

# Anti-Inflammatory Meal Plan

from

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CRUNCH

Healthy Gluten Free Recipes One BITE at a Time!

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# ANTI-INFLAMMATORY BREAKFAST RECIPES

# Coconut Flour Pancakes {2 Ways}

PREP TIME: 10

COOK TIME: 10-15

YIELD: 4 PANCAKES

## DESCRIPTION

Grain free coconut flour pancakes, made 2 ways; Lower carb or lightly sweetened. Paleo friendly.

## INGREDIENTS

### FOR LIGHTLY SWEETENED COCONUT FLOUR PANCAKES –

- 2 eggs and 1 extra egg white
- 1/4 cup coconut flour & 1 tbsp starch, sifted or ground together in food processor. **Ex starch or substitutes see notes.**
- 1/3 c of almond milk or coconut drinking milk
- 1 very ripe small banana or half a large banana
- 1 teaspoon vanilla extract
- 2 tsp apple cider vinegar or distilled vinegar
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt
- 1/8 teaspoon cinnamon optional

### FOR LOWER CARB COCONUT FLOUR PANCAKES

**Note:** *This recipe makes fewer pancakes (3 pancakes)*

- 1/3 c coconut flour (sifted or blended to fine flour)
- 2 large eggs
- 1/2 tsp baking powder
- 2 tsp apple cider vinegar
- 1 tsp vanilla extract
- 1/3 c almond or coconut milk

- 3 tbsp melted coconut oil, grapeseed oil, or butter (2 to 2.5 tbsp for batter and 1/2 tbsp to 1 tbsp for pan)
- 1/4 tsp sea salt or kosher salt

## INSTRUCTIONS

### TO MAKE COCONUT FLOUR PANCAKES *with or without banana* :

**Before you start** – See notes on cooking techniques and times.

1. First place egg and milk in a blender or bowl to mix/beat. Blend until mixed. Add the remaining ingredients and beat/blend again until smooth batter is formed. Place in fridge to set for 10-15 minutes.
2. Remove from fridge once batter has set.
3. Heat a skillet to medium high, adding a few teaspoons of oil to coat the pan.
4. Once hot, scoop 1/4 cup batter and pour into the center of the pan. Note- a crepe pan or [non stick griddle](#) for pancakes works best! The lower carb batter will be thicker, but easy to flip.
5. Cook until the edges start to brown or the middle starts to bubble, which is usually no more than 2 -3 minutes. Flip over and let pancake cook another 1-3 minutes. See notes for cooking times.
6. Remove pancake and place on plate. Repeat to get 3-6 pancakes. The banana sweetened coconut flour pancakes will produce more. All 5-6 inches wide.
7. Top pancakes with extra berries, nuts, and, butter, optional maple syrup.

## NOTES

**Notes** – Example starches to use with coconut flour: tapioca, potato, or arrowroot starch. You can also use 1/4 cup heaping scoop coconut flour if you don't have starch

### **Cooking tips for both kinds of pancakes –**

Cooking times will vary per pan. A cast iron will cook the pancakes faster. A crepe pan will cook more evenly. I used a large skillet (stainless steel) which works great but I recommended adding a little oil or butter after making 1-2 pancakes.

The lower carb pancakes make 2-3 per batter. They will cook faster and are more brown in color if you are using cast iron. The batter is thick but will cook up more fluffy.

The coconut flour pancakes with banana create crispy edges. They are delicious and will fry best in crepe pan or cast iron. They are thinner in textures. **Both freeze well!**

# Lemon Coconut Paleo Energy Bars

PREP TIME: 10 MIN

YIELD: 10-12 SQUARES/BARS OR 9 LARGER BARS

## DESCRIPTION

EASY Lemon Coconut Paleo Energy Bars, lower in sugar and NO BAKING required. Vegan friendly

## INGREDIENTS

### For the Bar Base

- Parchment paper or wax paper to line pan
- 1 2/3 cup slivered almonds (blanched) or 1 3/4 cups raw almonds (whole).
- 1 cup raw cashews
- 1 cup unsweetened coconut flakes (to grind)
- 1 tbsp starch (arrowroot or tapioca work best)
- 1/4 cup hot water
- 1/4 cup honey or maple syrup (see notes for sugar free option)
- Lemon zest
- Optional Lemon juice (1 tbsp or so)
- 1 tsp vanilla
- Optional lemon extract 1/2 tsp
- 4 tbsp ground flaxseeds (or swap with protein powder if desired, see notes)

All ground then mixed with water/honey and pressed into lined 8x8 pan.

### Topping:

- 1/3 cup unsweetened coconut flakes
- Lemon zest/peel
- 1/2 to 1 tsp coconut oil
- See notes for other sweetener options

## INSTRUCTIONS

1. First line an 8x8 pan with parchment paper or wax paper. Set aside.
2. In a food processor or blender, grind your almonds and cashews into a finer mealy texture. I find that slivered almonds (vs whole) work best.
3. Next add in your coconut and blend again until batter is once again, mealy in texture. Pour batter in a large bowl and mix in your starch and 1 tbsp lemon zest.
4. Heat 1/4 cup of water in a heat safe container. Mix your honey, vanilla, and lemon extract or juice into the hot water.
5. Pour the hot water/lemon mixture into the coconut/lemon nut mixture.
6. Mix all together with spoon or hands. Add your ground flaxseed (or protein of choice) last.
7. Press batter into pan, evenly.
8. Finally, make your topping.

### **Topping and Storage tips: (See note for quick version)**

- Grind 1/3 cup unsweetened coconut flakes into a finer mixture. You can also just use shredded unsweetened coconut.
- Mix this with a 3 thinly cut and chopped lemon slices or 1 tbsp lemon zest. and 1/2 to 1 tsp coconut oil. Mix or grind together again. Spread this mixture of the bars. If you are not looking for lower sugar option, feel free to drizzle Optional honey on top.
- Place pan in fridge for 30 minutes or longer. Once set, remove from fridge and cut into 9-12 squares. Wrap individually and keep in fridge for up to 2 weeks or freezer for up to 6 weeks.

## NOTES

If you would like to add more protein to this bar, simply swap out the flaxseeds for 1 scoop egg white protein, pea protein, or [collagen protein](#), or grass-fed whey protein.

**QUICK TOPPING Option**– No need to grind coconut. Just sprinkle with extra coconut flakes and lemon zest. You could also toast your coconut for a nuttier sweet topping.

**SUGAR FREE option** – if you are not paleo, but looking for Keto friendly option, replace honey with [xylitol syrup](#). Honey or maple syrup have more nutrients though.

# Sticky Date Cake Yogurt Bowls {Grain Free}

PREP TIME: 10

COOK TIME: 1 -2

YIELD: 2

## DESCRIPTION

Sticky Date Cake Yogurt Bowls with a quick Microwave version! Did you know that soaking dates and blending them creates a sticky sweet paste? Oh, how I love nature's candy! All you need are a few minutes to bake the cake with the sticky date paste, then whip it together with yogurt and toppings. You'll never know this dessert "superfood" bowl is actually good for you. Paleo Option Included.

## INGREDIENTS

- 6 to 7 pitted dates Purified water
- 1 tbsp (15 ml) honey
- 3 tbsp (20 g) almond flour (not meal)
- 1 tbsp (11 g) coconut flour
- ½ tsp baking powder
- Pinch of fine sea salt or kosher salt
- Pinch of cinnamon
- 1 tbsp (15 ml) coconut oil, melted
- 3 tbsp (45 ml) almond or coconut milk
- ½ tsp vanilla extract
- 1 egg TOPPINGS 10 oz (285 g) yogurt or coconut yogurt, vanilla flavored
- 1 banana, sliced
- Crushed nuts or granola
- Molasses to drizzle

## INSTRUCTIONS

1. To make the bowls, soak the dates in purified water for 1 to 2 hours. Discard all of the water except 1 tablespoon (15 ml) after soaking.
2. Blend the dates together with the honey to create a sticky paste. Set aside. If making the cake in the microwave, only one large mug is needed.

3. For the oven, use 2 ramekins and preheat the oven to 350°F (177°C). Spray the mug or ramekins with cooking spray.
4. Place the almond flour, coconut flour, baking powder and salt in the mug, and stir the ingredients to combine. In a separate bowl, mix the oil, almond milk and vanilla.
5. Add the wet ingredients to the dry flour mixture, stirring to combine. Add the sticky date paste and egg, and mix until thoroughly combined.
6. **Microwave for 90 to 120 seconds, or bake** in ramekins cups for 20 to 25 minutes at 350F. Slice the cake into pieces and divide into serving bowls. Top with a dollop of yogurt, sliced banana, nuts and drizzle with molasses

#### NOTES

For paleo version, use [coconut cream whip](#) or coconut yogurt in place of regular yogurt.

Recipe found in gluten free dessert bowls section of in [Nourishing Superfoods Bowls](#) Cookbook

# Vegan Chai Spiced Chia Smoothie Bowls

PREP TIME: 5 MIN

COOK TIME: 15 MIN

YIELD: 2

## DESCRIPTION

Vegan Chai Spiced Chia Smoothie Bowls

## INGREDIENTS

- 16 oz coconut or almond milk
- 2 chai tea bags
- 1-2 tsp turmeric
- 1/2 cinnamon
- 1 cup ice
- 1 tbsp honey or maple syrup
- 2 tbsp chia seed
- 1 tbsp almond butter
- 1 large or 2 small frozen bananas
- Optional add in – protein powder or coconut flour to thicken.

## INSTRUCTIONS

1. First steep the 2 tea bags, cinnamon, and the turmeric in your 16oz of milk. I used a french press for easy pour and clean. Just heat milk in microwave or stove top then pour into french press and add your teas.
2. Let it steep for 5 minutes.
3. Remove tea bags and add liquid mixture to blender along with remaining ingredients. Blend together and then place in fridge to cool for 1 hour or more.
4. Pour into bowls and add more cinnamon, honey, and chia on top if desired!
5. See notes below for chia pudding bowl.

## NOTES

If you would like the smoothie to be more like chia pudding, then add in one more 1 tbsp of chia, 1-2 scoops protein powder of choice, blend, and let it sit overnight in bowls.

# Cocoa Coconut Low Carb Shake

PREP TIME: 5 MIN

YIELD: 1-2

## DESCRIPTION

This low carb shake recipe, full of healthy coconut cream and unsweetened chocolate cocoa, will fuel your body for the day!

## INGREDIENTS

- 4 oz full fat coconut cream or milk (see notes for lighter option)
- 1-2 tbsp coconut MCT oil or melted coconut oil (grass fed butter also works)
- 6-8 oz almond or unsweetened coconut drinking milk
- 1-2 tbsp cocoa powder
- dash of sea salt
- 1/2 tbsp creamy almond butter or sunflower seed butter
- Optional add ins to sweeten it – berries, stevia leaf or xylitol, cinnamon, banana or maple syrup for extra sweetness (banana and maple syrup will add additional carbohydrates but still VERY nutrient dense and healthy)

## INSTRUCTIONS

1. Pretty simple, blend all together and go. For more Protein add in 1-2 tbsp grass fed [collagen](#) protein or vegan protein powder of choice.
2. To make EXTRA creamy, freeze your coconut cream beforehand in freezer.
3. This shake is rich but not sweet if you don't add a sweetener. Xylitol sweetener like Swerve is diabetic friendly. Or you can add stevia. If you don't care about carbohydrate intake, feel free to add in banana/maple syrup.
4. This make for 2 smaller very filling shakes or 1 large nutrient dense chocolate shake.
5. [MCT](#) oil to add if desired. (if you add extra coconut oil, be sure to consume right away so the shake doesn't get clumpy). SEE NOTES.

## NOTES

This make for 2 smaller very filling shakes or 1 large nutrient dense chocolate shake. To lighten it up, replace the coconut cream with almond milk (unsweetened) or coconut drinking milk. Still add in the MCT oils or melted coconut oil. This shake can also be heated to make a creamy LOW CARB Creamy HOT CHOCOLATE.

ANTI-INFLAMMATORY LUNCH AND MAIN DISH RECIPES

# Spiralized Apple Kimchi Salad with Garlic Beef

PREP TIME: 10 MIN

COOK TIME: 10 MIN

YIELD: 2

## DESCRIPTION

Quick apple kimchi salad with sesame beef! This Asian inspired spiralized apple salad recipe makes a quick and healthy kimchi substitute. A light nourishing meal that's ready in 30 minutes. Paleo with Whole 30 options.

## INGREDIENTS

### **For the Spiralized Apple Kimchi Salad:**

- 2 apples (green and/or red). One of each is best combo!
- 1 small seedless cucumber
- 1 green onion diced.
- 1 tbsp hot mustard (asian) or a Dijon mustard
- 1 tbsp chili sauce (ex chili paste or Sriracha). For Whole 30 option use
- 1/4 tsp pinch of paprika
- 1/4 tsp sea salt
- 1 tbsp rice vinegar (rice wine vinegar)
- 1-2 tsp fresh grated fresh ginger or 1/4 to 1/2 tsp ground ginger
- Crushed black pepper to taste

### **For the Garlic Sesame Beef:**

- 2 tsp oil (avocado or sesame oil for frying)
- 2 tsp minced garlic (2-3 cloves minced)
- 1 tsp tamari sauce (Gluten Free soy sauce. Whole 30 option see notes)
- 6 – 8 oz organic lean beef ( top round, steak, separable lean only, 95 % lean ground)
- 1 to 2 tbsp sesame seeds for topping (extra for garnishing and plating)
- sea salt and pepper to taste

## Garnishes for the Salad

- leafy greens
- sliced radish (1/2 cup)
- optional; crushed red pepper flakes
- optional; fresh cilantro

## INSTRUCTIONS

1. First prepare your quick Apple kimchi Salad. Spiralize (or julienne slice) your apples. It's best to use a green and red to even out tartness with taste. But any apple will do if you don't have one of each.
2. Spiralize or julienne slice your cucumber. Place in a large bowl and press out any excess water with a paper towel. Set aside.
3. Chop your onion and garlic (if using cloves) and place in a small mixing bowl
4. Then add in your mustard, spices, chili sauce, vinegar, and lastly the ginger. Fresh always taste better but ground works fine too.
5. Toss kimchi flavored apple cucumber salad all together.
6. Place in fridge to marinate while you cook beef.

## FOR THE BEEF

1. Mix 2 tsp sesame oil, 1 tsp minced garlic, 2 tsp sesame seed, and dash of tamari in a small bowl. Whisk together and pour over your meat. Marinate for 10-20 minutes. Or skip if in a hurry.
2. Heat skillet to medium high.
3. Place your marinated steak (with oil) in the pan and sear for ingredients in a medium high for 7-10 minutes, turning. Or until beef is cooked to 140F and browned.
4. Remove from heat, strain excess fat/grease if desired.
5. Sprinkle with extra sesame see

## MAKE THE BOWL

1. Divide the apple kimchi salad into two bowls.

2. Place a radish, sprouts, or green leaf on one side of the bowl.
3. Divide the beef strips (or ground) into the two bowls or plates.
4. Top beef with extra red pepper flakes and sesame seed if desired.
5. Drizzle any extra sauce on top of salad.
6. Garnish with cilantro.

## NOTES

For whole 30 tamari sauce, use [coconut aminos](#)

For whole 30 Chili sauce, use [sugar free option](#)

You don't need to use the spiralizer, it works well shredded too. Keep the peel on for much crunch. Don't eat beef? Try with chicken, smoked salmon, tempeh, etc.

# Pickled Pineapple Baja Fish Tacos

PREP TIME: 40 MINUTES    COOK TIME: 10 MINUTES

TOTAL TIME: 1 HOUR    YIELD: 3-4 TACOS

## DESCRIPTION

Pickled Pineapple Baja Fish Tacos {Paleo Options}

## INGREDIENTS

- For the Quick Pickled Pineapple Relish:
- 1 c chopped pineapple
- (or 1/2 c pineapple and 1/2 c other tropical fruit)
- 1/4 c Apple Cider Vinegar
- 1/4 c coconut sugar
- 1/3 c water
- Pinch of ground mustard and paprika each
- Pinch fennel seed
- 1/4 tsp sea salt
- Pinch of Black pepper
- Optional – 2-3 tbsp chopped shallot or red onion
- Green onion to garnish
- For the Baja Fish Tacos:
- 8 ounces cod, tilapia, or haddock (we use sizzlefish cod)
- avocado oil or butter
- 2 tbsp arrowroot starch or gluten free flour of choice
- 1/2 tsp minced garlic
- 1 tbsp chili sauce or blackened seasoning mix to taste ( 1-2 tsp)
- salt/pepper to taste

- 2 1/2 cups chopped red cabbage
- Fresh chopped cilantro
- 1 lime – juice (divided)
- 3-4 tbsp paleo mayonnaise (greek yogurt or sour cream also work for non paleo option).
- 1/2 avocado
- Pinch of pepper, sea salt, garlic powder
- 4 gluten free tortillas (we used almond flour tortilla from Siete Foods). Corn tortillas or Lettuce wraps will also work!
- optional red pepper flakes or sliced spicy pepper of choice to top.

## INSTRUCTIONS

- **First make your quick pickled pineapple relish.**  
In a small sauce pot, bring your pickling ingredients; Apple cider vinegar, water, sugar, ground mustard, paprika, salt/pepper, and fennel seed) to a boil.
- Add the pineapple chunks to the pot and toss, coating it evenly. If you are wanting to add optional red onion, do so here.
- Remove from stove to cool. Once cooled, place in a bowl, cover, and let it marinate in the fridge for at least 30 minutes. I like to add a 1 tbsp of chopped green onion on top before refrigerating, but that's not required.
- Once it's marinated, drain part of the excess juice from bowl (keep a few tablespoons), then place in food processor and pulse a few times to create a relish texture. Set aside while you make your baja tacos.  
**NOTE**– You will have extra pineapple relish, so keep in fridge for up to 5 days
- **For the Baja Fish Tacos.**  
Clean your fish fillets then dice into small pieces.  
Dredge the fish pieces in 1 to 2 tbsp oil, chili sauce or blackening seasoning, then arrowroot starch or flour. You can add extra chipotle powder or blackening spices again before frying, if desired.
- Fry fish in oiled pan on medium high, turning fish while cooking for 5-6 minutes or until fish is cooked through.  
Add a squeeze of fresh lime and sea salt/pepper to taste.
- After you cook the fish, quickly make your slaw with Avocado Cream (Crema)
- Blend together 1/2 avocado with your mayo or yogurt. Add salt, pepper, onion powder, Splash of lime juice, and mix again. You can either toss your cabbage in the Avocado Crema sauce or add it on top of the tacos. Both ways are delish. If

you are not adding the Avocado Crema Sauce to the cabbage, just Salt and pepper the slaw to taste before filling tacos.

**Now layer your tacos!**

Warm Tortilla, cabbage slaw, Baja fish, and pineapple relish to top! Extra cilantro and chopped green onion to garnish.

Salt/Pepper to taste. Optional red pepper flakes or spicy pepper of choice to top!

**NOTES**

These make 3-4 regular size tacos. Or 6 street size tacos. If you want to double the recipe, you don't need to double the relish, just the fish and slaw.

This relish is also great on chicken or pork!

# Lemon Herb Socca Pizza (Farinata Recipe)

PREP TIME: 10

COOK TIME: 10

YIELD: 4

## DESCRIPTION

Lemon Herb Socca Pizza! A vegetarian Farinata Recipe that's zippy, zesty, and delicious. Perfect to serve as an appetizer, flatbread, or light meatless meal. Grain free with vegan option.

## INGREDIENTS

- 1 1/4 cup chickpea flour, also known as garbanzo bean flour ([Bob's Redmill](#))
- 1 1/4 cup cold water
- 1/4 tsp sea salt and pepper each (to taste)
- 2 tbsp extra-virgin olive oil or avocado oil, plus more for the pan
- Optional minced garlic (for the garlic lovers. 1/2 to 1 tsp)
- 1/2 to 1 tsp [seasoning](#) of choice (optional).
- 10 to 14 inch Pan to heat in oven. The wider the pan, the thinner the crust. (Cast iron works great)

## SOCCA PIZZA (Chickpea Flatbread) TOPPINGS

- 2 tbsp pesto or vegan [homemade pesto](#)
- Handful of arugula leaves
- Smoked or buffalo style mozzarella. 4-6 ounces sliced around 1/4 to 1/2 in thick. See notes for vegan option.
- Sliced lemon
- Pinch of fresh tarragon or oregano leaves (extra for garnish)
- Handful of basil leaves
- Sea Salt/Pepper to taste
- Extra peppercorns, [seasoning](#), and herbs to top.
- Drizzle with extra olive oil before serving if desired.

## INSTRUCTIONS

1. Mix your chickpea (garbanzo bean) flour, 2 tbsp olive oil, water, and seasonings together in a bowl. Whisk until smooth. It's best to let it sit for 15-20 minutes at room temperature.
2. While the batter is sitting, preheat oven to broil. Place your pan in the oven to heat for 10 minutes.
3. While the pan is preheating, prep your topping. Slice the lemon, mozzarella (or cheese of choice), and tear or loosely cut herbs. Set aside.
4. After 10 minutes in the oven, use gloves to remove pan. Add 1 tbsp of oil to the pan and swirl it around to coat pan.
5. Gently pour in chickpea/socca batter. Tilt pan so the batter fills and is even.
6. Turn oven down to 425F and place pan back in oven for 5- 8 minutes depending on your oven. Just until the batter is set. If you are using a pan larger in diameter (12-15 inches) the socca crust will cook faster and come out thinner. Be sure to check at 5 minutes for progress. Remove from oven.
7. Spread pesto sauce on top. Then add about 3- 4 slices of cheese (around 3-4 ounces), arugula (or greens of choice). Place your thinly sliced lemon (no seeds) on top of the cheese.
8. Next add a couple extra thin slices of your cheese on top the lemon. Tuck a few fresh herbs; basil and or oregano/tarragon around the cheese and lemon slices. Salt and pepper to taste. **See notes for vegan option.**
9. Place back in oven for 10-15 minutes until cheese is melted and the socca bread is crispy and brown on outside. Broil for 2-3 minutes if you want extra crispy and chewy flatbread (farinata).
10. Remove from the oven. You should be able to slide or use a spatula to place the pizza crust onto a stone or heat safe surface to cool.
11. Finally, top with extra herbs, peppercorn, and everything seasoning of choice.
12. Drizzle a little of olive oil on top before slicing and serving.

## NOTES

Depending on the size of your pan, this socca serves about 3-5 people. A cast iron pan works well for making socca. The larger the pan, the thinner the crust.

**Vegan option**– Omit cheese and use my [vegan pesto recipe](#) with [Bob's Redmill nutritional yeast](#) on top. Or feel free to use a meltable vegan cheese.

# Coconut Rice and Watermelon Salad Bowls

PREP TIME: 10 MIN

COOK TIME: 15 MIN

YIELD: 2

## INGREDIENTS

- 1 cup jasmine rice
- 1 cup chopped watermelon
- 1/2 cup coconut cream (can also use condensed milk)
- 1/3 cup raisins or dried blueberries
- 1/2 cup chopped basil or mint
- 1/4 cup honey
- \*coconut oil
- Dash of salt

## INSTRUCTIONS

1. First prepare your rice. Cook according to directions. Usually 1:2 ratio of rice to water. Drain, stir in 1 tbsp coconut oil and a dash of salt. Let it cool in fridge.
2. While the rice is cooling, chopped your herbs and watermelon. Once rice is cooled, stir in the coconut cream and honey.
3. spoon rice into 2 -3 bowls and top with raisins, watermelon, herbs, and more honey/coconut cream.
4. Enjoy!
5. Keeps well in fridge overnight too!

# Asian Inspired Zoodle Flu Buster Soup

PREP TIME: 5 MIN

COOK TIME: 15 MIN

YIELD: 3-4

## DESCRIPTION

Quick Asian Zoodle Flu Buster Soup! A paleo zucchini noodle soup rich in anti-inflammatory properties. Soothing, delicious, nutritious. Vegetarian and Vegan options!

## INGREDIENTS

- 2 zucchini spiralizer about 1 pound or 3/4 lb. pressed to remove water
- 1 tablespoon of sesame oil
- 1 tbsp fresh grated ginger
- 1 tsp minced garlic
- 1 tsp cumin
- 1/2 tsp anise seed
- 1/2 tsp crushed fennel seed
- Pinch of five spice or cinnamon
- Pinch of kosher salt
- Pinch of black Pepper
- 24 ounces vegetable or chicken broth
- 1 tbsp fish sauce or Tamari sauce (gluten free soy sauce)
- Optional 0 1 tbsp asian chili sauce
- 2 – 2 1/2 cups shredded or chopped red or purple cabbage (extra for topping)
- 1 tsp lime juice

## Toppings and Garnishes :

- 3 -4 Eggs fried or scrambled (for plating)
- Sliced jalapeño or Thai red Pepper (both work and are delicious)
- handful of chopped Cilantro or thai basil (to garnish)
- 1-2 green onion stalks. Diced green portion
- 1 Lime (cut into wedges)

- Sesame seeds to garnish.
- Crushed salted nuts (cashews, almonds, or peanuts work great).
- sea salt and Black pepper to taste

## INSTRUCTIONS

1. First, clean your zucchini and either spiralize or julienne cut. Press the zucchini between 2 paper towels and remove excess water. Place in a bowl for later.
2. In a medium sauce pan, heat the sesame over medium heat, add in your shallots, garlic, ginger and stir fry until lightly browned. About 1- 2 minutes.
3. While that is browning, crush your fennel seeds. I did this with back of a knife. You just want to crush the fennel seeds to extract more of the flavor.
4. Add in the crushed seeds, cumin, anise, 5 spice, salt , broth, pepper and salt. Bring to a boil, stirring occasionally.
5. Mix in your fish sauce and optional chili sauce.
6. Next, add in chopped cabbage and simmer until the softened, about 2 to 3 minutes.
7. Add the zoodles, and bring to a quick boil again. Then reduce to low and simmer for another 2 minutes or until everything is cooked though and the broth is to your liking.
8. If you are adding egg as topping, do so now. Quickly scramble an egg in a small skillet or fry in 2 tsp oil.
9. Spoon soup into soup bowls and top with extra crunchy raw cabbage and cooked egg.
10. Garnish with sliced jalapeño or Thai red peppers, chopped cilantro, diced green onion, lime wedge, sesame seeds, crushed nuts, sea salt and black pepper.

## NOTES

Feel free to try this with any spiralize vegetable, just check for doneness when you add the noodles to the broth. Some vegetable take longer to cook.

**Vegan option** – Use Tamari sauce instead of fish sauce and omit Egg. You can replace egg with cooked sprouted tofu, chickpeas, or even tempeh.

# Rosemary Citrus One Pan Baked Salmon {Paleo}

PREP TIME: 5 MINUTES

COOK TIME: 12 TO 15 MINUTES

YIELD: 3

## DESCRIPTION

*This Rosemary Citrus Baked salmon is a healthy one pan meal ready in 20 minutes. Whole 30 and paleo friendly.*

## INGREDIENTS

- 1/3 c olive oil
- Pinch of ground pepper
- 2 tbsp fresh orange juice
- 2 tbsp fresh rosemary, plus 1-2 extra sprigs to garnish ( See notes for dried rosemary option)
- 1 tbsp Lemon juice
- 1/2 tsp garlic minced
- 1/4 tsp of grated dried orange peel (divided)
- Kosher salt or fine sea salt to taste
- 1 bunch thin asparagus (trimmed) (Or other vegetable of choice)
- Olive oil or melted butter to drizzle
- 10-12 ounces sockeye salmon (whole fillet or around 3 fillets)
- Thinly sliced Orange (5-6)
- Optional 1/4 tsp lemon pepper to
- Additional Salt/pepper to taste – after baking

## INSTRUCTIONS

1. Preheat oven to 400F.
2. Whisk together orange juice, lemon, 2 tbsp rosemary, 1/4 to 1/3 cup olive oil, pinch of salt, pepper, 1/4 tsp orange peel and garlic. Set aside.
3. Next Layer your dish.
4. First add your trimmed asparagus (or other vegetable of choice) and drizzle with olive oil or butter. Add a pinch (1/4 tsp or so) of lemon pepper seasoning.
5. Place your salmon (skin side down) on between the asparagus spears.

6. Drizzle the orange rosemary marinade on top of the salmon.
7. Add thin orange slices on top of the salmon and on top of the asparagus.
8. Place 2 to 2 fresh sprigs of rosemary evenly on top of the salmon and around the pan.
9. Sprinkle a bit more orange peel, pepper, and kosher salt on top of the salmon veggie bake.
10. Bake at 400F for 12-15 minutes or until salmon is not longer opaque in the middle.

## NOTES

Feel free to use green beans or broccoli instead of asparagus.  
If you don't have fresh asparagus, you may use 1 tbsp dried rosemary.

This dish calls for 1 salmon fillet that's 12 ounces, or you may use three 4 ounce fillets.

For wild caught sockeye salmon fillets, we use [sizzlefish](#).

# Detox Superfood Broccoli Salad

PREP TIME: 5

COOK TIME: 25

YIELD: 3-4

## DESCRIPTION

*Mayo free broccoli salad that's not only delicious, but packed full of nourishing ingredients! A loaded salad with detoxifying veggies like broccoli, spinach, and blueberries tossed in a light and tangy olive oil yogurt sauce.*

## INGREDIENTS

- 1 lb broccoli florets
- 2 tsp to 3 tsp coconut oil or avocado oil
- Optional 1/2 tsp everything seasoning of choice (dried herbs, red pepper, etc.)
- 1/3 c to 1/2 c cultured plain yogurt or kefir yogurt (see notes for doubling sauce)
- 2 tsp red wine vinegar
- 1 garlic clove or 1/2 tsp minced
- Kosher Salt and Black pepper to taste
- 1/2 to 1 tbsp olive oil
- 1 tsp Lemon juice
- 1/2 c diced red onion or shallot
- 1 cup blueberries
- 1/4 cup roasted sunflower seeds
- 2 cups spinach leaves
- Fresh Cilantro or Parsley to garnish
- Peppercorns or fresh pepper and optional red pepper flakes.

## INSTRUCTIONS

1. Optional method – Roast 1/2 lb of broccoli in oil for extra flavor.
2. Preheat oven to 425F.
3. Toss half the broccoli florets (around 2 cups) in 2-3 tsp oil and seasoning of choice. Place on baking sheet and place in oven to roast for 20-25 minutes.

4. Place the other 1/2 lbs broccoli florets in a large mixing bowl. If you don't want to roast half, just toss all raw broccoli florets in a large bowl.
5. While broccoli is cooking, make your yogurt sauce (see notes for extra creamy sauce).

#### *FOR YOGURT SAUCE:*

1. Mix the yogurt, vinegar, garlic, salt/pepper, olive oil, lemon juice, and onion in a small bowl. Set aside.

#### *BROCCOLI SALAD*

1. Place roasted broccoli and raw broccoli in one bowl. Mix in your blueberries, sunflower seeds, and spinach. Toss all together.
2. Next spoon your yogurt sauce over the broccoli and blueberry spinach salad. Toss all together.
3. Garnish with extra herbs (Cilantro or Parsley), peppercorn or pepper, and a pinch of red pepper if desired.

#### **NOTES**

For **vegan** option, substitute yogurt with non dairy yogurt or hummus.

If you want this salad to be extra creamy, feel free to double the yogurt sauce.

## ANTI-INFLAMMATORY DIET DRINKS + SNACKS

# Homemade Fruit Kvass with Mint

PREP TIME: 3 TO 7 DAYS

YIELD: 4

## DESCRIPTION

***This homemade Fruit kvass with blackberry lime and mint is a gluten free version of a popular Russian fermented drink.*** Loaded with probiotics, it's a refreshing, tangy, bubbly drink that you can make right at home.

## INGREDIENTS

- Quart size mason jars
- 1.5 to 2 cups mixed berries (blueberries, raspberries, blackberries)
- 1 tbsp raw honey
- 1/2 tsp sea salt (use less if you have culture starter)
- 4 c purified water
- Half a lime, sliced
- 4 mint leaves
- Optional but **recommended for quick fermentation**—> 1/4 c or less kombucha or brine from previous fermented source (i.e or kefir water). You can also use a whey, probiotic, or culture starter. ([Culture started](#), [Source and tips](#))

## INSTRUCTIONS

1. Clean and sterilize your mason jars.
2. Divide your ingredients into 2 quart size mason jars, or one larger mason jar. **Add mint leaves last**, 2 in each Jar.
3. Cover with purified water and shake it up to mix the honey, mint, and berries together.
4. Seal jar with lid let it sit on the counter for 2-7 days. I let it sit for 5 days.
5. When you start to see bubbles (usually after 1 day) release the lid and let a little air out so it won't get over carbonated. If you don't see any bubbles, just keep it sealed until the 2nd day.

6. When your fruit looks cooked and your brew is bubbly, open lid and strain out the fruit. Place liquid in a seal proof bottle. This is your kvass.
7. Leave the fruit kvass liquid sealed in an airtight bottle on the counter for another 1-3 days to build up more carbonation, or just feel free to go ahead and keep in fridge.
8. Add more mint leaves and/or berries before serving, if desired. it in the fridge and enjoy!

## NOTES

The longer it ferments, the less sweet it gets. Taste kvass after 2-3 days on counter.

If you are using a culture starter, you cut the salt in half or not use at all.

# Homemade Vegan Ranch Dressing & Snack Platter

PREP TIME: 5

YIELD: 11

## DESCRIPTION

Quick Homemade Vegan ranch dressing (aka “Rancher’s Dressing”) is a tasty dressing that can be slathered on salad, served as a veggie dip, or dunked in your favorite spicy foods. Vegan and paleo, this creamy dairy-free ranch dressing is made from blended cashews, nut milk, herbs, and oil.

Adapted from Eat Dairy Free Cookbook

## INGREDIENTS

- 1/3 cup cashews (raw or dry roasted)
- ¾ cup unsweetened plain dairy-free milk beverage, plus additional as needed (I used almond milk)
- ½ cup olive oil, avocado oil, or grapeseed oil
- 4 teaspoons lemon juice
- 2 teaspoons apple cider vinegar
- Optional 1 teaspoon maple syrup or honey if not vegan (can substitute agave nectar) – **Omit for Whole 30 option**
- 1 teaspoon sea salt
- ½ teaspoon ground mustard
- ½ teaspoon onion powder
- ¼ to ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- 2 teaspoons dried parsley or 1/4 cup chopped fresh parsley (I used fresh)

### For the platter:

- Vegetables of choice, sliced. Ex: Carrots, celery, broccoli, grape tomatoes, etc.
- Herbs and lemon slices to garnish
- Optional gluten free or paleo friendly crackers

## INSTRUCTIONS

1. Put the cashews in your spice grinder or small food processor and whiz until powdered, about 30 to 60 seconds.
2. Put the cashew powder, milk beverage, oil, lemon juice, vinegar, honey or maple syrup, salt, mustard, onion powder, garlic powder, and pepper in your blender and blend for 2 minutes. It should emulsify and thicken slightly. Stir in the parsley.
3. Pour the dressing into an airtight bottle or container, cover, and refrigerator for at least 30 minutes to thicken and let the flavors develop.
4. Store in the refrigerator for up to 1 week. Shake or whisk the dressing before each use. Makes 1 1/2 cups.

### **Arrange your snack platter:**

Place 1/2 cup to 2/3 cup of vegan ranch in a small bowl. Place on large serving plate and then add fresh vegetables and/or crackers around it.

Garnish with lemon slices and herbs. Cracked pepper on top of ranch if desired.

**See notes for Nut Free option.**

## NOTES

### **Nut-Free Option:**

Substitute sunflower seeds for the cashews. The seeds have a more pronounced flavor and produce a thinner result but still make for a delightful dressing.

# Maple Sesame Quinoa Bars

PREP TIME: 10

COOK TIME: 5

YIELD: 13-16 SQUARE BARS

## DESCRIPTION

Maple Sesame Quinoa Bars {Vegan, Gluten Free, Nut Free Option}

## INGREDIENTS

- 1/4 cup sesame seeds (toasted)
- 1/3 cup pumpkin seeds
- 1 cup gluten free rolled oats
- 3 cups cooked quinoa (see notes)
- 1 tsp cinnamon
- 1/3 cup unsweetened shredded coconut
- 7 tbsp coconut oil (solid), butter, or vegan butter (chopped)
- 1/3 cup maple syrup
- 1/3 to 1/2 cup sunflower seed butter for nut free option (or creamy peanut butter or almond butter)
- 1/3 cup coconut sugar
- 1 tsp vanilla
- For the shell topping:
  - 1/2 c sunflower seed butter or nut butter of choice.
  - 1/4 c coconut oil
  - pinch of cinnamon

## INSTRUCTIONS

Preheat oven to 350°F. Line a 8×11 pan with parchment paper. Set aside (see notes for pan size options)

Place sesame seeds on baking sheet and toast in oven for about 5 minutes or until toasted lightly.

Next combine your dry ingredients. Place cooked quinoa, [gluten free oats](#), sesame seeds, pumpkin seeds, cinnamon, coconut, cooked quinoa, and in a large bowl. Mix all together. Set aside.

Place butter (or coconut oil), maple syrup, sunflower seed butter or nut butter of choice, coconut sugar, and vanilla in a small saucepan and cook over medium heat until butter and nut butter are melted. Then turn heat to a quick boil for 1 minute. Reduce and simmer for 5 minutes until mix is thickened, stirring often. Pour this nut/seed sugar mixture into dry ingredients. Mix all together and then press firmly into pan; Place in refrigerator to set, covered.

While bars are setting. Make your [sunflower seed butter](#) (or almond butter) shell. You don't have to use all of the shell coating if you prefer to make these bars less dense. In a small sauce pan, mix together the 1/2 c sunflower seed butter (or nut butter), coconut oil, and 1 tsp cinnamon on medium heat until melted.

Pour this mix over your pan of bars and place back in refrigerator or freezer until set.

Once set, slice bars and wrap each one in foil or wax paper to hold. Store in fridge or freezer.

## NOTES

If you want thicker bars, use a 9x9 or 8x8 square pan.

If you don't need the nut free option, you can use any creamy nut butter of choice for the batter and shell coating.

Be sure to have cooked quinoa that's fluffy and dried out a little before using. If quinoa is too moist it will not set.

For the coating: You don't have to use all of the shell coating if you prefer to make these bars less dense.