

Monday

Pumpkin Baked Oatmeal

Ingredients:

- 1 cup pumpkin puree
- $\frac{3}{4}$ cup unsweetened vanilla almond milk
- $\frac{1}{4}$ cup coconut oil, melted and slightly cooled
- $\frac{1}{4}$ cup pure maple syrup
- 2 eggs
- 1 tsp vanilla extract
- 2 cups rolled oats
- 2 tsp ground cinnamon
- $\frac{1}{2}$ tsp ground nutmeg
- $\frac{1}{2}$ tsp ground ginger
- $\frac{1}{4}$ tsp ground allspice
- $\frac{1}{4}$ tsp salt

Directions:

1. Preheat oven to 350F. Lightly coat 8-inch baking dish with cooking mist.
2. In a bowl, combine pumpkin, eggs, milk, coconut oil, maple syrup, and vanilla, beat until smooth. Stir in remaining ingredients.
3. Spread mixture evenly in baking dish. Bake for 20-25 minutes. Let oatmeal rest 5 minutes before cutting.

Turkey Lettuce Wraps

Ingredients:

- 1 lb ground turkey
- $\frac{1}{2}$ avocado
- 4-5 cherry tomatoes
- julienned carrots
- $\frac{1}{4}$ onion
- $\frac{1}{4}$ yellow bell pepper
- $\frac{1}{4}$ tsp paprika

- 1/8 tsp cayenne pepper
- 1/8 tsp cumin
- 1/4 tsp chili powder
- 1/4 tsp salt & pepper
- 1 TBSP EVOO
- 2-3 lettuce leaves per wrap

Directions:

1. In a skillet over medium heat, saute onion and bell pepper until tender.
2. Add ground turkey and seasonings to skillet and cook thoroughly.
3. Place a spoonful of ground turkey in a lettuce leaf, top with sliced avocado, tomatoes and carrots.

Mocha Pot Roast

Ingredients:

For mocha rub:

- 2 TBSP finely ground coffee
- 2 TBSP smoked paprika
- 1 TBSP black pepper
- 1 TBSP cocoa powder
- 1 tsp sweet paprika
- 1 tsp chili powder
- 1 tsp ground ginger
- 1 tsp sea salt

For Roast:

- 2-3 lb Grass-fed chuck roast (to serve 4 people & have left over for lunch)
- 1 cup brewed coffee
- 1 cup beef broth
- 1/2 onion, chopped
- 6 dried figs, chopped
- 3 TBSP balsamic vinegar

Directions:

1. Mix together all ingredients for rub. You will not use all of it. Store in an air-tight container for later use.
2. Pat roast dry with paper towel. Place 3-4 TBSP of rub in a separate bowl then, using your hands, massage into roast.
3. Puree coffee, beef broth, onion, figs, and balsamic vinegar in a blender until smooth.
4. Pour liquid into your crockpot then gently set the roast on top.
5. Cover and cook for 5-7 hours on low.
6. Remove meat and shred with forks. Serve with liquid from the crockpot.

Roasted Red Skins

Ingredients:

- 12 red skin potatoes
- 2 cloves garlic
- 1 TBSP EVOO

Directions:

1. Preheat oven to 400F
2. Rinse and quarter potatoes.
3. Mince garlic and combine with EVOO.
4. Toss potatoes in garlic EVOO.
5. Roast on a baking sheet for 20-30 minutes or until browned. Salt and pepper to taste.

Brussel Sprouts

Ingredients:

- 1 bag brussel sprouts
- 1 clove garlic
- ¼ onion, chopped
- 2 TBSP balsamic reduction

Directions:

1. Quarter or shred brussel sprouts.
2. Saute onion until translucent in 2 tsp EVOO in a skillet over medium-high heat.

3. Add garlic and brussel sprouts. Cook until sprouts are tender.
4. Remove from heat and drizzle with balsamic reduction.

Vegan Caramel Dip

Ingredients:

- 4 Medjool dates or 8 regular dates
- ½ tsp vanilla extract
- 4 TBSP unsweetened almond milk
- 2 TBSP coconut milk, melted
- pinch of sea salt

Directions:

1. Place all ingredients in food processor.
2. Pulse until no dates chunks remain. Scrape down sides as necessary.
3. Serve with apple wedges.

Tuesday

Brussel Sprout Egg Hash

Serves 2-3 people

Ingredients:

- Leftover Brussel Sprouts
- Leftover red skin potatoes
- 3 slices bacon
- 2-3 eggs
- 2 tsp EVOO

Directions:

1. In a cast iron skillet (or saute pan) cook bacon. Once bacon has reached desired crispness, remove from pan and blot with paper towel.
2. Drain all but 1 TBSP of grease from pan. Add EVOO and leftover sprouts and potatoes. While these reheat, coarsely chop bacon then add to pan.
3. Crack eggs over mixture and cover until eggs have cooked.

Mocha Roast Lettuce Wraps

Ingredients:

- 2-3 lettuce leaves per wrap
- ¼ cup roast
- Julienned carrots
- 1 roasted red pepper

Directions:

1. Place roast in lettuce leaves and top with carrots and roasted red peppers.

Shrimp Stacks

Ingredients:

- Cilantro lime Cauliflower rice
- 2 TBSP rice vinegar
- 8 ounces cooked wild-caught shrimp, peeled and tails removed
- 1 small cucumber, diced
- 1 tsp fresh chives
- 1 medium avocado
- 4 tsp sesame seeds
- 2 tsp liquid aminos + 2 tsp water
- 4 tsp tahini
- ⅛ tsp cayenne powder

Directions:

1. Make cauliflower rice. Add rice vinegar to cooked "rice." Evenly spread rice on a pan to cool.
2. Cut shrimp into 1-inch cubes.
3. In a small bowl, combine cucumber and chives. In another bowl, combine tahini and cayenne powder.
4. Using a 1 cup dry measuring cup, layer cucumber, then 2 TBSP avocado, shrimp, and top with "rice."
5. Carefully turn the cup upside down to turn the stack on the plate, tap lightly if necessary. Sprinkle with sesame seeds and drizzle with tahini sauce.
6. Repeat with remaining ingredients.

Wednesday

Shrimp Stack Salad

Ingredients:

- 1 shrimp stack
- 2 cups spinach

Dressing:

- 3 TBSP lemon juice
- 2 TBSP water
- 2 TBSP tahini
- 1 small clove garlic, minced
- ½ tsp salt
- ⅛ tsp cayenne pepper

Directions:

1. Tear washed spinach leaves and place in bowl, top with shrimp stack.
2. Drizzle with 2 TBSP dressing.

Coconut Broth Salmon

Ingredients:

- 2 smashed clove garlic
- ½ thinly sliced small red chile
- 2 chopped stalk lemongrass, outer layer removed
- ¾ cup organic vegetable stock
- 1 ½ cup light coconut milk
- 6 skinless filet wild caught salmon
- 2 TBSP EVOO, divided
- Coarse salt
- ½ red onion
- 1 ½ cups thinly sliced carrots
- 2 sliced head baby bok choy
- Lemon, for garnish

Directions:

1. In a small pot, bring garlic, chile, lemongrass, broth, and coconut milk to a boil. Reduce heat and simmer until fragrant, about 20 minutes. Strain; discard solids. Keep warm over low heat, stirring occasionally.
2. Heat oven to 375F. Rub salmon with 1 TBSP EVOO and season with salt. Bake until just cooked through, about 10 minutes.
3. Meanwhile, heat 1 TBSP oil in a skillet over medium-high heat. Add onion, carrots, and baby bok choy and cook, stirring until tender, about 5 minutes.
4. Top salmon with veggies and broth.

Roasted Asparagus

Ingredients:

- 1 lb asparagus
- 1 TBSP EVOO
- 1 TBSP lemon juice
- 1 clove garlic, minced
- Salt & Pepper, to taste

Directions:

1. Preheat oven to 375F.
2. Remove tough bottoms from asparagus. Toss asparagus in minced garlic, EVOO, lemon juice, salt and pepper.
3. Roast in oven on baking sheet for 15 to 20 minutes or until the tips are crispy.

Acorn Squash

Ingredients:

- 2 acorn squash, cut in half
- ¼ tsp garlic powder
- 1 TBSP coconut oil, divided between the four halves
- ¼ tsp salt and pepper

Directions:

1. Preheat oven to 375F.

2. Place squash halves in pyrex dish.
3. Place coconut oil in center then season.
4. Cover dish with foil and bake in oven until tender, 30-45 minutes.

Baked Peaches

Ingredients:

- 2 Peaches
- 4 TBSP Earth Balance
- 2 TBSP Maple Syrup or Raw Honey
- 2 TBSP ground cinnamon
- 2 tsp ground nutmeg

Directions:

1. Preheat oven to 350F.
2. Cut peaches in half and remove pit.
3. Place halves in an oven safe dish.
4. In a small mixing bowl, whisk together cinnamon and nutmeg.
5. Place 1 TBSP of Earth Balance on each peach half.
6. Sprinkle $\frac{1}{2}$ TBSP of cinnamon/nutmeg mixture over each peach half.
7. Bake for 25-30 minutes. Check on peaches periodically to ensure they do not burn.
8. Remove from oven and drizzle with maple syrup or honey.

Thursday

Coconut Salmon Salad

Ingredients:

- Salmon & Veggies
- 2 cups spinach or shredded cabbage

Directions:

1. Rinse spinach. Place in bowl, Top with salmon, veggies, and broth.

Cauliflower Steaks with Chimichurri

Ingredients:

Chimichurri:

- 1 loosely packed cup fresh basil leaves
- 1 loosely packed cup fresh parsley leaves
- ½ loosely packed cup cilantro leaves
- ½ cup loosely packed cup oregano leaves
- ⅓ cup EVOO
- ¼ cup chopped onion
- 2 cloves garlic
- ¼ cup red wine vinegar
- ½ tsp ground cumin
- ½ tsp salt

For Cauliflower Steaks:

- 1 large head cauliflower
- EVOO
- Salt & Pepper
- 1 tsp garlic seasoning

Directions:

For Chimichurri:

1. Add all ingredients to a food processor and pulse until herbs are finely diced.

For Cauliflower Steaks:

1. Preheat oven to 425F.
2. Wash and remove leaves from cauliflower. Cut stem off bottom.
3. Slice, head side up, into ¾ inch slices.
4. Lay steaks on a large baking sheet. Season with salt, pepper, and garlic seasoning. Drizzle with EVOO.
5. Bake for 20 minutes, flip, then bake for an additional 20 minutes.
6. Top with chimichurri.

Smashed Sweet Potatoes

Ingredients:

- 3 sweet potatoes
- 1 TBSP EVOO

- 1 tsp paprika
- ¼ tsp cayenne pepper
- 1 clove garlic, minced

Directions:

1. Cut sweet potatoes in quarters. Add sweet potatoes to a saucepan and cover with water. Boil until potatoes are soft.
2. Drain water and smash. Stir in EVOO then season with paprika, cayenne pepper, and garlic. Salt and pepper to taste.

Friday

Sweet Potato Egg Boats

Ingredients:

- Precooked sweet potatoes, one per person
- 1 egg per potato
- 1 TBSP, per potato, crumbled organic bacon
- ½ avocado
- 3 TBSP lime juice
- 1 garlic clove, minced
- ⅛ tsp cumin
- ⅛ tsp sea salt

Directions:

1. Combine avocado, garlic, cumin, and sea salt in food processor and pulse until smooth.
2. Cut sweet potato lengthwise and use a fork to gently fluff inside.
3. Place in baking dish and crack one egg into potato.
4. Bake for 12 minutes for over easy and a bit longer for a more cooked egg.
5. Drizzle with avocado sauce.

Tahini Chimichurri Chicken

Ingredients:

- 1 can organic chicken

- 2 TBSP Chimichurri
- 1 TBSP tahini lemon dressing
- ½ TBSP EVOO
- ½ TBSP red wine vinegar
- 2 cups spinach
- Julienned carrots
- 1 roasted red pepper, diced

Directions:

1. In a small bowl, mix together chicken, chimichurri, and tahini dressing.
2. Tear spinach, top with chicken, carrots, and pepper. Drizzle with red wine vinegar and EVOO.

Cauliflower Pizza with Cashew Basil Cheese

Ingredients:

- 1 large head cauliflower
- 2 eggs
- ¼ cup ground flax
- Salt & Pepper
- Cashew Basil cheese
- 2 roma tomatoes
- Toppings of choice

Directions:

1. Make cashew basil cheese
2. Grate cauliflower in food processor. Place cauliflower in pan and over with a few inches of water; salt generously.
3. Preheat oven to 350F.
4. Cook on high until al dente. Strain then squeeze out additional water from cauliflower using a hand towel.
5. Mix the eggs, flax, and a pinch of salt & pepper in a large bowl then let it gel for 5 minutes.
6. Add cauliflower and mix well.
7. Line a baking sheet with parchment paper then spoon pizza crusts, about ⅓ inch thick.

8. Bake crust for 15 minutes.
9. Top with cashew basil cheese and toppings then bake for another 10 minutes.

Coconut Chia Pudding

Ingredients:

- 4 TBSP Chia Seeds
- 1 tsp vanilla extract
- 2 cups light coconut milk
- ½ cup unsweetened coconut flakes
- 1 TBSP raw honey

Directions:

1. Place all ingredients in a resealable container and mix until ingredients are incorporated.
2. Refrigerate overnight, 5-6 hours.
3. Serve with fresh fruit.

Saturday

Coconut Flour Pancakes

Ingredients:

- 4 eggs, room temperature
- ¼ cup coconut flour
- ¼ tsp sea salt
- 2 tsp vanilla extract
- ½ banana, mashed
- 1 tsp baking soda

Directions:

1. Combine ingredients in a large bowl and mix until batter comes together.
2. Melt a small amount of coconut oil in a pan over medium heat then add a palm size amount of batter to pan.

3. When bubbles stay in batter, the pancake is ready to flip. Repeat with remaining batter; should make 4-6 pancakes.
4. Top with remaining banana, pure maple syrup, or nut butter.

Tapioca

Ingredients:

- 3 TBSP Pyure Bakeable Blend Stevia
- 4 cups Unsweetened Vanilla almond milk
- ½ cup small Tapioca pearls (Not Instant)
- 2 eggs, lightly beaten
- ½ tsp Vanilla extract

Directions:

1. Lightly mist the insert of your slow cooker with cooking spray.
2. Add the stevia, almond milk, and tapioca pearls and whisk to combine.
3. Cook on low for 3 hours or until the tapioca pearls are translucent. Stir once an hour to ensure the pearls remain mixed within the liquids.
4. Place the lightly beaten eggs and vanilla extract into a medium bowl. Remove 1 cup of the tapioca mixture from crock pot and add ½ cup of it to the mixing bowl with egg mixture. Whisk together then add remaining ½ cup and whisk together.
5. Add contents of mixing bowl to crockpot and stir. Cook another 30 minutes.
6. Remove tapioca and chill to fully set

NOTE: Eggs will scramble if added directly to tapioca in crockpot.

Sunday

Chimichurri Steak

Ingredients:

- 1 ½ - 2 lb grass fed skirt or flank steak
- Leftover chimichurri sauce
- 1 red bell pepper

- 1 carrots cut into matchsticks
- 2 cloves garlic
- 1 zucchini
- 5-6 green onions
- 1 TBSP EVOO
- salt & pepper, to taste
- 1 tsp italian seasoning
- 2 tsp coconut oil
- 1 TBSP agave nectar
- ¼ cup red wine vinegar
- ¼ cup beef broth
- Optional: steak seasoning, such as Montreal Steak Seasoning

Directions:

1. Cut steaks into 3 inch wide strips. Tenderize meat with meat hammer, if desired.
2. Season both sides of the steaks with salt and pepper.
3. In a bowl, mix together red wine vinegar, beef broth, melted coconut oil, and agave nectar. Pour marinade into a pyrex dish then add steaks. Cover and allow to marinate in refrigerator for at least 30 minutes.
4. While the steak is marinating, wash and cut veggies into thin strips. Smash garlic with the width of a chef knife..
5. In a medium skillet, heat a splash of EVOO over medium heat. Add garlic and cook until fragrant, about 3 minutes.
6. Increase heat slightly and add veggies, except green onions. Cook for 2-3 minutes. Season with salt, pepper, and italian seasoning. Transfer to bowl.
7. Preheat oven to 400F
8. Assemble rolls by removing a strip of steak from the marinade. Lay it with the short side toward you. Place the veggies & green onions in the middle then roll the beef over the filling. Secure with toothpick then return to pyrex with marinade. Repeat until all rolls have been assembled.
9. Cook in oven for 10 minutes per side.

10. Transfer rolls to serving dish then top with chimichurri.

Green Beans with Summer Squash

Ingredients:

- 1 bag green beans
- 1 summer squash, quartered
- $\frac{1}{4}$ onion, chopped
- salt & pepper to taste
- $\frac{1}{2}$ TBSP EVOO

Directions:

1. Heat EVOO in a skillet over medium heat.
2. Add onion to pan, saute for 3-5 minutes.
3. Add green beans and summer squash. Saute until squash has softened and green beans are tender and bright.
4. Season with salt and pepper.

PB2 Smoothie

Ingredients:

- 1 frozen banana
- $\frac{1}{2}$ cup unsweetened vanilla almond milk
- $\frac{1}{4}$ cup water
- 1 cup ice
- 2 TBSP PB2
- 1 TBSP Cocoa Powder
- $\frac{1}{2}$ TBSP agave nectar

Directions:

1. Blend milk, water, ice, PB2, cocoa powder, and agave nectar together on high.
2. Scrape down sides then add banana and blend until smooth.