

**Innovative Supplements for
Vibrant Health**



11-day Detox Protocol Recipes

Poultry

Grilled Chicken & Garlic Mashed Turnips

For 4 servings:

3 lb.. of chickens (breasts, legs, or thighs)

2 tablespoons chopped fresh basil

1/4 cup fresh lemon juice

3 cups diced turnip

2 cloves garlic, minced

3 tablespoons olive oilSalt

Combine chicken, basil, lemon juice and olive oil in a large bowl and toss together. Refrigerate and let marinate 2 hours. The marinated chicken may also be baked for about 50 to 60 minutes at 425°, or until cooked through.

Cook turnip cubes and garlic cloves in boiling water 15 min or until soft. Mash turnips or (can use food processor), then add olive oil and salt.

Chicken Lettuce Wraps

Ingredients

For the Chicken:

1 1/2 pounds skinless, boneless chicken breasts, diced

1 teaspoon toasted sesame oil

For the Stir-Fry:

3 cloves garlic, minced

1 teaspoon minced peeled ginger

1 jalapeño pepper, seeded and minced

4 scallions; 2 minced, 2 cut into 1-inch pieces

Kosher salt

3/4 cup diced water chestnuts

Small lettuce leaves, for serving

Rosemary Lemon Chicken

1 pound skinless, boneless chicken breast

2 tablespoons Extra Virgin olive oil

1/4 cup lemon juice

2 cloves garlic, pressed

1/4 cup fresh rosemary, minced

1/2 teaspoon Celtic sea salt

1. In a medium bowl, combine olive oil, lemon juice, garlic, rosemary and salt
2. Rinse chicken breasts, pat dry and place in an 7x11 in baking dish
3. Pour marinade over chicken, cover and refrigerate for at least 30 minutes or up to 6 hours

4. Heat grill and cook chicken for 5-7 minutes per side until browned and cooked in the center
5. Serve

Tasty "Breaded" Chicken Strips

Take 2 or 3 boneless, skinless chicken breasts and cut into chicken-finger sized strips.

Mix together:

2-3 Tbsp Ground Flax Seeds

2-3 Tbsp Ground Almonds

1 tsp Italian Spices

Salt & Pepper to taste

Dip the chicken strips in the mixture to coat them thoroughly (either in a bowl/dish or in a plastic ziploc bag).

Place chicken strips on a non-stick pan or stoneware pan.

Bake at 425F for 20 minutes.

Easy Breakfast

2 Eggs - prepared to your preference

1/2 Avocado

Salsa of your choice (low sugar content and no fruit)

2 Strips of Turkey Bacon

Chipotle's Chicken Marinade

1 (2 ounce) package dried ancho chiles

1 (7 ounce) can chipotle pepper in adobo sauce (discard chipotle pepper, skim out seeds)

1 teaspoon black pepper

2 teaspoons cumin powder

2 tablespoons fresh oregano, chopped

6 cloves garlic

2 teaspoons salt

1 red onion, quartered

1/4 cup oil (canola/vegetable/olive)

1 whole boneless, skinless naturally raised chicken (about 3 lb., thighs work well too)

Soak dry chilies overnight in water, until soft. Remove seeds.

Add chilies and rest of the ingredients in blender or food processor. Puree until smooth.

Stab chicken with fork to let the marinade soak in. If you're marinating overnight, you won't need to stab it too much. If you're marinating for an hour, stab it all over!

Spread marinade over chicken, refrigerate for one hour or up to overnight.

After marinating, grill on medium high on an indoor grill where the chicken can be pressed flat.

Lemon Chicken and Artichoke Hearts

2 tablespoons olive oil
1/2 medium yellow onion, finely chopped
3 medium garlic cloves, thinly sliced
1 1/2 pounds boneless skinless chicken meat, large dice
1 1/2 cups quartered artichoke hearts (canned or jarred - not frozen)
2/3 cup dry white wine
1/3 cup water
1 teaspoon freshly squeezed lemon juice
1/2 cup lightly packed thinly sliced basil leaves
1 teaspoon lemon zest

Directions

Heat oil in a large frying pan over medium-high heat. When it shimmers, add onion and garlic, season with salt and freshly ground black pepper, and cook until golden, about 4 minutes. Add chicken and cook, stirring rarely, until well browned on all sides, about 5 minutes. Add artichoke hearts and cook until slightly broken down, about 3 minutes.

Add wine, water, and juice and scrape the bottom of the pan to incorporate any browned bits. Cook until alcohol smell is cooked off and sauce is slightly reduced, about 5 minutes. Remove from heat, stir in basil and lemon, and serve.

Turkey Roll Ups

2 teaspoons homemade Mayonnaise
8 slices turkey breast
2 large red leaf lettuce leaves, spines removed, torn into 8 pieces
1/4 large English cucumber, seeded and cut into 3-inch long sticks
1/4 large red pepper, sliced
8 large basil leaves

Directions

Lay a slice of turkey on a plate or cutting board. Spread a 1/2 teaspoon of the homemade mayonnaise mixture widthwise along the turkey about 2 inches from the end of the slice. Place a piece of lettuce on top, then a couple of sticks of cucumber and slices of red pepper. Top with a basil leaf and roll it all up in the turkey slice.

Quinoa-Stuffed Squash

4 (1-pound) golden nugget squashes
Cooking spray
2 (4-ounce) links hot turkey Italian sausage, casings removed
1/2 cup finely chopped carrot \$
1/2 cup finely chopped onion \$
2 garlic cloves, minced
1/2 cup water
2 cups cooked quinoa
2 tablespoons chopped fresh parsley
1/2 teaspoon chopped fresh thyme
1/4 teaspoon kosher salt
1/4 teaspoon black pepper

Preparation

1. Cut the top quarter off each squash; reserve tops. Discard seeds. Arrange squashes, cut sides down, in 2 (11 x 7-inch) baking dishes. Fill each dish with 1-inch of water; microwave 1 dish at HIGH 15 minutes. Remove dish; repeat with remaining dish. Cool.
2. Preheat oven to 350°.
3. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add sausage; sauté 5 minutes or until browned, stirring to crumble. Remove sausage with a slotted spoon. Add carrot, onion, and garlic to drippings in pan; sauté 2 minutes, stirring frequently. Stir in 1/2 cup water; bring to a boil. Reduce heat to medium; cover and cook 8 minutes or until carrot is tender.
4. Combine sausage, carrot mixture, quinoa, parsley, thyme, salt, and pepper; stir. Stuff about 1 cup quinoa mixture in each squash. Arrange stuffed squashes in a broiler-safe baking dish, and place tops in dish. Bake at 350° for 20 minutes or until thoroughly heated. Remove from oven.
5. Preheat broiler to high.
6. Broil squashes 4 minutes or until cheese is golden.

Turkey Bolognese with Spaghetti Squash

2 tablespoons extra-virgin olive oil
1 medium yellow onion, diced small
2 small celery stalks, diced small
3 garlic cloves, minced
1 pound ground turkey breast or chicken breast
2 cups crushed tomatoes (from a 28-ounce can, Italian style or plain)
Red-pepper flakes (optional)
Coarse salt and ground pepper
1/2 teaspoon of dried basil, oregano, and thyme each
6 cups Roasted Spaghetti Squash

Squash

Heat oven to 400 F. Slice squash in half lengthwise and scoop out seeds. Drizzle halves with the olive oil and season with salt. Place squash cut side down on baking sheet and roast until tender, 45-50 minutes. Use a fork to scrape out “spaghetti.”

Sauce

Add 1 tablespoon oil to skillet to a large nonstick skillet. Add onion, celery, and garlic and cook until vegetables are tender, 15 minutes. Transfer to a medium bowl. Add 1 tablespoon oil and turkey to skillet and cook, breaking up meat with a wooden spoon, until almost cooked through, 5 minutes. Add vegetables, tomatoes, and pinch of red-pepper flakes, if using, to skillet and bring to a simmer; cook until turkey is cooked through and sauce is thickened, 5 minutes. Season with salt and pepper.

Beef & Lamb

Steak with Ginger Sauce and Quinoa Tabbouleh

Steak
Ginger
Garlic
Chili
Lemon Juice

Quinoa Tabbouleh

1/2 cup uncooked quinoa
3 cups fresh parsley
1/2 cup fresh mint leaves
10 cherry tomatoes
1/2 cucumber
1 red onion
1/2 cup fresh lemon juice
4 tablespoons olive oil
Salt and pepper

Make the sauce for the steak with grated ginger and chili, olive oil and lemon juice - just mix it together. Cook the steak to your liking and serve it sliced, drizzled with the sauce.

Cook quinoa as directed, rinsing well. Chop tomatoes and cucumber, then finely chop parsley, mint, and onions. Add all ingredients to a mixing bowl and mix away!

Stuffed Peppers with Beef and Millet

For 2 servings:

1/2 pound minced beef
1/5 cup of uncooked millet
2 red bell peppers (halved length wise and discard seeds)
1 tomato (chopped)
1 egg (lightly beaten)
1 large onion (finely chopped)
3 garlic cloves (finely chopped)
1 chili (finely chopped)
3 tablespoons olive oil
1/4 teaspoon salt
1/4 teaspoon pepper
1 tablespoon dried basil

1 tablespoon dried parsley

Cook the millet as directed. Cook the onions, garlic, chilies and tomato with 1 tablespoon olive oil in a pan for 3 minutes. Now add the meat and cook until no longer pink.

Add the meat mixture, millet, and all other ingredients except red peppers to a bowl and mix it up. Pack the mixture into the red pepper halves. Bake at 350F for 30 minutes or until peppers are tender.

Grilled Eggplant and Lamb Medallions with Rosemary Aioli

1 eggplant, about 1 pound, cut into 8 1-inch slices
8 ounces lamb tenderloin, cut into 8 1-ounce medallions
Salt and pepper
Olive oil

Rosemary Aioli:

1/2 cup prepared or homemade mayonnaise
1 tablespoon minced garlic
2 tablespoons finely chopped fresh rosemary
Salt and pepper
Fresh rosemary sprigs
Black pepper for rim

Directions

Preheat the grill. For Rosemary Aioli: In mixing bowl, combine the mayonnaise, garlic and rosemary and blend until incorporated. Season with salt and pepper. Set aside.

For eggplant and lamb: Rub each piece lightly with the olive oil to prevent from sticking to the grill. Season with salt and pepper. On a hot grill, grill each piece of eggplant for 1 minute on each side. Remove from the grill and set aside. Place the lamb medallions on the grill and cook until medium rare, about 1 to 2 minutes on each side. Remove from the grill and set aside.

To assemble, place a small pool of the aioli in the center of the plate. Alternate layering the eggplant and lamb medallions four times. Drizzle the remaining aioli over top and garnish with flaming rosemary sprigs.

Lamb Curry

Ingredients

For 2 servings:

250 gms diced lamb
1 large onion, chopped
2 handfuls chopped spinach
1 can brown lentils soaked and pre-cooked
1/4 inch ginger, thinly sliced
2-3 cloves garlic, crushed
1 tsp cumin seeds
1 tsp fennel seeds
1/2 tsp gram masala
1/2 tsp curry powder

Brown onions in a saucepan, and add lamb. Quickly brown lamb, then add garlic and spices. Stir until spices are aromatic, then add about 1/4 cup water. Leave to simmer for about 5 minutes, making sure not to burn it.

Add approx. 1 more cup water and half the lentils, puree the rest of the lentils and add to make the sauce. Leave to reduce to desired thickness, then stir in the spinach about a minute before serving.

Protein Style Burger

1 Pound Ground Turkey, Beef or Lamb (Form into patties and season as desired)
1 Head of Lettuce (To replace a bread bun)
1 Onion Sauté with butter or leave raw
1 Tomato (Cut into 4 large slices)

Vegetarian

Vegetable Quiche

For 2 servings:

1 Bell Pepper
2 Red Onions
1/2 Zucchini
3 Eggs
1 Clove Garlic
Pine Nuts (a handful)
Fresh Basil leaves (a handful)
3 Tbsp Olive Oil
Green salad leaves

Preheat oven to 180C. Chop vegetables and panfry with 1 1/2 tbsp olive oil on medium heat for 3-4 minutes, then add to a well oiled ovenproof dish.

Add basil, garlic, pine nuts and eggs to the food processor. Now pour over the vegetables and bake for 25 minutes or until firm in the center. Serve with green salad.

Quinoa Pilaf

Ingredients:

1 c quinoa
1 celery stalk, trimmed & chopped in small dice
1/2 sweet red pepper, chopped in small dice
1/2 c. cooked chickpeas
1 Tbsp olive oil
2 - 3 garlic cloves OR 1/2 tsp garlic powder
1 Tbsp peeled & minced fresh ginger OR 1/2 tsp dried ginger
1/2 tsp brown mustard seeds
1 bay leaf
1/4 tsp turmeric
1/2 tsp gr. Coriander
1/4 tsp cumin
1/4 tsp thyme leaf
1/2 tsp salt
1 3/4 cup water or soup stock

Optional: 2 cups chopped spinach or chard OR 1/4 c. minced parsley or cilantro OR 1/2 cup frozen peas

Fresh ground pepper to taste

Directions:

1. Soak quinoa 5 minutes, rinse twice, leave to drain
2. Heat olive oil on medium low in a 3 - 4 qt saucepan or sauté pan
3. Peel & mince garlic & ginger, sauté with mustard seeds for 2 minutes
4. Chop celery and red pepper, add to pan, turn up the and sauté another five minutes

5. Mix in the bay leaf, turmeric, coriander & cumin
6. Turn the heat to medium high. Add the quinoa and stir until it's dry and starting to pop
7. Add 1 3/4 c. hot water or stock, and salt. Bring to a boil, cover, and simmer 15 minutes
8. Stir in the optional greens, chickpeas, parsley or cilantro, and fresh ground pepper
9. Cover and cook 5 more minutes, then serve

Spiced Breakfast Quinoa

1/2 cup quinoa
1 cup low-fat milk
1 cup water
1/2 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/8 teaspoon ground ginger
Pinch of salt
1 tablespoons Super Good Stuff "Immune Sweet"
1/2 teaspoon vanilla extract
1 large egg white

Preparation

1. Place quinoa in a fine-mesh sieve and rinse well with cold water. Heat a medium saucepan over medium-high heat. Add quinoa and cook, stirring, until the grains are separated and smell fragrant, 2 to 4 minutes. Stir in unsweetened non-dairy milk (see do's and don't list), water, cinnamon, nutmeg, ginger and salt. Bring to a boil. Reduce heat to maintain a simmer and cook uncovered, stirring occasionally, until the quinoa is tender, 20 to 25 minutes. Remove from heat. Stir in "Immune Sweet" and vanilla.
2. Whisk egg white in a small bowl with 1 tablespoon of the hot cereal. Repeat with 5 more tablespoons until the egg white is completely incorporated. Return the cereal to the saucepan and cook, stirring, over medium-low heat until thickened slightly, 1 to 2 minutes.

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 1 day; serve cold or reheat over low heat or in the microwave; thin with water or milk as desired.

Vegetable Omelet

2-3 organic eggs
2 tbsp olive oil
2 tbsp chopped onion
2 tbsp chopped green pepper
Handful of fresh spinach

Heat a skillet with olive oil, add onions and greens pepper, add spinach a few minutes later, stir fry until veggies are tender. Stir in the slightly beaten eggs until eggs are done. Serve immediately with sea salt.

Tomato Basil Soup

Ingredients:

2 cups water
2 cups roma tomato, chopped
1/2 cup sun dried tomatoes, soaked in water
1 cup celery, chopped
1/4 cup red pepper, chopped
1/4 cup basil, chopped
1/4 avocado
1/2 teaspoon nutritional yeast
3 dates, soaked
1/8 tsp. cayenne

Directions:

Blend for several minutes until warm. Enjoy!

Zucchini Spirals w/ Pomodora Sauce

6 (1.2 kg) zucchini, about 2 ½ pounds
3 (370 g) Roma tomatoes, 13 ounces, seeded and chopped, divided use
¼ cup (60 g) sun-dried tomato powder
1 ½ tablespoons finely minced onion
1 tablespoon extra-virgin olive oil
1 tablespoon minced fresh basil leaves
1 ½ teaspoons minced, fresh oregano
1 (3 g) garlic clove, crushed
¼ teaspoon salt
Pinch of freshly ground black pepper
Pinch of cayenne

1. Transform the zucchini into noodles using a spiral slicer.
2. Place 1 ½ Roma tomatoes and rest of ingredients into the Vitamix or blender container and secure lid.
3. Slowly turn machine on and off, scraping down side of container between pulses, until a paste is formed.
4. Remove lid, add remaining tomatoes, and secure lid.
5. Slowly turn machine on and off 1-3 times until a chunk texture is achieved.
6. Allow the sauce to sit for 10 minutes to thicken before you serve it.
7. Serve the Zucchini pasta on individual plates with a generous scoop of Pomodora Sauce on top.
8. Stored in a sealed glass jar in the refrigerator, leftover Pomodora sauce will keep for up to 3 days.

Vegetable Stew and Quinoa Recipe

Vegetable Stew:

3 cloves garlic, smashed
2 small turnips, peeled and quartered
1 medium yellow onion, quartered lengthwise, root end intact
1/2 fennel bulb, thickly sliced lengthwise, root end intact
1 tablespoon peeled, chopped, fresh ginger
1 tablespoon kosher salt

2 teaspoons each ground cumin, paprika, and sugar
1 1/2 teaspoons ground turmeric
1/8 teaspoon ground cloves
1 cinnamon stick, snapped in half
2 cups water
1 pound Eggplant
1 small zucchini, cut into 2-inch rounds
1 (15 1/2-ounce) can chickpeas, rinsed and drained
4 sprigs fresh flat-leaf parsley, tied together with kitchen string
1 cup canned whole peeled tomatoes, with their juices

Couscous:

2 cups cold water
1 tablespoon unsalted butter
1 teaspoon kosher salt
1 1/2 cups uncooked quinoa
1/2 cup sliced almonds, toasted

Directions

For the stew: Put the garlic, turnips, onion, fennel, ginger, salt, cumin, paprika, sugar, turmeric, cloves, and cinnamon in a large soup pot with a tight-fitting lid. Add 2 cups water and bring to a boil over high heat; cover, reduce the heat, and simmer until the vegetables are somewhat soft, about 10 minutes. Halve and seed the eggplant and cut it into wedges. Tie parsley sprigs together with kitchen string. Add zucchini, chickpeas, and parsley sprigs to the pot. Using your fingers and working over the pot, tear the tomatoes into big pieces and add them to the pot with their juices. Simmer the stew, covered, until it is slightly thick and fragrant, and the vegetables are fork tender but not mushy, about 15 minutes. (You can test the vegetables a bit sooner, remove them as soon as they are tender, and return them to the pot when you are ready to serve. All the vegetables should be tender enough to cut with the side of a fork, but still hold their shapes.) Remove cinnamon sticks.

For the quinoa: Bring water to a boil with the butter and salt in a small saucepan. Stir in the quinoa, pull the saucepan off the heat, cover, and set aside until the water has been absorbed and the quinoa is plump, about 5 minutes. Transfer to a bowl and fluff with a fork.

To serve, spread the quinoa over a large serving platter and, using a slotted spoon, mound the vegetables in the center. Pour some of the broth over the vegetables and sprinkle with the almonds.

Breakfast Burritos

Ingredients

2 teaspoons canola oil
1/2 small red onion, diced (1 cup)
1 red bell pepper, seeded and diced
1 cup drained, rinsed canned black beans, preferably low-sodium
1/4 teaspoon chili flakes
Salt and freshly ground black pepper
4 eggs and 4 egg whites
Cooking spray
Lettuce Cups
1/4 cup salsa
1 large tomato, (4 ounces) seeded and diced

1 small avocado (4 ounces), cubed

Directions

Heat the canola oil in a large nonstick skillet over a medium-high heat. Cook the onions and peppers until onions are softened and peppers are slightly charred, about 8 minutes. Add black beans and red pepper flakes and cook until warmed through, another 3 minutes. Season with salt and pepper and transfer to a dish.

Whisk together the eggs and egg whites then stir in the cheese. Spray the skillet with cooking spray, and reheat the skillet over a medium heat. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes. Spread each Lettuce Cup with 1 tablespoon each salsa, then layer with 1/4 of the black bean mixture, 1/4 of the scrambled eggs, some diced tomato and 1/4 of the avocado. Roll up burrito-style and serve.

Eggs Benedict

1 tablespoon olive oil

Hollandaise Sauce

1 shallot, thinly sliced

8 cups petite kale or baby spinach

Freshly ground black pepper

1 large ripe tomato, cut into 4 slices

4 large eggs

Heat the oil in a large nonstick skillet. Add the kale, remove from the heat and stir until the kale wilts, about 2 minutes. Season with pepper. Set aside and keep warm.

Crack each egg into a mug and slip into the simmering water. Cook until the whites are at desired doneness, 3 to 5 minutes. Remove with a slotted spoon and place on each Benedict.

Layer:

Tomato Slice

Sautéed Kale or Spinach

Pouched Egg

Hollandaise Sauce

Hollandaise Sauce Recipe:

Ingredients

4 egg yolks

1 tablespoon freshly squeezed lemon juice

1/2 cup unsalted butter, melted (1 stick)

Pinch cayenne

Pinch salt

Directions

Vigorously whisk the egg yolks and lemon juice together in a stainless steel bowl and until the mixture is thickened and doubled in volume. Place the bowl over a saucepan containing barely simmering water (or use a double boiler,) the water should not touch the bottom of the bowl. Continue to whisk rapidly. Be careful not to let the eggs get too hot or they will scramble. Slowly drizzle in the melted butter and continue to whisk until the sauce is thickened and doubled in volume. Remove from heat, whisk in cayenne and salt. Cover and place in a warm spot until ready to use for the eggs Benedict. If the sauce gets too thick, whisk in a few drops of warm water before serving.

Fish

Chipotle Lime Salmon

1 lb. salmon, cut into 4 fillets
1-2 tablespoons Olive Oil
2 limes, sliced in half
1 teaspoon Celtic sea salt
1 teaspoon chipotle powder

1. Preheat oven to 500°
2. Rinse salmon, pat dry and place on a metal baking sheet
3. Rub each fillet with olive oil
4. Squeeze the juice from one-half lime onto each fillet
5. Sprinkle fillets with salt and chipotle, then place a half lime on top of each fillet
6. Turn down oven temperature to 275°
7. Place salmon in oven and cook for 8-12 minutes, depending on how well done you like your fish

Crab Cakes

1 tablespoon plus 2 teaspoons extra-virgin olive oil
2 scallions, thinly sliced
1/2 cup finely chopped red bell pepper
1 cup Millet or Almond Mill
1 large egg, lightly beaten
2 teaspoons Homemade Mayonnaise
1 tablespoon fresh lemon juice, plus lemon wedges for serving
1/2 teaspoon Old Bay Seasoning
1 pound lump crab or crab claw meat, picked over
Kosher salt and freshly ground pepper
Olive-oil cooking spray

Directions

Heat 2 teaspoons olive oil in a large nonstick skillet over medium-high heat. Add the scallions and bell pepper and cook until they begin to soften, about 2 minutes. Cool slightly.

Mix 1/2 cup Millet or Almond Mill, and egg in a small bowl. In a medium bowl, whisk homemade mayonnaise, lemon juice, Old Bay ; fold in the crabmeat, millet or almond mill mixture, scallion bell pepper mixture, 1/4 teaspoon salt and a pinch of pepper. Shape into 8 patties and refrigerate 30 minutes.

Coat the crab cakes with the remaining 1/2 cup millet or almond mill. Heat the remaining 1 tablespoon olive oil in the skillet over medium-high heat. Mist the crab cakes with cooking spray and cook, sprayed-side down, 3 to 4 minutes. Spray the tops, flip and cook 3 to 4 more minutes. Serve with lemon wedges.

Crab Avocado Salad

Kosher salt
1/2 pound green beans, halved
3 tablespoons low-fat mayonnaise
1 to 2 tablespoons fresh lemon juice
1/2 cup chopped fresh chives
1/4 cup chopped fresh basil
3 anchovy fillets, chopped
Freshly ground pepper
1/2 pound lump or claw crabmeat
1 Avocado, halved, pitted and diced
3 romaine hearts, chopped
1 pint cherry tomatoes, halved

Directions

Bring a saucepan of salted water to a boil. Add the haricots verts and cook until crisp-tender, 3 to 5 minutes. Drain and run under cold water to stop the cooking.

Puree the mayonnaise, lemon juice, chives, basil and anchovies in a blender until smooth. Season with salt and pepper.

Toss the crabmeat, half of the avocado and about 1 tablespoon of the yogurt dressing in a small bowl. Toss the romaine, haricots verts and the remaining avocado with the remaining dressing in a large bowl.

Divide the romaine salad among plates, top with the tomatoes and place some of the crab mixture in the center.

Parchment-Baked Halibut With Pesto, Zucchini, and Onion

6-ounce halibut fillets
1/4 cup commercial pesto
1 cup shredded onion
1 cup shredded zucchini
3/4 teaspoon salt, divided
1/2 teaspoon freshly ground pepper, divided
4 teaspoons olive oil
4 teaspoons vegetable stock

Preheat oven to 450°. Follow directions for heart-shaped parchment package below. Unfold parchment heart, and coat lightly with cooking spray, leaving a 2-inch border ungreased at edge. Place fillet on one side so that it touches the fold, but not the ungreased border. Spread 1 tablespoon pesto over fillet; top with 1/4 cup carrot and 1/4 cup zucchini. Sprinkle with one-fourth of salt and pepper. Drizzle fillet with 1 teaspoon oil and 1 teaspoon wine. Fold paper; seal edges with narrow folds. Repeat with the remaining parchment paper, fish, and vegetables. Place packets on baking sheets. Bake at 450° for 15 minutes or until puffy and lightly browned. To serve, open packets and

transfer the fillets with their vegetable topping to plates; pour juices over top. Or serve right in packets; carefully transfer to plates and pierce each to allow steam to escape.

Cod With Pine Nut Brown Butter and Garlicky Spinach

1 tablespoon butter

3 tablespoons pine nuts

3 tablespoons fresh lemon juice, divided

4 cod or sole fillets (about 5 ounces each)

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

3 teaspoons olive oil, divided

2 garlic cloves, minced

(10-ounce) packages fresh spinach, washed and trimmed

Lemon wedges

Directions:

Melt butter in large, heavy nonstick skillet over medium heat. Add nuts and 2 tablespoons lemon juice, and stir; cook 1 minute or until nuts are golden brown. Remove from pan and set aside. Season fish with salt and pepper. Add 2 teaspoons oil to skillet over medium-high heat. Add fish; cook 2 minutes per side, until it flakes. Transfer to platter; place nuts on top of fish. Tent with foil to keep warm. Wipe skillet clean with a paper towel. Warm remaining 1 teaspoon oil over medium heat. Add garlic and spinach; cook 5 minutes, stirring until spinach wilts. Add remaining lemon juice; cook 1 minute to blend flavors. Place spinach on serving platter; top with fillets. Serve with lemon wedges.

Sides & Sauces

Grilled Artichokes With Remoulade

Grilled Artichokes

2 large artichokes
1 lemon, quartered
3/4 cup olive oil
4 garlic cloves, chopped
1 teaspoon salt
1/2 teaspoon ground black pepper

Remoulade

2 cups mayonnaise (see protocol mayonnaise below)
2 garlic cloves, minced
2 teaspoons capers
1 tablespoon lemon juice
salt & freshly ground black pepper

Directions:

Trim the tops and ends of leaves from the artichokes, cut in half lengthwise and remove the fuzzy choke. Squeeze a bit of lemon on immediately to prevent browning. If preparing artichokes ahead of time, place them in a bowl of lemon water until ready to boil. If unsure how to properly prep an artichoke, look online for an easy demonstration. Bring a large pot of water to a boil. Meanwhile, preheat an outdoor grill for medium-high heat. Add artichokes to boiling water, and cook for about 25 minutes. Drain well. Squeeze the remaining lemon wedges into a medium bowl. Stir in the olive oil and garlic, and season with salt and pepper. Brush the artichokes with a coating of the garlic dip, and place them on the preheated grill. Grill the artichokes for 5 to 10 minutes, basting with dip and turning frequently, until the tips are a little charred. Serve immediately with remoulade. In a medium bowl, combine all the ingredients and mix well. Season, to taste, with salt and pepper. Refrigerate for several hours prior to serving.

Raw Onion Bread

3 sweet onions
1 cup Ground Flax Seeds
1 cup Sesame Seeds
1/3 cup Olive oil
1/3 cup Namo Shoyu
One teaspoon agave
Pinch of Cayenne

Pinch of Black Pepper
For garnish, Gamachio sprinkles
(Extra option, pearl tomato)
Blend ingredients in food processor
Spread on dehydrator sheet, sprinkle Gamachio on top
Set in dehydrator for 110 degrees for nine hours till crisp

Zucchini Muffins

3 c. grated zucchini
3 eggs, beaten
2 1/2 cups almond flour
1/3 c. coconut oil
1/4-1/2 c. yacon powder (cheaper than the syrup, still ok?)
1/2 teas. liquid stevia (made from powder, directions on this site)
2 teas. cinnamon
1 teas. baking soda
1/4 teas. salt

Mix almond flour, oil, yacon, and zucchini. Add beaten eggs, cinnamon, salt, baking soda, and stevia. Mix well. Bake in muffin tins, lined with papers, at 350 degrees for 25-30 min.

Super yummy!

Chili Kale Chips

1 bunch kale, ribs removed and torn into pieces
1 to 2 tablespoons olive oil
2 teaspoons chili powder
Salt

Directions

Preheat the oven to 350 degrees F.

In a bowl, combine the kale and 1 tablespoon olive oil. Use your fingers to massage the oil into the kale. If it seems dry, add more oil. Season with chili powder and salt and toss to coat.

Spread the kale onto 2 baking sheets. Bake until the chips look crisp, 10 to 15 minutes, rotating the baking sheets halfway through.

Spicy Baked Chickpeas

2 (15-ounce) cans chickpeas
2 tablespoons olive oil
1 teaspoon Spanish smoked paprika
1 teaspoon ground cumin
Pinch cayenne pepper, or to taste
Kosher salt

Directions

Preheat the oven to 400 degrees F.

Rinse and drain the chickpeas and dry by rolling them around in a kitchen towel. Combine the oil, paprika cumin, cayenne and salt in a large bowl. Add chickpeas and toss to coat evenly. Transfer the chickpeas to a parchment-lined baking sheet and spread them out in a single layer. Bake until golden and crispy, 25 to 35 minutes, shaking the tray to toss after 15 minutes. Remove the baking sheet from the oven and transfer the chickpeas to a serving bowl.

Homemade Mayonnaise

2 whole eggs
2 tablespoons lemon juice
1/2 teaspoon salt, or to taste
1/2 teaspoon white pepper
2 cups vegetable oil (approx.)

Preparation:

In the bowl of a food processor on slow speed, blend together the eggs, lemon juice, salt and white pepper.

Increase the speed to high and add the vegetable oil in a slow, continuous trickle through the feeder tube until the mayonnaise thickens. How much oil this takes depends on how large the eggs were. In general, I determine that the mayonnaise is adequately thick when it forms a doughnut shape around the blade with "ripples" on top.

(Note: There's no need to actually measure the oil; I simply pour the oil in as thin a stream as possible directly from the bottle.

Taste the mayonnaise, and adjust the seasoning and lemon juice to taste. Briefly blend again to incorporate any additions. If you feel the mayonnaise is too thick, simply add very hot water one teaspoon at a time with the motor running until the mayonnaise has the desired consistency. Immediately store the homemade whole egg mayonnaise in a jar or plastic container in the refrigerator. Discard unused homemade mayonnaise after 10 days.

Brazil Nut Cheese

1 cup Brazil Nuts
1 teaspoon Chopped Garlic
1/3 teaspoon salt

In a food processor blend until fluffy. Set aside.

Broccoli Rabe with Garlic

1 bunch broccoli rabe, trim off tough stems on bottom
2 tablespoons Extra virgin olive oil
10 garlic cloves
¼ teaspoon Celtic Sea Salt
¼ teaspoon black pepper

1. Heat oil in a large skillet
2. Add garlic to skillet and cook over medium heat until lightly browned, a few minutes
3. Add broccoli rabe to skillet, and cook until wilted

4. Sprinkle with salt and pepper
5. Transfer to a bowl and serve

Millet with Roasted Sunflower Seeds

Prep time: 5 minutes

Cooking time: 45 minutes

Yields: 4 people

1 cup millet

1/2 cup sunflower seeds

3 cups water

Pinch of sea salt

Directions:

1. Wash and drain millet.
2. Dry-roast sunflower seeds in a skillet over medium heat until they smell nutty, approximately 4 minutes.
3. Bring water to boil and add millet and seeds.
4. Cover and simmer for 30 minutes.
5. When done, fluff and let sit for 10 minutes. Mix, serve and enjoy.

Notes:

- If millet is too dry for you, add more water when cooking. Or add a tablespoon of olive oil when it is done.

Salad Option w/ Avocado Caesar

One head of Romaine Lettuce

1/2 cup capers

Wash and chop Romaine lettuce to bite size portions

Avocado Caesar Dressing

1 cup avocado

1 cup water

Pinch of sea salt

1 teaspoon black pepper

2 tablespoons lemon

1 tablespoon olive oil

Pinch of cayenne

Blend in Vitamix or blender until cream and smooth

Mix the romaine lettuce, and capers with the salad dressing add the Brazil Nut Cheese on top and enjoy!

Hummus

Garbanzo beans three cans

3/4 cup tahini

1/2 cup fresh lemon juice

2 medium garlic cloves, minced

High quality sea salt to taste

Blend all ingredients in the blender together until smooth.

Alfredo Sauce

1 cup macadamia Nuts (non-soaked)
½ cup of almond milk
2 tablespoons chopped scallions
½ teaspoon chopped Garlic
½ teaspoon nutritional yeast
Pinch of salt
Pinch of nutmeg
Pinch of white pepper
Blend ingredients until creamy. Serve on top of your noodles.

Herbed Quinoa

Quinoa

2 ¾ cups low-sodium chicken stock
¼ cup fresh lemon juice
1 ½ cups quinoa

Dressing

¼ cup extra-virgin olive oil
¼ cup fresh lemon juice
¾ cup chopped fresh basil leaves
¼ cup chopped fresh parsley leaves
1 tablespoon chopped fresh thyme leaves
2 teaspoons lemon zest
Kosher salt and freshly ground black pepper

For the quinoa: In a medium saucepan, add the chicken stock, lemon juice and quinoa. Bring to a boil over medium-high heat. Reduce the heat to a simmer, cover the pan and cook until all the liquid is absorbed, about 12 to 15 minutes.

For the dressing: In a small bowl, mix together the olive oil, lemon juice, basil, parsley, thyme, and lemon zest. Season with salt and pepper, to taste.

Pour the dressing over the quinoa and toss until all the ingredients are coated. Transfer the quinoa to a bowl. Season with salt and pepper, to taste, and serve.

Baked Beans With Swiss Chard

1 tablespoon extra-virgin olive oil
½ small onion, chopped
1 small stalk celery, finely chopped
2 cloves garlic, finely chopped
Kosher salt and freshly ground pepper
1 small bunch Swiss chard or mustard greens, stems removed, leaves chopped
½ cup diced smoked turkey
1 15-ounce can whole tomatoes, crushed by hand
2 15-ounce cans pinto beans, drained and rinsed

1 15-ounce can navy beans, undrained
1/4 cup chopped fresh parsley
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh oregano

Preheat the oven to 375 degrees F. Heat the olive oil in a large skillet over medium heat. Add the onion, celery, carrot, garlic and 1/4 teaspoon each salt and pepper; cook, stirring occasionally, until the vegetables are soft and golden, about 7 minutes.

Add the chard, turkey and 1/4 cup water to the skillet; cook, stirring, until the chard wilts slightly, about 3 minutes. Add the tomatoes with their juice, increase the heat to medium high and simmer until slightly reduced, about 5 minutes. Add the pinto beans, then add the navy beans and their liquid. Add the parsley, thyme and oregano and return to a simmer.

Coarsely mash about one-quarter of the beans in the skillet with a potato masher or fork to thicken the mixture; season with salt. Transfer to a 2-quart baking dish. Cover and bake 45 minutes, then uncover and bake 10 more minutes.

Roasted Brussels Sprouts

1 1/2 pounds Brussels sprouts
3 tablespoons good olive oil
3/4 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

Preheat oven to 400 degrees F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt (I like these salty like French fries), and serve immediately.

Spicy Chickpeas and Spinach

Toss 2 cans chickpeas (drained, rinsed and dried), 2 tablespoons olive oil, 1 1/2 teaspoons paprika, 1/2 teaspoon chipotle chile powder and 1 teaspoon salt. Roast in a 400 degrees F oven until golden, 20 to 25 minutes.

Toss with 4 cups baby spinach, 1 1/2 tablespoons olive oil and salt to taste. Serve with lemon wedges.