

INFLAMMATION FREE



The most comprehensive guide to your Pain and Inflammation Free Life from the experts at goutcure.com|ahr4health.com

Healing naturally requires patience and understanding, but it is guaranteed to be effective in the long run. Gaining a deeper understanding of your condition can set you on the path to lifelong success in managing it. Inflammatory diseases do not develop overnight. Some of you may be starting with natural healing as your first treatment option, while others have endured years of suffering and countless prescription medications that no longer work for you. We may not offer a quick fix for everyone, but we avoid merely "band-aiding" your symptoms like many modern treatments. Instead of just addressing your symptoms, we focus on repairing the root cause, and initiating a true healing process.

Mission Statement:

We promise to exceed all expectations in education, customer service, and product results. Our dedicated employees and owners have experienced your pain firsthand and understand the depth of your despair. We are committed to relentless effort in solving every individual case, GUARANTEED!

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INFLAMMATION: WHEN A GOOD THING GOES BAD

Inflammation is a vital mechanism of the immune system. The acute inflammatory response helps fight off disease and infection and supports cellular regeneration. We all need a healthy level of inflammation to survive. But what happens when the body constantly feels under attack? When inflammation persists, it becomes a chronic, slow-burning fire within you. This is when a beneficial process turns harmful.

The body is incredibly resilient but relies on communication between its major systems -- the endocrine, digestive, respiratory/cardiovascular, and central nervous systems -- to function and heal properly. Chronic inflammation disrupts this communication, making disease almost inevitable. The system most affected determines the type of disease you may develop. Inflammation is often an underlying cause of numerous serious conditions, from asthma to arthritis, and even extending to obesity and Alzheimer's.

Causes of chronic inflammation:

- ❖ Stress
- ❖ Environmental Toxins
- ❖ Low grade viral, fungal, and bacterial infections
- ❖ Chronic, low-grade food sensitivities
- ❖ Digestive bacteria imbalances
- ❖ Diet and Lifestyle

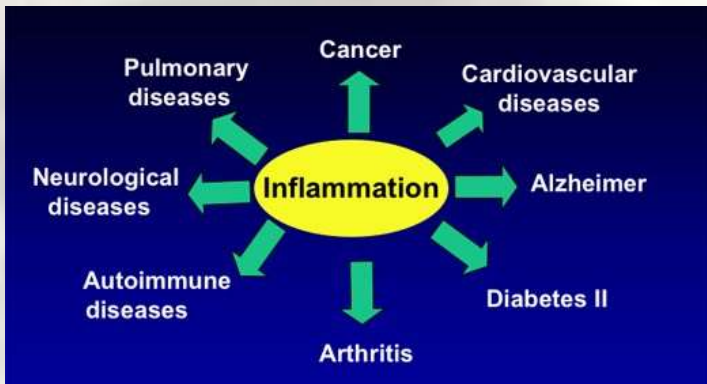
Symptoms of chronic inflammation:

- ❖ Visible aging signs
- ❖ Fatigue & Irritability
- ❖ Chronic body aches and pains
- ❖ Joint pain and stiffness

- ❖ Frequent infections & Slow Healing
- ❖ Bronchitis
- ❖ Dry eyes & Blurry Vision
- ❖ Indigestion/Acid Reflux
- ❖ Skin conditions (acne, psoriasis, etc.)
- ❖ Weight changes/Obesity
- ❖ Urinary tract infections
- ❖ Candidiasis

Inflammatory-related Conditions:

- ❖ Gout/Arthritis (all forms)
- ❖ Hypertension
- ❖ Asthma
- ❖ Stones
- ❖ Digestive Disorders (Colitis, IBS, Gallbladder Disease etc.)
- ❖ Diabetes
- ❖ Heart Disease
- ❖ Cancer



EXAMPLES OF INTERNAL INFLAMMATION AND ITS PATH OF DESTRUCTION:

- ✓ **Gout/Arthritis/Osteoarthritis/Rheumatoid/Lupus/Fibromyalgia/Undiagnosed Joint & Muscle Pain-** Inflammatory cells called cytokines lead to the production of enzymes that attack the tissues and break down cartilage in joints.
- ✓ **Diabetes-** Inflammatory chemicals release TNF which make cells resistant to insulin.
- ✓ **Heart Disease/Stroke/Atherosclerosis-** Inflammation causes artery clogging
- ✓ **Accelerated Aging-** Inflammation causes wrinkles
- ✓ **Skin Disorders/Allergies-** Inflammation that releases chemicals causing imbalances and healthy bacteria destruction. Results show in both internal and external reactions and heightened sensitivities on many levels.
- ✓ **IBS/Colitis/Crohn's-** Inflammatory cells are found in abundance in either or both the large and small intestines producing results that could determine your symptoms and in turn your diagnosis.
- ✓ **Asthma & COPD-** Both driven by inflammation of the lungs and airways. Asthma is typically the result of allergies (again still inflammation) and often referred to as a "rash" in the lungs. COPD is the result of long-term inflammation that has caused destruction plugging the airways.
- ✓ **Alzheimer's-** Chronic inflammation revs up the transportation of a protein known as amyloid beta protein into the brain leading to neurological damage.
- ✓ **Cancer-** a multi-faceted link driving cancer initiation and promotion because of increased production of proinflammatory mediators that mediate tumor cell proliferation, transformation, metastasis, survival, invasion, angiogenesis, chemo-resistance and radio-resistance. These molecules are activated by several environmental

and lifestyle-related factors, which together are thought to drive as much as 90% of all cancers.

Some people are genetically predisposed to certain conditions. However, their environmental surroundings, diet, and lifestyle often mirror those of their predecessors. While this may increase the likelihood of inheriting similar issues, it doesn't make them inevitable. You have significant influence over what happens inside your body, and we aim to provide you with essential tools for better health.



ABOUT INFLAMMATION:

Inflammation is a biological response to harmful stimuli, such as pathogens, damaged cells, or irritants, and it is part of the body's immune response. The stages of inflammation are typically classified into:

1. **Initiation:** This is the immediate response to injury or infection. The body recognizes a problem and signals immune cells to the affected area. Key features include:
 - Vasodilation: Blood vessels widen to increase blood flow.
 - Increased permeability: Blood vessel walls become more permeable to allow immune cells to pass through.
 - Chemotaxis: Immune cells are attracted to the site of injury or infection.
2. **Amplification:** This stage involves the recruitment and activation of additional immune cells to the site of inflammation. Cytokines and other signaling molecules amplify the inflammatory response, ensuring that enough immune cells are present to deal with the problem.
3. **Destruction:** Immune cells work to eliminate the cause of the inflammation. This can involve the direct killing of pathogens, the removal of damaged cells, and the neutralization of harmful agents. Key players include neutrophils, macrophages, and other white blood cells.
4. **Resolution:** Once the harmful stimuli have been dealt with, the body begins to resolve the inflammation. Anti-inflammatory signals promote the repair of damaged tissues and the return of the affected area to its normal state. This involves:
 - Removal of immune cells and debris from the site.
 - Tissue regeneration and repair.
 - Restoration of normal tissue function.
5. **Chronic Inflammation:** If the inflammatory response is not properly resolved, it can become chronic. Chronic inflammation can lead to ongoing tissue damage and is associated with various diseases, such as rheumatoid arthritis, chronic infections, and even some cancers.

Chronic inflammation is a prolonged and persistent state of inflammation that can last for months or even years. Unlike acute inflammation, which is a short-term response to injury or infection, chronic inflammation can have more subtle and long-term effects on the body. Here's a comprehensive overview:

Causes of Chronic Inflammation

1. **Persistent Infections:** Some pathogens evade the immune system and persist in the body, leading to ongoing inflammation. Examples include tuberculosis and certain viruses.
2. **Autoimmune Disorders:** Conditions where the immune system mistakenly attacks the body's own tissues, such as rheumatoid arthritis, lupus, and multiple sclerosis.
3. **Chronic Irritation:** Long-term exposure to irritants, such as pollutants, chemicals, or allergens, can sustain inflammation.
4. **Lifestyle Factors:** Poor diet (high in sugar and trans fats), lack of exercise, chronic stress, and smoking can contribute to chronic inflammation.
5. **Metabolic Syndrome:** Conditions like obesity, type 2 diabetes, and non-alcoholic fatty liver disease are associated with chronic low-grade inflammation.

Pathophysiology

Chronic inflammation involves a complex interplay between the immune system and the affected tissues. Key features include:

- **Immune Cell Activation:** Macrophages, lymphocytes, and plasma cells are continuously activated and recruited to the site of inflammation.
- **Cytokines and Chemokines:** Persistent production of inflammatory mediators like TNF- α , IL-1, and IL-6, which sustain the inflammatory response.
- **Tissue Remodeling:** Prolonged inflammation leads to changes in tissue architecture, including fibrosis (scarring) and angiogenesis (new blood vessel formation).

Effects on the Body

Chronic inflammation can affect various organs and systems, leading to multiple health issues:

1. **Cardiovascular Disease:** Inflammation plays a key role in the development of atherosclerosis, where plaques form in the arteries, increasing the risk of heart attacks and strokes.
2. **Cancer:** Chronic inflammation can promote mutations and proliferation of cells, contributing to cancer development. Examples include colon cancer associated with inflammatory bowel disease and liver cancer associated with hepatitis.
3. **Metabolic Disorders:** Persistent inflammation is linked to insulin resistance, which can lead to type 2 diabetes and obesity-related complications.
4. **Neurodegenerative Diseases:** Inflammation in the brain is associated with conditions like Alzheimer's disease and Parkinson's disease.
5. **Autoimmune Diseases:** Chronic inflammation underpins many autoimmune disorders, leading to ongoing tissue damage and functional impairment.

Diagnosis

Diagnosing chronic inflammation often involves a combination of clinical evaluation and laboratory tests:

- **Blood Tests:** Elevated levels of inflammatory markers such as C-reactive protein (CRP), erythrocyte sedimentation rate (ESR), and specific cytokines.
- **Imaging:** Techniques like MRI, CT scans, and ultrasound can detect inflammation in tissues and organs.
- **Biopsy:** In some cases, a tissue sample may be taken to examine the extent of inflammation and damage microscopically.

Treatment

Managing chronic inflammation typically involves addressing the underlying cause and reducing the inflammatory response:

1. Medications:

- **Anti-inflammatory Drugs:** NSAIDs, corticosteroids, and disease-modifying antirheumatic drugs (DMARDs).
- **Biologics:** Target specific components of the immune system, used in conditions like rheumatoid arthritis and inflammatory bowel disease.
- **Antioxidants:** Supplements that reduce oxidative stress, which can contribute to inflammation.

2. Lifestyle Changes:

- **Diet:** Emphasize anti-inflammatory foods (e.g., fruits, vegetables, whole grains, omega-3 fatty acids) and reduce intake of processed foods, sugars, and trans fats.
- **Exercise:** Regular physical activity helps reduce inflammation and improve overall health.
- **Stress Management:** Techniques such as mindfulness, meditation, and yoga can lower stress-related inflammation.

3. Addressing Risk Factors:

Managing conditions like obesity, hypertension, and diabetes can help reduce chronic inflammation.

Prevention

Preventing chronic inflammation involves maintaining a healthy lifestyle and minimizing exposure to potential irritants:

- **Healthy Diet:** Focus on a balanced diet rich in anti-inflammatory foods.

- **Regular Exercise:** Engage in moderate physical activity regularly.
- **Avoid Smoking and Limit Alcohol:** Both can contribute to inflammation.
- **Manage Stress:** Employ stress-reduction techniques to maintain emotional well-being.

TRADITIONAL MEDICATIONS:

NSAIDs: Nonsteroidal Anti-inflammatory Drugs like Indomethacin are prescribed to alleviate the inflammation, pain, and fever associated with a gout infection. These reactions are part of the body's natural defense against infection, signaling that it's working as it should. However, long-term suppression of these essential bodily responses can have adverse effects. Common side effects of NSAIDs include nausea, vomiting, decreased appetite, rash, dizziness, headache, drowsiness, and fluid retention leading to edema. More severe complications may include kidney and liver failure, ulcers, and prolonged bleeding after injury or surgery. While NSAIDs may carry significant toxicity risks, short-term use is generally well tolerated.

Prednisone: This medication alters immune system functioning and suppresses the body's natural production of steroids by taking control of the adrenal gland. While steroids like Prednisone can effectively reduce the painful inflammation characteristic of a gout attack, they come with a plethora of potential side effects. These may include headache, dizziness, mood swings, acne, sleep disturbances, fatigue, changes in weight, thin and fragile skin, muscle weakness, heartburn, decreased libido, sweating, delayed wound healing, vision problems, sore throat, seizures, depression, confusion, muscle twitching, shaking, numbness, swelling, upset stomach, vomiting, coughing, irregular heartbeat, rash, hives, itching, and shortness of breath.

Many individuals find themselves relying on prescription medications for immediate symptom relief, and while these medications serve that purpose, overlooking the underlying issue and root cause can

have detrimental effects on overall health. Gout serves as a warning sign of bodily dysfunction, acidity, and toxicity and should not be disregarded or merely masked. There exist alternatives and lifestyle adjustments that can significantly aid in recovery and prevention. Some individuals opt for a combination of traditional medications and natural remedies, while others seek to eliminate prescription drugs and their side effects altogether. Many collaborate with their healthcare providers to gradually taper off medications and transition to natural approaches, adjusting dosage gradually or spacing out medication intake while incorporating herbal remedies.

RELATION TO DIET AND LIFESTYLE:

Understanding the intricate relationship between diet, lifestyle, and Inflammation is an ongoing endeavor, with new insights emerging continuously. While traditional emphasis has been placed on specific food triggers, the broader context encompasses factors like pH balance in meals, dietary choices, cooking methods, high fructose corn syrup, artificial sweeteners, and the proliferation of processed and genetically modified foods in modern diets. Despite the plethora of dietary information available, determining what constitutes a "healthy diet" remains a challenge, complicating decision-making regarding dietary changes. Here's what we do know:

- **Overeating promotes inflammation:** Studies have shown that excessive calorie intake triggers an inflammatory response and suppresses the immune system. Moderate calorie restriction has been linked to improved immune function and reduced inflammation, irrespective of the calorie source. Whether from nutrient-dense foods like fruits, vegetables, legumes, nuts, and seeds or calorie-dense options like heavy red meats or sugary foods, moderation in both total daily intake and meal size is key. Consuming smaller, more frequent meals throughout the day is generally considered healthier than fewer large meals.

- **Adipose tissue contributes to inflammation:** Even modest weight gain can significantly increase inflammation in the body and compromise overall immunity. Managing weight is essential for maintaining a balanced immune system and mitigating inflammation. With a significant portion of the population overweight or obese, the prevalence of inflammatory diseases is expected to rise. Adipose tissue behaves similarly to immune cells, releasing inflammatory substances like histamines and cytokines, particularly during weight gain. Increased adipose tissue also exerts pressure on joints, exacerbating inflammation and promoting tissue damage.

- **Embrace healthy fats, especially Omega-3s:** Contrary to previous dietary recommendations, cutting out fats from the diet has proven counterproductive, contributing to weight gain and health issues. Saturated fats and fatty acids, particularly Omega-3s, possess potent anti-inflammatory properties. Incorporating low-mercury fish, raw nuts, and seeds rich in Omega-3s, such as walnuts, flaxseed, and pumpkin seeds, is beneficial. Healthy

saturated fats from sources like butter, coconut oil, olive oil, avocados, eggs, and meat in moderation are recommended, while processed and trans fats should be avoided. When considering supplements, opting for high-quality fish oil like Pure Antarctic Neptune Krill Oil is advisable.

- **Harness the power of herbs and spices:** Herbs and spices not only enhance flavor but also offer potent anti-inflammatory and pain-relieving properties. Capsaicin, found in chili peppers, rosemary, and ginger, contains compounds like rosmarinic acid and vanillin, known for their anti-inflammatory effects. Additionally, basil, bay leaves, cumin, garlic, and others are rich in antioxidants and can help reduce inflammation.

- **Maintain healthy glucose levels and avoid artificial sugars:** **Limiting total fructose intake to under 25 grams per day** is recommended to avoid inflammation and weight gain, especially considering the prevalence of high-fructose corn syrup in processed foods. Opt for complex carbohydrates with a low glycemic index to prevent blood sugar spikes and glycosylation reactions. Reading food labels and avoiding processed foods containing artificial sugars like aspartame, sucralose, saccharin, and Acesulfame-K is crucial, as they can have detrimental health effects. Natural sweeteners like Stevia offer a safer alternative for sweetening foods and beverages.

By carefully considering dietary and lifestyle choices, individuals can play an active role in managing inflammation and promoting overall health.

Fruit	Serving Size	Grams of Fructose
Limes	1 medium	0

Lemons	1 medium	0.6
Cranberries	1 cup	0.7
Passion fruit	1 medium	0.9
Prune	1 medium	1.2
Apricot	1 medium	1.3
Guava	2 medium	2.2
Date (Deglet Noor style)	1 medium	2.6
Cantaloupe	1/8 of med. melon	2.8
Raspberries	1 cup	3.0
Clementine	1 medium	3.4
Kiwifruit	1 medium	3.4
Blackberries	1 cup	3.5
Star fruit	1 medium	3.6
Cherries, sweet	10	3.8
Strawberries	1 cup	3.8
Cherries, sour	1 cup	4.0
Pineapple	1 slice (3.5" x .75")	4.0
Grapefruit, pink or red	1/2 medium	4.3

Fruit	Serving Size	Grams of Fructose
Boysenberries	1 cup	4.6

Tangerine/mandarin orange	1 medium	4.8
Nectarine	1 medium	5.4
Peach	1 medium	5.9
Orange (navel)	1 medium	6.1
Papaya	1/2 medium	6.3
Honeydew	1/8 of med. melon	6.7
Banana	1 medium	7.1
Blueberries	1 cup	7.4
Date (Medjool)	1 medium	7.7
Apple (composite)	1 medium	9.5
Persimmon	1 medium	10.6
Watermelon	1/16 med. melon	11.3
Pear	1 medium	11.8
Raisins	1/4 cup	12.3
Grapes, seedless (green or red)	1 cup	12.4
Mango	1/2 medium	16.2
Apricots, dried	1 cup	16.4
Figs, dried	1 cup	23.0

Vegetable - raw	FRU*	GLU*	SUC*	TF*	FRU^	GLU^	SUC^	TF^	PU^	FS	PS
Alfalfa seeds, sprouted	0.1	0.1	0.0	0.1	-	-	-	-	-	1	-
Artichokes, boiled	0.0	0.2	0.7	0.4	1.7	0.8	0.1	1.8	78	1	1
Asparagus	1.0	0.7	0.2	1.1	1.0	0.8	0.2	1.1	23	1	1
Aubergine /Egg plant	1.5	1.6	0.3	1.7	1	1	0.2	1.1	21	1	1
Bamboo shoots	-	-	-	-	0.4	0.4	0.2	0.5	29	1	1
Beans, haricot	1.4	1.5	0.4	1.6	1.3	1.0	0.4	1.5	37	1	1
Beetroot	0.2	0.3	5.3	2.8	0.3	0.3	7.9	4.3	19	1	1
Broccoli	0.7	0.5	0.1	0.7	1.1	1.1	0.5	1.4	81	1	1
Brussels sprouts	0.9	0.8	0.5	1.2	0.8	0.9	1.1	1.4	69	1	1
Cabbage	1.5	1.7	0.1	1.5	1.8	2.0	0.3	2.0	22	1	1
Carrots	0.6	0.6	3.6	2.3	1.3	1.4	2.1	2.4	17	1	1
Cauliflower	1.0	0.9	0.0	1.0	0.9	0.9	0.2	1.0	51	1	1
Celery, stalks	0.4	0.4	0.1	0.4	0.1	0.0	2.1	1.2	-	1	-
Celery, root	-	-	-	-	0.1	0	1.7	1.0	30	1	1
Corn, sweet, yellow	1.9	3.4	0.9	2.4	0.4	0.6	2.1	1.5	52	1	1
Cucumber	0.8	0.6	0.0	0.8	0.9	0.9	0.1	1.0	7	1	1
Kale	0.4	0.4	0.2	0.5	0.9	0.6	1.0	1.4	48	1	1
Kohlrabi	-	-	-	-	1.4	1.2	1.1	2.0	25	1	1
Leek	-	-	-	-	1.2	1	0.8	1.6	74	1	1
Lettuce, green leaf	0.4	0.4	0.0	0.4	0.5	0.4	1.0	1.0	13	1	1
Lima beans, cooked	0.2	0.0	1.1	0.8	-	-	-	-	-	1	-
Mushrooms	0.0	1.2	0.0	0.0	0.2	0.2	0.1	0.3	58	1	1
Okra	0.6	0.3	0.6	0.9	0.8	0.7	0.2	0.9	-	1	-
Onions, green tops	2.1	1.6	0.2	2.2	0.8	0.7	0.7	1.2	67	1	1
Onions	1.3	2.0	1.0	1.8	1.4	1.6	1.9	2.4	13	1	1
Onions, sweet	2.0	2.3	0.7	2.4	0.8	0.7	0.2	0.9	67	1	1
Parsley, leaf	-	-	-	-	0.3	0.5	na	0.3	-	1	-
Parsley, root	-	-	-	-	0.7	0.6	4.8	3.1	-	2	-
Parsnip	-	-	-	-	0.3	0.2	2.6	1.6	-	1	-
Peas, green	0.4	0.1	5.0	2.9	0.1	0.1	1.2	0.7	84	1	1
Peppers, jalapeno	2.6	1.5	0.0	2.6	-	-	-	-	-	1	-
Peppers, green	1.1	1.2	0.1	1.2	1.3	1.4	0	1.3	55	1	1
Peppers, red	2.3	1.9	0.0	2.3	-	-	-	-	-	1	-
Potatoes	0.3	0.4	0.4	0.5	0.2	0.2	0.3	0.4	16	1	1
Pumpkin	-	-	-	-	1.1	1.0	0.1	1.2	44	1	1
Radishes	0.7	1.1	0.1	0.8	0.7	1.2	0.2	0.8	15	1	1
Rutabagas	1.6	2.3	0.5	1.9	0.7	0.3	0.0	0.7	-	1	-
Spinach	0.2	0.1	0.1	0.2	0.1	0.1	0.2	0.2	57	1	1
Squash, summer	1.0	0.8	0.0	1.0	1.1	1.0	0.1	1.2	44	1	1
Squash, winter	0.0	1.0	0.2	0.1	1.4	1.4	1.8	2.3	-	1	-
Tomatoes	1.4	1.3	0.0	1.4	1.4	1.1	0.0	1.4	11	1	1

- **Prioritize sleep**

Consistent and sufficient sleep is crucial for managing inflammation. Experts recommend aiming for six to 12 hours of sleep per night, though individual needs may vary based on factors like age, activity level, and overall health. If you struggle with insomnia, explore non-pharmacological options with your healthcare provider to address underlying causes. Lifestyle adjustments, cognitive-behavioral therapy, and regular exercise can often effectively treat insomnia without resorting to medication.

- **Identify food allergies**

Certain food allergies or sensitivities, such as those to wheat, eggs, gluten, dairy, soy, or nuts, can exacerbate inflammation. Consider eliminating potential trigger foods from your diet for at least two weeks to assess any improvements in symptoms like lethargy, headaches, or bloating. Additionally, reducing grain intake can have broader health benefits beyond addressing inflammation.

- **Meet vitamin requirements**

While a multivitamin can help support overall health and inflammation control, selecting a high-quality supplement with the appropriate nutrients is essential. Specific vitamins like Folic Acid, B5 Pantothenic Acid, B6, and Vitamins A, E, and C may play a role in regulating inflammatory processes. However, caution should be exercised with high-dose Vitamin C supplements, as they can potentially exacerbate joint pain by increasing iron stores in the body. Focus on obtaining vitamin C from dietary sources rich in this nutrient, such as chili peppers, bell peppers, parsley, and various fruits and vegetables.

Niacin, in certain forms, can also impact joint health negatively. Niacinamide, a form of vitamin B3, has demonstrated anti-inflammatory properties but should be limited to 25mg or less in pill form to mitigate potential adverse effects.

• **Harness the power of probiotics**

Maintaining a healthy balance of beneficial gut bacteria is crucial for reducing inflammation. Factors like antibiotic use, stress, and poor diet can disrupt this balance, allowing harmful bacteria to thrive and contribute to inflammation. Probiotics can help restore gut health, support immune function, aid digestion, regulate cholesterol levels, synthesize B vitamins, promote regularity, and combat pathogens that cause illness.

• **Hydrate adequately**

Proper hydration is essential for overall health and inflammation management. Aim to drink half your body weight in ounces of water daily, consumed gradually throughout the day. Opt for purified water, preferably filtered for purity, and maintain a pH level of 7.0 for optimal hydration.

ADDITIONAL IMPORTANT NOTES AND TIPS-

• **Incorporate citrus fruits into your morning routine:** Recent research indicates that the citrate present in citrus fruits like oranges, lemons, limes, and grapefruits, along with potassium ions, can help flush oxalates from the kidneys that may have accumulated overnight. Individuals with inflammatory conditions often face an increased risk of stone formation, making it advisable to consume a small orange or grapefruit, or freshly squeeze lemon or lime into pure water upon waking up.

• **Prioritize nutrient-rich foods:** Shift your mindset from living to eat to eating to live. Fresh vegetables and organic fruits should constitute a significant portion of your daily diet, providing essential nutrients for overall health and inflammation management.

• **Opt for gentle cooking methods:** Minimize high-temperature cooking techniques such as microwaving, grilling, broiling, and frying in oils other than coconut or butter/ghee. Instead, choose slower, indirect heat methods like crock-pot cooking, steaming, low-heat baking, roasting, or boiling/simmering to preserve food's acidity levels and nutrient content.

- **Avoid inflammatory foods:** Limit or eliminate intake of sugar, sugar substitutes, high-fructose corn syrup (commonly found in processed foods), white flour, synthetic oils (such as canola oil), caffeine, table salt, genetically modified organisms (GMOs), and processed foods. Fresh, whole foods are preferable for their nutritional value and health benefits.

- **Understand the impact of high-fructose corn syrup:** High-fructose corn syrup can elevate uric acid levels in the body, contributing to conditions like hypertension, obesity, metabolic syndrome, kidney disease, and cardiovascular disease. Opt for natural sweeteners like stevia, which offers various health benefits without the negative effects associated with refined sugars.

- **Harness the benefits of Stevia:** Stevia, a natural sweetener, boasts antibacterial, antiseptic, antimicrobial, antioxidant, antidiabetic, and antihypertensive properties. It may aid in managing conditions such as hypertension, diabetes, chronic fatigue, indigestion, weight loss, and various skin conditions. Incorporating stevia into your diet can support overall health and well-being.

Sugar amount	Equivalent Stevia powdered extract	Equivalent Stevia liquid concentrate
1 cup	1 tablespoon	1 teaspoon
1 tablespoon	1/4 teaspoon	6 to 9 drops
1 teaspoon	A pinch to 1/16 teaspoon	2 to 4 drops

- Coconut oil stands out as the ideal choice for high-heat cooking methods due to its ability to withstand heat without becoming rancid. However, the quality of your coconut oil matters significantly. Look for USDA-certified organic coconut oil that meets the following criteria:

- No chemical additives (some lower-quality brands use hexane for extraction)
- No bleaching, refining, deodorization, or hydrogenation

- Made from traditional coconut trees, avoiding hybrid or genetically modified crops
- Derived from fresh coconuts, not dried 'copra'
- Processed without heat to preserve the healthy fatty acids in the oil.

• **Salt** plays a crucial role in the body, but not all salt is created equal. Avoid processed foods containing high-sodium salt and opt for high-quality Himalayan Rock Crystal salt instead. Incorporating this healthy salt into a balanced diet can be beneficial for your overall health.

• **Include sour dairy and fermented foods** in your daily diet to introduce friendly bacteria to your body. Organic, full-fat options like cottage cheese, kefir, sour cream, and plain yogurt are excellent choices. Avoid commercially flavored yogurts high in sugar and opt for plain varieties sweetened with fresh fruit, honey, or stevia. Homemade fermented foods like sauerkraut, kimchi, miso, olives, and pickles are easy to make and offer numerous health benefits. Consider supplementing with a probiotic to support gut health.

• **Prioritize organic and organically grown foods**, as well as free-range, grass-fed eggs and meat. The quality and source of your food significantly impact its health benefits and potential health risks.

• **Maintain a balanced pH level** in your meals and body for optimal health. An overly acidic or alkaline diet can pose various health concerns, as the body works hard to maintain balance. Aim for a 70/30 ratio of alkaline to acidic foods in each meal to support bodily functions and cell health. Testing pH levels can provide insights into your body's balance, with the ideal range around 6.5 in the morning and 7.5 in the evening. Pay attention to cooking methods and food combinations to regulate pH levels effectively.

Highly Alkaline

baking soda
chlorella
dulse
lemons
lentils
limes
lotus root
mineral water
nectarine
onion
persimmon
pineapple
pumpkin seed
raspberry
sea salt
sea vegetables
seaweed
spirulina
sweet potato
tangerine
taro root
umeboshi plums
vegetable juices
watermelon

Moderately Alkaline

apples
apricots
arugula
asparagus
banchi tea
beans (fresh green)
broccoli
cantaloupe
carob
carrots
cashews
cayenne
chestnuts
citrus
dandelion
dandelion tea
dewberry
edible flowers
endive
garlic
ginger (fresh)
ginseng tea
grapefruit
herbal tea
herbs (leafy green)
honeydew
kale
kombucha
kelp
kiwifruit
kohlrabi
loganberry
mango
molasses
mustard green
olive
parsley
parsnip
passion fruit
peas
pepper
raspberries
soy sauce
spices
sweet corn (fresh)
turnip

Low Alkaline

almonds
apple cider vinegar
apples (sour)
artichokes (jerusalem)
avocado
bell pepper
blackberry
brown rice vinegar
cabbage
cauliflower
cherry
cod liver oil
collard green
egg yolks
eggplant
ginseng
green tea
herbs
honey (raw)
leeks
mushrooms
nutritional yeast
papaya
peach
pear
pickles (homemade)
potato
primrose oil
pumpkin
quail eggs
radishes
rice syrup
rutabaga
sake
sesame seed
sprouts
watercress

Very Low Alkaline

alfalfa sprouts
avocado oil
banana
beet
blueberry
brussel sprouts
celery
chive
cilantro
coconut oil
cucumber
currant
duck eggs
fermented veggies
flax oil
ghee
ginger tea
grain coffee
grapes
hemp seed oil
japonica rice
lettuces
oats
okra
olive oil
orange
quinoa
raisin
sprouted seeds
squashes
strawberry
sunflower seeds
tahini
tempeh
turnip greens
umeboshi vinegar
wild rice

Ideally 60 - 80% of your diet would come from ALKALINE-forming foods and 20-40% from ACID-forming foods.

For the acid-forming, skip the fast-food burgers and processed goods whenever possible. Instead choose healthier options like beans, grains and other freshly made foods.

Alkaline Food Chart

Very Low Acidic

amaranth
black-eyed peas
brown rice
butter
canola oil
chutney
coconut
cream
curry
dates
dry fruit
fava beans
figs
fish
gelatin
goat cheese
grape seed oil
guava
honey
kasha
koma coffee
maple syrup
millet
organs
pine nuts
pumpkin seed oil
rhubarb
sheep cheese
spinach
string beans
sunflower oil
triticale
venison (deer)
vinegar
wax beans

Low Acidic

adzuki beans
aged cheese
alcohol
almond oil
balsamic vinegar
black tea
boar
buckwheat
chard
cow milk
elk
farina
game meat
goat milk
goose
kamut
kidney beans
lamb
lima beans
milk
mollusks
mutton
navy beans
pinto beans
plum
red beans
safflower oil
seitan
semolina
sesame oil
shell fish
soy cheese
spelt
tapioca
teff

Moderately Acidic

barley groats
basmati rice
bear
casein
chestnut oil
chicken
coffee
corn
cottage cheese
cranberry
egg whites
fructose
garbanzo beans
green peas
honey (pasteurized)
ketchup
lard
maize
mussels
mustard
nutmeg
oat bran
olives (pickled)
other legumes
palm kernel oil
pasta (whole grain)
pastry
peanuts
pecans
pistachio seeds
pomegranate
popcorn
pork
prunes
rye

Highly Acidic

artificial sweeteners
barley
beef
beer
brazil nuts
breads
brown sugar
cocoa
cottonseed oil
flour (white)
fried foods
fruit juices with sugar
hazelnuts
hops
ice cream
jam / jelly
liquor
lobster
malt
pasta (white)
pheasant
pickles (commercial)
processed cheese
seafood
soft drinks
soybean
sugar
table salt
walnuts
white bread
white vinegar
whole wheat foods
wine
yeast
yogurt (sweetened)

TIPS TO HELP WITH EXISTING PAIN:

- **Avoid Rapid Weight Loss:** Maintain healthy fats and calories—avocados, raw nuts, and coconut oil are excellent sources.
- **Mucus Breakdown:** To reduce swelling, consider taking 600mg of Mucinex (Guaifenesin) twice daily until swelling subsides.
- **Baking Soda Mixture:** Mix 3-4 oz of pure water, ½ tsp of baking soda, six drops of Stevia, and the juice of ½ lemon. Drink this mixture once the fizzling stops, twice daily for a few days, then once in the morning for another week.
- **Inflammation Relief:** Soak inflamed areas in ice water for 4 minutes, then in hot water for 1-2 minutes. Alternate for at least 30 minutes, twice daily. Keep inflamed areas elevated and warm. Use an ice pack and heating pad if water is chlorinated. Apply castor oil to inflamed areas before bed and wrap with an ace bandage or warm sock.
- **Pain Management:** Avoid Acetaminophen (Tylenol), as it is harsh on the liver. Opt for White Willow Bark or Ibuprofen sparingly.
- **Mineral Balance:** Ensure adequate sodium, potassium, and other minerals while flushing uric acid. Use high-quality salt with fresh food selections to maintain proper mineral levels during cleansing.

By following these steps, you can effectively manage inflammation levels and alleviate symptoms in a way that suits your body's needs.

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GC® Gout Care: Your Herbal Solution for Gout Relief

Since 1998, GC® Gout Care has been our flagship herbal blend, renowned for keeping people free from gout pain. This unique formulation addresses the primary cause of most gout issues: uric acid production and crystallization. Unlike medications like Allopurinol that unnaturally suppress uric acid production, which can have dangerous side effects, our approach is to manage uric acid properly.

Effective Uric Acid Management

Managing uric acid involves two key steps:

1. **Slowing Production:** This can be achieved through a balanced diet, proper vitamins and minerals, and adequate hydration.
2. **Maintaining Solubility:** Ensuring uric acid remains soluble is crucial for its elimination from the body.

How GC® Gout Care Works

GC® Gout Care enhances your body's ability to prevent uric acid crystallization, facilitates its removal from the bloodstream, and promotes its excretion via the urinary system. Additionally, it boosts the digestive system's ability to process purines and dispose of excess production before storage. This holistic approach addresses the often-missed link for those who struggle with gout despite dietary efforts alone.

Comprehensive Health Benefits

Our herbal blend not only helps manage uric acid but also offers numerous other health benefits:

- **Enhances Immune Function:** Strengthens the body's defense against infections.
- **Detoxifies the Liver:** Supports liver health and function.
- **Promotes New Cell Growth:** Encourages regeneration and repair.
- **Improves Circulation:** Enhances blood flow throughout the body.
- **Aids Digestion:** Helps metabolize minerals for better nutrient absorption.
- **Anti-inflammatory Effects:** Reduces inflammation and promotes joint health.
- **Positive Cholesterol Effects:** Supports healthy cholesterol levels.

The Superior Choice for Gout and Overall Health

GC® Gout Care is the superior choice for anyone seeking comprehensive health support, whether or not they have gout. Our herbal blend provides essential support to manage uric acid naturally and effectively, ensuring your body handles this substance in a healthy manner. Choose GC® Gout Care for a holistic approach to your health and well-being.



Friendly Fighters Pro® Probiotic Therapy: A Breakthrough Since 2006

Since its introduction in 2006, Friendly Fighters Pro® Probiotic Therapy has set a new standard in gut health. For years, we recommended that our Gout Care customers consider a high-quality probiotic, but we didn't offer one ourselves. This was because we needed a product that met our high standards for stability, shelf life, and effectiveness—one we could confidently stand behind.

Challenges and Solutions

Creating a probiotic that met our criteria was no small feat. It needed to:

- **Survive Room Temperature:** Maintain stability without refrigeration.
- **Long Shelf Life:** Ensure potency over time.
- **Resist Stomach Acids:** Survive the journey through the stomach to colonize in the intestines.

Introducing Friendly Fighters®

We are proud to introduce Friendly Fighters®, a breakthrough probiotic formula. This product offers:

- **Room Temperature Stability:** No need for refrigeration.
- **Extended Shelf Life:** Consistent quality over time.
- **Gastric Acid Resistance:** Survives stomach acids and heat.

Why Probiotics Matter

In modern society, we often view bacteria as harmful, but our bodies rely on beneficial bacterial strains to thrive. Probiotics are essential for:

- **Nutrient Absorption**
- **Vitamin Synthesis**
- **Waste Elimination and Regularity**

Intestinal flora acts as a barrier against infections by preventing the colonization of harmful pathogens in the GI tract. It produces antimicrobial substances and stimulates the body's natural defenses. However, many factors in our modern lifestyle disrupt this balance, including stress, poor diet, medications, chlorine in water, illness, antibiotics, and aging. These factors create a more acidic and disease-prone intestinal environment.

Benefits of Supplementing with Probiotics

Supplementing with probiotics helps to:

- **Recolonize the Gut:** Promote the growth of good bacteria.
- **Reduce Toxins:** Limit the growth of harmful bacteria, which produce toxins that can lead to disease.

Product Details

Friendly Fighters Pro® is available in two formulas and different size options. Each vege-cap contains 2 billion cells from three uniquely selected strains of beneficial bacteria, optimized for colonization in the intestines.

By incorporating Friendly Fighters Pro® into your daily regimen, you support your body's natural defenses, improve nutrient absorption, and maintain a healthy balance of intestinal flora. Choose Friendly Fighters Pro® for optimal digestive health and overall well-being.



Body Boost® Mega Multivitamin/Mineral with Green Superfoods: Your Comprehensive Health Solution

Introducing Body Boost® Mega Multivitamin/Mineral with Green Superfoods, a groundbreaking product designed to meet your nutritional needs. While the importance of vitamins is well-known, finding the right supplement can be challenging. For years, we have recommended essential vitamins, especially for those with arthritis and gout who often lack vitamins A, E, and B5.

The Need for Vitamins

The body cannot produce most vitamins naturally, so we must obtain them through our diet. Unfortunately, this has become increasingly difficult due to:

- **Processed Foods:** The typical American diet is heavily processed and full of unhealthy choices.
- **Limited Access to Whole Foods:** Even our fresh food options are not as nutrient-rich as they once were due to declining soil quality.
- **Vitamin Depletion:** Certain foods, beverages, cooking methods, and medications can deplete vitamins from our bodies, exacerbating deficiencies.

Importance of Addressing Deficiencies

Many people are unaware of their vitamin deficiencies and how these deficits contribute to health issues. Vitamin deficiencies can:

- **Promote Disease:** Lack of essential nutrients can lead to disease development and weaken the body's ability to fight illnesses.
- **Accelerate Aging:** Cellular degeneration occurs more rapidly without sufficient vitamins, minerals, and probiotics.
- **Increase Uric Acid and Free Radicals:** Dying cells release uric acid and free radicals, potentially leading to cancerous formations.

Proactive Health Management

To combat these challenges, a proactive approach is necessary:

- **Balanced Diet and Lifestyle Changes:** The best way to improve health and immunity.
- **Supplementation:** Even with a well-balanced diet, certain supplements are essential to meet our nutritional needs.

Addressing Gout and Arthritis

Gout, arthritis, and other inflammatory, chronic, and immune-suppressive disorders signal critical imbalances that should not be ignored. Our GC® Gout Care product targets uric acid to dissolve and eliminate crystals causing pain and damage. Additionally, our products address common deficiencies to support overall health.

Holistic Health Approach

To effectively manage uric acid and related health issues, it is crucial to:

- **Maintain a Balanced Diet:** Ensure proper nutrition.
- **Hydrate Adequately:** Drink pure water daily.
- **Address Other Health Concerns:** Conditions like hypertension, high cholesterol, diabetes, IBS, reflux, and fibromyalgia require comprehensive care.

We're Here to Help

We are dedicated to helping you address your health concerns, from gout to other chronic conditions. Body Boost® Mega Multivitamin/Mineral with Green Superfoods is your partner in achieving better health and increased immunity. Let us support you in taking a proactive approach to your well-being.



Flamasil™ for Inflammation: Your Natural Solution

Did you know that uncontrolled inflammation can lead to serious conditions like heart disease, diabetes, and cancer? It's crucial to eliminate chronic inflammation from your life.

Symptoms of Chronic Inflammation

Do you experience:

- Joint and muscle pain?
- Fatigue?
- Indigestion?
- Weight changes?
- Blood pressure and cholesterol problems?
- Skin conditions?

Common Conditions Related to Inflammation

Unhealthy inflammatory responses are linked to numerous conditions, including:

- Arthritis
- Gout
- IBS
- Colitis
- Diabetes
- Psoriasis
- Heart Disease
- Asthma
- COPD
- Allergies
- Alzheimer's
- Cancer

Powerful Ingredients in Flamasil®

Flamasil® contains a unique blend of ingredients that regulate healthy inflammatory responses, cleanse the body, and slow the aging process. Our formula includes:

- **Turmeric BCM95®**
- **Artichoke Extract**
- **Grape Seed Extract 95% OPC**
- **Pine Bark Extract 95% OPC**
- **Yucca**
- **Aged Garlic**
- **Milk Thistle Extract**
- **Boron Citrate**
- **Probiotics**
- **Tart Cherry Extract**
- **Resveratrol Extract**
- **Banaba Leaf Extract**
- **Boswellia Extract**

These ingredients target virtually every aspect of the immune system naturally and safely, without the undesirable side effects often associated with modern medications.

The Importance of a Holistic Approach

Combining Flamasil™ with a balanced diet and healthy lifestyle enables you to address a wide range of health issues. Chronic inflammation is a key factor in insulin resistance, hypertension, and more. By managing inflammation effectively, you can improve your overall health and reduce the risk of serious diseases.

Take Control of Your Health

Start using Flamasil™ today to naturally reduce inflammation and promote overall well-being. Don't let chronic inflammation control your life—take proactive steps to ensure a healthier future.



Product and Package Options-
[https://www.goutcure.com// ahr4health.com](https://www.goutcure.com//ahr4health.com) /
[Amazon](#) (select items)

Item #1221 **GC® Gout Care**: 90 Capsules / 30 day supply

Item #1300 **Friendly Fighters Pro® Probiotic 30 Count**: 30 Capsules

Item #1301 **Friendly Fighters Pro® Probiotic 90 Count**: 90 Capsules

Item #1302 **Friendly Fighters Pro® 120 count**: 120 Capsules

Item #1230 **30 day supply of GC® and Friendly Fighters Pro®**

Item #1441 **Body Boost® Mega-Vitamin w/Green Superfoods**

Item #3669 **Gout Stop®**: Package Includes one pdf e-book, GC® Gout Care, one Body Boost® Vitamin, and one 30 count Friendly Fighter Pro® Probiotic

Item #1551 **Gout Sufferer Starter Pack**: Includes three bottles of GC® Gout Care and one (120 count / 3-month supply on first use) bottle of Friendly Fighter Pro® Probiotic

Item #1661 **Uric Acid Health Package®**: Package includes 3 bottles of GC® Gout Care, 3 Body Boost® Vitamins, and 1 (120 count) Friendly Fighters Pro® Probiotic

Item #870102 **Flamasil™ for Inflammation**: 90 Vege-Capsules / 30-day supply

www.goutcure.com
www.ahr4health.com

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using this product.

RECIPES: BREAKFAST IDEAS

(Recipes are scaled for four servings -- unless noted otherwise)

Quinoa with Pine Nuts & Raisins

Ingredients:

- 1 cup quinoa, rinsed well
- ¼ cup pine nuts
- 2 tablespoons of real organic butter (or ghee)
- 2 cloves garlic, thinly sliced
- 1/3 cup chopped fresh parsley
- ¼ cup raisins
- 1 tablespoon fresh squeezed lemon juice
- Himalayan rock crystal salt and pepper to taste

Directions:

- 1) Place quinoa in a saucepan and cook over medium heat until toasted (about 2 minutes).
- 2) Add 1 ¾ cups of filtered water and bring to a boil.
- 3) Reduce the heat to medium-low and simmer, covered, until the liquid is absorbed (about 10-15 minutes).
- 4) Remove from heat and let sit, covered, for about 2 minutes.
- 5) Toast the pine nuts in a skillet over medium-high heat, stirring until golden, for about three minutes. Transfer to a plate.
- 6) Add the butter and garlic to the skillet, cooking over medium heat, for about two minutes.
- 7) Transfer the garlic to a plate and reserve the oil.
- 8) Fluff the quinoa with a fork. Add the pine nuts, garlic, reserved oil, parsley, raisins, and lemon juice.
- 9) Season with salt and pepper and toss.

Banana Almond Pancakes

Ingredients:

- 4 bananas
- 2 eggs
- 3-4 Tbs almond butter
- fresh blueberries
- 1/2 cup walnuts, chopped
- 2 tsp. coconut oil *Directions:*

- 1) Mash bananas in a bowl.
- 2) Add the egg and almond butter, and whisk until well blended.
- 3) Heat a large non-stick skillet over medium heat along with a small pat of coconut oil.
- 4) Pour small discs of batter onto the hot pan (around 3-4" around).

They'll be easier to flip if you keep them from the edges of the pan.

- 5) Add blueberries and walnuts as the pancakes cook on one side.
Flip when batter loses its "tackiness" around the edges.
- 6) Cook other side slowly over medium heat until fully cooked.
- 7) Reapply oil to the pan after each round of pancakes.

No-Oat Oatmeal

Ingredients:

- 1/2 cup walnuts
- 1/2 cup pecans
- 4 Tbs ground flax seed
- 1-2 tsp ground cinnamon
- 2 dashes of freshly ground nutmeg
- 1/2 tsp ground ginger
- 2 Tbs almond butter
- 2 bananas, mashed
- 6 organic eggs
- 1/2 cup unsweetened almond milk (more if desired)
- 4 tsp pumpkin seeds
- 2 handfuls of fresh berries

Directions:

- 1) Add walnuts, pecans, flax seed and spices to a food processor and pulse mixture to a coarse grain (make sure to stop before it is ground into a powder). Set aside.
- 2) Whisk together eggs and almond milk until the consistency thickens and becomes a loose custard.
- 3) Thoroughly blend the mashed banana and almond butter together and add it to the custard, mixing well.
- 4) Stir in the course nut mixture.
- 5) In a medium saucepan, warm the mixture on the stove until the “no-oatmeal” reaches the desired consistency; this should only take a few minutes. Stir frequently.
- 6) Sprinkle pumpkin seeds and berries on top. Add more almond milk if desired.

Faux Oatmeal (serves 2)

Ingredients:

- 1-1/2 cups unsweetened applesauce
- 4 Tbs raw, organic chunky almond butter
- 2-3 Tbs raw, unsweetened coconut milk
- cinnamon to taste
- dash of fresh grated nutmeg (optional) *Directions:*

- 1) Combine all ingredients in a small pan over medium heat, stirring often.

Breakfast Smoothie (serves 2)

Ingredients:

- 2 cups frozen organic berries
- 2/3 cup unsweetened shredded coconut
- 1 cup almond milk
- 1-2 eggs (from organic pastured chickens)

Directions:

- 1) Fill a blender (or magic bullet or whatever) with the frozen berries and quickly pulse with a little hot water to break them up.
- 2) Add shredded coconut, eggs, and almond milk.
- 3) Continue to blend until smooth and divide into two glasses.

Green Smoothie (serves 2)

Ingredients:

- 1 apple
- 1 pear
- 1/2 tsp freshly grated ginger
- 2 Tbs flax seeds (ground right before consumption)
- 6 large kale leaves (woody stems removed), or 2 handfuls of spinach
- juice of 1 small lemon
- 1 cup water

Directions:

- 1) Quarter apple and pear, remove stems and seeds and put in blender.
- 2) Add remaining ingredients to blender and puree. Add more water if needed.

Notes:

- Add fresh fruit, cucumbers, slivered almonds, coconut, fresh herbs or different dark leafy greens for tasty variations on this recipe.

Fruit Salad w/Cinnamon

Ingredients:

- 2 oranges, peeled and diced

- 2 apples, diced
- 1 cup pecans or walnuts, chopped (optional)
- 1 tsp cinnamon *Directions:*

- 1) Place the fruit into bowls.
- 2) Sprinkle with chopped nuts (optional) and/or cinnamon.

Eggs with Avocado and Salsa

Ingredients:

- 4 eggs
- 1/2 avocado, sliced
- 1/2 cup sliced or slivered almonds
- 4 Tbs fresh salsa (see notes below) *Directions:*

- 1) Heat non-stick skillet over medium-high heat.
- 2) Beat eggs in a small bowl and pour into skillet.
- 3) Cook for 1 minute and turn heat to medium-low. Finish cooking (about 2-4 minutes longer).
- 4) Top with almonds, avocado, and salsa.

Notes:

- See 'condiment' section for salsa recipe variations

Carrot Banana Muffins (makes 12 muffins)

Ingredients:

- 2 cups almond flour
- 2 tsp baking soda
- 1 tsp Himalayan rock crystal salt
- 1 Tbs cinnamon
- 1 cup dates, pitted
- 3 ripe bananas

- 3 eggs
- 1 tsp apple cider vinegar
- 1/4 cup coconut oil
- 1 ½ cups carrots, shredded
- ¾ cup walnuts, finely chopped
- muffin paper liners *Directions:*

- 1) Preheat oven to 350°F.
- 2) In a small bowl, combine almond flour, baking soda, salt and cinnamon.
- 3) In a food processor, combine dates, bananas, eggs, vinegar and oil.
- 4) Transfer mixture to a large bowl and blend until completely combined.
- 5) Fold in carrots and walnuts.
- 6) Spoon mixture into paper lined muffin tins.
- 7) Bake at 350° for 25 minutes.

Sautéed Sweet Potatoes

Ingredients:

- 2 tbs coconut oil
- 2 large sweet potato, grated
- 1/2 tsp cinnamon

Directions:

- 1) Heat a skillet over medium heat. Add coconut oil.
- 2) Once skillet is heated, sauté grated sweet potatoes until tender (a few minutes or so).
- 3) Sprinkle with cinnamon and mix well.

Sautéed Kale with Roasted Sweet Potato and

a Poached Egg (serves 2) *Ingredients:*

- 2 small sweet potatoes
- 2 tablespoons organic ghee or real butter
- 1/4 teaspoon ginger
- Himalayan rock crystal salt, pepper
- 1 tablespoon real maple syrup
- 1 bunch kale
- 2 tablespoon olive oil
- 1 shallot
- 1 small white onion
- 1 cup organic vegetable stock
- 1 tablespoon apple cider vinegar
- 2 eggs (organic pasture fed)
- Pecorino cheese, grated or thinly sliced
- 1/8 teaspoon freshly ground nutmeg

Sweet Potato

- 1) Preheat oven to 375°F.
- 2) Peel and cube potatoes.
- 3) In a sheet pan, hand toss potatoes with 1tbs of the olive oil, 1 tablespoon melted butter, maple syrup, ginger, salt and pepper.
- 4) Roast for about 45 minutes, or until potatoes are lightly caramelized and cooked through.

Kale (or spinach)

- 1) Wash kale and remove stems.
- 2) Mince shallot and onion and set in a wide pan with 1 Tbs of the ghee/butter.
- 3) Cook on medium heat until the shallots and onion are transparent.
- 4) Add stock.
- 5) Roughly chop kale and add to the pan. Stir to incorporate.
- 6) Cook until the liquid evaporates, and the kale is cooked, keeping in mind that kale takes a while to become soft.

- 7) At the very end, add apple vinegar, and salt and pepper, to taste.

Eggs

- 1) Eggs: In a medium pot, poach eggs in simmering water for about 3 minutes.
- 2) When done, remove from water and set aside on parchment paper.

Full Meal Assembly Suggestion

- Use a slotted spoon to deposit kale on plate and top with cheese slices.
- Fork sweet potatoes on top of the kale, and then rest a poached egg on top of the sweet potatoes.
- Finish with a dusting of nutmeg, salt and pepper.

Chicken Stir-fry Breakfast (serves 2)

Ingredients:

- 2 organic pastured eggs
- 1 Tbs water
- 1 tsp coconut oil
- 1/4 lb asparagus, washed and cut into 1-2" pieces
- 1 red bell pepper, sliced
- 1 clove garlic, minced
- 1/2 lb organic poached (see note), diced chicken breast
- 1/2 cup sliced olives (optional, recommended)
- Himalayan rock crystal salt, to taste (optional)
- 1/4 cup slivered almonds
- 1/2 avocado, sliced

Directions:

- 1) In a small bowl, beat eggs and water together. Set aside.
- 2) Heat a large skillet over medium-high heat. Add coconut oil when pan is hot.

- 3) Add asparagus, red pepper, and garlic, and sauté for 5 minutes, or until slightly tender.
- 4) Add poached and diced chicken, eggs, and olives (if desired). Cook (stirring constantly) until vegetables are slightly tender, eggs are cooked, and chicken is heated through.
- 5) Season with Himalayan salt (if desired), and top with almonds and avocado to serve.

Notes: How to Make Poached Chicken Breasts

The keys to poaching are- the size of the pan, the volume of liquid and the cooking temperature.

- Place chicken breasts in a pot that is just about large enough to fit them in one layer. Two medium chicken breasts fit snugly in my 2quart round oven.
- Add poaching liquid so that it completely covers the chicken by at least a half inch to an inch.
- After bringing the liquid to a boil, reduce heat to a bare simmer so that only an occasional bubble breaks the surface. At this point, partly cover the pot, cook for about 10 minutes, then turn off the heat, leaving the chicken to finish cooking in the hot water for 10-15 more minutes.
- Remove chicken, then enjoy it warm or refrigerate it for later use. Slice or shred your poached chicken depending on what you want to use it for.

Omelet Muffins (makes 8 muffins)

Ingredients:

- coconut oil or paper muffin liners
- 8 organic pastured eggs
- 1/8 cup water
- 2 cups diced vegetables (1 red bell pepper, 1/4 lb asparagus or broccoli and 1/2 yellow onion recommended, but use whatever is on hand)
- 1/4 tsp Himalayan salt
- 1/8 tsp ground pepper *Directions:*

- 1) Preheat oven to 350°F.
- 2) Grease 8 muffin cups with coconut oil or line with paper baking cups. Fill any remaining muffin cups with 1" of water, so they do not scorch while baking.
- 3) Beat the eggs in a medium bowl and add vegetables, salt, ground pepper, and any other ingredients you wish to add.
- 4) Pour mixture into the muffin cups and bake for 18-20 minutes.

Summer Veggie Frittata

Ingredients:

- 1 1/2 Tbs olive or coconut oil
 - 1 (6") zucchini, diced
 - 1/2 red bell pepper, diced
 - 1/2 red onion, diced
 - 1 Tbs fresh thyme
 - 1/2 tsp Himalayan salt, divided
 - 1/4 tsp freshly ground black pepper, divided
 - 2 garlic cloves, minced
 - 1 medium tomato, seeded and chopped
 - 9 large eggs
- Directions:*

- 1) Heat coconut oil in a 10" oven-proof skillet over medium heat. When hot, add zucchini, pepper, onion, thyme, 1/4 tsp sea salt, 1/8 tsp pepper and garlic.
- 2) Cover and cook until vegetables are tender (about 5-7 minutes), stirring occasionally.
- 3) Stir in tomato. Cook, uncovered, for 5 minutes more or until liquid evaporates.
- 4) Combine eggs and remaining salt and pepper and whisk until frothy.
- 5) Pour eggs over vegetable mixture and stir gently. Cover, reduce heat and cook 15 minutes.
- 6) Meanwhile, preheat broiler to low. Finish frittata with 3 minutes under the broiler (until fully set).
- 7) Invert onto a plate, slice and serve warm or cold.

Savory Zucchini Fritters (Makes approximately 5 (5")

fritters, or 10 (2") fritters) *Ingredients:*

- 2 cups shredded zucchini (about 2 medium zucchini)
- 3 organic eggs
- 1 Tbs coconut flour
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- coconut oil *Directions:*

- 1) Shred zucchini by hand or in a food processor (rough chop) and set aside (if it is very wet, lightly blot it dry with a paper towel).
- 2) In a large bowl, beat eggs together.
- 3) Sift coconut flour into eggs and beat together. Note: coconut flour often has clumps, which is why sifting is important.
- 4) Combine shredded zucchini, sea salt and freshly ground black pepper.
- 5) Meanwhile, set a large cast iron skillet over medium-low heat.
When hot, add coconut to coat the bottom of the pan.
- 6) Spoon the mixture into the pan in desired sized fritters.
- 7) Serve warm or at room temperature.
- 8) Optional: add other spices or fresh herbs to the recipe in step 4.

Omelet

Ingredients:

- 4 organic free-range omega-3 eggs
- 1 T. butter/ghee
- 1 c chopped spinach leaves
- 1 tsp fresh basil, finely chopped
- 1 small avocado
- Freshly ground black pepper *Directions:*

- 1) In a small mixing bowl, whisk eggs until foamy.

- 2) Heat butter/ghee in a small skillet over medium flame and add eggs. Using a spatula, tilt pan and lift edges to allow uncooked eggs to make contact with hot surface of pan.
- 3) When eggs are almost set, place the spinach on one side, sprinkle with basil and pepper and fold in half. Reduce heat. Cover and simmer for 1 minute.
- 4) Slide onto plate and garnish with sliced avocado.

Mexican Breakfast Scramble (serves 2)

Ingredients:

- 1 tsp coconut oil
- 4 organic eggs
- 1/2 tsp cumin
- 1/2 tsp chili powder (or ground chipotle)
- 1/4 tsp Himalayan salt
- 1 Tbs water
- 1/4 red onion, diced
- 1 green bell pepper, diced
- 1 jalapeno, diced (optional)
- 12 oz organic chicken breasts, boiled and chopped
- 1 medium tomato, diced
- 1/4 cup fresh cilantro, chopped

Directions:

- 1) Heat coconut oil in a medium skillet over medium-high heat.
- 2) Meanwhile, break eggs into a small bowl. Add cumin, chili powder, sea salt (if desired), and water. Scramble with a fork until fully combined.
- 3) Add onions, bell peppers, and jalapeno to the hot skillet. Saute 3-5 minutes, or until slightly softened.
- 4) Add eggs and chicken, and cook while continuously stirring until eggs are light and fluffy.
- 5) Remove from heat. Stir in tomatoes, and top with fresh cilantro to serve.

SOUPS AND SALADS

Chopped Greek Salad with Chicken

Ingredients:

- 1/3 cup red-wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh dill, or oregano or 1 teaspoon dried
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 6 cups chopped romaine lettuce
- 2 1/2 cups chopped cooked chicken, (about 12 ounces; see Tip)
- 2 medium tomatoes, chopped
- 1 medium cucumber, peeled, seeded and chopped
- 1/2 cup finely chopped red onion
- 1/2 cup sliced ripe black olives
- 1/2 cup crumbled feta cheese

Directions:

- 1) Whisk vinegar, oil, dill (or oregano), garlic powder, salt, and pepper in a large bowl.
- 2) Add lettuce, chicken, tomatoes, cucumber, onion, olives, and feta; toss to coat.

Notes:

- Poach 1 pound chicken breasts for this recipe. Place boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes.

Avocado and Watercress Salad (delicious with a small,

seared ahi tuna on top) *Ingredients:*

- 1/4 cup rice vinegar (not seasoned)
- 1 tablespoon grated sweet onion such as Vidalia or Walla Walla
(use large holes of a box grater)
- 1/4 cup finely grated peeled Gala apple (use small holes of box grater)
- 4 teaspoons of coconut aminos (tastes like soy sauce)
- 1 teaspoon stevia all-natural sweetener (or a drop of all natural honey)
- 3 tablespoons of sesame, coconut, or olive oil
- 6 cups watercress (thin stems and leaves only; from 1 large bunch)
- 1 firm-ripe avocado

Directions:

1. Stir together vinegar, onion, apple, soy sauce, and natural sweetener until dissolved.
2. Stir in oil.
3. Just before serving, toss watercress with enough dressing to coat. Quarter, pit, and peel avocado, then cut crosswise into 1/4-inch-thick slices. Gently toss with watercress.

Ahi Tuna Salad

Ingredients:

- 1 pound of fresh sushi grade tuna steak diced into bite size pieces (raw for amazing ahi or cooked in a pan with a little sesame oil to desired temp and cooled)
- 1 ripe avocado peeled, pitted, diced
- 1/2 cup diced cucumber
- 1/2 cup of diced red or green onion (or both is great)
- 1 1/2 tsp of red pepper flakes
- 1 tbs of toasted sesame seeds
- 2 tsp of sesame oil
- 1 1/2 tsp of fresh squeezed lemon
- Dashes of low sodium soy sauce to taste

- Directions:*
- 1) Combine all together, stir carefully to avoid mashing the avocado.

- 2) Chill in a bowl of ice for 15 minutes and eat right away to preserve the freshness of the fish.

Spicy Green Salad with Roasted Garlic Dressing

Dressing:

- 1 head garlic
- 4 tablespoons extra-virgin olive oil, divided
- Juice of 1 lime
- 2 tablespoons red-wine vinegar
- 1 tablespoon grated fresh ginger
- 1 tablespoon toasted sesame oil
- 1 tablespoon coconut aminos (like soy sauce)
- Freshly ground pepper, to taste

Salad:

- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 2 teaspoons extra-virgin olive oil
- 1/4 teaspoon plus pinch of Himalayan salt, divided
- 1/4 teaspoon freshly ground pepper
- 1/2 small clove garlic
- 2 cups baby mizuna, baby kale or Asian salad mix
- 2 cups baby red mustard greens, tatsoi or watercress, any tough stems removed
- 2 tablespoons sesame seeds, toasted (see notes)

Directions:

- 1) Preheat oven to 400°F.

To prepare dressing:

- 2) Rub excess papery skin off garlic head without separating cloves. Slice the tip off, exposing the ends of the cloves. Place the garlic head on a piece of foil, drizzle with 1 tablespoon olive oil and wrap into a package.

- 3) Put in a baking dish and bake until the garlic is very soft, 40 minutes to 1 hour. Unwrap and let cool slightly. Increase oven temperature to 450°F.
- 4) Squeeze the garlic pulp into a blender or food processor (discard the skins).
- 5) Add the remaining 3 tablespoons olive oil, lime juice, vinegar, ginger, sesame oil and soy sauce: blend or process until smooth. Season with pepper.

To prepare salad:

- 1) Toss asparagus with 2 teaspoons oil, 1/4 teaspoon salt and pepper in a large bowl.
- 2) Spread in a single layer on a rimmed baking sheet.
- 3) Roast, stirring once halfway through, until tender and browned, 10 to 15 minutes.
- 4) Meanwhile, season a wooden salad bowl by rubbing with 1/2 clove garlic and a pinch of salt. Chop the garlic and add to the bowl along with all the greens. (If leaves are large, tear them into bitesize pieces first.)
- 5) Pour 1/4 cup of the dressing over the greens. (Cover and refrigerate the remaining 1/2 cup dressing for up to 3 days.)
- 6) Sprinkle the salad with sesame seeds and the asparagus; toss and serve.

Notes:

- Cover and refrigerate the dressing for up to 3 days.
- To toast sesame seeds, cook in a small dry skillet over mediumlow heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Blueberry Walnut Salad

Dressing: Homemade Raspberry Vinaigrette

- 2 1/2 pints fresh or frozen raspberries, pureed
- 1 teaspoon fresh minced garlic
- 2 tablespoon minced green onions
- 1/4 cup raspberry vinegar

- 1 cup olive oil
- Stevia sweetener to taste
- Salt and pepper to taste
- Some like to add a little dijon mustard to taste as well

Salad:

- 1 (10 ounce) package of organic mixed salad greens
- 1-pint fresh organic blueberries
- 1/4 cup walnuts
- 1/2 cup raspberry vinaigrette salad dressing (avoid bottled and make fresh when possible)
- 1/4 cup crumbled feta cheese

Directions:

- 1) Combine all the dressing ingredients in a jar with a tight-fitting lid.
Shake vigorously until the ingredients are combined.
- 2) In a large bowl, toss the salad greens with the blueberries, walnuts, and raspberry vinaigrette. Top with feta cheese to serve.

Warm Winter Salad

Ingredients:

- 8 ounces organic boneless, skinless chicken breast, trimmed of fat
- 1 tablespoon of Coconut Oil
- 1 pear, sliced
- 1 small shallot, minced
- 3 tablespoons sherry vinegar
- 2 teaspoons Dijon mustard
- 1 small head radicchio, thinly sliced
- 1 small fennel bulb, cored and thinly sliced
- 1 large carrot, cut into matchsticks
- 1 tablespoon chopped walnuts, toasted (see Tip)
- 1/8 teaspoon Himalayan salt, or to taste
- 1/8 teaspoon freshly ground pepper, or to taste

- 6 large butter lettuce leaves *Directions:*

- 1) Poach chicken (see notes). Use 2 forks to shred into bite-size pieces.
- 2) Heat oil in a large nonstick skillet over medium-high heat. Add pears and cook, stirring occasionally, until they start to brown, about 2 minutes. Transfer to a small bowl.
- 3) Whisk shallot, vinegar, and mustard in a small bowl; add to the pan and cook, stirring constantly, for 30 seconds. Add the cooked chicken, radicchio, fennel, carrot, and walnuts. Cook, stirring occasionally, until just wilted, about 3 minutes. Return the pears to the pan. Season with salt and pepper.
- 4) Divide lettuce leaves between 2 plates. Top with the warm chicken salad and sprinkle with cheese.

Notes:

- To toast chopped walnuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.
- To poach chicken, place boneless, skinless chicken breasts in a medium skillet or saucepan and add lightly salted water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 12 minutes.

Orange, Avocado and Cashew Salad (serves 2)

Ingredients:

- 2 large oranges, segmented
- 1 large ripe avocado, diced
- 1/4 cup cashews
- 3 handfuls spinach, arugula or watercress
- olive oil
- sea salt and black pepper
- 2 (3-4 oz) grilled chicken breasts, sliced (optional, if served by itself)

Directions:

- 1) Prepare both oranges by cutting off the rind and outer membrane and slicing out the wedges of fruit between the segments. Do this over a bowl and set the remaining juice aside.
- 2) Divide the greens up between two plates, and top with oranges, avocados, and cashews.
- 3) Add a drizzle of olive oil and any juice left over from the oranges.
Season with sea salt and freshly ground black pepper to taste.
- 4) Add grilled chicken breast slices on top (optional)

Raw Cabbage and Pineapple Salad (serves 2)

Ingredients:

- 1/2 head red cabbage, shredded
- 1/2 small pineapple, diced
- 1 cup hazelnuts, chopped
- 2 Tbs olive oil (optional) *Directions:*

- 1) Combine cabbage and pineapple. Drizzle with olive oil (optional).
- 2) Store salad up to three days. Top with hazelnuts right before serving.

Taco Salad

Ingredients:

- 1 lb organic ground beef
- 2 Tbs chili powder
- 1 tsp garlic salt
- 1 tsp cumin
- 1/2 tsp oregano
- 1/2 tsp Himalayan salt
- 3/4 cup water
- 1/2 yellow onion, diced

- 1 medium tomato, diced • 3 romaine hearts
- 1 jar black olives, sliced
- 1 avocado
- fresh cilantro
- Fresh Salsa (see recipes in condiment section)
- Dollop of sour cream

Directions:

- 1) Heat medium skillet over medium-high heat. Add beef and onion to pan. Cook for about 10 minutes, or until browned.
- 2) Add chili powder, garlic salt, cumin, oregano, sea salt and water, and let simmer for 5 minutes more.
- 3) Meanwhile, wash lettuce and tear onto two plates (save some for leftovers).
- 4) Top with meat, sliced avocado, black olives, tomatoes, cilantro, salsa, and sour cream.

Mexican Chicken Salad

Dressing:

- 1 firm-ripe California avocado, quartered, pitted, and peeled
- 1 cup sour cream
- 1/4 cup fresh lime juice
- 1 large garlic clove, finely chopped
- 1 1/4 teaspoons of sea or rock crystal salt
- 1/2 teaspoon black pepper

Salad:

- 4 cups coarsely shredded cooked (boiled) organic chicken breast (about 1 pound)
- 1 pound jicama, peeled and cut into 1/4-inch-thick matchsticks
- 3 scallions, finely chopped
- 1/2 cup chopped fresh cilantro
- 1 teaspoon finely chopped fresh serrano chile
- Fresh romaine or bibb lettuce *Directions:*

- 1) Blend dressing ingredients in a blender until smooth.
- 2) Toss salad ingredients with dressing in a large bowl until combined well.
- 3) Enjoy over chopped romaine or roll in a large piece of bibb lettuce

Roasted Butternut Squash Salad with Warm Cider Vinaigrette

Ingredients:

- 1 (1 1/2-pound) butternut squash, peeled and 3/4-inch diced
- 2 tbs of coconut oil/butter/or ghee
- 1 tablespoon pure maple syrup
- Kosher salt and freshly ground black pepper
- 3 tablespoons fresh diced cherries
- 3/4 cup apple cider or apple juice
- 2 tablespoons cider vinegar
- 2 tablespoons fresh minced shallots
- 2 teaspoons Dijon mustard
- 4 ounces baby arugula, washed and spun dry
- 1/2 cup walnuts halves, toasted
- 3/4 cup freshly grated Parmesan

Directions

- 1) Preheat the oven to 400 degrees F.
- 2) Place the butternut squash on a sheet pan. Add 2 tablespoons butter/oil, the maple syrup, 1 teaspoon salt and 1/2 teaspoon pepper and toss. Roast the squash for 15 to 20 minutes, turning once, until tender. Add the cranberries to the pan for the last 5 minutes.
- 3) While the squash is roasting, combine the apple cider, vinegar, and shallots in a small saucepan and bring to a boil over medium-high heat. Cook for 6 to 8 minutes, until the cider is reduced to about 1/4 cup. Off the heat, whisk in the mustard, 1/2 cup olive oil, 1 teaspoon salt, and 1/2 teaspoon of pepper.
- 4) Place the arugula in a large salad bowl and add the roasted squash mixture, the walnuts, and the grated Parmesan.

Spoon just enough vinaigrette over the salad to moisten and toss well. Sprinkle with salt and pepper and serve immediately.

Garden Vegetable Soup

Ingredients:

- 4 tablespoons real organic butter or ghee
- 2 cups chopped leeks, white part only (from approximately 3 medium leeks)
- 2 tablespoons finely minced garlic
- Himalayan salt to taste
- 2 cups carrots, peeled and chopped into rounds (approximately 2 medium)
- 2 cups peeled and diced potatoes
- 2 cups fresh green beans, broken or cut into 3/4-inch pieces
- 2 quarts vegetable broth
- 4 cups peeled, seeded, and chopped tomatoes
- 2 cups of corn (organic non-gmo)
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup packed, chopped fresh parsley leaves
- 1 to 2 teaspoons freshly squeezed lemon juice

Directions:

- 1) Heat the butter in large, heavy-bottomed stockpot over medium low heat.
- 2) Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes.
- 3) Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
- 4) Add the stock, increase the heat to high, and bring to a simmer. 5) Once simmering, add the tomatoes, corn kernels, and pepper.
- 6) Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.
- 7) Remove from heat and add the parsley and lemon juice.
- 8) Season, to taste, with kosher salt. Serve immediately.

Veggie Soup Delight

Ingredients:

- 4 tablespoons organic ghee, coconut, or olive oil
- 2 cups chopped leeks, white part only (from approximately 3 medium leeks)
- 2 tablespoons finely minced fresh garlic
- Kosher salt
- 2 cups carrots, peeled and chopped into rounds (approximately 2 medium)
- 2 cups diced red potatoes (skin included)
- 2 cups of chopped Bok choy
- 2 quarts of organic vegetable broth
- 4 cups peeled, seeded, and chopped tomatoes
- 1 cup of organic fresh/frozen corn
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup packed, chopped fresh parsley leaves
- 1 to 2 teaspoons freshly squeezed lemon juice

Directions:

- 1) Heat the butt/ghee/oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes. Add the carrots and the potatoes and continue to cook for 4 to 5 more minutes, stirring occasionally.
- 2) Add the stock, increase the heat to high, and bring to a simmer. Once simmering, add the tomatoes, corn, bok choy, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes. Remove from heat and add the parsley and lemon juice. Season, to taste, with pure sea/rock crystal salt. Serve immediately.

Chicken stew

Ingredients:

- 1 pound(s) organic boneless, skinless breasts, cut into 1 in pieces

- 1 cup(s) carrots, chopped
- 1 cup(s) russet potatoes, cut into large chunks
- 1 cup(s) sweet potatoes, cut into large chunks
- 1 teaspoon(s) crushed red pepper flakes
- 2 tablespoon(s) chopped garlic
- 4 cup(s) organic vegetable broth
- 1/2 teaspoon(s) ground sage
- 1 teaspoon(s) dried basil
- 2 tablespoon(s) balsamic vinegar
- Himalayan salt and fresh pepper (to taste)
- 1 cup(s) tomato sauce *Directions:*

- 1) Pre-boil the chicken and set aside.
- 2) Add all ingredients except the chicken to slow cooker. Turn heat to high, cover, and cook for 1 hour. Stir.
- 3) Reduce heat to low and add the boiled chicken. Cover and simmer for 4-6 hours, or until chicken is cooked through and veggies are tender.

Notes:

- For an additional health kick, toss in some of your favorite frozen veggies at the start of the meal preparation.

Chicken, Chard and Yam Soup (serves 8)

Ingredients:

- 2 Tbs coconut oil (or organic ghee)
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 medium carrot, finely diced
- 1 tsp thyme
- 1/2 tsp oregano
- 1/2 tsp Himalayan salt, divided (optional)
- 1/2 tsp freshly ground black pepper, divided
- 2 lbs boneless, skinless organic chicken breasts
- 4 cups vegetable broth

- 6 cups water
- 1 bay leaf
- 2 oz jalapenos, canned and diced
- 1 large yam, diced
- 1 bunch Swiss chard, leaves shredded, and stems sliced
- 1 bunch green onions, sliced (whites and greens)
- juice of 1 lemon

Directions:

- 1) Heat large pot over medium-high heat. When hot, add oil/ghee, onion, garlic, carrot, thyme, and oregano, and sauté until onion is softened and slightly translucent (about 10 minutes), stirring occasionally.
- 2) Meanwhile, mix 1/4 teaspoon salt (if desired) and 1/4 teaspoon black pepper in a medium bowl. Cut chicken into 1/2" slices and toss in sea salt and black pepper mixture.
- 3) Add chicken to pot and continue to cook for another 10 minutes, stirring occasionally.
- 4) Reduce heat to medium, add vegetable broth, water, bay leaf, jalapenos, yam, chard, and green onions and simmer for 20 minutes.
- 5) Just before serving, season with remaining salt (if desired), black pepper, and fresh lemon juice.

Gazpacho

Ingredients:

- 2 Roma (plum) tomatoes, quartered
- 1 large cucumber, peeled and halved
- 1 onion, peeled and halved
- 1 cup green bell pepper, diced
- 1 (4 ounce) jar diced pimento peppers, drained
- 24 oz of organic tomato juice (in a glass jar- not a can if possible)
 - 1/3 cup olive oil
 - 1/3 cup red wine vinegar
 - 1/4 teaspoon hot pepper sauce

- 1 1/2 teaspoons Himalayan salt
- 1/8 teaspoon ground black pepper
- 2 cloves garlic, minced
- 1/4 cup chopped fresh chives *Directions:*

- 1) In a blender combine one tomato, half the cucumber, half the onion, a green bell pepper quarter, the pimento and 1/2 cup tomato juice. Blend at high speed for 30 seconds to puree the vegetables.
- 2) In a large bowl mix the pureed vegetables with remaining tomato juice, 1/4 cup olive oil, vinegar, hot pepper sauce, salt and ground black pepper. Cover mixture and refrigerate until it is well chilled (about 2 hours).
- 3) Place remaining chopped tomato, cucumber, onion and green bell pepper in separate bowls. Serve soup in chilled bowls, garnish with chives, and serve chopped vegetables and as accompaniments.

Paprika & Red Pepper Soup with Pistachio Puree

Ingredients:

- 2 tablespoons extra virgin coconut oil, organic ghee, or real organic butter
- 1 small onion, diced
- 2 large red bell peppers, halved lengthwise, stemmed, seeded and diced
- 1-2 fresh green Thai or serrano chiles, stemmed and coarsely chopped
- 2 teaspoons sweet Hungarian paprika
- 1 teaspoon high quality sea/rock crystal salt
- 1/2 teaspoon ground cardamom
- 1/2 cup unsalted shelled pistachios
- 2 cups vegetable broth or water
- 1 cup buttermilk
- 2 tablespoons whipping cream
- 1/4 cup finely chopped fresh cilantro or basil *Directions:*

- 1) Heat oil/butter in a large saucepan or Dutch oven over medium-high heat. Add onion, bell peppers and chile to taste. Cook, stirring, until the vegetables release some of their juices and the onion is lightly brown around the edges, 3 to 5 minutes. Sprinkle the vegetables with paprika, salt and cardamom and cook, stirring, until the spices are very fragrant, 1 to 2 minutes.
- 2) Add pistachios and broth (or water). Stir and bring to a boil. Reduce the heat to medium-low and simmer, covered, stirring occasionally, until the peppers are fork-tender, 20 to 25 minutes.
Remove from the heat; let cool 5 minutes.
- 3) Transfer the soup to a blender (in batches if necessary) and puree until smooth. (Use caution when pureeing hot liquids.) Return the soup to the pan.
- 4) Whisk buttermilk and cream in a bowl; stir into the soup. Gently warm over low heat. Serve sprinkled with cilantro (or basil).

Vegetable Beef Stew

Ingredients:

- 2 Tbs organic butter or ghee
- 1 onion, diced
- 1 lb grass fed beef stew meat
- 2 cups water or broth (vegetable)
- 2 celery stalks, diced
- 4 medium carrots, sliced (or a few handfuls of baby carrots, sliced)
- 1 (14-oz) package frozen spinach, thawed and well drained
- 1/2 tsp freshly ground black pepper
- 1 Tbs parsley
- 1/2 tsp coriander
- 1/2 tsp garlic powder
- 1/4 tsp ground marjoram
- 1/2 tsp Himalayan salt (optional)

Directions:

- 1) Heat a heavy bottomed soup pot over medium-high heat.
- 2) When pan is hot, add butter/ghee and onion. Brown slightly (about 2-3 minutes).
- 3) Add stew meat and brown (about 5 minutes), stirring occasionally. Drain the meat juices.
- 4) Turn heat down to medium-low and add all other ingredients.
- 5) Simmer for 35-45 minutes, or until beef is tender.

Broccoli Soup with Blue Cheese

Ingredients:

- 2 T butter/ghee
- 1 head broccoli, cleaned, stems peeled, and chopped (approximately one pound, you can easily sub in frozen)
- 1 small onion, chopped
- 1 zucchini, chopped
- 2 carrots, chopped
- 2 red potatoes, chopped - leave the skin on, just cut off any rootlets
- 8 cups vegetable stock, low sodium
- 3 ounces soft blue cheese - look for a cheese labeled Cambozola
- salt and pepper to taste, but do go easy on the salt
- Optional: slivered almonds as a garnish

- Directions:*
- 1) Put the butter/ghee in a large pot and heat over medium heat until the oil shimmers. Add the broccoli, onion, zucchini, carrots, and red potatoes. Stir to coat with oil. Cover and cook for about 10 minutes, stirring a couple times. Add the stock, return to a simmer, cover and simmer about half an hour or until the vegetables are thoroughly cooked and super tender.
 - 2) Using either an immersion blender or a hand held potato smasher slightly blend the ingredients. If you do not want a smooth soup, leave enough chunks to make it interesting. A chunky soup will fill you up better than a smooth soup even though the calories remain the same.
 - 3) Stir in the blue cheese and simmer until it melts (no boiling please, a gentle simmer). Season with pepper, taste. If you

need salt add some, but there is a lot of salt in cheese so you should be fine without it. You might try a few dashes of Tabasco sauce instead of salt.

- 4) Serve as is or top with slivered almonds.

MAIN COURSES

Ginger-Steamed Fish

Fish

- 6 5-ounce portions striped bass, halibut or any flaky white fish
- 6 1/4-inch-thick slices peeled fresh ginger

Sauce

- 1/4 cup minced peeled fresh ginger
 - 1/4 cup chopped garlic
 - 1/4 cup sesame seeds
 - 2 tablespoons coconut oil
 - 2 tablespoons toasted sesame oil
 - 1-2 tbs reduced-sodium soy sauce
 - 2-3 scallions, thinly sliced, for garnish
- Directions:*

- 1) To prepare fish: Bring 1 to 2 inches of water to a boil in a pot large enough to hold a two-tier bamboo steamer. (If you don't have a steamer, improvise by setting mugs upside down in a large pot and resting a large heatproof plate on top.) Put a heatproof plate in each of the steamer baskets. Place 3 portions of fish on each plate with a slice of fresh ginger on top. Stack the baskets, cover and set over the boiling water. Steam the fish for 7 minutes per inch of thickness.
- 2) To prepare sauce: Meanwhile, combine minced ginger, garlic and sesame seeds in a small bowl. Heat coconut oil in a medium skillet over medium-high heat. Add the ginger mixture and cook, stirring, until fragrant, 1 minute. Add

- sesame oil; allow the mixture to get hot. Add soy sauce (be careful, it will splatter a bit) and cook for 1 minute more.
- 3) Transfer the fish to a deep platter. Discard the ginger slices. Pour the sauce over the fish and garnish with scallions.

Baked Spaghetti Squash with Creamy Roasted Red Pepper Sauce

For the Spaghetti Squash:

- 1 medium spaghetti squash
- 2 tbsl extra virgin olive oil
- Salt and pepper to taste

For the Creamy Roasted Red Pepper Sauce:

- 2 red bell peppers
- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 lb ripe tomatoes, diced (3 cups)
- 1/2 teaspoon dried oregano
- Dash of red pepper flakes
- 1/2 cup packed fresh basil, coarsely chopped
- Salt and freshly ground black pepper, to taste
- 1/4 cup plain Greek yogurt

Directions:

- 1) Preheat oven to 400 degrees F. Brush cut sides of squash with oil, and sprinkle with sugar and salt and pepper to taste. Place squash, cut sides down, on a rimmed baking sheet. Bake until tender, about 45 minutes.
- 2) While the squash is baking, make the creamy roasted red pepper sauce. Roast red peppers over gas flame, under the broiler, or on the grill. Roast for about 10 minutes, or until peppers are completely black. Place peppers in a paper bag to allow to sweat.

- Peel the charred skins from the peppers and remove the seeds. Chop the peppers and set aside.
- 3) In a large saucepan, heat the olive oil over medium heat. Add onion and sauté until softened, about 3 minutes. Stir in garlic and cook for 2 minutes. Add the red peppers and diced tomatoes. Add oregano, red pepper flakes, fresh basil, and season with salt and pepper. Simmer on stove for 10 minutes. Stir in the Greek yogurt. Purée the sauce in the pan, using an immersion blender. You can also transfer the sauce to a blender or food processor but be careful. Make sure the sauce is not super-hot so you don't get burnt. Puree until smooth, with some texture remaining.
 - 4) When the squash is done baking, let it cool for a few minutes-until you can touch it. Scrape the squash with a fork to remove flesh in long strands. Place in a large bowl or on individual plates and top with roasted red pepper sauce. Serve warm.

Roast Chicken Recipe (serve with Cauliflower Mash and Sundried Tomato Pesto recipes below)

Ingredients:

- 4 boneless skinless chicken breast
- 4 tbsp melted ghee, butter, or coconut oil
- A pinch or two of your favorite dried herbs
- Salt and freshly cracked black pepper to taste

Directions:

- 1) Preheat your oven to 375 F.
- 2) Place the chicken breast in baking dish and pierce the meat with a fork on both sides. Drizzle with the cooking fat of choice and season with salt, peppers, and dried herbs.
- 3) Bake for 35 to 45 minutes, or until the juices run clear.

Spaghetti Squash with Fresh Tomato and Basil Sauce

Ingredients:

- 1 lb ripe tomatoes, cut into chunks (3 cups)
- 2 Tbsp thin slivers red onion
- 2 Tbsp extra-virgin olive oil
- ½ tsp minced garlic
- ½ tsp salt
- ¼ tsp dried oregano
- ¼ tsp freshly ground black pepper
- ¼ cup thin slices fresh basil
- One (2 ¼ lb) spaghetti squash, cut in half lengthwise, seeds removed
- 2 cups of water

Directions:

- 1) Place the spaghetti squash whole into a slow cooker with 2 cups of water. Heat on low for 8-9 hours.
- 2) Put tomatoes, onion, olive oil, garlic, salt, oregano, and pepper in a large bowl and toss to mix.
- 3) Let stand, tossing occasionally, until very juicy, about 30 minutes.
- 4) Prepare the squash immediately before serving by cutting in half lengthwise as this ensure long strands. Remove as many seeds as you can from the center. Then run a fork through the squash to remove the strands.
- 5) Stir basil into tomato mixture. Mound squash on serving plates and top with sauce.

Mushroom Primavera with Spaghetti Squash

Ingredients:

- 1 1/2 tbs Sliced Kalamata olives
- 3/4 cup Crumbled feta cheese
- 1 cup Cherry or grape tomatoes, halved
- 2 tsp minced garlic
- 1 cup chopped onion
- 1 lb White button mushrooms, sliced

- 1 tbs butter/ghee
- 1 Spaghetti squash (about 3 pounds)
- 2 cups of water
- 1/2 cup Chopped fresh basil, plus more for garnish

Directions:

- 1) Place the spaghetti squash whole into a slow cooker with 2 cups of water. Heat on low for 8-9 hours.
- 2) Heat butter/ghee in a large non-stick skillet over medium-high heat. Add a single layer of mushrooms and cook, without stirring, for about 5 minutes or until mushrooms become red-brown on one side. Stir in onion and garlic and cook for 3 more minutes, until onions are softened. Add tomatoes, cheese and olives and cook about 3 minutes longer, until mixture is hot and bubbling. Remove pan from heat and stir in basil.
- 3) Prepare the squash immediately before serving by cutting in half lengthwise as this ensure long strands. Remove as many seeds as you can from the center. Then run a fork through the squash to remove the strands.
- 4) Divide squash among 4 shallow serving bowls. Spoon sauce over spaghetti squash and garnish with additional freshly chopped basil. Serve immediately.

Chuck Roast

Ingredients:

- 3 lb beef chuck roast (natural grass-fed beef)
- 1 Tbs Himalayan salt (optional)
- 1/2 tsp freshly ground black pepper
- 2 onions, quartered
- 4 carrots, quartered
- 1 celery stalk, sliced
- 1 bay leaf
- 5 cups water
- 1 small cabbage, cut into wedges

Directions:

- 1) Sprinkle meat with salt (optional) and black pepper.
- 2) Place onions, carrots, and celery into crockpot.
- 3) Top with meat.
- 4) Add bay leaf and water.
- 5) Cover pot and cook on low 5-7 hours, or until meat is tender.
- 6) Add cabbage wedges at any point during cooking (earlier if softer texture is desired or add near the end if you prefer them to be less cooked).

Eggplant Curry Recipe (serve with brown rice)

Ingredients:

- 1 large eggplant
- 2 tbsp organic ghee, coconut oil, or real butter
- 1 tsp cumin seeds
- 1 medium onion, thinly sliced
- 1 tbsp ginger garlic paste
- 1 clove garlic, minced
- 1tbsp curry powder
- 1 tomato, diced
- 1/2 cup plain yogurt
- 1 fresh jalapeno chile pepper, finely chopped
- 1 tsp Himalayan rock crystal salt
- 1/8 cup cilantro, finely chopped
- Preheat oven to 450 degrees.

Directions:

- 1) Place eggplant on a medium baking sheet. Bake 20 to 30 minutes in the preheated oven, until tender. Remove from heat. Cool, peel, and chop.
- 2) Heat oil in a medium saucepan over medium heat. Mix in cumin seeds and onion. Cook and stir until onion is tender.
- 3) Mix ginger garlic paste, curry powder, garlic and tomato into the saucepan, and cook about 1 minute. Stir in yogurt. Mix in eggplant and jalapeno pepper, and season with salt.

Cover, and cook 10 minutes over high heat. Remove cover, reduce heat to low, and continue cooking about 5 minutes. Garnish with cilantro to serve.

Beef Pot Roast (serves 2)

Ingredients:

- 2 Tbs coconut oil
- 1 (2-3 lb) lean grass-fed beef pot roast, rump roast, or chuck shoulder
- 2 yellow onions, sliced
- 3 carrots, quartered
- 2 celery stalks
- 1/2 tsp freshly ground black pepper
- 1 bay leaf
- 1 Tbs thyme
- 1/2 tsp oregano
- Himalayan salt (optional)
- 3 cups water

Directions:

- 1) Mix freshly ground black pepper, thyme, oregano, and sea salt (optional) together in a small bowl.
- 2) Rub mixture into meat on all sides of roast.
- 3) Heat a medium skillet (if cooking in a crock pot) or heavy bottomed oven-proof pan (if cooking in the oven) over high heat. Add 2 Tbs oil when hot.
- 4) Immediately sear all sides of the roast and set aside.
- 5) Wash and prepare vegetables.
- 6) Put roast in crock pot, add vegetables, bay leaf and water, and cook on high until tender (6-7 hours). Or preheat oven to 325°F, add the vegetables, bay leaf and water to the heavy bottomed oven-proof pan with the meat, cover and roast for 2-3 hours.

Grilled Fish in a Spicy Citrus Marinade Over Wilted Spinach (great with crispy jicama salad recipe)

Ingredients:

- 4 firm, mild white fish fillets, such as grouper, sea bass, flounder, cod, halibut or tilapia, each about 6 oz.
- Himalayan salt, to taste
- 1 small yellow onion, diced
- 1 walnut-sized piece of fresh ginger, peeled and thinly sliced
- 1 small bunch fresh cilantro, chopped
- 1 Tbs. chopped garlic
- 2 tsp. minced jalapeño chili
- 2 tsp. grated lime zest
- 1 tsp. freshly ground pepper
- 1/4 cup lime juice
- 1/4 cup butter/ghee/palm/or coconut oil
- 1 lime, quartered (optional)
- Fresh Spinach (right before fish is complete place spinach in a pan with a little butter and toss until wilted- about 2 minutes)

Directions:

- 1) Place the fish fillets in a nonreactive container and season lightly with salt.
- 2) In a food processor, combine the onion, ginger, cilantro, garlic, chili, lime zest, pepper, lime juice and butter/ghee/oil. Using onoff pulses, pulse until a paste forms.
- 3) Rub the paste evenly over both sides of each fish fillet. Cover and marinate in the refrigerator for up to 2 hours.
- 4) Prepare a fire in a charcoal grill or preheat a grill pan over medium-high heat.
- 5) Season the fish fillets with salt again. Lightly oil the grill or grill pan. Grill the fish, turning once, until opaque throughout when pierced with a knife, 3 to 4 minutes per side.
- 6) Transfer the fish to warmed individual plates. Serve immediately with lime wedges.

Chicken with fire roasted tomato sauce (plus zucchini with oregano and lemon)

Ingredients:

- 4 organic boneless, skinless chicken breast halves
- Himalayan Salt
- Freshly ground black pepper
- 6 Roma (plum) tomatoes, halved
- 2 medium zucchinis, halved lengthwise
- ½ lemon, juice and zest
- ½ teaspoon fresh oregano
- 1 tablespoon balsamic vinegar
- 1 teaspoon hot sauce
- ½ teaspoon chili powder

Directions:

- 1) Preheat oven to 400 degrees F. Coat/Grease 2 large baking sheets with some butter.
- 2) Season chicken with salt and pepper and place on prepared baking sheet.
- 3) Arrange tomatoes on second baking sheet. Arrange zucchini next to tomatoes, flesh side up.
- 4) Season tomatoes and zucchini with salt and pepper. Season zucchini with lemon juice, lemon zest and oregano.
- 5) Place everything in the oven and roast 30 minutes.
- 6) In a blender, combine 6 roasted tomatoes, balsamic vinegar, hot sauce, and chili powder. Process until smooth. Serve chicken breast halves smothered in roasted tomato sauce with zucchini on the side.

Spicy BBQ Chicken

Ingredients:

- 2 T. fresh lemon juice
- 1 T. fresh orange juice
- 2 scallions, finely chopped
- 1 tsp. finely chopped fresh tarragon

- 1 tsp. finely chopped fresh thyme
- 1 tsp. finely chopped fresh sage
- 1 tsp. fennel seeds, toasted and crushed
- Freshly ground black pepper to taste
- 4 boneless, skinless chicken breast halves

Directions:

- 1) In a large bowl, combine all ingredients except chicken. Mix well to produce marinade.
- 2) Place the chicken in the bowl, coat thoroughly and marinate for 12 hours.
- 3) Fire up the barbecue and grill the chicken on medium heat, turning constantly while basting with the marinade until the breasts are cooked.

Beef and Vegetable Chili

Ingredients:

- 1 Tbs coconut oil
- 1 small yellow onion, diced
- 1 Tbs chili powder
- ½ tsp ground chipotle
- 1 tsp Himalayan salt (optional)
- ½ tsp cumin
- ½ tsp garlic salt
- 1 lb grass-fed beef stew meat, cut into 1"x1" chunks
- 1 ½ cups of diced tomatoes
- ¼ cup can diced green chilis
- 2 tsp of diced jalapenos (may add more if desired)
- ¼ tsp oregano
- ¼ tsp thyme
- ½ bay leaf
- 1 medium carrot, sliced
- 1 medium zucchini, diced
- ½ yellow zucchini, diced
- 1 small red pepper, diced
- 2-4 large kale leaves, shredded
- fresh cilantro for garnish

- green onions for garnish
- sour cream

Directions:

- 1) Heat large soup pot over medium-high heat.
- 2) When hot, add coconut oil and onion to pot and brown slightly.
- 3) Meanwhile, combine chili powder, sea salt, cumin and garlic salt in a large dish. Roll raw beef stew meat in the mixture to coat on all sides.
- 4) When onions have browned slightly, add beef and brown on all sides.
- 5) Add the diced tomatoes. Fill the empty can with water and add to the pot. Add green chilis, jalapenos, chipotle peppers, carrots, oregano, thyme, and bay leaf. Turn heat down to medium and cook for about 40 minutes, stirring occasionally.
- 6) Add zucchini and red pepper and cook for another 20 minutes.
- 7) Add kale and finish cooking for 10 more minutes. Season with salt if desired.
- 8) Serve with sliced green onions, fresh cilantro, and a dollop of sour cream.

Cumin Chicken, Kale, and Peppers (serves 2)

Ingredients:

- 1 lb organic free-range boneless, skinless chicken breasts, diced
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp salt
- 2 cloves garlic, minced
- 1 Tbs coconut oil
- 1 bunch kale, removed from woody stems
- 1 red bell pepper, diced
- 1/2 cup slivered almonds, lightly toasted

Directions:

- 1) Combine chicken, cumin, chili powder, salt (if desired), and garlic in a medium bowl until chicken is fully coated.
- 2) Meanwhile, heat a large skillet over medium-high heat. Add coconut oil.
- 3) When pan is hot, add chicken (it should sizzle). Brown the chicken and stir occasionally (about 5-7 minutes).
- 4) Add kale leaves and red pepper. Stir and continue to cook until chicken is 165° F, and vegetables are slightly tender (about 5 more minutes).
- 5) Serve hot, topped with toasted almonds.

Thai-Style Halibut with Coconut-Curry Broth for Four

Ingredients:

- 2 teaspoons coconut oil
- 4 shallots, finely chopped (about 3/4 cup)
- 2 1/2 teaspoons red curry paste*, or 2 teaspoons curry powder
- 2 cups low-sodium chicken broth
- 1/2 cup light coconut milk
- 1/2 teaspoon Himalayan salt, plus 1/4 teaspoon, plus more for seasoning
- 4 (6-ounce) pieces halibut fillet, skin removed • Steamed spinach**
- 1/2 cup coarsely chopped fresh cilantro leaves
- 2 scallions, green part only, thinly sliced
- 2 tablespoons fresh lime juice
- Freshly ground black pepper

*Available in the Asian section of most supermarkets

**Steam 5 cups of washed baby spinach for 2 minutes

Directions:

- 1) In a large sauté pan, heat the oil over moderate heat. Add the shallots and cook, stirring occasionally, until beginning to brown, 3 to 5 minutes. Add the curry paste and cook, stirring, until fragrant, about 30 seconds. Add the chicken broth, coconut milk, 1/2 teaspoon salt and simmer until reduced to 2 cups, about 5 minutes.
- 2) Season the halibut with 1/4 teaspoon salt. Arrange the fish in the pan and gently shake the pan so the fish is coated with the sauce. Cover and cook until the fish flakes easily with a fork, about 7 minutes.
- 3) Arrange a pile of steamed spinach in the bottom of 4 soup plates. Top with the fish fillets. Stir the cilantro, scallions, and lime juice into the sauce and season, to taste, with salt and pepper. Ladle the sauce over the fish and serve with more vegetables (recipe below).

Zucchini and Sweet Potato Frittata

Ingredients:

- 2 tbsp butter (Ghee) or coconut oil
- 8 organic free-range eggs
- 1 large, sweet potato, peeled and cut in slices
- 2 sliced zucchinis
- 1 sliced red bell pepper
- 2 tbsp fresh parsley
- Salt and pepper to taste

Directions:

- 1) Heat a pan over a medium-low heat.
- 2) Add the oil/butter and sweet potato slices and cook until soft, about 8 minutes
- 3) Add the zucchini and red bell pepper slices and cook for another 4 minutes
- 4) While it cooks, whisk the eggs in a bowl, making sure to incorporate a lot of air in the mixture
- 5) Season the egg mixture with salt and pepper and add to the cooking veggies
- 6) Cook on low heat until just set, about 10 minutes
- 7) Finish the frittata until golden under a heated broiler.

- 8) Cut the finished frittata into wedges and serve with fresh parsley.

Salmon (serves with cherry tomato salsa and roasted asparagus recipes)

Ingredients:

- 4 wild salmon fillets, skin-on
- 2 cloves garlic, minced
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper
- 1/2 tsp paprika
- 1 tsp lemon zest
- 1 tsp fresh lemon juice
- 1 tbsp coconut oil

Directions:

- 1) Set your oven to broil.
- 2) In a small bowl, combine the garlic, salt, pepper, paprika, lemon zest, lemon juice and olive oil. Whisk well. Rub the salmon thoroughly with the mixture on both sides. Place in a covered dish to marinate in the refrigerator for about 35 minutes.
- 3) Line a baking sheet with foil. Once the salmon has marinated, place on the baking sheet and place in the oven to broil for 8 to 10 minutes, or until pale pink and flaky.

Spicy shrimp stir-fry

Ingredients:

- 20-24 raw shrimp
- 1 finely chopped small onion
- 1/2 cup olive oil
- 1 tbsp lemon zest
- 3 gloves garlic, minced

- 1/2 cup lemon juice
- 2 small red chillies, seeded and finely chopped
- 1 tbsp grated ginger
- 1 tsp turmeric

Directions:

- 1) Mix all the ingredients other than the shrimps together in a bowl, add the shrimps and cover over night.
- 2) When ready to cook, remove the shrimps from the marinade and stir-fry them until crispy with coconut oil.
- 3) Once ready, add the marinade to the wok and bring to a boil while tossing.

Coconut crusted chicken strips

Ingredients:

- 2 boneless, skinless chicken breasts
- 1/2 cup (or less) coconut flour
- 2 eggs
- A splash of full-fat coconut milk
- 1 cup (more or less) shredded coconut
- Sea salt and freshly cracked black pepper to taste

Directions:

- 1) Preheat your oven to 400 F.
- 2) Using a heavy object, like a rolling pin, hammer the chicken breasts so that they flatten to an even thickness. Cut the chicken into long strips that are about 3/4" to 1" in width.
- 3) You will need three bowls; one for the coconut flour, one for the coconut milk and egg mixture (just beat the eggs and milk together) and one for the shredded coconut.
- 4) Coat each chicken strip in the coconut flour, then dunk in the egg and coconut milk mixture and finally coat in the shredded coconut.
- 5) When finished, place the chicken strips on a large baking sheet, leaving some space between each strip and cook for

10 to 12 minutes, or until chicken has completely cooked through.

Coconut Curried Chicken

Ingredients:

- Coconut Oil
- 1 lb organic chicken breast pounded and cut in thin slices
- 2 cups broccoli
- 1 can coconut milk
- 1 1/2 tsp curry powder
- 1 tsp grated ginger
- A good bunch of fresh spinach

Directions:

- 1) Prepare the sauce by mixing the coconut milk, curry powder and grated ginger. Set aside.
- 2) Stir-fry the chicken in coconut oil in a hot wok. Remove the chicken from the wok, set aside, reheat the wok and stir-fry the onion with more oil, for about 2 minutes.
- 3) Add the broccoli and stir-fry another 3 minutes.
- 4) Return the chicken to the wok, add the coconut curry sauce and the spinach, and cook until the spinach is just wilted and the whole preparation is hot.
- 5) Optionally garnish with some coconut flakes.

Creamy tomato baked scallops

Ingredients:

- 12 medium scallops
- ¼ cup coconut milk
- ¼ cup tomato sauce
- 1 cup tomatoes, diced
- 1 tbsp coconut oil
- 1 cup red onion, chopped

- 3 cloves garlic, minced
- Fresh oregano, finely chopped and to taste
- salt and freshly ground black pepper to taste

Directions:

- 1) Preheat your oven to 475F.
- 2) In a medium skillet over a medium-high heat, sauté the onions in the coconut oil. Cook for several minutes, until the onion becomes slightly transparent. Add the minced garlic to the mix and cook on medium-low heat. Sauté for just a few minutes and then add the coconut milk and tomato sauce, followed by the oregano. Season to taste with salt and pepper. Mix well and cook for about 2 to 3 minutes.
- 3) Lay the scallops on the bottom of a semi-deep baking dish that is large enough so that they do not overlap each other. Pour the coconut milk and tomato mixture from on top of the scallops and ensure that they are all well coated. Finish it off by sprinkling the diced tomatoes over the scallops and bake, uncovered, for anywhere between 15 and 20 minutes. You may find you need less time if your scallops are small but be sure to check that they are cooked through. Cooking them too much is not a good idea either as overcooked scallops become very chewy.

Beef and Broccoli

Ingredients:

- 2 Tbs coconut oil
- 2 cloves of garlic, minced
- 1 lb petite sirloin steak, cut into very thin strips
- 2 Tbs lemon juice
- 1 Tbs flax meal
- 2 tsp freshly grated ginger
- 2 tsp freshly ground black pepper
- 1/2 tsp red pepper flakes
- 1/4 to 1/2 cup chicken broth

- 2 cups broccoli, cut into flowerets
- 2 cups carrots, thinly sliced
- 1 green onion, thinly sliced

Directions:

- 1) Heat the 1 Tbs coconut oil and garlic in a large skillet over medium-high heat.
- 2) Add the sliced beef and 1/4 tsp sea salt, and brown. Remove beef from pan to a side dish and get rid of excess juice left in pan.
- 3) In a small bowl mix lemon juice, flax meal, grated ginger, freshly ground black pepper and red pepper flakes with 1/4 cup broth.
- 4) Heat pan again over medium heat. Add 1 Tbs coconut oil when pan is hot.
- 5) Add broccoli and carrots to pan. Pour liquid ingredients on top and toss to coat.
- 6) Cook over medium heat until broccoli is tender.
- 7) Return the beef to the pan and add the green onions. Add the extra chicken broth if preferred.
- 8) Stir beef in until it's coated with sauce and let simmer for a few minutes until beef warmed through.

Chinese Chicken Parcels (good with bok choy recipe below)

Ingredients:

- 1 Chinese cabbage or savoy cabbage
- 2 cloves of garlic, peeled
- 1 thumb-sized piece of fresh ginger, peeled
- 1 bunch of spring onions, trimmed
- 1 handful of fresh coriander
- 1-2 fresh red chillies (if you do not want it to be too spicy, seed the chillies)
- 1 tablespoon fish sauce
- 4 trimmed boneless chicken thighs, skin removed, roughly chopped
- 1 handful of water chestnuts
- zest and juice of 2 limes
- 1 teaspoon sesame oil

- sweet chili sauce
- soy sauce
- 1 tablespoon toasted sesame seeds

Directions:

- 1) Remove and discard the core and outer leaves from the cabbage, undo the remaining cabbage leaves and place them in a pan of salted boiling water for 2 minutes to soften. Cool them in a bowl of cold water, drain and put to one side.
- 2) In a food processor, whiz up your garlic, ginger, spring onions, coriander, chili, and fish sauce with a good pinch of salt. Then add the chicken, lime zest and juice and sesame oil and pulse until you have a minced meat consistency. Finally add the water chestnuts and pulse a little to combine, but not too much so they add a little texture to your rolls.
- 3) Place a heaped dessertspoonful of the flavored mince on to one end of each cabbage leaf. Fold it up and tuck in the sides, then roll up. Spray a bamboo steamer, colander or normal steamer with a little olive oil and place in the cabbage parcels, tucking the loose end underneath. When they are all in, sit the steamer over a pan of boiling water, making sure the water doesn't touch the parcels and that it's just the steam that's cooking them. Put a lid on top and steam for about 6 minutes until cooked. If you're worried about the cooking time, take one of the parcels out and cut it in half to make sure that the heat has penetrated, and they're cooked.

Shakshuka

Ingredients:

- 1 tbsp butter/ghee
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1 red bell pepper, seeded and chopped
- 4 cups tomatoes, diced
- 2 tbsp tomato paste
- 1 tsp chili powder
- 1 tsp paprika

- A pinch cayenne pepper
- Sea salt and freshly cracked black pepper to taste
- 5 or 6 large eggs
- 1/2 tbsp fresh parsley, finely chopped

Directions:

- 1) Place a large skillet over a medium heat and add the butter/ghee to allow it to melt and grease the surface of the pan. Add the onions and sauté for two minutes. Mix in the garlic and continue to cook until the onions become tender and slightly golden in color.
- 2) Add the chopped bell pepper to the skillet and mix well. Sauté for at least 5 minutes, just until the pepper is tender.
- 3) Once the peppers have cooked, add the chopped tomatoes and tomato paste to the skillet, followed by the chili powder, paprika and cayenne pepper. Give the mixture a taste and add any additional spices, as well as the salt and pepper to your liking. Allow the mixture to simmer. At this point, you may have to lower the heat to prevent the mixture from boiling.
- 4) Now crack the eggs into the skillet on top of the tomato mixture. Make sure they are spaced evenly. I placed one in the middle and then surrounded it with the rest of the eggs.
- 5) Cover the skillet and cook for anywhere between 10 to 15 minutes. You will know when the dish is ready as the eggs will be white and no clear liquids will run.
- 6) Once the eggs have cooked through, garnish with the fresh parsley and serve it up.

Note:

- For this recipe, it is most desirable to use a cast-iron skillet; however, if you don't have one, a regular large skillet will also do.

Chicken Salad (minus the mayo- serves 2)

Ingredients:

- 1 large avocado
- 1 lemon

- 8 oz organic chicken breast(s)
- 1 tablespoon of chopped dill pickles
- 1 stalk of celery, diced
- 1/2 small purple onion, diced.
- salt and pepper to taste

Directions:

- 1) Place chicken in a pot of water and bring to a boil. Boil for 5-7 minutes, or until juices run clear.
- 2) In a medium non-metal bowl - smash up half of the avocado very well until it is almost a liquidy paste. Then squeeze the juice from the lemon. Add salt and pepper to taste.
- 3) Next, drain your chicken, shred into bite size pieces, and add to the avocado mash.
- 4) Add the pickles, diced celery, and purple onion. Diced apple is also good or even shredded carrots.
- 5) Serve.

Notes:

- Eat it with a fork OR as a salad (lettuce, tomatoes, etc., to serve the chicken/mixture on) OR you can use fresh veggies like a dip.

Chinese Style Steamed Fish

Ingredients:

- 1 1/2 pounds halibut, cut into 4 pieces
- 3 green onions, cut into 3-inch lengths
- 2 fresh mushrooms, sliced
- 6 leaves napa cabbage, sliced into 4-inch pieces
- 2 slices fresh ginger root, finely chopped
- 2 cloves garlic, chopped
- 1/4 cup low-sodium soy sauce
- 1/8 cup water or vegetable broth
- crushed red pepper flakes to taste

- fresh cilantro sprigs, for garnish

Directions:

- 1) Arrange 1/2 of the green onions on the bottom of the steaming bowl (it is important to steam in a container in order to retain the steam and juices around the fish).
- 2) Place 1/2 of the mushrooms and Napa cabbage sections on top of the onions.
- 3) Make a few slits on the front and back of the fish to allow the flavors to sink in while steaming. Place fish on top of the vegetables.
- 4) Sprinkle ginger, garlic, and red pepper flakes over fish.
- 5) Top with the remaining green onions, mushrooms, and napa cabbage. Drizzle soy sauce and water/broth over everything.
- 6) Place steam bowl in a steamer over 1 inch of boiling water, and cover. Steam for 15 to 20 minutes, or until fish flakes easily.
- 7) Garnish with cilantro, if desired.

SIDE DISHES

Crispy Jicama Salad (*Serves 6*)

Ingredients:

- 1 medium jicama, diced (about 2 cups)
- 1 large carrot, peeled and cut into 1-inch strips
- 1 red bell pepper, cut into 1-inch strips
- 1 small, sweet onion, thinly sliced (about 1/2 cup)
- 2 tablespoons finely chopped cilantro
- 3 tablespoons organic vegetable broth
- 2 tablespoons seasoned rice vinegar

- 1 tablespoon fresh lime juice
- 1 teaspoon stone ground mustard
- 1/4 teaspoon Himalayan salt
- 1/4 teaspoon crushed red pepper flakes

Directions:

- 1) Combine the jicama, carrot, bell pepper, onion, and cilantro in a salad bowl and toss to mix.
- 2) In a small bowl, mix the remaining ingredients. Pour over the vegetables and toss to mix.

Tips:

- Seasoned rice vinegar makes a delicious salad dressing by itself or use it as an addition to salad dressings in place of oil.
- Add 1/2 cup of sliced radishes for added color and flavor.
 - An easy way to make your own vegetable broth is to simply collect the cooking liquid from steamed or boiled vegetables. Refrigerate until ready to use.

Spiced Potatoes and Arugula

Ingredients:

- Pinch salt, for water
- 2 pounds Yukon gold potatoes, quartered
- 1 tablespoon butter
- 2 cloves garlic, minced
- 1 small onion, halved and thinly sliced
- 1 teaspoon curry powder
- 4 cups baby arugula
- 1 large tomato, diced *Directions:*

- 1) In a large pot, cover the potatoes with cold water, add some salt then bring to a simmer. Cook, uncovered, until tender when pierced with a knife, about 20 minutes. Drain the potatoes.

- 2) Melt the butter in a large skillet over medium heat. Add the garlic and the onion and cook until the onion has softened, about 2 minutes.
- 3) Add the potatoes. Stir in the curry powder and add the arugula and tomato.
- 4) Cook and stir until the arugula has wilted and all the flavors have merged, about 2 more minutes. Serve warm.

Rosemary Green Beans (serves 2)

Ingredients:

- 1 lb fresh green beans, trimmed
- 1/2 tsp Himalayan rock crystal salt, divided
- 1 tsp coconut oil
- 2 green onions, sliced
- 2 tsp fresh rosemary, chopped
- 1/4 cup pecans, chopped and toasted
- 2 tsp lemon rind, grated

Directions:

- 1) Heat 1-1/2" water in a medium pot with a steamer basket insert to a boil.
- 2) Sprinkle green beans evenly with 1/4 teaspoon sea salt (if desired) and place in the basket.
- 3) Cover and steam 10 minutes or until crisp-tender.
- 4) Immediately plunge green beans into ice water to stop cooking. Drain.
- 5) Meanwhile, heat a nonstick skillet over medium-high. Add oil when hot.
- 6) Add green onions and rosemary, and saute 2-3 minutes or until softened.
- 7) Add green beans, pecans, lemon rind and remaining sea salt (if desired), stirring until thoroughly heated.

Roasted asparagus

Ingredients:

- 1 bunch asparagus
- 1 tbsp butter/ghee, melted
- 1/4 tsp salt
- 1/4 tsp garlic powder
- Freshly ground black pepper to taste
- 1/2 tsp fresh lemon juice

Directions:

- 1) Preheat your oven to 400 F.
- 2) Remove the tough part off of the asparagus stalks. Spread the asparagus out on a large baking sheet. Drizzle with butter/ghee and lemon juice.
- 3) Sprinkle with salt, pepper and garlic powder.
- 4) Toss the asparagus to ensure it's all evenly coated and cook for 10 minutes, flipping once after 5 minutes.

Sautéed Chard (serves 2)

Ingredients:

- 1 bunch swiss chard
- 1/2 cup cashews
- 1 Tbs coconut oil
- Himalayan rock crystal salt (optional)
- freshly ground black pepper

Directions:

1. Wash chard and remove tough stems.
2. Heat a large skillet over medium heat and add oil when hot.
3. Meanwhile, chop chard into thin strips.
4. Add chard to the hot skillet, along with cashews.

5. Sauté, tossing occasionally, until the leaves just begin to wilt.
6. Season with sea salt and freshly ground black pepper to taste.
Serve warm.

Sautéed Fennel and Carrots (serves 2)

Ingredients:

- 2 fennel bulbs
- 4 medium carrots
- 2 Tbs coconut oil
- Sea/Himalayan rock crystal salt and freshly ground black pepper

Directions:

1. Wash the vegetables and cut into 1/4 - 1/2" thick slices.
2. Heat the coconut oil in a skillet over medium heat.
3. When the pan is hot, add the fennel and carrots. Cook until tender, stirring occasionally.
4. Season with sea salt and freshly ground black pepper to taste.

Red Potato Colcannon

Ingredients:

- 1-pound small red potatoes, scrubbed and cut in half
- 1 tablespoon butter
- 1/2 cup onion, thinly sliced
- 6 cups green cabbage, thinly sliced (about 1/2 head)
- 1 cup organic milk
- 1 teaspoon Himalayan salt
- 1/4 teaspoon white pepper

Directions:

1. Bring 1 inch of water to a boil in a Dutch oven. Place potatoes in a steamer basket and steam, covered, until just cooked through, about 15 minutes. Transfer to a large bowl and cover to keep warm.
2. Meanwhile, heat butter in a large nonstick skillet over medium heat. Add onion and cook until translucent, about 2 minutes. Add cabbage and continue cooking, stirring occasionally, until the cabbage begins to brown, about 5 minutes.
3. Reduce heat to low. Stir in milk, salt and white pepper; cover and cook until the cabbage is tender, about 8 minutes. Add the cabbage mixture to the potatoes. Mash with a potato masher or a large fork to desired consistency.

Sweet Potato and Cabbage Slaw

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lime juice
- 1 1/2 teaspoons toasted sesame oil
- 1/2 teaspoon Himalayan salt
- 3 cups coarsely grated peeled sweet potato, (about 1 large)
- 3 cups thinly shredded napa, or Savoy cabbage
- 4 scallions, trimmed and thinly sliced
- 1 teaspoon finely minced serrano, or jalapeno pepper with seeds

Directions

1. Whisk olive oil, lime juice, sesame oil and salt in a large bowl. Add sweet potato, cabbage, scallions and serrano (or jalapeno), if using; toss to combine. Serve immediately.

Tips & Notes

- **Make Ahead Tip:** Refrigerate dressing and slaw separately for up to 1 day; toss together just before serving.

Mexican Coleslaw

Ingredients:

- 6 cups very thinly sliced green cabbage, (about 1/2 head) (see Tip)
- 1 1/2 cups peeled and grated carrots, (2-3 medium)
- 1/3 cup fresh chopped cilantro
- 1/4 cup rice vinegar
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon Himalayan salt *Directions:*

1. Place cabbage and carrots in a colander; rinse thoroughly with cold water to crisp. Let drain for 5 minutes.
2. Meanwhile, whisk cilantro, vinegar, oil and salt in a large bowl.
Add cabbage and carrots; toss well to coat.

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 1 day. Toss again to refresh just before serving.
- **Tip:** To make this coleslaw even faster, use a coleslaw mix containing cabbage and carrots from the produce section of the supermarket.

Tomato and Fennel Salad

Ingredients:

- 1 fennel bulb, top removed and thinly sliced
- 1 1/2 lbs of garden-fresh tomatoes
- 2 Tbsp extra virgin olive oil
- 2 Tbsp fresh squeezed lemon juice
- 1 Tbsp chopped flat-leafed parsley
- 2 Tbsp of fresh shaved Parmesan cheese *Directions:*

- 1) Mix all ingredients together, season with Himalayan salt and fresh ground pepper. Enjoy!

Arugula and Fennel Salad

- 1 large fennel bulb
- 1 bunch of arugula
- ½ red onion
- 3 tbsp of a good extra virgin olive oil
- 1 lemon freshly squeezed
- Himalayan salt and fresh ground pepper, to taste
- 2 tbsp of fresh shaved parmesan cheese *Directions:*

- 1) Trim the fennel bulb, removing the fronds. Slice thin with a knife or mandolin. Put in a bowl.
- 2) Slice the red onion thin and add to the bowl.
- 3) Add the arugula and mix.
- 4) Top with a mix of the oil, lemon, salt and pepper.
- 5) Shave fresh parmesan on top.

Cauliflower Mash Recipe

Ingredients:

- 1 head cauliflower
- 1/4 cup real butter
- 1/4 cup coconut milk
- 2 cloves garlic, minced
- Sea salt and freshly cracked pepper to taste

Directions:

- 1) Bring a large pot of water to a boil.
- 2) Cut the cauliflower into florets. Place in the boiling water and cook for anywhere from 10 to 15 minutes, until the cauliflower is tender. Check this by poking it with a fork.
- 3) Strain the cauliflower from the water and place back into the pot. Add the cooking fat, coconut milk, garlic, salt, and pepper. Mash the mixture by using a hand blender or pour everything into a blender. Blend until smooth in texture.

Roasted Brussels sprouts, Artichoke, & Cauliflower

Ingredients:

- 1/2 lb fresh Brussels sprouts
- 1 head of cauliflower, cut into pieces
- 1/2 lbs of artichokes, scrubbed and diced
- Good extra virgin olive oil
- ½ cup of fresh chopped chives
- Himalayan Salt and fresh ground pepper, to taste

Directions:

- 1) Preheat oven to 375.
- 2) Combine the cut veggies and season with olive oil, salt and pepper 3) Spread them out evenly on a pan.
- 4) Roast for about 45 minutes, stirring and flipping them around every 15 minutes for even cooking and crisping.
- 5) Remove when roasted brown and desired texture is achieved.
- 6) Season and garnish the fresh chives.

Cauliflower Purée

Ingredients:

- 1 head cauliflower, stem trimmed of leaves, florets roughly chopped
- 1 cup vegetable stock
- 2 to 3 Tbsp of sour cream
- 1 Tbsp unsalted butter, softened
- Salt and pepper *Directions:*

- 1) Combine cauliflower and stock in a medium saucepan; bring to a boil over high heat. Reduce heat to a simmer, and cook until cauliflower is very tender, about 10 minutes.
- 2) Transfer cauliflower to a blender using a slotted spoon. Add a few tablespoons of the cooking liquid and blend until

smooth, about 15 to 20 seconds. Add sour cream and butter, and blend 5 to 10 seconds more. Season with salt and pepper. Serve hot.

Roasted Cauliflower

Ingredients:

- 1 head of cauliflower, cut into bite sized pieces
- 4 cloves of garlic, peeled and chopped
- ¼ cup extra-virgin olive oil
- ¼ tsp of crushed red pepper
- 1 ½ tsp of Himalayan salt
- 2 tsp fresh chopped thyme

Directions:

- 1) Preheat oven to 400°F.
- 2) Toss cauliflower with garlic, oil, red pepper, salt, and thyme.
- 3) Spread in an even layer on and pan.
- 4) Roast until tender, about 20-30 minutes.

Smashed Rutabaga with Chives

Ingredients:

- 2 ½ lbs of rutabagas
- Himalayan salt and fresh black pepper
- 4 tablespoons of sour cream (we suggest full fat)
- 2 tablespoons of fresh chopped chives

Directions:

- 1) Peel and cut rutabaga into 1-inch chunks.
- 2) Cover in about 1 inch of cold water and bring to a boil. Add a large pinch of Himalayan salt and boil until tender, about 30-40 minutes.
- 3) Drain and return to the pot.
- 4) Reduce the heat to low and let the rutabaga steam for two more minutes. Mash until desired texture. Add sour cream, salt and pepper to taste. Add the fresh chives and serve.

Puréed Parsnips

Ingredients:

- 1lb of parsnips, peeled and sliced
- 4 tablespoons of unsalted butter or olive oil
- 1/2 cup of milk
- 2/3 cup of sour cream
- 1 head of garlic, cut in half
- Himalayan Salt
- 2 sprigs of fresh thyme

Directions:

- 1) Put parsnips in pot, season with salt and cover with water. Place over medium heat and bring to a simmer. Cook until tender - the tip of a paring knife should easily go through without resistance, approximately 15 minutes.
- 2) In a medium saucepan place the cream, thyme sprigs and garlic cloves over low heat and bring to a simmer.
- 3) Drain parsnips and reserve cooking liquid. Place parsnips in a food processor with butter, or extra-virgin olive oil, and a couple of tablespoons of reserved cooking liquid.
- 4) Begin to process and add the milk and sour cream. Season with Himalayan salt and pepper, to taste, and puree until exceptionally smooth.

Sautéed Kale

Ingredients:

- 1 1/2 lbs fresh young kale, rinsed and coarsely chopped
- 2 Tbsp butter or ghee
- 2 cloves of garlic, thinly sliced
- 1/2 cup of organic vegetable stock
- 2 tbsps of red wine vinegar

- Himalayan salt and fresh ground pepper *Directions:*

- 1) Heat the butter/ghee in a large pan over medium-high heat.
- 2) Add the garlic and cook until softened.
- 3) Raise the heat and add the vegetable stock and kale. Stir and cover.
- 4) Cook for 5-7 minutes. Remove the cover and reduce until the liquid is gone.
- 5) Season with salt, pepper, and vinegar.

Spiced Coconut Spinach (serves 2-3) *Ingredients:*

- 1 shallot
- 1 large clove of garlic
- 1/4 teaspoon Himalayan salt
- 1 tablespoon ghee, clarified butter, or coconut oil
- 1/4 teaspoon yellow mustard seeds
- 1/4 teaspoon whole cumin seeds
- 1/4 teaspoon red pepper flakes
- 1 cup finely sliced asparagus (optional)
- 7 oz / 200g spinach, well washed, and chopped squeeze of fresh lemon
- 1 1/2 tablespoons unsweetened coconut, lightly toasted

Directions:

- 1) Place the shallot and garlic on a cutting board, sprinkle with the salt, and chop/mash everything into a paste.
- 2) Heat the oil in your largest skillet over medium heat. Add the seeds, cover with a lid, and let them toast a bit. Remove the lid, stir in the red pepper flakes and let cook for a minute.

- 3) Stir in the asparagus if you're using it, let cook roughly another minute, then stir in the garlic-shallot paste and all of the spinach.
- 4) Keep stirring until the spinach starts collapsing a bit and brightens up - barely any time at all - perhaps a minute.
- 5) Finish with a bit of fresh lemon juice and the coconut.

Sauteed Bok Choy with Garlic

Ingredients:

- 1 bunch of bok choy or baby bok choy, separated and washed
- 3 cloves garlic, finely minced
- Sesame oil

Directions:

- 1) Separate and clean the bok choy. You can cut them into 2-inch sections if you wish, or just leave them whole.
- 2) Finely mince 3 cloves, or more, of garlic.
- 3) In a wok or pan on medium-high heat, drizzle a bit of sesame oil and add garlic. The garlic should quickly soften, stir so it doesn't burn.
- 4) Add bok choy and toss until just wilted and bok choy is crisptender, or longer if you wish.

Vegetable Potato Skins

Ingredients:

- 3 organic russet baking potatoes, scrubbed
- 1 tablespoon plus 2 teaspoons real organic butter plus more for rubbing on potatoes
- 1 teaspoon of ghee
- 1 pint (12 ounces) grape tomatoes, halved

- fine sea salt or rock crystal salt and freshly ground black pepper
- 2 large yellow onions (about one pound), thinly sliced
- 1 5-ounce container baby spinach
- 1 large garlic clove, finely chopped
- 1/2 cup crumbled goat cheese (about 2 ounces)

Directions:

- 1) Preheat oven to 425°F.
- 2) Rub potatoes lightly with melted butter and arrange on a sheet pan. Roast potatoes in lower thirds of oven until skins are crisp and potatoes are very tender, about 1 hour.
- 3) Arrange tomatoes in one layer and drizzle with 1 teaspoon of melted butter. Sprinkle with salt and pepper. Roast in upper thirds of oven with potatoes, shaking pan occasionally, until slightly blackened and wilted, about 25 minutes.
- 4) Meanwhile, heat 1 teaspoon of ghee in a large nonstick skillet over moderate heat and cook onions, stirring occasionally, until very golden brown and caramelized, about 15 minutes.
- 5) Reserve skillet and transfer onions to a bowl.
- 6) Wilt spinach with garlic over moderate heat, stirring constantly, about 1 1/2 minutes until just tender.
- 7) Halve cooled roasted potatoes lengthwise and scoop them out, leaving 1/4-inch shell and reserving potato pulp (about 1 3/4 cups) for another use.
- 8) Top potatoes evenly with onions, spinach, tomatoes, and cheese. Roast in lower thirds of oven, until bottoms are crisp, filling is hot, and cheese is melted, about 7 minutes.

CONDIMENTS

Avocado Salsa

Ingredients:

- 2 avocados, diced (save the pits)
- 1 jalapeno pepper, seeded and diced
- 1 habanero pepper, seeded and diced (optional-- this will make it very spicy!)
- 3 medium tomatoes, seeded and diced
- 1/4 of a red onion, diced
- 1 bunch cilantro, finely chopped
- juice of 1 lime

Directions:

- 1) Combine all ingredients in a medium bowl.
- 2) Keep the avocado pits in the mixture to serve. This will slow the oxidation of the avocados (what makes them turn brown) and will help the salsa last longer.

Sundried Tomato Pesto

- **Note:** Make sure you buy a variety of sundried tomatoes that comes packed with healthy ingredients like extra-virgin olive oil and herbs only. **Avoid any brand that comes packed in a vegetable seed oil.**

Ingredients:

- 1 cup fresh basil
- 1/2 cup sundried tomatoes
- 1/4 cup walnuts
- 2 cloves garlic
- Juice of 1/2 a lemon
- A pinch of red pepper flakes
- 1/2 tsp Himalayan salt
- 1/4 cup oil from the sundried tomatoes

Directions:

- 1) Place all the ingredients into a blender and blend until smooth.
- 2) Taste prior to serving to gauge if it requires more of any ingredient.
- 3) Smear atop a chicken breast to serve.

Cilantro Pesto (makes about one cup)

Ingredients:

- 2 cups, packed, of cilantro, large stems removed
- 1/2 cup blanched almonds
- 1/4 cup chopped red onion
- 1/2 teaspoon chopped and seeded serrano chile
- 1 teaspoon Kosher salt
- 1/4 cup olive oil

Directions:

- 1) In a food processor, pulse the cilantro, almonds, onion, chile, and salt until well blended. With the food processor running, slowly add the olive oil in a steady stream.
- 2) Add more oil as needed for your use.

Salsa Verde

Ingredients:

- 1/2 cup onion, chopped
- 1 1/2-pound green tomatillos, husk removed
- 1/2 cup cilantro, chopped
- 2 tbsp fresh squeezed lime juice
- 2 jalapeño peppers, seeded and chopped
- Salt and pepper to taste

Directions:

- 1) Cut the tomatillos lengthwise and roast them either on the grill or for about 6 minutes under the broiler until the skin is a little dark.
- 2) Put the roasted tomatillos, onion, cilantro, lime juice and jalapeño in a blender or food processor.
- 3) Blend or process until you obtain a smooth puree. 4) Place in the refrigerator to cool and enjoy.

Cherry tomato salsa

Ingredients:

- 1/2 cup cherry tomatoes, quartered
- 2 cloves garlic, minced
- 1 tsp lemon zest
- 1 tsp fresh lemon juice
- 2 tbsp olive oil
- 1/4 tsp sea salt
- Freshly cracked black pepper to taste
- 1/4 cup fresh oregano, chopped

Directions:

- 1) In a small bowl, combine the garlic, lemon zest, lemon juice, olive oil, salt, and pepper. Whisk well. Add the cherry tomatoes. Toss the mixture together.
- 2) Serve over salmon recipe.

Baba-ghanoush (delicious w/fresh veggies and/or with plantain chip- recipe below)

Ingredients:

- 1 large eggplant
- 1 garlic clove, minced
- 1 tbsp fresh lemon juice
- 1 tbsp tahini

- 1 ½ tsp extra virgin olive oil
- ½ tsp cumin
- Fresh parsley for garnishing- Salt and pepper to taste

Directions:

- 1) Preheat oven to 400° F and roast the eggplant prick the skin with a fork and roast for about 35 minutes.
- 2) Put the roasted eggplant in a bowl of cold water, wait a bit and then peel off the skin.
- 3) Place the roasted eggplant, garlic, lemon juice, tahini, olive oil, cumin in a blender and blend until smooth. Season to taste with salt and pepper.
- 4) Cool in the refrigerator and serve with extra olive oil on top and fresh parsley.

Guacamole (delicious w/fresh veggies and/or w/ plantain chip- recipe below)

Ingredients:

- 2 large, ripe avocados, peeled and seeded
- 1 clove garlic, minced
- juice of 1/2 lemon/lime
- 1/4 tsp cumin
- 1/4 tsp chili powder
- 1 Tbs salsa (optional)
- fresh cilantro to garnish, finely chopped
- Himalayan salt to taste

Directions:

- 1) Mash all ingredients in a bowl with a fork and serve immediately.

SNACKS

Spicy Baked Plantain Chips

Ingredients:

- 2 green plantains
 - 2 tablespoons coconut oil
 - 1 teaspoon chili powder
 - 1/2 teaspoon cumin
 - 1/8 teaspoon cayenne pepper
 - 1/2 teaspoon Himalayan salt
- Directions:*

- 1) Preheat oven to 400°F.
- 2) Remove plantain peel with a knife. Thinly slice using a mandolin, if possible.
- 3) In a bowl, toss plantain slices with oil, spices and salt. Spread in a single layer on a cookie sheet.
- 4) Bake for 15 to 17 minutes, turning slices after about 8 minutes. Watch closely after turning - they can burn quickly. Remove from oven and serve.
- 5) Chips are best eaten immediately, but they'll keep for about a day.

Cantaloupe Stuffed with Blackberries and Pecans

(Serves 2)

Ingredients:

- 1 cantaloupe
- 1 c. blackberries
- 1/2 c. chopped pecans
- mint or spearmint leaves for garnish

Directions:

- 1) Cut cantaloupe in half and scoop out seeds.
- 2) Fill each cavity with blackberries and pecans.

- 3) Garnish with mint or spearmint leaves.

Coconut Macaroons

Ingredients:

- 4 egg whites
- 1/4 teaspoon salt
- 1 teaspoon Liquid Stevia
- 3 cups shredded unsweetened coconut flakes
- 1/4 cup melted coconut butter
- Optional topping: 1/2 cup melted unsweetened carob chips

Directions:

- 1) Preheat oven to 350 degrees. With an electric mixer, whisk egg whites, salt, and stevia until frothy.
- 2) Pour coconut flakes into egg white mixture and stir just until moistened. Mix in melted coconut butter and stir until combined.
- 3) Line a baking sheet with parchment paper. Using an ice cream scoop, scoop batter and pat down into scoop to pack it in well.
- 4) Drop rounded batter onto cooking sheet, spacing an inch apart from each other. Bake 20-25 minutes until golden brown.
- 5) Cool 5 minutes, then transfer to wire rack. Once completely cooled, drizzle melted carob over the tops, if desired. Store in an air-tight container.

Spicy Pumpkin Seeds

Ingredients:

- 3 cups raw pumpkin seeds
- 2 tbsp butter, ghee, or coconut oil
- 1 and 1/2 tbsp chili powder
- 1 tbsp Himalayan salt
- 1 tsp cayenne pepper

Directions:

- 1) Preheat your oven to 350 F.
- 2) In a bowl, toss the pumpkin seeds with the melted oil, chili powder, sea salt and cayenne pepper
- 3) Spread on a baking sheet and bake for about 10 minutes.
- 4) Let cool and serve or store in the refrigerator in an air-tight container. Most recipes call for a liquid vegetable oil, but the butter or coconut oil will harden when chilled in the refrigerator, giving the seeds another texture, but leaving them delicious.

Banana Blueberry Muffins

Ingredients:

- 2 ½ cups of Almond Meal
- ½ cup unpasteurized natural and local bee honey
- 3 organic cage free eggs
- 1 ripe organic banana
- ½ to 1 cup organic blueberries (fresh if in season, or frozen if not)
- Paper muffin cups (standard size)

Directions:

- 1) Preheat oven to 350°
- 2) Mix first four ingredients together on medium speed.
- 3) Fold in the blueberries last, by hand.
- 4) Bake for 45-50 minutes.

Notes:

- These muffins do NOT rise, so you can fill the muffin cups to the top.
- Be sure to stick a knife into the muffin for consistency check. These cook slowly.
- You can replace the banana and blueberries with unsweetened applesauce and a tablespoon of cinnamon. Get creative!

Kale Chips

Ingredients:

- 1 large bunch kale, tough stems removed, leaves torn into pieces (about 16 cups; see Note)
- 1 tablespoon organic ghee/butter, melted
- 1/4 teaspoon Himalayan salt

Directions:

- 1) Position racks in upper third and center of oven; preheat to 400°F.
- 2) If kale is wet, very thoroughly pat dry with a clean kitchen towel, transfer to a large bowl. Drizzle the kale with butter/ghee and sprinkle with salt. Using your hands, massage the oil and salt onto the kale leaves to evenly coat. Fill 2 large, rimmed baking sheets with a layer of kale, making sure the leaves do not overlap. (If the kale will not all fit, make the chips in batches.)
- 3) Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.)

Guacamole-Stuffed Poblano Peppers

Ingredients:

- 5 small-to-medium poblano peppers
- 2 ripe avocados, halved and pitted
- 1/4 cup chopped fresh cilantro
- 3 tablespoons finely chopped red onion
- 1/4 teaspoon salt
- 1 cup thinly sliced hearts of romaine

Directions:

- 1) Preheat broiler to High.
- 2) Place peppers on a large baking sheet. Broil 3 to 4 inches from the heat source, turning once or twice, until the skins blacken and blister, about 10 minutes total.
- 3) Transfer to a large bowl, cover with a kitchen towel and let stand until cool enough to handle, about 10 minutes. Peel the peppers, leaving the stems attached.
- 4) Meanwhile, scoop avocados into a medium bowl and coarsely mash. Add cilantro, onion, and salt; stir to combine.
- 5) Stem and seed 1 pepper; chop. Stir into the avocado mixture. Make a lengthwise slit through one wall of each of the remaining 4 peppers and carefully remove the seeds.
- 6) Divide romaine among the peppers, then fill with a generous 1/3 cup guacamole each.

Parmesan Potato Skin Chips (enjoy with herbed sour cream recipe above)

Ingredients:

- 5 large russet potatoes
- 1 teaspoon melted butter or coconut oil
- 1/2 teaspoon paprika
- 1/4 teaspoon Himalayan salt
- 1/8 teaspoon cayenne pepper
- 2 tablespoons freshly grated Parmesan cheese

Directions:

- 1) Preheat oven to 400°F. Coat a baking sheet with cooking spray.
- 2) With a paring knife, remove skin and about 1/8 inch of the flesh from potatoes in long 1- to 2-inch-wide strips. (Reserve peeled potatoes for another use.) Toss the potato skins with oil/butter, paprika, salt and cayenne.
- 3) Place in a single layer on the prepared baking sheet; sprinkle with Parmesan.
- 4) Bake until tender and golden, 25 to 30 minutes.

Cucumber Mint Yogurt Dip

Ingredients:

- 2 containers (6 ounces each) full-fat Greek yogurt (1 1/4 cups)
- 1/2 cup mint leaves, coarsely chopped
- 1/2 English cucumber, halved, seeded, and finely chopped
- 1 teaspoon white-wine vinegar
- Himalayan and ground pepper
- Cut vegetables, for serving

Directions:

- 1) In a medium bowl, combine yogurt, mint, cucumber, and vinegar. Season with salt and pepper.
- 2) Store in an airtight container in the refrigerator for up to three days.



BONUS SNACK IDEAS:

- Green Deviled Eggs: Replace mayo with Greek yogurt to make deviled eggs. Fold a handful of finely chopped watercress and a pinch of Old Bay Seasoning into the yolks.
- Halve a cup of cherry tomatoes and drizzle them with olive oil. It's that simple.
- Spinach-Miso Dip: Thaw a box of chopped spinach and squeeze it dry. Stir in enough yogurt to make a dip and season with powdered miso soup mix.
- If you love chocolate milk, whip up this healthy version: Blend kefir with frozen açai and cocoa powder.
- Indian-Spiced Cashews: Toss raw cashews in coconut oil and curry powder; roast at 400° until golden.
- Sushi Stick: Roll up sliced avocado, cucumber spears and brown rice in a nori sheet and eat with pickled ginger.
- Up the antioxidant levels in your guacamole by stirring in some pomegranate seeds and diced tomatoes.
- Plantain Chips with Caribbean Salsa: Toss together finely chopped banana, cucumber, jalapeño, bell pepper, red onion and a good squeeze of lime juice.
- Fill endive spears with chopped bosc pears and season with balsamic vinegar.
- Slice a pomegranate in half, turn over and bang on the back of it with a spoon to release the seeds. Enjoy the seeds, they are delicious fresh or frozen. While they are in season, be sure to bag and freeze some to enjoy once they are gone.
- Turn cucumber slices into crackers: Spread them with olive tapenade and garnish with chopped fresh tarragon.
- Buffalo Popcorn: Toss air-popped popcorn (ORGANIC and NONGMO ONLY) with olive oil, a little hot sauce and a handful of crumbled blue cheese to season.