

Clean Eating Meal Plan

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Healthy Gluten Free Recipes One Bite at a Time!



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Paleo Warm Breakfast Salad

Prep Time: 10 min

Cook Time: 10 min

Total Time: 20 minutes Yield: 4

DESCRIPTION

Paleo Warm Breakfast Salad

INGREDIENTS

- 1 1/3 cup chopped peeled butternut squash
 - 1/3 c chopped red onion or shallot
 - 1 1/2 tbsp olive oil or butter (divided)
 - 12 ounces broccoli cole slaw salad mix
 - 1 tbsp balsamic vinegar
 - 1 tbsp water
 - 1/4 tsp minced garlic or one garlic clove minced
 - 1/4 tsp or more sea salt and black pepper each (to taste)
 - 1/3 cup blueberries
 - 4 eggs
 - red pepper flakes and cilantro to garnish
 - 1 avocado (sliced)
 - roasted pumpkin seeds (optional)
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INSTRUCTIONS

1. First peel and chop your veggies. Slice your avocado if you don't want to wait till the end.
2. Place chopped squash in steamer on in microwave safe dish with 1 tbsp water. Steam for 2 -2.5 minutes or more. Depends on microwave power. Cook until tender but not mushy. Alternatively, roast squash on baking sheet at 425F for 15-20 minutes.
3. Remove, drain water, set aside.
4. In a small skillet, place 1 tbsp butter or oil.
5. Heat on medium high and add your onions.
6. Fry for 2 minutes or until onions start to brown a bit.
7. Next add in your slaw, garlic, salt/pepper, 1 tbsp water, and balsamic vinegar.
8. Mix all together in skillet.
9. Cover and let cook on medium for about 2-3 minutes.
10. Slaw will be slightly tender but not fully cooked.
11. Remove and place in bowl.

12. Add your squash and 1/3 cup berries to the bowl and toss.
13. Next fry your eggs in the same skillet.
14. Add another 1/2 tbsp of butter or oil on medium high heat.
15. Fry until crispy on outside and yolk is orange and set. 3- 4 minutes or less depending on how you like your yolk.
16. Scoop slaw onto 3-4 plates or bowls.
17. Place fried egg on top of each.
18. Garnish with red pepper, 1 tbsp pumpkin seeds, cilantro, and any extra salt/pepper.
19. Add sliced avocado on the side.

OPTIONAL – NOT PALEO BUT FEEL FREE TO ADD IN FETA OR GOAT CHEESE CRUMBLES.

Marinated Carrot Celeriac Spiralized Salad {Vegan, Paleo}

Prep Time: 10 min

Cook Time: 1 min

Total Time: 11 minutes

Yield: 2

DESCRIPTION

A Vegan and Paleo friendly spiralized salad tossed in a light olive oil mustard dressing. SEE NOTES for options if you don't have a spiralizer.

INGREDIENTS

- 2 large carrots (peeled)
 - 1 medium celery root/celeriac bulb (peeled) – See notes for alternative vegetables
 - 2 tbsp dijon mustard
 - 2 tbsp olive oil
 - 1 tbsp apple cider vinegar (or red wine vinegar)
 - 1 tsp honey or agave nectar (maple syrup is fine too. It's just for a sweetener) – omit for whole 30
 - 1/2 of a lime (juiced)
 - 1/2 tsp black pepper
 - 1/2 tsp sea salt
 - 3 tbsp or more of roasted pumpkin seeds
 - 2–3 tbsp chopped parsley
-

INSTRUCTIONS

1. First clean your vegetables. Cut off the tops to both carrot and the celeriac.
2. Peel with a peeler.
3. Place in spiralizer and spiral all your vegetables. If you don't have a spiralizer, you can just use a grater or julienne cut.
4. Place noodles in bowl and add in all your ingredients minus the parsley and seeds.
5. Toss the noodles with the marinade and let it sit in the fridge for 20-30 minutes.
6. Once it's marinated in fridge, remove and add your parsley and pumpkin seeds.
7. Serve immediately or keep in fridge for later.

NOTES

Don't have spiralizer? Simply julienne cut the vegetables.

Don't have celeriac available? No problem! Try turnips, Jicama, or Daikon radish.

Za'atar Chicken Bowls with Tomato and Cucumber Raita (Paleo Meal Prep)

Prep Time: 30 min

Cook Time: 30 min

Total Time: 1 hour

Yield: 4 servings

DESCRIPTION

This paleo meal prep recipe for Za'atar Chicken with Cucumber Raita makes a paleo dinner that's packed with flavor and anti-inflammatory benefits! It's easy to make and so delicious!

INGREDIENTS

ZA'ATAR SPICE BLEND:

- 2 Tbsp fresh thyme, minced
- 2 Tbsp sesame seeds, toasted
- 2 tsp ground sumac
- 1 tsp ground cumin
- ½ tsp coarse salt

CHICKEN:

- 1 lb boneless skinless chicken breasts
- 2 Tbsp olive oil
- 1½ Tbsp Za'atar Spice Blend (or more if desired)
- ¼ tsp sea salt

KEFIR CUCUMBER RAITA:

- 1 cup kefir or coconut milk yogurt (I like goat milk kefir)
- 1 cup cucumber, peeled, seeded, and finely chopped
- 1 Tbsp fresh mint, finely chopped
- 1 1/2 Tbsp fresh dill, loosely packed, finely chopped
- ¼ tsp sea salt (optional)

FOR SERVING:

- Baby arugula
- cucumber slices
- cherry tomato slices

INSTRUCTIONS

PREPARE THE ZA'ATAR SPICE BLEND:

1. Note: You will have more za'atar spice blend than you need for this recipe, which you can save for future cooking endeavors—it's great on fish, beef, and pork.
2. Stir together the ingredients for the za'atar spice blend in a small bowl.

PREPARE THE ZA'ATAR CHICKEN:

1. Place the chicken in a Ziploc bag or sealable container and drizzle with olive oil. Sprinkle with 1½ Tbsp (or more, if desired) of the za'atar spice blend and sea salt.
2. Seal the bag and shake until the chicken is well-coated in spices and oil. Refrigerate and allow the chicken to marinate at least 15 minutes or up to 12 hours.
3. Preheat the oven to 375 degrees F.
4. Place chicken in a casserole dish in a single layer, allowing space between each breast for even cooking. Bake chicken 25 to 35 minutes, or until the internal temperature reaches 163 degrees. Transfer chicken to a cutting board and allow it to rest 5 to 10 minutes before slicing.

PREPARE THE KEFIR CUCUMBER RAITA:

1. Stir together the ingredients for the raita in a bowl until combined. Optional: taste and add sea salt if it needs more flavor.
2. Refrigerate until ready to use.

ASSEMBLE THE BOWLS:

1. Add the desired amount of baby arugula to each bowl or plate, top with za'atar chicken, cucumber and tomato, and kefir cucumber raita.

NOTES

1. You will have more za'atar spice blend than you need for this recipe, which you can save for future cooking endeavors—it's great on fish, beef, and pork.

RECIPE ADAPTATIONS

- If you can't find kefir: replace kefir with regular Greek yogurt.
- If you are intolerant to dairy, replace kefir with coconut milk yogurt (make sure that there is no added sugar).

PALEO MEAL PREP TIPS:

- Prepare the chicken up to 3 days ahead of time.
- Make the kefir cucumber raita up to 3 days ahead of time.
- Cook the rice up to 5 days ahead of time.

Detoxifying Super Green Smoothie

Prep Time: 5 min

Cook Time: 1 min

Total Time: 6 minutes *Yield:* 2

DESCRIPTION

Detoxifying Super Green Smoothie with Kiwi and Celery Juice {Paleo, Vegan}

INGREDIENTS

- 2 kiwis (peeled)
 - 1 lime (juiced)
 - 1 lemon (juiced)
 - 6 ounces fresh celery juice or unsweetened coconut water (5 to 6 large celery stalks juiced)
 - 4 oz fresh squeezed orange juice
 - 1 sprig of parsley
 - 1/2 tsp ground ginger
 - Pinch of sea salt
 - Optional – Small handful of baby spinach (for better digestion, slightly steam beforehand)
 - Optional – 1 tbsp chia seed or 2 tbsp vegan protein
 - Optional 1 tsp maple syrup or honey
-

INSTRUCTIONS

1. Blend and serve! Ice is optional.

NOTES

- You can also use 1-2 tbsp of vegan protein or 1 tbsp chia seed if you'd like to boost protein it.
- **Nutrition below** based on using celery juice and no added protein or sweeteners.
- [Hurom slow Juicer](#) is our juicer of choice

Asian Southwest Fusion Easy Kimchi Recipe

Prep Time: 2 hr

Total Time: 2 hr

Yield: 2 cups

DESCRIPTION

This EASY kimchi recipe has a fusion of Asian and Southwest flavors. A spicy, tangy, and oh, so delicious homemade kimchi! A vegan-friendly, paleo, healthy side dish and the BEST kimchi I've ever tasted!

INGREDIENTS

For the Veggie Base:

- 1 head of Napa cabbage (Asian)
- 1 tbsp kosher salt (see notes for uses)
- 2–3 tsp sugar (sugar ferments/dissolves which makes it paleo friendly)

FUSION INGREDIENTS AND ASIAN SPICES TO BLEND:

- 2 roasted red peppers (can be from a jar) or few tbsp of other pepper (green chiles, jalapeno, etc).
 - 2 – 4 tbsp Korean chili powder (or chili pepper flakes if you can't find the Korean). Although the taste and spice will be different. See notes for a less spicy version.
 - 1/4 cup red onion
 - 2 tbsp fish sauce (or rice vinegar/GF tamari sauce if vegan)
 - 5 garlic cloves peeled
 - 1–2 tsp fresh grated ginger
 - 1 spring onion – chopped (do not blend, but mix in before sealing)
 - You will also need a large bowl and sterile canning jars.
-

INSTRUCTIONS

1. Cut the cabbage vertically. Trim the end. The cut into 3 or four more sections.
2. Soak cabbage in sugar/salt mixture to brine. If you are using coarse sea salt, you might want to add a little extra salt.
3. Cover in a bowl and set aside. Let sit at room temperature until cabbage is wilted, at least 2 hours and up to 12. It should release about 1/4 to 1/2 cup liquid.
4. Reserve 1–2 tbsp brine liquid from soak (at the bottom of the bowl).
5. Next gently rinse off your cabbage with purified water. You will want to wash off the majority of the salt, but not all of it. you need enough salt for the fermentation
6. Squeeze the cabbage over a bowl to get extra juice.

7. Place cabbage, juice, and 1-2 tbsp brine in a bowl.
8. Next, blend your fusion ingredients (spices, peppers, paste). Use a food processor or blender. Keep the green onion for later. Do not blend that.
9. Mix blended spices/sauce with cabbage and juice/brine in a large bowl. I use my hands to coat it. Mix in the green onion last.
10. Pack the mixture and all leftover juice/reserve in a large mason jar or 2 small jars.
11. Seal jar tightly and place in a dark area at room temperature for 2-5 days. Check at 2 days and taste to see if it's to your liking.
12. You can eat it right away or place in the fridge to ferment for a few more days. Then check it around day 7.
13. Store in the fridge for 3-4 weeks. **I found it tasted best after 4-5 days at 77F. Then I placed it in the fridge for one more day. Enjoyed it all the following week.**

NOTES

Important Note:

Each batch will probably taste a little different depending on how long you ferment and the amount and type of peppers/spices/salt you use. Test it out a few ways to find your favorite ingredient combo and amount.

- If you don't want the kimchi to be super spicy, use less chili powder. Use more for extra spicy! Same goes with the salt, rinse off more if desired, but the flavor will be less potent.
- Here's the [Korean chili powder](#) I used. Or you can sub with chili pepper flakes. You can also use a different pepper. The mild kind.

Toasted Pine Nut and Leek Quinoa Salad Recipe

Prep Time: 10 min

Cook Time: 30 min

Total Time: 40 minutes

Yield: 4-6

DESCRIPTION

Toasted Pine Nut and Leek Quinoa Salad Recipe. Easy to make, gluten free, vegetarian, dairy free.

INGREDIENTS

- 3/4 cup to 1 cup uncooked quinoa
 - water or broth
 - 1/2 tsp kosher salt (divided)
 - 1/4 tsp black pepper
 - 2/3 cup thinly diced/chopped leeks (root portion)
 - 1/3 to 1/2 cup chopped shallot or onion
 - 1/3 cup pine nuts
 - 2 tsp honey (use agave nectar for vegan options)
 - cracked pepper (to taste)
 - 2–3 tbsp olive oil (divided)
 - 1/4 tsp minced garlic
 - 1 lemon (1-2 tbsp juice)
-

INSTRUCTIONS

1. First rinse your quinoa. Add 1 cup quinoa, 1/4 tsp salt, and you need about 2 cups liquid. Bring liquid to a boil with quinoa, then reduce heat to medium low and cover for 20 minutes or until fluffy. Set aside.
2. Preheat oven to 400F. In a small bowl, combine your chopped leeks (the roots), onion, pine nuts, honey, salt, pepper, and 1- 2 tbsp olive oil. Toss and then lay it flat on a baking sheet with parchment paper. Spread evenly across paper.
3. Roast/toast for 5 to 6 minutes. Remove, toss the pine nuts and then return to oven for another 4 -5 minutes or a total of 10 -12 minutes.
4. Remove from oven and combine (in a large bowl) cooked quinoa with honey toasted mixture.
5. Mix in your minced garlic, cracked pepper, 1/2 tbsp more olive oil, and 1- 2 tbsp of fresh lemon juice.
6. Season with flaked sea salt or coarse sea salt and serve.
7. Store in airtight container in fridge for up to 4 -5 days.

NOTES

- For vegan option, omit honey.
- To boost protein or serve as a main meal, pair quinoa salad with chicken breast, fish, or plant based protein of choice.

Miso Mango Chicken Salad Cabbage Wraps {No Mayo}

Prep Time: 15 minutes

Total Time: 15 minutes

Yield: 8 wraps

DESCRIPTION

Cabbage wraps are the perfect light low carb lunch that's easy to make! A mango chicken salad that's mayo free, paleo friendly, and flavorful! A perfectly handy lunch or light dinner!

INGREDIENTS

- 3 cup cooked chicken (roasted chicken without skin or skinless chicken breast)
 - 1 cup diced peeled mango
 - 2 green onions – stems cut off
 - 2 tsp white miso paste (you can use miso soup paste)
 - 1/2 tsp minced garlic (1 clove)
 - 1/4 c or less coconut milk
 - 1/4 tsp Salt/pepper or to taste
 - 1 tbsp honey
 - Optional handful of Cilantro
 - 2 –3 tsp sesame oil or olive oil
 - 1 tbsp Fresh lime or Orange juiced 1 tbsp
 - handful of diced cherry tomatoes or grape tomatoes
 - 1 bunch watercress for stuffing wraps.
 - 7–8 Napa cabbage leaves (about 1/4 of a large Napa cabbage)
-

INSTRUCTIONS

1. Cut your chicken into smaller pieces or shred. Peel and dice your mango.
2. Mix in food processor (or by hand): 1 cup of chicken and then your onion, miso, coconut milk, garlic, salt, pepper, lime juice, and cilantro. Pulse or mix by hand. Then add in the remaining 2 cups of chicken, mixing between adding each cup. Add your mango and oil and mix again. Taste to see if it needs more salt/pepper/ miso seasoning.
3. Next cut the end off the cabbage leaves. Place 7-8 Napa cabbage leaves in microwave for 30 seconds to soften.
4. Place 1/4 cup of the miso mango chicken salad into each cabbage leaf. Add a small handful of watercress. Wrap it up starting from the bottom and folding sides while wrapping it up. Repeat filling each cabbage wrap until you used all the Mango chicken Salad.

NOTES

- Chicken salad should last in fridge for up to 3-5 days. Easy, portable, and can be made **paleo/whole 30 friendly** if you use coconut aminos instead of miso paste.
- Consider 2 wraps as a lunch or 3 wraps as a dinner.

Pickled Pineapple Baja Fish Tacos

Prep Time: 40 min

Cook Time: 10 min

Total Time: 50 minutes

Yield: 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

MAKE PICKLED PINEAPPLE RELISH

1. In a small sauce pan, bring your pickling ingredients; (Apple cider vinegar, water, sugar, ground mustard, paprika, salt/pepper, and fennel seed) to a boil.
2. Add the pineapple chunks to the pot and toss, coating it evenly. If you are wanting to add optional red onion, do so here.
3. 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.
4. 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 covered in fridge for up to 5 days

FOR THE BAJA FISH TACOS

1. Clean your fish fillets then dice into small pieces.
2. 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.
3. 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.
4. After you cook the fish, quickly make your slaw with Avocado Cream (Crema)

FOR AVOCADO CREMA

1. Blend together 1/2 avocado with 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!

1. Warm tortilla, cabbage slaw, Baja fish, and pineapple relish on top! Extra cilantro and chopped green onion to garnish.
2. 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!

Turmeric Oven Scrambled Eggs – Healthy Meal Prep

Prep Time: 5 min

Cook Time: 15 min

Total Time: 20 minutes

Yield: 5-6

DESCRIPTION

Kick Start your day with this anti-inflammatory breakfast recipe for Turmeric Oven Scrambled Eggs.

INGREDIENTS

- 8 -10 large eggs
 - 1/2 c unsweetened almond milk or non-dairy milk of choice
 - 1/2 to 1 tsp turmeric powder
 - 1/4 tsp black pepper and kosher salt each
 - Pinch (1/4 tsp or so) of cumin
 - Small sheet pan 18" x 26" with at least 2 inches in height to prevent eggs from not spilling or 9x13 baking dish
 - Optional toppings – Cilantro, avocado, salsa, cheese, etc.
-

INSTRUCTIONS

1. Preheat oven to 350 F.
2. Whisk eggs, milk, turmeric and other spices together in a larger bowl. Gently pour egg batter on an oiled sheet pan (or in large casserole dish).
3. Place in oven for 10-12 minutes or until eggs have started to set. Remove or gently pull the out the oven rack, stir eggs on the sheet pan with wooden spatula, then slide back in oven.
4. Place sheet pan back in oven for about 8 – 10 minutes or until eggs are set and semi soft for scramble eggs, to your liking. Remove from oven stir again with spatula.
5. Serve hot with toppings, like peppers and cilantro. Or store in airtight container for up to 4 days.
6. ***Alternatively**, you can bake the eggs for 15-17 minutes without scrambling and then slice into baked eggs squares.
7. **Optional toppings** – cilantro, peppers, avocado, salsa, etc.

NOTES

- To clean the Turmeric off the pan, simple soak in baking soda or bar keepers solution. It comes off very easy and should be simple to clean if you greased or oiled the pan prior.

Vegan Latte Overnight Chia Pudding

Prep Time: 4 hours

Total Time: 4 hours

Yield: 2 servings

DESCRIPTION

Delicious and healthy overnight chia pudding packed with plant based protein and a kick of caffeine/coffee. This protein pudding makes for a nutrient dense breakfast that's naturally gluten free and easy to make ahead!

Want to make it a vegan mocha? Use chocolate coconut milk or add in dark chocolate chips.

INGREDIENTS

- 6– 8 oz vanilla coconut drinking milk or almond milk
 - 2/3 cup chia seeds (I use ground chia)
 - 1 scoop Vanilla Vegan Protein {I used Vega One Vanilla}
 - 3–6 oz brewed coffee or espresso (brewed in water or almond/coconut milk) Extra for topping
 - 1/4 tsp vanilla extract
 - 1 ripe Banana
 - Optional maple syrup or vegan caramel syrup (see notes for recipe)
 - Optional gluten free granola topping.
-

INSTRUCTIONS

1. First, blend your protein, banana, and milk together. Set aside.
2. Make a 4-6oz cup of coffee with instant espresso or coffee. You can also use just leftover coffee. Brewed in water or mixed with almond milk (either work). Save 1/4 cup for the next day.
3. Pour 1/4 cup chia seed in to 2 -3 jar or glasses. Pour a little of your coffee mix at the bottom of each cup. Mix together.
4. Next, pour half your protein shake mix on top of each jar. Add 1 -2 tbsp more on top. Mix chia seeds evenly or just let them soak and sit. Pour vanilla extract (or caramel syrup, if you are using it) into each jar. Set in fridge for at least 4-6 hrs, or overnight.
5. Feel free to top the chia pudding with granola, oats, nuts, and leftover instant coffee/vegan latte!

NOTES

- For more decadent rich flavor, add in vegan caramel sauce. Or drizzle on top.
- Coffee extract is also a great addition!

Chia Matcha Overnight Breakfast Smoothie

Prep Time: 24 hours

Total Time: 24 hours 5 minutes

Yield: 2 servings

DESCRIPTION

Overnight chia matcha Breakfast smoothie – Energizing Breakfast to go! Gluten Free, Vegan Friendly.

INGREDIENTS

- 10 –12 ounces Coconut yogurt or Kefir yogurt (Plain or Vanilla) (Use Coconut yogurt for Vegan option. See notes for brand)
 - 2 to 4 tsp matcha powder
 - 1 large banana
 - Cinnamon
 - 8 oz Vanilla almond or coconut milk
 - Optional but recommended – 1 scoop vanilla protein (plant based or collagen protein work great)
 - 1/4 cup chia seed (2 tbsp per cup)
 - 1/4 cup to 1/3 cup to gluten free oats or granola
 - 1 tbsp honey or maple syrup (optional)
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INSTRUCTIONS

1. Add yogurt/kefir, banana, milk, and protein to a blender and blend until smooth. Add your matcha powder (carefully), and cinnamon. The more matcha you use, the stronger the green tea taste, adjust accordingly. Blend again.
2. Set out 2 bowls or 2 glasses (one large if you want to use if for multiple days).
3. To each bowl or glass, add 2 tbsp of chia seeds. Then add 2-3 tbsp or more of your oats. Pour half your matcha smoothie into each bowl or cup.
4. Mix each cup and let it sit overnight in fridge.
5. The next morning, top each bowl/cup with extra oats or granola, chia, and maple syrup.
6. I also made a little matcha latte and poured extra on top of that before eating.

NOTES

- Here's the [matcha](#) powder bought from Amazon.
- Plain [coconut yogurt](#) for vegan option

Easy Deviled Eggs with Homemade Chipotle Mayo

Prep Time: 20 minutes

Total Time: 20 minutes

Yield: 12 deviled eggs

DESCRIPTION

This easy deviled eggs recipe makes a healthy party appetizer with a kick of spice! It's an easy eggs recipe made with paleo and Whole30 chipotle mayo. Gluten-free, grain-free, and low carb, too!

INGREDIENTS

- 6 hard-boiled eggs (Eggland's Best Organic hard boiled eggs) (see notes substitutes)
- 3 tbsp (Chipotle Mayo – homemade)
- 1/4 tsp ground mustard
- Pinch of red pepper flakes
- 2 garlic clove or garlic 1/2 tsp minced
- 2 tsp lime juice
- sea salt/kosher salt and cracked black pepper
- 1/3 cup chopped cilantro
- Extra optional toppings/seasonings – sea salt flakes, paprika, and/or red pepper chili pepper seasoning, jalapeño, etc. olive oil.

Feel free to double recipe

INSTRUCTIONS

- 1. Slice your peeled (cooled) hard boiled eggs vertically.
 2. Scoop out the yolk and place in a mixing bowl. Mix in chipotle mayo, ground mustard, garlic, pinch of red pepper flakes, and splash of lime juice. (see notes for making a quick version or substitutes).
 3. Mix until with a fork or spoon until egg mixture is smooth. Season with salt/pepper to taste and mix again. Taste and see if it's salty enough, if not, add a dash more salt and pepper.
 4. Scoop 1/2 tbsp to 1 tbsp of deviled egg yolk mix into your egg white halves. You may also use a piping bag for a cleaner looks.
 5. Garnish each egg with chopped cilantro
 6. Sprinkle each egg with paprika or chili flakes after.
 7. If you are making 12 dozen eggs, just double the recipe but add in the salt 1/4 tsp at a time and taste to make sure it's not too salty.

NOTES

If you can't find pre-made hard boiled eggs, you can purchase Egglard's Best brown eggs and follow their tutorial on [HOW to MAKE the PERFECT HARD BOILED EGGS.](#)

Feel free to top with extra spices or peppers. Ex: Jalapeño, pico de gallo, etc

If you don't have chipotle mayo, you may use your favorite paleo mayo mixed with pinch of Chipotle chili seasoning or 1 tbsp + chili/chipotle sauce.

Detox Superfood Broccoli Salad

Prep Time: 5 min

Cook Time: 25 min

Total Time: 30 minutes

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.

Superfood Baked Salmon

Prep Time: 5 min

Cook Time: 15 min

Total Time: 20 minutes

Yield: 4

DESCRIPTION

*This **one pan meal, superfood baked salmon recipe** is ready in 20 minutes and packed full of nutrients. A nourishing, **whole 30 friendly**, flavorful meal!*

INGREDIENTS

- 3 to 4 salmon fillets (4-5 ounces each) or 16 oz fillet (We use Sizzlefish Atlantic Salmon)
 - 2 cups brussels sprouts (quartered)
 - 1 cup fresh blueberries (or frozen)
 - 1/4 to 1/3 cup chopped fresh basil
 - 1/4 to 1/3 olive oil (divided)
 - 3 tbsp balsamic vinegar
 - 2 cloves or 1 tsp minced Garlic
 - 1/4 to 1/2 tsp crush black Pepper
 - Sea Salt (divided)
 - 2 Lemons, one juiced and one sliced
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INSTRUCTIONS

1. Preheat oven to 400F
2. Clean your salmon fillets and place on lined sheet pan.
3. Clean and chop your Brussels sprouts. Place on pan with salmon.
4. Generously sprinkle sea salt on top of salmon and veggies. Set aside.
5. Next, place your blueberries in a bowl. Mash with fork a bit.
6. Add in 1/4 cup olive oil, 1/4 tsp salt/pepper, your basil, garlic, and balsamic vinegar. Mix all together.
7. Drizzle another 2 -3 tbsp olive oil over your salmon and Brussels sprouts.
8. Spoon the balsamic basil blueberry mixture over salmon fillets.
9. Squeeze fresh lemon on top of salmon and veggies. Place lemon slices on top of veggies on the sheet pan. Sprinkle with extra black pepper.
10. Place in oven and bake for 15 minutes.
11. Broil for 1 -2 minutes extra to make Brussels sprouts and baked salmon skin extra crispy.
12. Remove from oven. Serve and enjoy!

NOTES

- We use Sizzlefish salmon, which offers both Atlantic and wild caught varieties.

Persian Spiced Pan Roasted Chicken {One Pan Meal}

Prep Time: 10 min *Cook Time:* 25-30 min *Total Time:* 35-40 minutes

Yield: 4

DESCRIPTION

Pan roasted chicken thighs with Persian spices, a burst of lemon flavor and tender veggies! Gluten free, grain free, Paleo friendly.

SCALE 1x2x3x

INGREDIENTS

- 4 chicken thighs (skinless) – around 1.25lbs
 - 1/2 tsp + sea salt (sea salt flakes and/or coarse salt flakes)
 - 1 tsp turmeric
 - 1/2 tsp. allspice
 - 1/2 tsp. cayenne
 - pinch of paprika
 - punch of black pepper
 - 1 tsp minced garlic
 - 3 tbsp oil (olive or avocado oil)
 - 1 tbsp lemon juice
 - 1 pound small purple/gold new potatoes – quartered
 - 1 cup cherry tomatoes – sliced
 - extra lemon slices for chicken
 - Crushed Red pepper flakes to garnish
 - **Optional toppings and sides** – pomegranate seeds and peppercorns
 - Dill yogurt sauce for dipping. See notes
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INSTRUCTIONS

- Preheat oven to 375°F. Clean chicken thighs and place on plate. Rub chicken thighs with coarse sea salt flakes
- Next Combine 1 tsp turmeric, 1/2 tsp. sea salt, 1/2 tsp. allspice, and 1/2 tsp. cayenne, pepper, 1 tsp minced garlic, 3-4 tbsp oil, and 1 tbsp lemon juice in a large bowl. Whisk together.
- Then douse the chicken thighs to coat. Or use a brush. Use the remaining to coat the potatoes.
- Place in an oven safe skillet (oven safe) with potatoes (diced) and tomatoes. Sear chicken on medium high for 5 minutes, flipping chicken and potatoes over while cooking.
- Place lemon slices on top of chicken and red pepper flakes

- Place pan in oven and bake for 22 -25 minutes, broil last 2 minutes. If your chicken thighs are smaller in size, they will cook faster. Adjust times as needed.
- Check on chicken by inserting thermometer inserted into the thickest part of the chicken registers 165°F. You can also slice open one chicken breast (at the thickest part) to see if the meat is no longer pink, but white. Remove from oven when done.

To serve

- Place chicken, potatoes, tomatoes in one bowl or plate for a one pan meal. Optional sprinkle of pomegranate seeds
- If you want to serve this with a dipping sauce, mix 5 ounces of plain greek yogurt with 1/2 tsp minced garlic, 1- 2 tsp dried dill, and 1 tsp lemon juice.

NOTES

Optional Greek Yogurt Dipping Sauce (not paleo) – mix 5 ounces of plain greek yogurt with 1/2 tsp minced garlic, 1- 2 tsp dried dill, and 1 tsp lemon juice.

Cherry Sleepytime Shake

- 4oz. Tart Cherry Juice for *serotonin*
- 6oz water
- 1-2 scoops Whey protein – slow release protein digestion and to keep blood sugar regulated
- 2 tbsp 100% unsweetened Cocoa for antioxidants and flavor
- 2 droplets full (around 2 mL) Valerian Liquid extract – Herb to calm the nervous system