

Week 3 Recipes



Zucchini Cilantro Turkey Burgers

- 1-pound lean ground turkey
- 1 cup shredded zucchini, after liquid squeezed out (approx. 1 small zucchini) make sure to squeeze liquid out
- 1 small onion, pureed or grated
- 1 small garlic clove, crushed or grated
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 1 tablespoon cumin (optional)
- ¼ cup cilantro, finely chopped
- ½ of the juice from a lime
- 12 lettuce leaves
- 12 tomato slices
- 12 red onion slices

For Cilantro Aioli:

- 1/2 cup Greek yogurt, plain
- 1/4 cup cilantro, finely chopped
- 2 celery sticks finely chopped
- 2 teaspoons jalapeño pepper, finely diced (or to taste)
- other half of the lime juiced
- 1 teaspoon garlic powder
- Pinch of salt
- Pinch of ground black pepper

Line baking sheet with parchment paper. Combine turkey patty ingredients in a medium bowl and mix. Form into 6 round patties 1/2 " thick, place on a baking sheet, cover with plastic wrap and refrigerate for at least an hour. It helps the patties to stay together.

In a small bowl, combine cilantro aioli ingredients, mix, cover and refrigerate.

Preheat grill on medium and spray with cooking spray. Spray turkey patties on both sides with cooking spray, place on a grill and cook for 6-8 minutes flipping halfway through. Grills vary, so check your burger for doneness by inserting a food thermometer into the center of the patty.

You are looking for 165 degrees = done.

Place lettuce leave down and add burger and top with onion tomato and a tablespoon of aioli, top with another piece of lettuce and enjoy!

Makes 4-6 servings



One Pot Chicken and Quinoa

- 2 pounds boneless & skinless chicken breasts, cut into 1" pieces
- 1 tablespoon olive oil
- 1/s teaspoon ground ginger
- ½ teaspoon allspice (optional but good)
- ½ teaspoon sea salt
- Ground black pepper, to taste

Quinoa:

- 2 medium onions, diced
- 3 large garlic cloves, minced
- 1 large carrot, shredded
- 2 sticks celery chopped
- 1 teaspoon olive oil
- 1 1/2 cups quinoa, uncooked
- 3 cups boiling water
- ¾ teaspoon sea salt
- 2 bay leaves
- 1-pound broccoli, chopped

Preheat large skillet or Dutch oven to medium high heat

Add the chicken and all the ingredients from olive oil to the black pepper. Stirring occasionally. Cook until browned, if too much liquid is in pan drain some. Transfer to a bowl and set aside.

Add olive oil, onions, garlic, carrot, celery and cook for 3-5 minutes, stirring occasionally. Add pre-cooked chicken, quinoa, water, remaining salt and, and bay leaves; stir. Bring to a boil, cover, reduce heat to low and cook for 20 minutes. Now the broccoli

At this point quinoa should be cooked al dente. Add broccoli, stir, cover and cook for 5 more minutes. Serve hot.

Yields 6 serving, and can be stored for three days.



Shrimp Tacos

- 1 tablespoon olive oil
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 pound medium shrimp, peeled, deveined and clean
- 1 avocado, pitted and diced
- Shredded lettuce, for serving (can buy in grocery store)
- Fresh cilantro, for serving
- 1 lime, cut into wedges

For the Tortillas

- 6 egg whites
- ¼ cup coconut flour
- ¼ cup almond milk
- ½ teaspoon pink sea salt
- ½ teaspoon cumin
- ¼ teaspoon chili powder

Combine all of the tortilla ingredients together in a small bowl and mix well. Allow the batter to sit for approximately 10 minutes then stir again. The consistency should be similar to crepe batter. While the batter is resting, heat a skillet to medium-high. Mix together the olive oil, chili powder, and salt and toss with the shrimp to coat. Cook in the skillet for 1-2 minutes per side, until pink. Set aside.

Coat the pan with coconut oil spray or coconut oil. Pour about 1/4 cup of batter onto the skillet, turning the pan with your wrist to help it spread out in a thin layer, Cook for 1-2 minutes, loosening the sides with a spatula. When the bottom has firmed up, carefully flip over and cook for another 2-3 minutes until lightly browned, then set aside on a plate. Repeat with remaining batter.

Top each tortilla with cooked shrimp, shredded lettuce, avocado, and cilantro. Serve with a lime wedge. Yields 4 servings.



Chicken or Shrimp Spring Stir Fry

- 1 tablespoon olive oil
- 4 eggs, large
- 1 tablespoon butter
- 1-pound brown mushrooms, sliced
- 2 tsp soy sauce
- 1 pound boneless & skinless chicken breasts, cut into 0.5" pieces or 1 pound cleaned shrimp
- 1 tablespoon olive oil
- 2 teaspoons soy sauce
- ½ inch fresh ginger, grated
- 1 garlic clove, crushed
- 1 teaspoon sesame oil
- 1 large bell pepper, cut into 1" pieces
- 1 extra-large zucchini, cut into 1" pieces
- 1 large head broccoli (including stems), cut into 1" pieces
- ½ inch fresh ginger, grated
- 1 garlic clove, crushed
- 1 tablespoon soy sauce

Starting with eggs. use oil to heat pan or wok over medium-high heat, add the eggs. Stir often to make scrambled eggs. Transfer to a large bowl. Increase heat to high and add butter, mushrooms and soy sauce; cook until golden brown, stirring frequently. Transfer to the bowl with eggs.

Return skillet to high heat, add another tablespoon olive oil add chicken along with the 2 teaspoon soy sauce, ½ inch ginger, garlic and sesame oil cook until a bit golden brown, stirring occasionally. Transfer to the same bowl. If using shrimp wait until the end to put them in.

Return skillet to high heat, add Peppers, Zucchini & Broccoli other ½ inch ginger, garlic and the soy sauce and cook until golden brown but still firm, stirring frequently. Transfer to a bowl with other ingredients.

Return skillet to high heat and add 1 tablespoon coconut oil., if using shrimp cook, them now (about 3-4 min each side). Transfer previously cooked ingredients from a bowl to the skillet, mix and heat through.

Yields about 6 serving



Immune-Boosting Chocolate-Cherry Green Smoothie

- 8 ounces vanilla unsweetened almond milk
- 1 cup frozen cherries, pitted
- 1 scoop vanilla protein powder or sub 2 tablespoons chia seeds and vanilla
- 1 tablespoon cacao powder
- 3 cups fresh or frozen baby spinach

Blend all together

NOTE: This is two servings, place half in airtight container and refrigerate for up to 24 hours

WHY THE CHERRY?!

Cherry Nutrition and Health Benefits

Cherries provide a powerful dose of antioxidants and are considered a “superfruit”. Cherries contain beta carotene, vitamin C, potassium, magnesium, iron, folate and fiber. Tart or sour cherries contain more beta carotene and slightly more vitamin C.

Anthocyanins are antioxidants that give the cherry its red color. It is this antioxidant that have anti-inflammatory properties and can help with symptoms of arthritis. Eating cherries may help reduce the risk of heart disease and certain cancers (breast and colon).

Cherries are low on the glycemic chart and are a great choice for those watching their sugar intake. Cherries are among a few foods that contain melatonin. Melatonin is a natural hormone that helps regulate your body’s sleep patterns and studies show that it may also play a role in preventing memory loss. So cap your night off with this smoothie knowing you’ve been kind to yourself all day.



Tomatillo Chicken

- 1 Rotisserie chicken
- ½ small onion
- 1 jar Tomatillo Sauce (green in jar)
- 3 plum tomatoes
- ¼ C pine nuts, toasted
- 1 head broccoli, cut into small florets, steamed
- 1 avocado, diced
- 1 lime

in a medium bowl, combine chicken, onion, tomatillo, tomatoes, and pine nuts.

Add steamed broccoli

Top w/ diced avocado, a squeeze of lime

serve w/ remaining avocado and lime wedges

If this is a carb day, you can mix with Quinoa. If not, it is amazing as is!!



TREAT TIME

Chocolate Avocado Pudding

- 1 ripe avocado, peeled
- ¼ cup cacao powder
- ¼ cup honey (or less)
- ¼ cup almond or coconut milk
- 1 tsp vanilla extract

Directions

Put all the ingredients in blender or food processor + blend until smooth.

Chia Pudding

Basic Chia Pudding Base

- ¼ C Organic Chia Seeds
- 1 C coconut or almond milk
- 1-2 Tbsp. Honey or Maple Syrup

You can go nuts with this recipe.

1-2 Tbsp.

Cacao Powder
Pure Vanilla
Pumpkin Puree
Spices, etc.



Shrimp and Avocado Salad

- 1/4 C olive oil
- 3 T lime juice
- 1 Garlic Clove
- 3/4 tsp salt
- 1/2 tsp ground black pepper
- Fresh baby spinach
- 1 LB cooked medium sized shrimp
- 1 avocado pitted peeled and cubed
- 1 pt. cherry tomatoes
- 1/2 C thinly sliced basil

Whisk together olive oil, lime juice, garlic, salt and pepper in a large bowl. Remove 2 T of the lime juice mixture to another large bowl, add lettuce and toss

Toss shrimp, avocado, tomatoes and basil with remaining lime juice mixture. Place spinach on a serving plate and top with shrimp mixture.



Chicken with Apple and Sage:

- 3-4 chicken breast cleaned, slightly pounded with mallet (to break up fibers, makes it moist), cut each breast in half along the grain (not tip to tip but across the middle), season with salt and pepper
- 1 apple cut in 1/4 -1/2 inch slices
- about 10 leaves ripped Sage
- Pam or coconut oil spray
- ¼ C Chicken Broth
- ¼ C marsala wine or OJ

Place chicken in bag with broth and wine and or OJ, place 5 ripped leaves of sage in bag, let marinate

Heat pan to medium/low, spray with pam and pour chicken in with contents of bag in one layer, cook for about 5 min on one side covered, flip chicken and add apples and rest of sage and cover, cook until chicken is done about 6-7 more min (maybe 10).

The sauce looks like water but the chicken has a nice flavor.



Shrimp with Ginger Cilantro

- 1 lb. of Shrimp, peeled and cleaned
- 2-3 Tbsp. Toasted sesame oil
- 2 Tbsp. chopped fresh cilantro
- 3 Tbsp. low sodium soy sauce
- 1-2 Tbsp. fresh ginger (peeled)
- 2 Tbsp. of Honey
- Juice of one lime

Place all ingredients from oil to lime in a Cuisinart or any chopper until completely blended. Place cleaned shrimp in a bowl and marinate with sauce for a few hours in refrigerator.

Heat a non-stick skillet to medium heat and place shrimp in single layer and pour sauce over shrimp in skillet, cook shrimp for about 3-5 min on each side (unlike completely pink)

Serve with a nice big salad of:

Mixed greens

Steamed asparagus (cooled and chopped)

Edamame

Cherry Tomatoes

And grapefruit wedges

Use the juice of the grapefruit with a little olive oil, mustard, balsamic vinegar and pepper as your dressing.

2 servings



Beet Glazed Salmon + Orange, Fennel & Pecan Salad

For the salmon:

- 2 4-5 oz. fillets of salmon
- 2 tablespoons fresh orange juice
- 1 tablespoon fresh lemon juice
- 1 tsp raw honey
- 3 medium beet, cut into 4 ¼ each

For the salad + vinaigrette:

- 1 medium bulb fennel, thinly sliced or cut with a mandolin or use arugula
- 1 large orange, peeled and thinly sliced
- fresh pecans, finely chopped (about ¼ cup)
- 1/4 cup apple cider vinegar
- 1 1/2 tablespoon orange juice
- 1 tablespoon lemon juice
- 1 tsp raw honey
- pinch of salt
- 1 tablespoon olive oil

Preheat oven to 425 degrees. Line a cookie sheet with parchment. Place Salmon skin side down and season with pink sea salt.

In a small saucepan, combine orange juice, lemon juice, honey and ½ the beets. Cook over medium heat until mixture starts to thicken, about 5 to minutes. Strain liquid into small bowl. Reserve the beets. Brush salmon with glaze and set aside. Toss the all the beets back into the glaze and lay on baking sheet and roast at 425 until beets are just about tender (about 20 min, but keep checking) Place the Salmon skin side down on the same sheet at the beets and roast in oven for 15 minutes. Salmon should be firm and flaky. Let rest for 5 minutes.

Meanwhile whisk together the vinaigrette and slice the fennel or use arugula, drizzle with dressing. Once Salmon is done place on top of salad and drizzle a little more dressing and enjoy!



Garlicky Herb Sauce

Can be used on anything

- 1 c. fresh flat-leaf parsley
- 1 c. fresh basil
- 1 garlic clove
- 1 tbsp. fresh lemon zest
- 1/3 c. extra-virgin olive oil
- 1/4 tsp. red pepper flakes
- Pink Sea Salt
- Freshly ground black pepper

Make the Garlicky Herb Sauce: Pulse parsley, basil, garlic, lemon zest, olive oil, and red pepper flakes in a food processor until finely chopped, 15 to 20 times. Season with kosher salt and freshly ground black pepper.

Can use to marinate chicken or fish then cook or can be eaten cold on top of anything you desire



Crispy Roasted ChickPeas

- 2 - 15-ounce cans chickpeas
- 2 tablespoons olive oil
- 1/2 to 3/4 teaspoon salt
- 2 to 4 teaspoons spices or finely chopped fresh herbs, like chili powder, curry powder, cinnamon, garlic, cumin, smoked paprika, rosemary, thyme, or other favorite spices and herbs. Get Creative!!!!

Heat oven to 400 degrees

Rinse and drain the chickpeas. Pour beans in strainer and rinse. Lay paper towels or dish towel on a baking sheet and pour beans out onto the towel. Let the chickpeas dry a bit. I usually leave them about an hour.

Toss Chickpeas in a bowl with olive oil (or the oil of your choice) and salt. Make sure they are evenly coated. Add the seasoning of your choice. Do not add too much as the seasoning sometimes burns if too much is added. You can always toss with more once done cooking.

Lay the chickpeas on a baking sheet and bake for 20-30 minutes depending on oven. Check every 10 minutes or so, and toss as need.

Toss with more seasoning if needed. These are a great snack. As they cool they sometimes get chewy. Still delish! You can also use these as croutons on a salad for a crunch!



Vegetarian Cauliflower “Steaks”

- 2 large heads
- 3 tbsp olive oil + additional for drizzling
- 2 tsp smoked paprika, divided
- ½ tsp ground black pepper
- ¼ tsp sea salt + additional as needed
- 2 garlic cloves finely chopped (more to taste)
- 1 ½-2 cups organic diced tomatoes
- 2 Cups spinach
- 1 tsp sesame seeds, toasted

Preheat oven to 425°F. Line baking sheet with foil and spray.

Trim the stems of cauliflower heads so that cauliflower sits flat upright. Cut each cauliflower vertically into two ¾-inch-thick steaks, making 4 steaks total.

In a bowl, mix together oil, 1 tsp paprika, pepper, salt and garlic. Brush half of mixture over cauliflower. Roast for 10 minutes. Turn the steaks over and brush with remaining oil mixture. Roast until tender and golden brown, about 25 minutes.

In a small saucepan, combine diced tomato, spinach, remaining 1 tsp smoked paprika and additional salt as needed; heat on low until warmed.

Pour sauce over steaks when serving and add some sesame seeds (optional) on top.



Herb Tuna Salad

- 1 Can Tuna, in water
- 1 Tbsp Chia Seeds
- 1 large vine ripened tomatoes, cut into wedges
- 1 cucumber, diced
- 1/2 of a red onion, sliced
- 1-2 stalks celery

Dressing:

- 1/4 cup olive oil
- 2 tablespoons fresh squeezed lemon juice
- 1 tablespoon fresh chopped parsley or Fresh Dill
- 1 large garlic cloves, minced
- 1/4 teaspoon salt

Whisk together dressing ingredients

Mix together all of the salad ingredients in a large bowl. Toss with dressing. Season with pepper and extra salt if desired.



Clean Cut Coconut Chicken

4 chicken breast, chopped into chunks
2 chopped carrots
2 stalks celery
½ to 1 small chopped onion
1 bag of spinach or Kale (about 4 cups)

2 Tbsp Olive Oil
Garlic to taste
Pepper to taste
Thyme to taste

Add olive oil to pan and saute garlic, onion, carrots and celery until soft.

Add chicken cubes and saute until cooked.

Add 1 can of organic coconut milk (I used Trader Joes). Add pepper and thyme to taste.

This can be served over cauliflower rice or with sweet potato.



Homemade Clean Cut PopCorn

¼ Cup Organic popcorn Kernels
1 Brown Paper Bag

In a brown paper bag, add ¼ cup organic popcorn kernels and pop in microwave until kernels popped. Every microwave is different I go about 2:00 at a time and watch it.

When popped, add a little melted butter (optional, 1 tsp melted with spices of your choice!