ginger, garlic, 1 tablespoon oil, sriracha, vinegar, brown sugar, cinnamon and pepper. Pour 1/3 cup marinade over chicken and marinate for one hour.
2. Remove chicken from marinade; discard marinade. Heat large skillet or wok over medium high heat. Add half of remaining oil. In 2 batches, add chicken and cook each batch 5 to 6 minutes or until chicken is golden brown and has lost its pink color throughout, stirring frequently. Remove chicken from pan.
3. Add remaining marinade to skillet. Return chicken to skillet; cook 1 minute or until heated through.
4. Optional garnish with seeds and fresh scallions.

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

Steamer Chicken with Ginger & Sake

Mmmmm the ginger is called for with this frigid cold weather most of us are experiencing. And I won't whine, I hear what you Canadians are dealing with, what crazy temperatures! Recipe adapted from NY Times.



- 1 Whole chicken (3-4 lbs), rinsed and patted dry
 - 1 ½ cups dry sake
 - 2 tablespoons coconut aminos
 - 2 teaspoons organic orange zest
 - 2 teaspoons rice vinegar
 - 1 ½ teaspoons lemon juice
 - 1 ½ teaspoons mirin or sweet sherry
 - 1 tablespoon chopped ginger root
 - 1 large garlic clove, minced
 - 3 thinly sliced scallions
 - optional sesames seeds (test)
1. Place a steamer basket in the bottom of a large stockpot. Pour in equal amounts of sake and water, enough to reach the bottom of the steamer basket. Bring to a boil.
 2. Set chicken breast side up in the steamer basket. Reduce the heat to low and cover. Steam the chicken until the juices run clear when pierced with a knife, about 1 to 1 ½ hours. Turn off the heat and allow to cool for about 20 minutes.
 3. To prepare the sauce, in a small bowl whisk together the coconut aminos, orange zest, rice vinegar, lemon juice, mirin, ginger and garlic.
 4. Remove the chicken from the pot and place on a large cutting board; carve and set pieces on a platter. Spoon some of the sauce over the meat and sprinkle with scallions and sesame seeds. Serve extra sauce on the side for dipping.

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

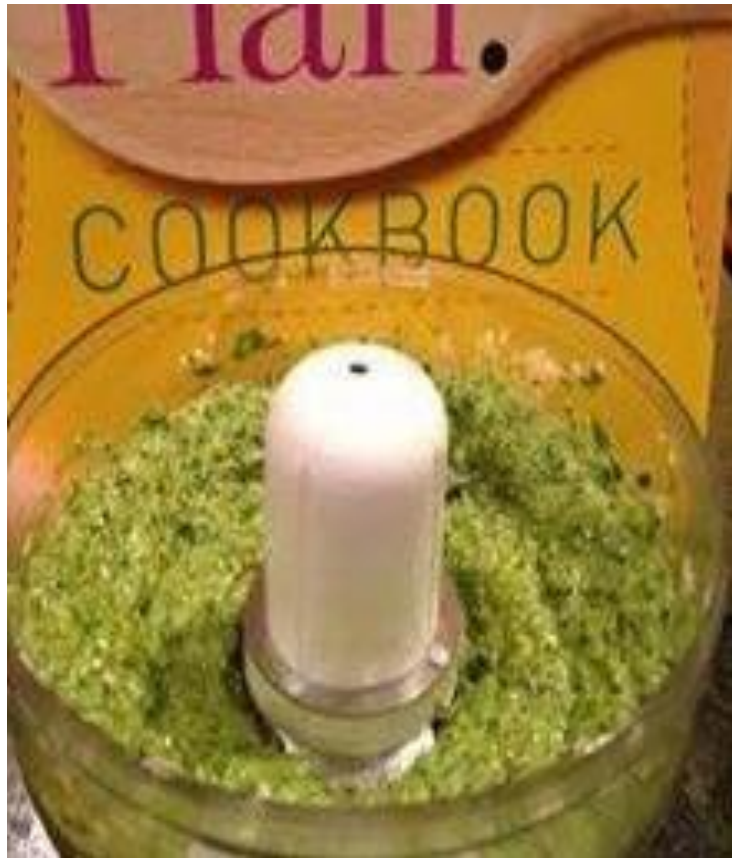
Taiwanese-Style Whole Fish with Chilies and Basil

Hello gorgeous!



- 1.5 to 2 lb whole, white-fleshed fish
 - 1/4 teaspoon ground white pepper
 - 1/4 cup avocado oil
 - 1 2-inch piece fresh ginger, peeled and julienned
 - 4 garlic cloves, thinly sliced
 - 1-2 red Thai chilies, sliced thinly (or substitute with another type of small red chili)
 - 1 cup rice wine (or sake)
 - 1 tablespoon sugar
 - 1/4 cup coconut aminos
 - 1 bunch fresh Thai basil leaves (or substitute with Italian basil)
1. Rinse the fish and pat dry with paper towels. Lightly score the fish with 2 slashes one each side (not deep enough to hit the bone). Rub with salt and white pepper across its surface and inside its cavity.
 2. Heat the oil in a large skillet or wok big enough to fit the whole fish, over medium-high heat. Once the oil is very hot and beginning to pop and sizzle a little, carefully place the fish on one side in the oil. Cook undisturbed until gently browned on the bottom, 3 to 4 minutes. Carefully flip the fish over (with the help of tongs or two spatulas if necessary). Brown the opposite side for another 3 to 5 minutes. Touch the top of the fish and peek inside the slash to check if the flesh appears to be entirely opaque and not clear-white toward the center. Once fully cooked, transfer the fish carefully to a serving platter.
 3. In the same pan, add the ginger, garlic, and chilies, and stir until fragrant, about 10 seconds. Add the rice wine and bring to a boil. Stir in the sugar and soy sauce until the sugar is thoroughly dissolved. Stir in half of the basil and remove from the heat. Pour the sauce over the plated fish. Garnish with the remaining basil leaves and serve immediately.

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

“Tzimmes” Chicken with Apricots and Carrots

Thanks Coach Laura for letting us know about this perfect for Passover one pan sheet meal- what hostess wouldn't want easy clean up?



- 2 whole chickens (about 4 pounds), broken down into 8 pieces, wings and backbones reserved for another use
- 1 teaspoons sea salt, divided
- 1/2 cup plus 2 tablespoons honey
- 1/2 cup olive oil
- 1/2 cup fresh lemon juice
- 2 teaspoons freshly ground black pepper
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 2 pounds carrots, preferably young carrots with greens attached, halved lengthwise or quartered if large
- 1 large red onion, cut into 1/2" wedges
- 12 garlic cloves, peeled
- 8 ounces dried apricots (about 1 1/2 cups)
- 20 sprigs thyme
- 1 1/2 cups dry white wine
- Parsley leaves with tender stems (optional, for serving)

1. Arrange racks in top and lower thirds of oven; preheat to 400°F. Season chicken pieces with 2 tsp. salt.
2. Whisk honey, oil, lemon juice, pepper, cinnamon, cumin, cayenne, and remaining 2 tsp. salt in a large bowl. Add chicken pieces, carrots, onion, garlic, apricots and thyme and toss to combine. Divide everything but chicken between 2 rimmed baking sheets. Stir wine and 1/2 cup water in a 2-cup measuring cup, then pour half over each sheet.
3. Cover sheets tightly with foil. Roast 15 minutes, then remove from oven. Remove foil, divide chicken between sheets, and continue to roast, rotating sheets top to bottom halfway through, until carrots are fork-tender, chicken is golden brown, and an instant-read thermometer inserted into the thickest part of a breast registers 165°F, 30–35 minutes (if some pieces of chicken are finished before others, transfer them to a serving platter).
4. Transfer chicken mixture to serving platter. Pour pan juices over. Top with carrot greens or parsley before serving.

Vegan Beans and Gravy

Thanksgiving idea for our vegan friends or just a meatless Monday!



- 3/4 cup dried pinto beans
- 5 cups water, plus more for soaking
- 1 1/8 teaspoons sea salt, or more as needed
- 1 bay leaf
- 1 tablespoon extra-virgin olive oil
- 2-ounce dried shiitakes
- 3 cups boiling water
- 1/4 cup avocado oil
- 1/4 cup flour
- 1/2 medium yellow onion or
- 1 small yellow onion, diced
- 1 carrot, scrubbed well and diced
- 1 teaspoon thyme leaves, minced
- 1 teaspoon rosemary leaves, minced
- 2 cloves garlic, minced
- 1/2 teaspoon freshly ground black pepper, or more as needed
- 1/8th tsp celery seed

1. Place the beans in a large bowl and cover with water by 2 inches. Soak for at least 8 hours or overnight. (Alternatively, cover the beans with water as above but bring them to a boil in a heavy saucepan, boil for 1 minute, remove the pan from the heat and let the beans soak, covered, for 1 hour.)
2. Drain the beans and transfer them to a medium, heavy-bottomed saucepan. Cover with the 5 cups of water and add 1/8 teaspoon of sea salt, the bay leaf and the extra-virgin olive oil. Bring barely to a boil over medium heat, then reduce the heat to low, partially cover and cook for 45 to 90 minutes, depending on the beans' age and variety, until they are just tender. (They will continue to soften as they cool in their cooking liquid.)

(cont. on next page)

Vegan Beans and Gravy (cont.)

3. Remove from the heat, cover and let rest for at least 30 minutes. (If you cook the beans a day or more in advance, cool them completely and then refrigerate. Warm them on the stove in their cooking liquid over low heat before using.)
4. Drain the beans, reserving 1 1/2 cups of the cooking liquid (add water if needed to make 1 1/2 cups). Discard the bay leaf. While the beans are cooling, place the dried shiitakes in a medium bowl and cover with the boiling water. Let stand for 20 to 30 minutes, until softened.
5. Remove the mushrooms from the bowl, squeezing them lightly to remove excess water, and reserve 1 cup of the soaking liquid. Chop the mushrooms into small pieces.
6. To make the roux, whisk together the avocado oil and flour in a large, heavy saucepan or Dutch oven over medium-low heat. Cook for about 30 minutes, whisking constantly, until the roux darkens to a caramel color. If the process is taking considerably longer, you may increase the heat to medium, but make sure to avoid scorching, and keep whisking.
7. Add the onion and carrot and, stirring to coat, then cook for 5 minutes or until lightly browned. Add the thyme and rosemary, garlic, black pepper and the remaining teaspoon of salt; cook for 3 minutes.
8. Whisking constantly, pour the reserved bean broth and the reserved cup of mushroom soaking liquid into the pot. Continue stirring until smooth, and bring to a simmer. Add the mushrooms and cook, stirring occasionally, until the mixture is thick and glossy, about 15 minutes. Reduce the heat if necessary to keep the gravy barely bubbling. Add the beans and cook for 5 minutes. Taste, and add salt and/or pepper as needed.

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.
 4. To make it vegan sub the aioli for 1/4 cup canned coconut milk. This is delicious with a hot curry!

Vietnamese Lamb

Lamb is incredibly low reactive protein with a great rotation of 3 times a week if you pass it, just like chicken. Lamb shoulder is an inexpensive cut, and it's traditionally prepared with sauces that help to match it's slightly gamier taste. Certainly, we could all use a price break after the holidays, right? I love this recipe and adapted it to be Plan friendly.



- 1 cup chopped basil
 - 1 cup chopped mint
 - 1/3rd cup coconut aminos
 - 1/3rd cup lime juice
 - 1/4 cup honey
 - 1-2 tablespoon, chopped fresh chilis
 - Black pepper
 - 2 pounds of lamb shoulder chops
1. Combine cilantro, mint, fish sauce, lime juice, sugar, chili (like jalapeño), and black pepper.
 2. Rub half of the mixture over 2 pounds of lamb shoulder chops or chunks, and marinate overnight.
 3. Heat a grill or broiler with the rack 4 to 6 inches from the flame.
 4. Wipe off the marinade; grill or broil, turning once, until medium, 4 or 5 minutes per side. Serve with the remaining sauce.

Desserts



Almond and Goat Cheese Candy Bars

Thanks Coach Emily for sharing this recipe! You should go for 65% chocolate or lower and can cut sugar by 50%! Switch out kosher salt for sea salt.



- 5 tablespoons plus 1 teaspoon unsalted butter, softened
 - 25 grams sliced almonds (about 1/3 cup)
 - ¼ teaspoon kosher salt, more as needed
 - ¾ cup smooth almond butter
 - 2 tablespoons softened goat cheese
 - 55 grams almond flour (about 1/2 cup)
 - 195 grams confectioner's sugar (about 1 1/2 cups)
 - 4 ounces bittersweet (72 percent) chocolate, coarsely chopped
1. Line an 8-inch square baking pan with parchment paper.
 2. Melt 1 teaspoon butter in a small skillet over medium heat. Add almonds and a pinch of salt. Cook, stirring occasionally, until almonds are golden, about 5 minutes. Pour into a bowl.
 3. In an electric mixer, beat together almond butter and goat cheese. Beat in almond flour. Stop mixer and scrape down sides. Beat in sugar, 1/4 teaspoon salt and 5 tablespoons butter until combined. Scrape down sides and beat once more to combine. Spread into pan.
 4. Bring a pot of water to a simmer. Place chocolate in a heatproof bowl. Place bowl over pot of simmering water and cook, stirring, until the chocolate is completely melted. Scrape chocolate into the pan over the almond butter mixture and spread evenly. Scatter almonds over chocolate. Let cool to room temperature. Cover with foil and chill until firm. Cut into 18 bars.

Almond butter blossom cookies

I love snacks that are high in protein- you get balanced blood sugar and don't need to eat as many!



Chocolate mixture:

- 1/3 cup smooth RAW almond butter
- 2-3 tbsp pure maple syrup
- 2 oz unsweetened baking chocolate cut into pieces
- 1/2 tsp pure vanilla extract {optional}

Cookies:

- 1/4 cup smooth RAW almond butter
- 1/4 cup butter- room temp
- 1/3 cup pure maple syrup
- 1 tsp pure vanilla extract
- 1 cup almond flour
- 1/4 cup coconut flour
- 1/2 tsp baking soda

1. Begin by making the chocolate. Combine the almond butter and unsweetened chocolate in a microwavable glass bowl. Microwave in 20 second increments, stirring well after each until just melted and

combined. Stir in the maple syrup and vanilla so a smooth mixture forms. Refrigerate until ready to use (or for about 30 minutes)

2. Preheat your oven to 350 degrees and line a large baking sheet with parchment paper. In a medium bowl, combine the almond flour, coconut flour, baking soda and salt, set aside.
3. In a large bowl, using an electric mixer, cream together the almond butter, coconut oil, maple syrup, and vanilla extract until very smooth. Then stir in the dry ingredients until a sticky dough forms. Chill the dough for about 20 minutes in the refrigerator or 10 minutes in the freezer, until it's firm enough to be formed into balls.
4. Form the cookie dough into 16 balls, then take your thumb or the back of a 1/2 tsp to make a small indentation in the middle of each cookie, being careful not to break the dough.
5. Bake in the preheated oven for about 12 minutes, until the cookies are set and just beginning to brown. Baking time will vary between 10-14 minutes depending on your oven. The middles will puff up a little - no worries.
1. **After removing the cookies, carefully push down just a bit in the middle where the chocolate will go. Allow cookies to cool for a few minutes, then spoon small amounts of the chocolate mixture (which should now be a fudgy, scoop-able consistency) into the middle of each cookie. Carefully transfer cookies to wire racks to finish cooling. Once completely cooled, the chocolate middle will be fudgy, not completely solid. In the refrigerator, the chocolate will harden and cookies will be crisper, like shortbread. Store leftovers covered in the refrigerator for up to 1 week. Enjoy!

Avocado and Coconut Ice Cream

Ooooh this vegan dessert looks great. One caveat, frozen desserts after dinner can hamper digestion, so this would work better as a snack. I made a few subs to this dish replacing sugar for honey and cutting down on the coconut milk. certainly, you could try the original recipe in the link!

This recipe calls for an ice cream maker, but this coconut-avocado mixture can be chilled and served as a cold mousse, or packed into a container and frozen to a dense soft-serve consistency.



- 1 1/4 cups regular coconut milk
 - 1/4 cup honey or agave
 - Flesh of 3 large ripe Hass avocados halved, diced
 - 3 tablespoons fresh lime juice
 - 1/4 cup dried shredded coconut or almond slivers
2. Combine the coconut milk and honey in a saucepan over medium heat. Turn off heat and let the mixture cool for a few minutes. then transfer to a blender or food processor, along with the avocado and lime juice. Puree until completely smooth.
 3. Transfer the puree to an ice cream maker; churn according to the manufacturer's directions. It will still be somewhat soft. Place in a separate, freezer-safe container with a tight-fitting lid and freeze for a couple hours before serving.
 4. Lightly toast the coconut or almonds in a small sauté pan over medium-low heat, stirring constantly to avoid scorching. The coconut toasting should take less than a minute. Once the coconut becomes fragrant and acquires a tan, remove from the heat. Sprinkle as a garnish over the ice cream.
 5. Neither eggs nor dairy is required for this luscious frozen treat, which gets its creamy texture from pureed avocado and rich coconut milk.

Baharat –Spiced Sufganiyot with Espresso Fudge



A wonderful Chanukah recipe, delicious for any special occasion. Baharat is a Middle Eastern spice blend.

Baharat-Spiced Sugar:

- 1 tablespoon whole black peppercorns
- 1 tablespoon whole cumin seeds
- 2 teaspoons whole coriander seeds
- 1 teaspoon whole cloves
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground nutmeg
- ½ cup granulated sugar

1. Toast the black peppercorns, cumin seeds, coriander seeds and cloves in a small skillet over medium heat until fragrant, 2 to 3 minutes.
2. Remove from the heat and let the spices cool. Transfer the spices along with the cinnamon, cardamom and nutmeg to a spice blender and pulse until smooth. Makes ¼ cup.
3. In a large bowl, combine the sugar with 2 teaspoons Baharat spice mix and set aside.

Sufganiyot (doughnuts):

- 1¾ cups flour of choice (spelt, wheat etc.)
- 1 tablespoon dry active yeast
- ½ cup coconut milk or rice dream
- 3 tablespoons butter at room temperature
- 1 large egg
- 1 egg yolk
- ½ teaspoon lemon zest
- ¼ teaspoon vanilla extract
- avocado oil, for frying

1. Combine the flour and dry active yeast in a mixing bowl and set aside.
2. In another mixing bowl, combine the remaining ingredients; set aside.
3. Place the dry ingredients in the bowl of a stand mixer. Add the wet ingredients and mix on low for 10 to 12 minutes until the dough comes together and looks like a shaggy ball.
4. Spray the bottom of a large bowl with nonstick spray. Place the dough inside and cover it with a damp kitchen towel. Set the bowl in a warm part of the kitchen for 45 minutes. Remove the dough and gently fold over 3 times. Place the dough back in the bowl; cover and place in a warm place for an additional 45 minutes.

Meanwhile make the Espresso Fudge: (see next page)

Baharat –Spiced Sufganiyot with Espresso Fudge (cont.)



Espresso Fudge:

- 1 tablespoon butter
 - 1 tablespoon all-purpose flour
 - $\frac{3}{4}$ cup coconut cream or heavy cream
 - $\frac{1}{8}$ teaspoon sea salt
 - $\frac{1}{4}$ cup granulated sugar
 - $\frac{1}{4}$ cup light brown sugar
 - $\frac{1}{4}$ cup cocoa powder
 - $\frac{1}{2}$ teaspoon vanilla extract
 - 2 tablespoons semisweet chocolate chips
 - $\frac{1}{4}$ teaspoon orange zest-organic
 - 4 tablespoons or 2 shots freshly brewed espresso
1. In a small saucepan over medium-low heat, melt the butter. Whisk in the flour until well incorporated. Add the cream, salt, sugars, cocoa powder and vanilla extract and bring to simmer. Cook, whisking frequently, until thickened, 2 to 3 minutes. Add the chocolate chips, orange zest and espresso and whisk until the chocolate is melted and the sauce is smooth and glossy, another 2 minutes.
 2. Remove the dough and place on a lightly floured work surface. Roll dough out to $\frac{1}{4}$ -inch-thick rectangle and cut out circles using a 2-inch ring mold. Place the rounds on a parchment-lined baking sheet; cover with a damp kitchen towel and let sit for 15 minutes.
 3. Meanwhile, pour enough oil into a 6-quart Dutch oven or heavy-bottomed pot until it reaches a depth of 3 inches. Heat the oil until a deep-fry thermometer reads 350° .
 4. Fry the doughnuts in batches of 4 or 5 until golden brown on both sides, 2 to 3 minutes. Remove the doughnuts using a slotted spoon and toss with the baharat-spiced sugar while still warm.
 5. Serve the warm doughnuts with the fudge dipping sauce on the side.

Bettyanne's Florentines

I love this dessert- simple and elegant. Perfect with a cup of tea.



- 8 ounces (2 sticks) unsalted butter
 - 1/2 cup sugar
 - 1/3 cup honey
 - 1/3 cup heavy cream or coconut cream
 - 4 1/2 cups skinless sliced blanched almonds
1. Preheat the oven to 375 degrees.
 2. Melt the butter in a medium saucepan over medium-low heat. Add the sugar and honey; stir until dissolved and smooth. Stir in the heavy cream for a few minutes, forming a light caramel. Turn off the heat. Stir in the almonds until they are all well coated.
 3. Use about a third of the mixture to fill the bottoms of the muffin wells, compacting each portion into a disk. Bake (middle rack) for 8 to 9 minutes, until bubbling and just golden brown at the edges.
 4. Let cool in the muffin pan for 7 to 10 minutes, then use a small offset spatula or table knife to release each Florentine; some may still be a little flexible. Transfer to a sheet of parchment or wax paper to cool and set completely.
 5. Repeat with the remaining almond mixture. If you are using foil liners, replace with new ones for subsequent batches.

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

Cardamom Butter Crescents

I LOVE the smell of cardamom and like all spices it has incredible health benefits such as easing heartburn, intestinal spasms, irritable bowel syndrome (IBS), intestinal gas and lowering cholesterol. If you'd like to make this gluten free you can sub almond flour for the flour in equal amounts. I find most cookie recipes to be too sweet so I cut the sugar from 1 1/4 cups to 3/4 cup.



- 3 ½ cups all-purpose flour, plus more for rolling
 - 2 teaspoons ground cardamom
 - 1/2 teaspoon sea salt
 - 3 1/2 sticks unsalted butter (3 1/2 sticks), at room temperature
 - 3/4 cup confectioners' sugar, plus more for dusting
 - 2 large egg whites
 - ¼ cup sliced almonds
1. Heat oven to 350 degrees and line two baking sheets with parchment paper. In a medium bowl, add the flour, cardamom and salt, and whisk to combine.
 2. In the bowl of an electric mixer, beat butter and sugar on low speed until just combined. Add egg whites, beat until just combined, then add flour mixture and mix until just combined.
 3. Divide dough into 8 equal pieces. On a lightly floured surface, roll one piece out into a log 3/4-inch thick. Using a bench scraper or sharp knife, cut 3-inch pieces off the log. Working with one 3-inch piece at a time, gently roll both ends so they taper slightly, then form into a crescent. Transfer to prepared baking sheet; repeat with remaining dough, placing the crescents 1-inch apart.
 4. Gently press 1 almond slice into each cookie. Bake until light golden brown, 10 to 14 minutes. Cool, then dust with confectioners' sugar.

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.

Chocolate Chip Cookie Dough Truffles

Coconut oil is definitely a test so I subbed in avocado oil if you want to keep it vegan, if not I would use the butter instead!!

These chocolate chip cookie dough truffles taste decadent but are paleo, vegan and made with clean ingredients! A grain free, dairy free, edible chocolate chip cookie...



For the Cookie Dough

- 1 2/3 cups blanched almond flour
- 1/3 cup avocado oil or butter
- 1/3 cup pure maple syrup or raw honey (not vegan)
- 1 tsp pure vanilla extract
- 1/2 cup mini chocolate chips

For the Chocolate*

- 2/3 cup avocado oil or butter
- 2/3 cup raw cacao powder or unsweetened cocoa powder,
- 1/3 cup pure maple syrup
- 1/2 tsp pure vanilla extract
- 1/8 tsp fine grain sea salt

For Cookie Dough:

1. Combine all ingredients (except for the chocolate chips) in a bowl and stir well until a thick sticky dough forms (it doesn't seem to matter what order you add the ingredients.)
2. Chill the dough in the refrigerator while you make the chocolate.

For Chocolate:

3. In a small saucepan over very low heat, whisk together the avocado oil, cacao powder (sift first if your is very lumpy) and maple syrup until a smooth shiny mixture forms (this only takes a minute)
4. Remove from heat and stir in the vanilla and sea salt. Allow to sit at room temp 5-10 mins - long enough to let the chocolate thicken up a bit for dipping the truffles.

Dip Truffles:

5. After cookie dough has chilled for 10-15 mins, line a large baking sheet or platter with parchment. Roll dough into small balls and dip each one in the chocolate using a small spoon - chocolate should be the consistency of melted chocolate now. Whisk if necessary, or allow to cool more if it's still too thin.
6. After dipping in chocolate, place each truffle on baking sheet to cool. Once chocolate hardens, drizzle more over the top if desired, then place baking sheet in the refrigerator 10 mins until chocolate hardens.

Store leftovers in a container in the refrigerator - enjoy!

Chocolate Valentines Cupcakes

February is the month we love chocolate. It chases away the winter blues and is rich in antioxidants and raises your HDL (healthy cholesterol). Here is some serious joy factor.



- 8 tablespoons unsalted butter, plus more for the ramekins
- 8 oz chocolate chips
- 1/4 cup all-purpose flour or almond flour
- 1/4 teaspoon salt
- 2 large eggs
- 2 large egg yolks
- Optional powdered sugar or cocoa powder for topping

1. Arrange a rack in the middle of the oven and heat to 400°F.
2. Lightly coat inside of 4 (6-ounce) ramekins with butter; place on a baking sheet and set aside.
3. Place the butter and chocolate in a small saucepan over low heat, stirring frequently, until the chocolate is melted. Set aside to cool.
4. In a medium bowl combine flour and salt. Add the eggs and egg yolks, and whisk until well-combined, pale yellow, and no lumps remain. Whisk in the melted chocolate until completely incorporated.
5. Divide the batter between the prepared ramekins. Bake until the tops are set and look crackly, 18 to 20 minutes. Serve immediately.

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.

Earl Grey White Chocolate Truffles

These treats are a delight after dinner with a digestif.



- 6 tablespoons heavy cream
 - 1 tablespoon plus 1 teaspoon loose-leaf Earl Grey tea
 - 10 ounces high-quality white chocolate, such as Valrhona Ivoire, chopped (35 percent cacao solids; see headnote)
 - 3/4 teaspoon vanilla extract
 - 4 ounces (1 cup) slivered almonds, toasted and ground to a pebbly consistency in a food processor.
 -
1. Warm the cream in a small saucepan over low heat. Once you see a few bubbles appear around the edges, remove from the heat, stir in the tea and let steep for 5 minutes.
 2. Meanwhile, place the chopped white chocolate in a heatproof bowl over a pan with a few inches of barely bubbling water (do not let the water boil; medium-low heat). Gently melt the chocolate, stirring occasionally, until smooth. Remove the bowl from the pan.
 3. Strain the infused cream through a fine-mesh strainer, pouring it directly into the melted white chocolate, stirring to incorporate. (Discard the solids.) Whisk in the vanilla extract. Let the mixture cool in the refrigerator for about 10 minutes, until it thickens to a scoopable consistency.
 4. Line a baking sheet with parchment paper or a silicone liner. Place the ground almonds in a bowl.
 5. Use two tableware spoons or a No. 70 disher (1 tablespoon) to make a total of 20 dollops of the truffle mixture and place them on the baking sheet, spaced at least 1 inch apart. Refrigerate for about 10 minutes, or just until firm enough to shape.
 6. Working quickly, roll each portion between your hands to form a smooth ball. Dip each one in the ground almonds to coat completely, returning them to the baking sheet to set. Once they're firm, serve or store.
 7. NOTE: Toast the almonds in a small, dry skillet over medium-low heat for a few minutes, until fragrant and lightly browned, shaking the pan to avoid scorching. Cool completely before using.

Gluten-Free Caffeine and Cocoa cookie

A Planner sent in this recipe! When you are on-the-go, sometimes a caffeine and cocoa cookie is just what you need!



- 1 1/3 cups almond flour
- 1/2 cup cocoa powder
- 1/4 tsp baking soda
- 1/2 cup butter
- 1/4 cup agave
- 2 tsp espresso or strong coffee
- 1/2 cup dark chocolate chips

1. Preheat oven to 350.
2. Add all ingredients except the chips to a mixing bowl or food processor. Mix thoroughly. Fold chocolate chips in last.
3. Form dough into cookies, it should make 12-15. Place on a baking sheet and let chill in the refrigerator for 20 minutes
4. Bake cookies for 10-12 minutes. Let cookies completely cool before removing from the baking sheet.

Gluten-Free Chocolate Biscotti

I'm working with a few pregnant clients in their first trimester and that means 2 things. One- deal with morning sickness. Two- get iron levels functional now! My secret weapon? _Gluten-Free Chocolate Biscotti.

Raisins are a great way to boost iron content and this protein rich biscotti is perfect as a snack or grab a few for a breakfast on the run! This delicious treat is gluten and dairy free! The cinnamon and cardamom help aid digestion and balance blood sugar.



- 1 1/4 cups Honeyville Blanched Almond Flour
 - 3 Tbsp Cacao Powder
 - 1/4 cup chocolate chips (optional)
 - 1/4 cup Agave Nectar or Raw Honey
 - 1/4 tsp Vanilla
 - 1/2 tsp Cinnamon
 - 1/4 cup Raisins
 - 1/2 tsp cinnamon
 - 1/2 tsp cardamom
1. Combine all ingredients except for raisins in a food processor. After all ingredients are combined add in raisins and mix thoroughly.
 2. Form dough into a one-inch thick log.
 3. Bake at 350 degrees for 15 minutes, then remove from oven and cool for 1 hour.
 4. Cut the logs into 1-inch slices and spread the slices out on a baking sheet. Bake at 300 degrees for 12 minutes.
 5. Remove from oven and allow to cool, set, and become crispy.
 6. Serve or keep in an airtight container.

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.

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.
3. Transfer batter to 9x9 square baking dish.
4. Bake for 17-20 minutes or until golden brown.
5. Allow bars to cool slightly before cutting into 12 bars.

Grain-Free Pumpkin Bars

Health Coach Emily modified this recipe to be Plan friendly!



- 1/2 cup pumpkin puree
- 1/2 cup raw almond butter
- 2 Tbsp honey
- 2 Eggs
- 2 teaspoons pumpkin pie spice*
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt
- 1/2 teaspoon baking soda
- pumpkin seeds for topping

1. Preheat oven to 350F and grease an 8" x 8" pan generously with coconut oil or butter.
2. Combine all the ingredients in a medium bowl, and mix well until a smooth batter forms.
3. Transfer the batter to the greased pan, and bake at 350F for about 30 minutes, until the edges are golden brown and the center is firm.
4. Allow to cool completely in the pan, then cut and serve!

Optional – glaze with Goat Cheese Icing from The Plan Cookbook.

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.

Lemon Ricotta Cookies



It would be very easy to make this gluten free- you can just use an equal amount of almond flour. That would give this an AMAZING texture. If you aren't a fan of super sweet you could cut the powdered sugar a bit more.

Cookies

- 2 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 stick unsalted butter, softened
- 1 cups sugar
- 2 eggs
- 1 (15-ounce) container whole milk
- ricotta cheese

- 3 tablespoons lemon juice
- 1 organic lemon, zested
- dash salt

Glaze

- 1 cups powdered sugar
- 2 tablespoons lemon juice
- 1 organic lemon, zested

Preheat the oven to 375 degrees F.

Cookies: In a medium bowl combine the flour, baking powder, and salt. Set aside.

In the large bowl combine the butter and the sugar. Using an electric mixer beat the butter and sugar until light and fluffy, about 3 minutes. Add the eggs, 1 at a time, beating until incorporated. Add the ricotta cheese, lemon juice, and lemon zest. Beat to combine. Stir in the dry ingredients. Line 2 baking sheets with parchment paper. Spoon the dough (about 2 tablespoons for each cookie) onto the baking sheets. Bake for 15 minutes, until slightly golden at the edges. Remove from the oven and let the cookies rest on the baking sheet for 20 minutes.

Glaze: Combine the powdered sugar, lemon juice, and lemon zest in a small bowl and stir until smooth. Spoon about 1/2-teaspoon onto each cookie and use the back of the spoon to gently spread. Let the glaze harden for about 2 hours. Pack the cookies into a decorative container.

Matzo Toffee with Candied Ginger Recipe

The great thing about matzoh of course is that it has no yeast which makes it SO much friendlier for digestion! I cut the sugar in half for this recipe, but if you want to keep it toffeelicious you could use the whole cup of sugar!



- 4 to 6 sheets matzo
 - 1 cup (2 sticks) unsalted butter
 - 1/2 cup light brown sugar
 - 2 teaspoons ginger juice, optional (see note)
 - Large pinch fine sea salt
 - 1 cup chocolate chips
 - 3 ounces chopped candied ginger (3/4 cup)
1. Heat oven to 350 degrees. Line a rimmed baking sheet with aluminum foil, allowing it to go over the edges of the pan. Cover the bottom of the pan with parchment. Arrange matzo over parchment in one-layer, breaking pieces to fit as necessary.
 2. In a medium pot over medium-high heat, bring butter and sugar to a boil for 3 minutes, until thickened and smooth. Stir in ginger juice and salt. Quickly pour mixture over matzos.
 3. Transfer pan to oven and bake 15 minutes until bubbly.
Remove pan from oven. Sprinkle chocolate evenly over caramel. Let stand 5 minutes until chocolate is softened. Use an offset spatula to spread chocolate smoothly over surface of toffee. Immediately sprinkle with candied ginger. Place pan in refrigerator and chill toffee for 1 hour. Break into large pieces.

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.

Paleo Pumpkin Coffee Cake



Cake

- 1/4 cup melted butter or avocado oil
- 1/4 cup maple syrup 1/4 cup sugar
- 1 cup cooked pumpkin
- 4 eggs
- 1 cup almond flour
- 1/4 cup coconut flour 1/2 teaspoon baking soda
- 1 1/2 teaspoons pumpkin pie spice
- 1/2 teaspoon cinnamon
- 1/8th teaspoon salt

Crumb Topping

- 1/4 cup coconut flour
- 1/2 cup almond flour
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 2 tablespoons maple syrup
- 2 tablespoons butter

1. Preheat oven to 325° and line a 9x9 pan with parchment paper.
2. Make the crumb topping first: in a small bowl, combine coconut flour, almond flour, sugar, cinnamon, maple syrup, and butter. Mix well- it should resemble wet sand. Set aside.
3. In a large bowl, combine butter, maple syrup, sugar, and pumpkin. Mix well.
4. Add in the eggs and mix until incorporated. Add in the almond flour, coconut flour, baking soda, pumpkin spice, cinnamon, and salt. Mix until no dry pockets remain. Pour into prepared pan and top with crumb topping. Bake for 45-50 minutes. Store in fridge after the first day.

Pumpkin Caramel Tart with Toasted Hazelnut Crust



CRUST

- 8 tablespoons (1 stick) chilled unsalted butter, cut into pieces, plus more for greasing the pan
- 3/4 cup hazelnuts, skinned and toasted (see NOTE)
- 1 cup flour
- 2 tablespoons granulated sugar
- 1/2 teaspoon sea salt
- 3 tablespoons ice water, or more as needed

CARAMELIZED HAZELNUTS

- 1/4 cup granulated sugar
- 1 tablespoon water
- 1/2 cup hazelnuts, skinned, toasted and coarsely chopped

FILLING

- Pinch cream of tartar
- 1 cup granulated sugar
- 2 tablespoons water
- 1 cup heavy cream
- 1 cup pumpkin or Delicata squash puree
- 2 tablespoons light brown sugar
- 1 tablespoon flour
- 1 1/2 teaspoons peeled, finely grated fresh ginger root
- 3/4 teaspoon ground cinnamon
- 3 large eggs, lightly beaten

For the crust:

1. Preheat the oven to 350 degrees. Use some butter to grease the sides and bottom of the 9-inch spring form pan, and line the bottom with parchment paper.
2. Combine the hazelnuts, flour, granulated sugar and salt in a food processor; pulse to the consistency of coarse meal. Add the butter and pulse until there are only a few pea-size pieces of butter remaining.
3. Transfer the mixture to a mixing bowl; drizzle the ice water over and mix, adding another splash or so of water, as needed, just to bring dough together.
4. Use your fingers to press the dough evenly 1 1/2 to 2 inches up the sides and to cover the bottom of the pan; compact and smooth with a flat, straight-sided measuring cup or glass.
5. Chill in the refrigerator for 20 minutes
6. Bake (middle rack) for 15 to 20 minutes, until golden but not totally baked through. Transfer to a wire rack to cool for 10 minutes.

(cont. on next page)

Pumpkin Caramel Tart with Toasted Hazelnut Crust (cont.)

For the filling:

7. Combine the cream of tartar, granulated sugar and water in a medium saucepan over medium heat, stirring until the sugar dissolves. Increase the heat to medium-high and cook for 8 to 10 minutes, swirling the pan occasionally (do not stir), until the caramel is a deep amber color. Remove from the heat.
8. Whisking constantly, carefully add the cream (the mixture will be extremely hot and will bubble vigorously), to form a smooth caramel. Let cool slightly.
9. Whisk together the pumpkin puree, brown sugar, flour, ginger, cinnamon and salt in a mixing bowl. Gradually add the caramel, and then the eggs, whisking until well incorporated. Scrape the filling into the crust.
10. Bake (middle rack) for 35 to 40 minutes, rotating the pan from front to back halfway through, until the filling is set around the edges and the center barely jiggles. Transfer to a wire rack to cool (in the pan).

For the hazelnuts:

11. Meanwhile, caramelize the hazelnuts: Line a baking sheet with a silicone liner or parchment paper.
12. Combine the granulated sugar and water in a small saucepan over medium heat, stirring until the sugar dissolves. Increase the heat to medium-high, and cook for a few minutes, without stirring, to form a dark golden caramel. Remove from the heat; immediately add the hazelnuts, swirling to coat, then spread them evenly on the lined baking sheet. Let cool; once the nuts are firmly set, coarsely chop them. ^[P.]_[SEP] (If not using right away, cool and store in an airtight container.) To ensure they stay crisp, scatter the caramelized hazelnuts over the tart just before serving.

Raw Chia Pecan Pie



- 1 Cup Apple Sauce or pureed apples
- 1 ½ Cup Pecans
- 1/2 Cup Chia Seeds
- 2 tsp Vanilla Extract
- 1 Tbsp Cinnamon
- 1/8 tsp Nutmeg
- Extra Pecans to Top

1. Prepare pie crust in spring form pan, per recipe directions in The Plan Cookbook.
2. Place all filling ingredients into the food processor and blend until smooth, stopping to scrape down the sides periodically.
3. Pour filling evenly over crust. Top with pecans -- decorate as you desire.
4. Cover and place in the freezer for at least 3-4 hours or overnight.
5. Remove from freezer, cut and serve.

To make it gluten free you can use our almond flour pie crust from The Plan Cookbook!

Yield: 8 slices

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 and 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

Grilled Watermelon with Tequila

WOW. This sounds amazing! I adapted this recipe from food 52 to make it Plan friendly



- 4 pieces watermelon
- 2 shots tequila
- 1/2 tsp sea salt
- Zest and juice of 1 lemon
- 1 to 2 teaspoons cayenne pepper
- Zest of 1 lime

1. Mix the tequila, lemon juice, and lemon zest in bowl.
2. Drizzle equal amounts of mixture over each watermelon slice.
3. Top with cayenne pepper and salt, patting gently into the slices.
4. In a grill pan over high heat, grill the watermelon slices, pepper side down, just until the powder's oils are released and grill marks are made, about 1 to 3 minutes.
5. Remove the slices and assemble grilled side up. Top with lime zest and serve immediately.

Lavender Simple Syrup

My lavender is coming back full force, so I picked some last week and dried it and made this delicious simple syrup for lavender margaritas Mmmmm.



- 1 cup water
- 2 tbsp dried lavender
- 1/2 cup honey or agave

Add all ingredients to a small saucepan and bring to a boil. Turn down heat and simmer for 20 minutes.

Remove pan from heat and strain the flowers out.

Let cool and transfer to glass container.

Keep refrigerated.

Hot Chocolate el Diablo



- 1 3/4 cups whole milk
- 3 oz Patrón XO Cafe Incendio
- 3 oz bittersweet chocolate, finely chopped
- 1 tablespoon medium or dark brown sugar
- 1 tablespoon cocoa powder
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon

In a small saucepan over low heat, combine the milk, Patrón XO Cafe Incendio, chocolate, brown sugar, and cocoa powder. Whisk slowly until the liquid is just scalding and begins to steam.

Remove from heat and stir in vanilla extract and ground cinnamon. Pour into two 10 oz glasses and serve with whole cinnamon sticks!

Hot Rum Tea

This is a great warm drink to end the work week. And you could easily make this a mocktail by leaving out the alcohol. Stay warm!



- 8 ounces hot tea
- 1 ounce rum, warmed
- 1/2 ounce lemon juice, warmed
- 1/2 ounce maple syrup, warmed
- 1 dash cayenne pepper
- 1 organic lemon twist, for garnish
- 1 cinnamon stick

In a shaker, combine the hot tea, rum, lemon juice and maple syrup. Using a stir stick, stir until incorporated fully and then transfer to a tea cup. Season with a small dash of cayenne pepper and garnish with a lemon twist.

Lemon Balm Margarita

According to legend, when a mom manages to make it to Friday there's a magical place of unicorns, peace, love and margaritas. But for those of you that don't make it to Narnia you can try adding lemon balm -slight mint lemon- herb flavor (aids a deep restful sleep and decreases anxiety) and lavender (more of the same) to your cocktail!



- 2 parts tequila
- 1 part Cointreau
- 1 part fresh lime juice
- Dash cranberry juice
- 1 tbsp chopped lemon balm
- 1 lavender sprig and flowers

Pumpkin Spice Tequila

This would be a super fun recipe for this weekend for a dinner or brunch party!



- 1 teaspoon whole clove
 - 1 teaspoon whole allspice
 - $\frac{3}{4}$ teaspoon white pepper
 - Seeds from 3 cardamom pods
 - 4 cinnamon sticks
 - 1 whole nutmeg
 - One 2-inch piece ginger, thinly sliced
 - 1-liter tequila
 - 1 cup maple syrup
 - 1 cup water
1. In a small skillet, toast the clove, allspice, white pepper, cinnamon and nutmeg over medium heat until fragrant, 2 minutes.
 2. Transfer to a sealable quart jar with the ginger and pour in the tequila. Seal and steep for 2 days, shaking the jar every 12 hours.
 3. After 2 days, strain out the solids and transfer them to a small saucepan with the maple syrup and water. Bring to simmer and cook until the sugar dissolves, 2 minutes. Let cool completely.
 4. Strain the syrup into the jar with the infused tequila and shake to combine. Serve on the rocks, in a cup of coffee or stirred into your favorite cocktails.

Rice Milk Chia Latte

Frothed rice milk vanilla chai tea latte

YUM! This recipe and picture is from one of my favorite Planners Christine Thornton. When she told me she was having avocado fries and this chai tea latte, I wanted to know her recipe. So here you go!



It's just a spiced milk of your choice, I use rice or my homemade almond milk. (I keep a mason jar in the fridge with a vanilla pod or 2 in it and 5 or 6 crushed cardamom pods).

Then froth it in my milk frother and pour it over an organic chai tea bag with a dust of cinnamon.

Easy peasy!

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.