

barrefood.



What it means to eat clean

Clean eating is a deceptively simple concept. Be mindful of the foods pathway between its origin and your plate. Clean eating is about eating whole food or “real” foods that are un- or minimally processed/refined and keeping them as close to their natural form as possible.

Why am I eliminating dairy, again?

Lactose is not well tolerated by most people. Even if it's seemingly unnoticeable, removing lactose from the diet can make a difference. Our pancreas produces lactase, the lactose digestive enzyme, up until the age of two to cover the period where we are really supposed to drink it. We are not supposed to drink the milk from other animals. We are the only mammals who do it. This often translates to intolerance or an allergic reaction to one of milk's proteins, casein. Dairy has a high amount of carbs in it and it's highly insulin promoting. This can exacerbate problems related to weight and insulin control and other health issues. Finally, since dairy is growth promoting because of a multitude of growth factors like IGF-1 (Insulin-like growth factor 1), undesirable things like acne can become a problem and some people argue that cancer cells could also develop much faster with dairy. I know some of you are petrified about eliminating this category, but I believe in you... and I promise you'll realize how good your body will feel without cheese up in there :)

xx **Kendra
& Kirsten**

barrealley.com



Contents

<i>Meal Planner</i>	4
<i>Weekly Shopping List</i>	5
menu	6
Breakfast	7
Lunch or Dinner	16
Side Options	33
Deliciously Healthy Desserts	37



The DO's & DON'Ts

Do eat whole grains: processed food containing grains are not whole grains. Proper grain based foods you should consume will claim "whole" (example "whole wheat flour")

Do shop the perimeter of the grocery store: because the aisle are where the most highly processed foods are located. That doesn't mean if its on the perimeter it's approved, lots of produce + meats go through some sort of process before hitting the shelves but you're safest hanging on the outskirts, for the most part.

Do give yourself some grace: life is a balancing act. We work hard on taking care of ourselves so we can indulge a bit.

Do evaluate your weaknesses: if you're a wine drinker, **PLAN FOR WINE**. If you know you have a dinner meeting, **PLAN FOR A CHEAT MEAL**. You are capable of splurging without losing site of your goal. Have one glass of wine and call it a night. Enjoy your meal with your client... just don't get carried away and order dessert, and then another glass of wine, and then polish off the leftover bread that's been sitting in the basket. Be smart.

Do plan in advance: this will allow you to zip in and out of the grocery store, prepare your food in a jiffy and cut down on waste. It's not my favorite thing to do either, but its makes for one smooth week of knowing what to eat

Do select a handful of recipes for the week: to cut down on your kitchen time. Cooking in batches saves lives. Okay, maybe not, but it will save you time and stress. Take a look at the menu options provided. Pick 1-2 items per meal and make multiple portions at once. If you like eggs, you probably know where they're located at the grocery store without frantically searching around ... so eat eggs!

Do Not count calories: because no one wants to get sucked into that obsessive vortex. Calories are only half the battle. A 400 calorie bag of Doritos **DOES NOT** affect your body the same way as 400 calories of high quality veggies + proteins. Focus on the quality of the food you consume.

Do Not beat yourself up if you slip. We're human. If you splurge a little too much, don't cry about it over a pint of ice cream. Just hit the reset button and get back to makin' those good decisions.



Meal Planner

for the week of:

	breakfast	lunch	snack	dinner
monday				
tuesday				
wednesday				
thursday				
friday				
saturday				
sunday				



menu



Breakfast

Ham, Apple and Sweet Potato Scramble

Servings: 2-3

Ingredients:	Spices/Other:
$\frac{1}{2}$ lb. ham steak	$\frac{1}{2}$ tsp salt
1 apple, peeled, cored, diced	$\frac{1}{2}$ tsp cinnamon
1 medium sweet potato, diced	$\frac{1}{2}$ tsp garlic powder
$\frac{1}{2}$ medium onion, diced	$\frac{1}{2}$ tsp onion powder
4 eggs	$\frac{1}{4}$ tsp allspice
Coconut or olive oil	$\frac{1}{4}$ tsp cayenne

Instructions:

Mix all the spices together in a small bowl.

In a large frying pan, add 1 tbsp. oil and heat medium. Add onion, sauté 3-4 minutes. Add the sweet potatoes with a little more oil, cook 5 minutes. Add ham and apples and mixed spices. Continue cooking until everything is cooked through. Remove mixture from pan.

Add a little more oil, add scrambled eggs to pan and cook through.

Add potato mixture back to pan and mix together. Serve.



Potato Crusted Herb Quiche

Servings: 4-6

Ingredients:	Spices/Other:
1 lb. potatoes, sliced very thin (1/8 inch)	1 tbsp. olive oil
6 large eggs, scrambled	Salt and Pepper
1/4 cup Almond Milk	
1/2 cup mixed chopped fresh herbs, plus extra	
6 cups arugula	Olive Oil
1/4 cup pine nuts	Lemon

Instructions:

Preheat oven to 350.

Toss the potato slices in olive oil until coated. Season with salt and pepper. Arrange potato slices in a circular pattern covering bottom and sides of a 9 inch pie pan, slightly overlapping them (slices should extend past the rim of pan). Place the pie pan on a rimmed baking sheet and bake until potatoes are tender, about 30 minutes. Let cool for 10 minutes.

Reduce oven heat to 325.

Whisk eggs and almond milk until smooth. Add mixed herbs and salt and pepper, whisk to combine. Pour egg mixture into potato pan (do not overfill). Sprinkle additional herbs on top. Bake until center is set, about 40 minutes. Let cool.

Place arugula and pine nuts in a bowl. Drizzle with olive oil, lemon juice, salt and pepper. Toss to incorporate.

Serve a slice of quiche with side of arugula.

*You can also add veggies and meats to this recipe to mix it up, just be sure not to overfill pan.



Acai Breakfast Bowl

Servings: 1

Ingredients:	Spices/Other:
2 4 oz. packets of unsweetened frozen acai puree	1 tbsp. honey
1 medium banana	
$\frac{1}{2}$ cup blueberries	
2 tbsp. pomegranate seeds	
1 tbsp. unsweetened coconut flakes	

Instructions:

Break up the acai by hitting it on the counter. Blend acai with $\frac{1}{2}$ the banana, $\frac{1}{4}$ cup of blueberries and honey, until smoothie consistency.

Pour into a cereal bowl.

Slice the remaining banana half. Top acai mixture with banana slices, remaining blueberries, pomegranate seeds and coconut flakes in a fancy design.

Snap and photo for the group and enjoy!



Ginger Pear Green Smoothie

Servings: 1

Ingredients:	Spices/Other:
$\frac{1}{2}$ cup frozen pear slices	$\frac{1}{4}$ inch cube ginger
$\frac{1}{2}$ frozen banana	
2 stalks kale (Tuscan, black or lacinato), stems removed	
$\frac{1}{4}$ bottle of kombucha, citrus flavor	

Instructions:

Add all ingredients to the blender and blend. Add more kombucha to thin as needed.

Pour into a cup and enjoy!

Apple Banana Muffins

Servings: 6

Ingredients:	Spices/Other:
2 ripe bananas, mashed	Himalayan salt
2 large eggs, beaten	1 tbsp. coconut oil
1 $\frac{1}{2}$ cup almond flour	
$\frac{3}{4}$ tsp baking soda	
1 apple, cored and chopped	

Instructions:

Preheat oven to 350. Spray a 12 cup muffin tin with non-stick spray.

Combine eggs, banana and coconut oil together, mix well. In a separate bowl combine almond flour, baking soda, and salt, mix well.

Add the dry mix to the wet and mix together until well blended. Add chopped apple, mix well. Divide mixture evenly into 12 tins.

Bake 15-18 minutes or until golden brown.



Breakfast Lasagna

Servings: 1

Ingredients:	Spices/Other:
$\frac{1}{4}$ cup mushrooms, chopped	1 Tbsp. Almond Milk (Or coconut cream)
$\frac{1}{4}$ cup onions, chopped	Olive oil
1 small zucchini, sliced	Non-stick Spray
1 egg	$\frac{1}{4}$ tsp. Garlic Powder
4 oz. cooked sausage or 3 slices cooked bacon	$\frac{1}{4}$ tsp. Onion Powder
$\frac{1}{4}$ avocado, sliced	Salt & Pepper

Instructions:

Preheat oven to 350

Heat a cast iron skillet on medium high heat, add teaspoon of olive oil, and heat for 1 minute. Add mushrooms and onions, sauté for 8-10 minutes.

Spray a small, glass baking dish with non-stick spray, layer zucchini slices to cover the bottom. Layer sautéed mushrooms and onions, then choice of meat. Whisk almond milk with garlic and onion powder and pour over the veggies. Sprinkle with salt and pepper. Bake for 30 minutes. With 5 minutes left in baking time, cook the egg (scrambled or fried). Top lasagna with egg and sliced avocado.



Veggie Egg Muffins

Servings: 6

Ingredients:	Spices/Other:
12 Eggs	Non-stick Spray
1 cup broccoli, chopped small	Salt
1 medium red pepper, chopped small	Pepper
4 green onions, thinly sliced	
Homemade Salsa	

Instructions:

Preheat oven to 375 and coat a 12-cup muffin tin with non-stick spray.

Crack all 12 eggs into a large bowl; add salt and pepper to taste and whisk. Add all veggies and mix well. Pour mixture evenly into muffin tins.

Bake 15 - 20 minutes - until a toothpick comes out clean.

Top with 1 Tbsp. homemade salsa and serve.

Homemade Salsa

Ingredients:	Spices/Other:
1 medium jalapeno, roasted and finely chopped	1 bunch cilantro, chopped
3 medium tomatoes, finely chopped	Salt
1 small sweet onion, finely chopped	Pepper
3 garlic cloves, finely chopped	Juice from 1 lime

Combine all ingredients and mix well.



Portobello Bacon Avocado Sandwich

Servings: 6

Ingredients:	Spices/Other:
2 Portobello mushroom caps, stem removed	
3 slices bacon, cut in half	Salt
$\frac{1}{4}$ avocado, sliced	Pepper
Lettuce leave	
2-3 slices of tomato	

Instructions:

Cook the bacon, put aside on a paper towel to drain excess fat.

Cook the mushroom caps on medium heat for 2-5 minutes, until tender. (You can do this in the bacon pan, after draining most of the fat or use a new pan and spray with non-stick spray.)

Place mushroom caps on a plate, layer on the bacon, lettuce, tomato and avocado. Top with second cap and enjoy like a sandwich.

(Option to add a fried egg!)



Paleo Pancakes

Servings: 4

Ingredients:	Spices/Other:
2 eggs	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ cup honey	Non-stick spray
2 tsp. pure vanilla extract	
$\frac{3}{4}$ cup almond milk or water	
1 cup almond flour (not almond meal)	
$\frac{1}{4}$ cup coconut flour	
Fresh berries	

Instructions:

Combine all dry ingredients and mix well.

Add the wet ingredients to food processor or blender, and blend 30 seconds. Add the dry ingredients, blend until smooth.

Warm a skillet on medium heat, coat with non-stick spray. Pour $\frac{1}{4}$ cup batter for each pancake. Cook 2-3 minutes (until bubbles start to pop) and flip. Cook additional 2-3 minutes. Remove to a plate. Repeat until batter is gone.

Top with fresh berries.



Sweet Potato Hash

Servings: 4-6

Ingredients:	Spices/Other:
12 oz. bacon, cut into 1 inch pieces	Coconut oil
5 cups sweet potato, 1/2 inch pieces	Salt
4 cups zucchini, diced	Pepper
1 onion, chopped	1 tsp. garlic powder
1 red bell pepper, chopped	1 tbsp. paprika
6 large eggs	

Instructions:

Preheat oven to 400

In a large cast iron skillet, cook the bacon pieces on medium-low heat. Remove bacon from the pan and set aside.

Add 1 tsp. coconut oil, increase heat on stove to medium high, and add sweet potatoes, garlic powder, paprika, salt and pepper. Cook, stirring often, until cubes start to soften. Turn heat to high, add zucchini, onion, bell pepper and cook until tender. Stir in bacon pieces. Remove from heat.

Make 6 wells in the veggie mixture, crack one egg into each. Place the skillet into the heated oven for 9-14 minutes, depending on desired "yokiness" of the eggs.



Lunch or Dinner

Grilled Halibut with Mango Salsa and Cilantro Lime Cauliflower Rice

Servings: 4

Ingredients:	Spices/Other:
4 Halibut fillets thawed or fresh 4-5 oz. each	1 bunch of cilantro, chopped
2 lime	Salt
1 small mango peeled and diced	Pepper
1 small avocado peeled, pitted and diced	
1 small red pepper, diced	
$\frac{1}{2}$ red onion, diced	
1 bag frozen cauliflower rice	

Instructions:

Pre-heat the grill.

Add diced mango, avocado, red pepper, red onion to a bowl. Squeeze $\frac{1}{2}$ a limes juice. Add a handful of cilantro and mix well. Set aside.

Place cauliflower rice in a microwave bowl. Microwave per package instructions. When done, add remaining cilantro, squeeze the remaining lime $\frac{1}{2}$ juice, add salt and pepper to taste.

Grill Halibut 2-3 minutes each side.

Top grilled fish with mango salsa; serve with side of cauliflower rice.



Kale Salad w/ Warm Cranberry Almond Vinaigrette & Grilled Chicken

Servings: 4

Ingredients:	Spices/Other:
1 shallot	Salt
3 Cloves garlic, minced	Pepper
1 Cup dried cranberries	3 Tbsp. Olive Oil
1 Bunch Kale, thinly sliced	2 Tbsp. Red Wine Vinegar
$\frac{1}{4}$ cup sliced almonds	2 tsp Honey
4 chicken breasts	Juice and Zest of $\frac{1}{2}$ Lemon

Instructions:

Pre Heat Grill. Once ready grill chicken until cooked through flipping half way. Set aside.

Heat 2 tbsp. olive oil in a pan over medium high heat. Add shallots and sauté 5 minutes. Add garlic, sauté for 1 minute. Add cranberries, red wine vinegar, honey, lemon juice and zest and stir to combine. Add Salt and pepper to taste.

In a large bowl, toss kale with the last tbsp. of olive oil and a pinch of salt. Massage kale with hands for 1 minute or until tender. Add the cranberry/ shallot mixture, almonds and toss.

Spread kale on to 4 plates. Slice each chicken breast and place on top of salads.



Rainbow Chicken Slaw

Servings: 1

Ingredients:	Spices/Other:
1 4 ounce chicken breast, shredded	$\frac{1}{2}$ garlic clove, finely grated
$\frac{1}{2}$ cup shredded purple lettuce	1 tbsp. liquid aminos
1 small carrot, grated	2 tbsp. unseasoned rice vinegar
1 small rainbow or Chioggia beet, thinly sliced	$\frac{1}{2}$ cup olive oil
1/2 avocado, sliced long ways	$\frac{1}{2}$ tsp toasted sesame oil
$\frac{1}{4}$ cup snow peas	Salt and Pepper

Instructions:

Mix all ingredients in spice column together.

Arrange veggies and chicken on a plate drizzle with dressing and enjoy.



Pork and Pineapple Skewers

Servings: 4

Ingredients:	Spices/Other:
1 pound pork tenderloin cut into cubes	4 wooden cubes, soaked in water at least 1 hour
3 bell peppers cut into 1 inch pieces	Salt and Pepper
1 pineapple, trimmed and cut into 1 inch cubes	2 sprigs fresh thyme
1 small red onion cut into 1 inch pieces	Olive oil

Instructions:

Pre-heat grill

Alternate skewering pork, pineapple, red onion and peppers. Brush skewers with olive oil and salt and pepper. Grill skewers on high heat until pork is cooked.

Sprinkle with fresh thyme. Serve with cilantro lime cauliflower rice or side salad.



Roast Beef Wrapped Asparagus with Sweet Potato

Servings: 4

Ingredients:	Spices/Other:
1 lb. high quality roast beef slices	Salt and pepper
1 bunch of asparagus, cleaned and trimmed	
4 small sweet potatoes	

Instructions:

Pre heat oven to 400.

Place sweet potatoes on a rimmed cookie sheet and bake for 45-55 minutes until done.

Fill a large pot with water add salt and set to boil. Fill another large bowl with ice water.

Place asparagus in boiling water for 2-3 minutes. Immediately remove and place in ice water. Once cooled, remove and pat dry.

Roll each stalk with a slice of roast beef, season with pepper.

Place wrapped asparagus and sweet potatoes on 4 plates and serve.



Cashew Chicken Kebabs

Servings: 4

Ingredients:	Spices/Other:
1.5 cups unsalted roasted cashews (Plus some extra, chopped for topping)	Salt and pepper
3-4 Tbsp. red curry paste (depending on desired heat)	Olive or coconut oil
4 boneless, skinless chicken thighs cut into 1.5 inch pieces (1.25 lbs.)	1 cup shredded iceberg lettuce
3 Zucchini, spiralized	Lime wedges
1 English cucumber	Skewers, soaked for at least 1 hour
2 large carrots	

Instructions:

Pre-heat grill.

In a food processor, pulse cashews, red curry paste and $\frac{3}{4}$ cups water until smooth. Take 1 cup mixture, and combine with $\frac{1}{3}$ cup water. Toss chicken with the remaining mixture, add a sprinkle of salt.

In a frying pan, add a little oil and sauté spiralized zucchini for 2-3 minutes. Using a mandolin or vegetable peeler, shave cucumber and carrots into long ribbons.

Skewer chicken and grill until cooked through, about 5-6 minutes per side.

Arrange zucchini, cucumber and carrots on bed of lettuce, top with chicken chunks, drizzle with sauce, chopped cashews and squeeze a lime wedge.



Apple Cranberry Spinach Salad with Shredded Chicken

Servings: 4

Ingredients:	Spices/Other:
1 rotisserie chicken, skinned and shredded	Salt and pepper
8 Cups baby spinach	1 clove garlic, minced
1 Large apple, sliced thinly	$\frac{1}{4}$ cup honey
$\frac{1}{2}$ cup dried cranberries	3 tbsp. apple cider vinegar
1 cup sliced almonds	$\frac{1}{2}$ cup olive oil
$\frac{1}{2}$ cup pomegranate seeds	

Instructions:

Place spinach in 4 large bowls. Divide apples, cranberries, almonds, pomegranate seeds evenly between bowls and add $\frac{1}{2}$ cup shredded chicken to each.

Shake minced garlic, honey, apple cider vinegar, olive oil and salt and pepper together vigorously.

Drizzle dressing onto salads and serve.



Salmon and Summer Veggies in Foil

Servings: 4

Ingredients:	Spices/Other:
4 5-6 ounce salmon fillets, skinless	Salt and pepper
2 zucchini, cut length wise and sliced into half-moon shapes	1.5 Tbsp. Lemon juice
2 yellow squash, cut like the zucchini	2 shallots - 1 sliced thinly, 1 diced
2 large Roma tomatoes, diced	1 garlic clove, minced
	1 tbsp. fresh thyme, chopped
	$\frac{3}{4}$ tsp dried oregano
4 large sheets of aluminum foil	$\frac{1}{2}$ tsp dried marjoram

Instructions:

Preheat oven to 400.

Toss zucchini, yellow squash, sliced shallot and garlic with 1 tbsp. olive oil salt and pepper. Divide among the 4 sheets of aluminum foil, place in the center.

Brush salmon with olive oil and season with salt and pepper. Place 1 fillet on top of each pile of veggies. Drizzle salmon with lemon juice.

Toss together tomatoes, diced shallot, herbs and 1.5 tsp olive oil, salt and pepper. Divide mixture onto salmon fillets.

Wrap sides of foil inward and fold in to seal. Place on a rimmed baking sheet. Bake 25-30 minutes.

Carefully open packets and serve.



Shrimp and Grilled Veggies with Basil Vinaigrette

Servings: 4

Ingredients:	Spices/Other:
1 zucchini, sliced	Salt and pepper
1 yellow squash, sliced	1 tbsp. olive oil
$\frac{1}{2}$ red bell pepper, seeded and sliced	
$\frac{1}{2}$ yellow bell pepper, seeded and sliced	2 cups fresh basil leaves (2 ounces)
1 cup sliced portabella mushrooms	$\frac{1}{3}$ cup olive oil
2 cups cauliflower florets (or broccoli)	$\frac{1}{2}$ large shallot
	2 tbsp. apple cider vinegar
1 lb. shrimp, deveined and tails removed	1 tbsp. honey

Instructions:

Preheat grill.

Add all veggies to a large bowl; add tbsp. olive oil, salt and pepper. Toss to coat.

In a food processor or blender, add basil, remaining olive oil, shallot, vinegar and honey. Blend until smooth. Add water to thin as needed for desired consistency.

Grill veggies, about 5 minutes per side.

Spray frying pan with non-stick spray. Season shrimp with salt and pepper. Add shrimp to hot pan; cook 3-4 minutes per side.

Divide shrimp and veggies to 4 plates, drizzle with basil vinaigrette.



Sheet Pan Lemon Chicken and Asparagus

Servings: 4

Ingredients:	Spices/Other:
1.5 lb. chicken tenders	Salt and pepper
1 bunch of asparagus, ends trimmed	Olive oil
2 lemons, sliced into rounds	Lemon pepper seasoning

Instructions:

Pre heat oven to 425.

Place lemon rounds on sprayed sheet pan.

Sprinkle chicken tenders with lemon pepper seasoning. Place chicken and asparagus on top of lemon rounds. Drizzle everything with olive oil and salt and pepper.

Bake for 15- 20 minutes, until chicken is cooked through.

Avocado Chicken Salad Stuffed Tomatoes

Servings: 4

Ingredients:	Spices/Other:
4 tomatoes, hollowed out	Fresh cilantro, sliced
2 cups shredded chicken breast	2 tbsp. fresh lime juice
$\frac{1}{2}$ avocado	$\frac{1}{2}$ tsp. garlic powder
4 scallions, sliced	$\frac{1}{2}$ tsp. cumin
	$\frac{1}{2}$ tsp. chili powder
	Salt & Pepper

Instructions:

Mush the avocado. Mix in chicken, scallions, cilantro, lime juice and spices. Fill tomatoes with chicken mixture.



Steak Kebabs

Servings: 1

Ingredients:	Spices/Other:
3 oz. steak cut into 3 pieces	Olive oil
1 thick slice of red onion, cut into 3 pieces	Salt
3 large chunks red pepper	Pepper
3 mushrooms	

Instructions:

Preheat grill to high.

Place the steak and veggies in a bowl, drizzle with olive oil and salt and pepper. Skewer the meat and veggies.

Cook, turning often, until meat is cooked through. About 6-8 minutes. Serve.

Sweet Spinach Salad

Servings: 1

Ingredients:	Spices/Other:
2 cups spinach salad	Olive oil
$\frac{1}{4}$ pear, sliced	Salt
2 Tbsp. Pecans	Pepper
4 oz. chicken breast, chopped	Juice from half a lemon

Instructions:

Place spinach in a bowl, top with pear, pecans and chicken breast. In a small separate bowl, place, olive oil, lemon, salt and pepper. Whisk together. Pour dressing over salad.



Turkey Salsa Burgers

Servings: 1

Ingredients:	Spices/Other:
5 oz. Ground turkey	Salt
2 Tbsp. Homemade Salsa	Pepper
Romaine lettuce	
$\frac{1}{4}$ avocado	
2 slices tomato	

Instructions:

Preheat oven to 375. (Or grill)

Combine turkey and salsa. Form into a patty. Bake (or grill) until cooked through, about 6-7 minutes each side.

Place lettuce on a plate, top with patty, tomato and avocado slices.



Butternut Squash Soup with Sage

Servings: 4

Ingredients:	Spices/Other:
1 onion, chopped	Salt
1 medium butternut squash, peeled, seeded and diced	Pepper
4 cups organic vegetable broth	2 Tbsp. Olive Oil
1 - 1.5 cups water	2 Tbsp. chopped sage (x2)

Instructions:

Heat the olive oil in a large skillet. Sauté the onions until translucent, about 5 minutes. Add the squash, broth and 2 tbsp. sage. Bring to a boil. Reduce heat and simmer. Add 1 cup of water $\frac{1}{2}$ cup at a time until the squash is very soft, about 20 minutes. Let cool. Use an immersion blender (or food processor). Add additional water as needed to desired consistency. Soup should be thick and creamy and not too watery. Sprinkle with additional sage to serve.

Dijon Salmon with asparagus

Servings: 1

Ingredients:	Spices/Other:
5 oz. salmon fillet	Olive Oil
1 Tbsp. Dijon mustard	Red Wine Vinegar
5 asparagus spears	Salt
$\frac{1}{2}$ cup spinach	Pepper

Instructions:

Turn on the broiler or grill to high. Brush salmon with Dijon mustard and salt and pepper. Place in broiler for 8-10 minutes.

Heat a drizzle of olive oil in a skillet, add the asparagus and salt and pepper to the pan. Stir until cooked through. Serve with a side of spinach drizzled with 1 tsp. olive oil and red wine vinegar with salt and pepper.



Scallop Scampi with Zoodles

Servings: 2

Ingredients:	Spices/Other:
12 oz. scallops	Olive oil and/ or ghee
2 large zucchini	4 minced garlic cloves
	Salt
	Pepper
	Fresh Parsley, chopped
	$\frac{1}{2}$ tsp. fresh lemon zest
	3 tbsp. fresh lemon juice
	$\frac{1}{8}$ tsp. red pepper flakes

Instructions:

Spiralize both of the zucchinis.

Melt ghee and add 1 tsp. olive oil (or just heat oil) in a skillet on medium heat. Add $\frac{1}{2}$ the garlic and sauté 1 min. Salt and pepper scallops and add to skillet. Cook almost all the way. About 6-7 minutes. Set aside.

Add 1 tsp. oil and remaining garlic to the pan, sauté about 30 seconds. Add zucchini noodles, salt and pepper. Cook 2-3 minutes, stirring frequently. Remove from heat. Add scallops, parsley, lemon zest and juice and red pepper flakes. Toss well and serve.



Spicy Shrimp Tacos

Servings: 2

Ingredients:	Spices/Other:
1.5 cups shredded cole slaw mix	1 tbsp. fresh lime juice
	1 tsp. honey
	2 tbsp. fresh cilantro chopped
4 large romaine lettuce leaves	
12 large peeled, deveined shrimp	1 tsp. cumin
	1 tsp. chili powder
	1 tsp. garlic powder
1 avocado sliced thinly	1 tsp. paprika
1 jalapeno, thinly sliced	$\frac{1}{2}$ tsp. salt
Extra cilantro	$\frac{1}{4}$ tsp. cayenne pepper
	1 tsp. olive oil

Instructions:

Mix slaw with lime juice, honey and 2 tbsp. cilantro. Let sit for at least an hour. (The longer the better!)

Mix all the spices together in a bowl, add the shrimp and coat.

Heat oil in a skillet, cook shrimp through, about 2-3 minutes per side.

Lay 2 lettuce leaves on each plate, layer slaw mix evenly between leaves. Place 3 shrimp on each, add, avocado, jalapeno and extra cilantro to serve.



Chicken Marsala over spaghetti squash

Servings: 1

Ingredients:	Spices/Other:
1 spaghetti squash	Salt
4 5 oz. chicken breasts, pounded out thin	Pepper
1 cup assorted mushrooms, chopped	Olive Oil
1 shallot chopped	$\frac{1}{2}$ cup marsala wine
	$\frac{1}{2}$ cup organic chicken broth
	$\frac{1}{2}$ tsp. oregano

Instructions:

Preheat oven to 400.

Cut spaghetti squash in half and remove seeds. Drizzle with olive oil and salt and pepper. Place in a sheet pan in the oven about 40 - 50 minutes until tender.

In the mean time, heat oil in a cast iron skillet over medium heat. Add chicken and cook about 10 minutes, flipping halfway through. Remove chicken from pan and cover.

Add the mushrooms to the skillet and about 5 minutes stirring occasionally. Stir in the shallots and 1 minute. Pour in wine and broth, bring to a boil. Reduce heat and simmer 20 minutes. Using a spatula, scrape all the browned bits and mix into the sauce. Place chicken back in the skillet and cook for an additional 5 minutes. Sprinkle in the oregano.

Remove squash from oven and let cool until you can handle. Using a fork, scrape the squash from the shell. Divide onto 4 plates, and top with chicken breast and marsala sauce.



Citrus grilled steak with cauliflower mash

Servings: 4

Ingredients:	Spices/Other:
4 5 oz. lean cut steaks	Salt
4 cloves garlic, minced	Pepper
	$\frac{1}{2}$ cup fresh lemon (or lime) juice
	$\frac{1}{2}$ cup fresh cilantro, chopped
	Olive oil
4 cups cauliflower florets	Garlic powder
Tbsp. low sodium organic veggie broth	

Instructions:

Preheat oven to 400.

Place cauliflower on large baking sheet. Drizzle with olive oil and season with salt, pepper and garlic powder. Bake, stirring half way through, 40 - 45 minutes or until tender. Place in a food processor or blender, add veggie broth, and pulse until smooth.

Combine lemon, cilantro, oil and garlic in a resealable bag. Salt and pepper steaks, add to bag and let sit at least 30 minutes (up to 4 hours).

Heat grill (or broil) to high.

Grill steaks to desired temp (medium rare about 4-6 minutes each side).



Side Options

Spiced broccoli

Servings: 4

Ingredients:	Spices/Other:
4 cups broccoli	Salt
	Pepper
	Mrs. Dash Seasoning blend of choice
	Olive Oil

Instructions:

Spray medium skillet with cooking spray and heat over medium heat. Drizzle broccoli with oil, coat with spice mix.

Sauté in pan until tender-crisp, about 3-5 minutes.

Cinnamon Sweet Potato

Servings: 4

Ingredients:	Spices/Other:
2 medium to large sweet potatoes	Pepper
	Ground cinnamon

Instructions:

Preheat oven to 400.

Bake sweet potatoes in aluminum foil lined dish 35 to 45 minutes, until tender.

Let cool for 10 minutes. Cut in half the long way. Mash each half and sprinkle with pepper and cinnamon and mix in.



Tomato Cucumber Salad

Servings: 1

Ingredients:	Spices/Other:
1 cup cherry tomatoes, halved	Pepper
1 cup cucumbers, sliced and quartered	Salt
	Olive Oil
	2 tbsp. fresh lemon juice

Instructions:

Combine all ingredients and mix well.

Roasted Acorn Squash

Servings: 2

Ingredients:	Spices/Other:
1 acorn squash, halved, seeds removed	Pepper
	Salt
	Olive Oil

Instructions:

Preheat oven to 350.

Line a baking dish with foil. Place squash in, drizzle with olive oil and season with salt and pepper. Flip face down before baking.

Bake for 30 - 45 minutes, until tender.



Celery Sticks with almond butter

Servings: 1

Ingredients:	Spices/Other:
3-4 celery stalks, cut in half	Cinnamon
2 tbsp. almond butter	

Instructions:

Spread almond butter evenly over stalks, sprinkle with cinnamon.

Guacamole with veggies

Servings: 4

Ingredients:	Spices/Other:
1 medium cucumber, sliced	Garlic
2 cups baby carrots	Salt
1 avocado	Pepper
1 medium tomato, diced	2 tbsp. fresh lime juice
$\frac{1}{2}$ - 1 jalapeno, diced	

Instructions:

Mash the avocado; mix in tomato, jalapeno and the spices. Split veggies and guacamole into 4 portions.



Mixed spiced Nuts

Servings: 4

Ingredients:	Spices/Other:
$\frac{1}{4}$ cup almonds	Pepper
$\frac{1}{4}$ cup cashews	Salt
$\frac{1}{4}$ cup walnuts	Few sprinkles each of whatever spices you like: Garlic powder, thyme, rosemary
$\frac{1}{4}$ cup pecans	Egg white

Instructions:

Preheat oven to 350.

Line a baking dish with parchment paper. Mix the spices together in a small bowl. Coat the nuts in the egg white. Toss in spice mix. Spread evenly in baking dish and bake for 15 minutes.

Almond Butter Baked Apples

Servings: 1

Ingredients:	Spices/Other:
1 apple	2 tbsp. almond butter
1 tsp. each pecans, raisins, coconut, pumpkin seeds	Pinch of salt
	Cinnamon
	Tsp. maple syrup

Instructions:

Preheat oven to 350.

Slice the top of the apple off and core out the center of the apple. Mix the almond butter, pecans, raisins, coconut, pumpkin seeds together and stuff into cored apple. Sprinkle with sea salt, cinnamon and drizzle with syrup.

Bake for 30 minutes.



Prosciutto wrapped melon

Servings: 4

Ingredients:	Spices/Other:
1 cantaloupe cut into large chunks	Pepper
Several slices of finely sliced prosciutto	Salt
	Olive Oil
	Balsamic vinegar
	Fresh Mint leaves, chopped

Instructions:

Wrap each melon chunk with prosciutto and secure with a toothpick. Drizzle wrapped chunks with olive oil, balsamic vinegar and sprinkle with salt and pepper.

Deliciously Healthy Desserts

Fresh Fruit Popsicles

Servings: 4

Ingredients:	Spices/Other:
Mixed fresh fruit (any type! Kiwi, oranges, berries, pineapple, whatever tickles your fancy) washed and cut into bite size pieces	Popsicle molds
Pure coconut water	

Instructions:

Fill molds with whatever combination of fruit chunks you want. Space is OK!

Pour coconut water into molds to fill. (Add popsicles sticks if needed)

Freeze molds overnight or until frozen solid.



Strawberry Dole Whip

Servings: 4

Ingredients:	Spices/Other:
2 cups frozen strawberries	1.5 tsp agave
$\frac{1}{4}$ cup coconut water (or plain H ₂ O)	2 tsp fresh lemon juice
	Pinch of salt

Instructions:

Add all ingredients to a blender and blend until smooth. (You can eat from here!) Or empty into a freezer bag. Freeze for 10 minutes.

Remove bag from freezer, cut tip of a corner from bag and squeeze out in a swirl into small bowls for serving.



Grilled Peaches with Coconut Whipped Cream

Servings: 4

Ingredients:	Spices/Other:
4 large peaches; halved and pitted.	1 8 ounce can unsweetened coconut milk *Must be chilled overnight.
Honey	1 tsp vanilla Extract
2 tbsp. sliced almonds, chopped	
Non-stick coconut oil spray	

Instructions:

Chill bowl and beaters in freezer for at least 1 hour before use.

Preheat grill.

Scoop coconut milk solids into chilled bowl and add vanilla. (You can keep the remaining coconut liquid and use for something else!)

Beat mixture using an electric mixer with the chilled beaters on medium speed. Turn to high. Beat until stiff peaks form, about 8-9 minutes.

Spray grill with non-stick spray. Lightly spray flat side of peaches with non-stick spray. Place each peach half, skin side down on grill. Cook 2 minutes, or until skin starts to split. Using tongs, flip peaches and cook until grill marks appear, about another 2 minutes.

Place peaches on a plate. Drizzle with honey (about $\frac{1}{4}$ tsp each) and sprinkle with chopped almonds. Dollop with coconut whipped cream and serve warm or cold.



Berry-Watermelon Salad

Servings: 4

Ingredients:	Spices/Other:
4 cups watermelon, cubed	Fresh lime juice
1 pint strawberries, hulled and quartered	
1 pint blueberries	
1 pint raspberries	
$\frac{1}{2}$ pint blackberries	

Instructions:

Clean and trim all the fruit. Add to large bowl, squeeze juice of 1 lime over fruit and toss to mix.

Serve chilled.



Fruit (and Veggie!) Pops

Servings: 5-6 pops per flavor option

Ingredients:	Spices/Other:
Option 1:	Strawberry Beet
1.5 cups strawberries	1 tsp lemon juice or balsamic vinegar
$\frac{1}{2}$ cup beets, cooked and cooled	
$\frac{3}{4}$ cups no sugar added apple juice	
Option 2:	Mango Orange Carrot
1.5 cups diced mango	
$\frac{1}{2}$ cup orange juice	
$\frac{1}{2}$ carrot juice	
Option 3:	Coconut Lime
1.5 cups pineapple	$\frac{3}{4}$ cup coconut milk
$\frac{1}{2}$ banana	Zest and juice of 1 lime
1 cup spinach	

Instructions:

Select your flavor option and gather ingredients. *Fruit can be fresh or frozen. If frozen use no sugar added. For juices, fresh is best, but aim for as pure a juice as possible.

Put all ingredients into a blender and blend until smooth. Pour into your favorite popsicle mold (add popsicle stick if needed!).

Freeze 3-4 hours, until completely firm.