

# LYMPHEDEMA DIET

3 MANUSCRIPTS IN 1 - 120+ LYMPHEDEMA -  
FRIENDLY RECIPES INCLUDING SALAD,  
CASSEROLES AND PIZZA

MEGA  
BUNDLE



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# LYMPHEDEMA DIET

**MEGA BUNDLE – 3 Manuscripts in  
1 – 120+ Lymphedema - friendly  
recipes including Salad,  
Casseroles and pizza**

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## Introduction

Lymphedema recipes for personal enjoyment but also for family enjoyment. You will love them for sure for how easy it is to prepare them.

## ROAST RECIPES

### ROASTED RADISH

Serves:

**3-4**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

### INGREDIENTS

- 2 lb. radish

- 2 tablespoons olive oil
- 1 tsp curry powder
- 1 tsp salt

## **DIRECTIONS**

- 1. Preheat the oven to 400 F**
- 2. Cut everything in half lengthwise**
- 3. Toss everything with olive oil and place onto a prepared baking sheet**
- 4. Roast for 18-20 minutes at 400 F or until golden brown**
- 5. When ready remove from the oven and serve**

# ROASTED SQUASH

Serves:

**3-4**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 2 delicata squashes
- 2 tablespoons olive oil
- 1 tsp curry powder
- 1 tsp salt

## **DIRECTIONS**

- 1. Preheat the oven to 400 F**
- 2. Cut everything in half lengthwise**
- 3. Toss everything with olive oil and place onto a prepared baking sheet**
- 4. Roast for 18-20 minutes at 400 F or until golden brown**
- 5. When ready remove from the oven and serve**

## SOUP RECIPES

### ZUCCHINI SOUP

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

#### INGREDIENTS

- 1 tablespoon olive oil

- 1 lb. zucchini
- $\frac{1}{4}$  red onion
- $\frac{1}{2}$  cup all-purpose flour
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  tsp pepper
- 1 can vegetable broth
- 1 cup heavy cream

## **DIRECTIONS**

1. In a saucepan heat olive oil and sauté zucchini until tender
2. Add remaining ingredients to the saucepan and bring to a boil
3. When all the vegetables are tender transfer to a blender and blend until smooth
4. Pour soup into bowls, garnish with parsley and serve

## SIDE DISHES

### CROCKPOT CHICKEN STOCK

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**10**

Minutes

Total Time:

**20**

Minutes

### INGREDIENTS

- Chicken bones

- 1 stalk celery
- 2 cloves garlic
- 2 bay leaves
- 1 tablespoon pepper corns
- $\frac{1}{2}$  onion
- 1 carrot

## **DIRECTIONS**

1. **Cook chicken in the crockpot, remove the meat from bones to the crockpot**
2. **Add onion, carrot, celery, garlic cloves, peppercorns, bay leaves and fill crockpot with water**
3. **Cook on low for 7-8 hours**
4. **Season with non-iodized salt**

# POLLO CON ARROZ

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**40**

Minutes

Total Time:

**50**

Minutes

## INGREDIENTS

- 2 lbs. whole chicken
- $\frac{1}{2}$  cup canola oil
- 1 cup white rice
- $\frac{1}{2}$  onion
- 1 clove garlic

- 1 can no salt tomato sauce
- 1 tsp black pepper

## **DIRECTIONS**

1. **Rinse the chicken and pat dry with paper towel**
2. **In a pan heat oil over medium heat, cook the chicken until browned on both sides**
3. **Transfer to a place, add rice, garlic and onion to the pan**
4. **Stir constantly until the onion is soft, stir in the tomato sauce, 2 cups water and season with pepper**
5. **Return the chicken to the pan**
6. **Reduce heat to low and simmer for 30 minutes**

# ROTINI WITH ZUCCHINI

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- $\frac{1}{2}$  lb. rotini
- $\frac{1}{2}$  tsp dried basil
- 2 tablespoons olive oil
- 3 cloves garlic
- 2 zucchinis

- 1 12 oz. no salt diced tomatoes

## DIRECTIONS

1. In a skillet heat oil over medium heat, add zucchini, garlic, tomatoes and sauté for a couple of minutes
2. Add the drained pasta and stir to combine, season with basil, pepper and cook until the pasta is done
3. Remove and serve

# RED CURRY WITH VEGETABLES

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 2 tablespoons red curry paste
- 1 12 oz. can coconut oil
- 1 onion
- 1 bell pepper
- 1 can bamboo shoots

- 2 cups green beans
- 3 oz. mushrooms
- 1 tablespoon sugar
- fresh Thai basil

## **DIRECTIONS**

1. In a skillet, whisk the curry into the coconut milk
2. Add sugar, veggies and cool on low heat
3. Season the curry and sprinkle with Thai basil and cilantro leaves
4. Remove and serve

# CHICKEN FAJITA STREET TACOS

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- **¾ lb. chicken breast**
- **1 onion**
- **salsa**
- **Spice mix**
- **1 green bell pepper**
- **1 tablespoon canola oil**
- **corn tortillas**

- cilantro

## DIRECTIONS

1. In a skillet heat oil over medium heat, add onions, chicken and bell pepper
2. Season with spice mix and cook until chicken is tender
3. In an iron skillet over medium heat add heat tortillas
4. Take a tortilla and add chicken and vegetable mixture inside
5. Top with cilantro and onion
6. Serve with salsa

# CAVATAPPI WITH RAPINI

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 1 bunch of rapini
- $\frac{1}{2}$  lb. cavatappi
- 2 tablespoons olive oil
- 2 cloves garlic
- $\frac{1}{2}$  tsp red pepper flakes

- $\frac{1}{2}$  cup wine
- 1 tomato chopped

## DIRECTIONS

1. In a saucepan boil rapini and set aside
2. In a pot cook pasta
3. In a skillet heat olive oil over medium heat, add garlic, red pepper flakes, rapini, wine and tomato
4. Bring to boil, stir to combine and cook for another 2-3 minutes
5. Optional season with non-iodized salt, pepper and serve

# STRAWBERRY SANDWICH

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- low sodium bread
- apple carrot sticks
- Low sugar strawberry jelly

## **DIRECTIONS**

- 1. Over place bread put strawberry jelly, and carrot sticks**
- 2. Serve when ready**

# GUACAMOLE SALAD

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**10**

Minutes

Total Time:

**20**

Minutes

## INGREDIENTS

- Arugula
- lime juice
- 1 tomato
- fresh cilantro
- 1 avocado

- 2 tablespoons onion
- 1 garlic clove
- 1 tsp cumin

## **DIRECTIONS**

- 1. In a bowl mix all salad ingredients**
- 2. Serve when ready**

# SPAGHETTI FRITTATA

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 8 eggs
- 1 tablespoon olive oil
- 1 onion
- 1 bunch fresh spinach
- 2 oz. tomatoes

- 1 clove garlic
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp black pepper
- $\frac{1}{4}$  lb. spaghetti
- 1 oz. parmesan cheese

## DIRECTIONS

1. In a bowl separate 4 of the egg whites and add the remaining 4 whole eggs to the bowl and whisk to combine, set aside
2. Heat oil in a frying pan over medium heat, add onion and cook for 3-4 minutes
3. Add spinach, garlic, tomatoes, pepper and cook for 2-3 minutes
4. Add pasta, pour the eggs and vegetables, lower the heat and cook for another 8-10 minutes
5. Sprinkle with cheese and remove to a plate
6. Top with parmesan and serve

# HOME FRIES

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 2 potatoes
- pepper
- non-iodized salt
- olive oil

## **DIRECTIONS**

- 1. Slice potatoes and place on a cookie sheet**
- 2. Drizzle with olive oil and sprinkle with non-iodized salt and pepper**
- 3. Cook for 20-25 minutes at 375 F**
- 4. Remove and serve**

# ROSEMARY CHICKEN CUTLETS WITH CILANTRO

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- Chicken breast cutlets
- olive oil
- vinegar
- oregano

- $\frac{1}{2}$  onion
- cilantro
- pepper
- Whole wheat organic flour
- Fresh rosemary
- 1 cup basmati rice

## **DIRECTIONS**

1. In a rice cook cook Basmati rice, add water and cover
2. Season chicken cutlets with pepper and non-iodized salt
3. On a plate pour organic flour, oregano and pepper, mix with chicken cutlets until fully covered
4. Place chicken cutlets in a pan and cook over medium heat, sprinkle rosemary
5. When ready remove and serve with Basmati rice

# GREEN PESTO PASTA

Serves:

**2**

Prep Time:

**5**

Minutes

Cook Time:

**15**

Minutes

Total Time:

**20**

Minutes

## INGREDIENTS

- 4 oz. spaghetti
- 2 cups basil leaves
- 2 garlic cloves
- $\frac{1}{4}$  cup olive oil
- 2 tablespoons parmesan cheese

-  $\frac{1}{2}$  tsp black pepper

## DIRECTIONS

1. Bring water to a boil and add pasta
2. In a blend add parmesan cheese, basil leaves, garlic and blend
3. Add olive oil, pepper and blend again
4. Pour pesto onto pasta and serve when ready

# EASY OYSTERS

Serves:

**8**

Prep Time:

**40**

Minutes

Cook Time:

**40**

Minutes

Total Time:

**80**

Minutes

## INGREDIENTS

- 4 dozen oysters
- 1 tsp Tabasco sauce
- 1 rib celery
- 1 bunch parsley
- 1 ½ cups bread crumbs

- 4 tbs Worcestershire sauce
- 1 lb butter
- 2 cups green onions
- 1 tsp Pernod
- Rock salt

## DIRECTIONS

1. **Saute the celery, onions and parsley in the melted butter for 5 minutes, then add the Tabasco and Worcestershire sauce**
2. **Reduce the heat and cook for 10 minutes, then add the Pernod and bread crumbs and cook for 5 more minutes**
3. **Refrigerate for at least 1 hour**
4. **Shuck and drain the oysters**
5. **Place the shells on rock salt and place 1 oyster in each shell**
6. **Blend the refrigerated mixture using an electric mixer**
7. **Put a tablespoon of mixture onto each oyster**
8. **Bake for at least 5 minutes at 370F**
9. **Serve hot**

# DINNER CHILI

Serves:

**8**

Prep Time:

**10**

Minutes

Cook Time:

**8**

Hours

Total Time:

**8**

Hours

## INGREDIENTS

- 2 tbs olive oil
- 2 cups chicken broth
- 2 green bell peppers
- 1 can black beans
- 1 can kidney beans

- 3 tsp chili powder
- 2 lbs ground turkey
- 1 red onion
- 3 cloves garlic
- 3 tbs tomato paste
- 28 oz chopped tomatoes
- 2 tsp cumin
- 3 tsp oregano
- Salt
- Black pepper

## DIRECTIONS

1. Cook the pepper and onion in hot olive oil for about 4 minutes
2. Add the ground turkey and cook until golden
3. Season and add the tomato paste and garlic, then cook for 2 more minutes
4. Transfer to a slow cooker and add the black beans, tomatoes, chicken broth, kidney beans, cumin, oregano, and chilli powder
5. Cook on low for at least 8 hours
6. Serve topped with cheese

# GINGER SALMON

Serves:

**4**

Prep Time:

**20**

Minutes

Cook Time:

**10**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 2 tbs honey
- 2 lbs salmon fillets
- ½ cup soy sauce
- 3 tbs orange juice
- 2 tbs ginger

## **DIRECTIONS**

- 1. Mix the honey, ginger, orange juice and soy sauce together**
- 2. Place the salmon in the sauce refrigerate covered for at least 15 minutes to marinate**
- 3. Place the salmon on a lined pan and broil in a preheated broil for 5 minutes**
- 4. Pour some of the remaining marinade sauce over and broil for 1 more minute**
- 5. Serve with desired side dishes**

# PORK TACOS

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 12 tortillas
- 3 tsp cilantro
- 2 lbs ground pork
- 3 tbs olive oil
- 1 cup cucumber

- 5 radishes
- 4 scallions
- 1 cup red cabbage
- 3 tsp garlic powder
- 3 tbs sesame oil
- 3 tbs soy sauce
- 1/3 cup vinegar
- 3 tsp sugar
- 3 tsp Sriracha
- 1 cup sour cream
- Salt
- Pepper

## DIRECTIONS

1. Mix the radishes, cucumbers, 2 tsp sugar, vinegar, salt, and pepper together
2. Cook the cabbage and scallions in hot oil until softened
3. Add pork, garlic powder and 1 tsp sugar and cook for another 5 minutes
4. Add the soy sauce, Sriracha, sesame oil and stir, then season with salt and pepper
5. Heat the tortillas and spread sour cream on each, then add the pork mixture and the remaining ingredients
6. Serve immediately

# VEGETABLE STEW

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 2 tsp salt
- 8 oz tomato paste
- 1 eggplant
- 3 tomatoes
- 2 onions

- 2 tsp cumin powder
- Cayenne pepper

## DIRECTIONS

1. Dice the eggplant, onions and tomatoes
2. Pour the tomato paste, salt, cayenne pepper, cumin and 1 cup water in a skillet
3. Add the vegetables and bring to a boil
4. Reduce the heat to a simmer and cook covered for at least 20 minutes

# STUFFED SWEET POTATOES

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 2 lbs sweet potatoes
- 1 avocado
- 1/3 cup cilantro
- 1 jalapeno
- 2 tbs olive oil

- 1 cup black beans
- 1 red onion
- 2 garlic cloves
- 1 cup corn
- 1 cup tomatoes
- 2 tbs taco seasoning
- $\frac{1}{2}$  tsp salt

## DIRECTIONS

1. Cook the sweet potatoes as you desire
2. Saute the jalapeno and red onion in olive oil for 3 minutes
3. Add minced garlic and cook for 1 more minute
4. Add the black beans, corn, seasoning, salt, and pepper and cook 5 more minutes
5. Scoop out the potato insides and fill with the mixture
6. Serve with sour cream

# CHICKEN AND RICE

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 1 cup rice
- 3 tsp seasoning
- 4 chicken breasts
- 2 ½ tbs butter
- 2 ½ cup chicken broth

- 1 lemon
- Salt
- Pepper

## **DIRECTIONS**

1. Season the chicken with salt, pepper and seasoning
2. Cook in melted butter until golden on both sides
3. Add in chicken broth, rice, lemon juice and remaining seasoning
4. Cook covered for at least 20 minutes

# LIVER AND MASHED VEGETABLES

Serves:

**4**

Prep Time:

**20**

Minutes

Cook Time:

**40**

Minutes

Total Time:

**60**

Minutes

## INGREDIENTS

- 3 tsp rapeseed oil
- 350g sweet potato
- 150g parsnip
- 320g green beans
- 350g swede

- 3 cloves garlic
- 15 g flour
- 4 onions
- 1 pack liver
- 1 cube lamb stock
- Black pepper

## **DIRECTIONS**

1. Cook the onions in hot oil for about 20 minutes
2. Coat the liver with flour and pepper and cook in a pan until brown
3. Add the garlic to the onions and stir in 2 tsp of flour
4. Dissolve the stock cube in 450 ml water, then pour over the onions and bring to a boil
5. Add the liver and cook for 5 more minutes
6. Boil the vegetables covered for about 15 minutes
7. Mash the potato, parsnip and swede together
8. Serve the liver with the mashed vegetables

# LEMON CHICKEN

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 3 tsp garlic
- 5 tbs lemon juice
- 4 tbs butter
- 4 chicken breasts
- ½ cup chicken broth

- 1 ½ tbs honey
- 2 tsp seasoning
- Salt
- Pepper

## **DIRECTIONS**

1. Cook the chicken in melted butter until golden on both sides
2. Mix the lemon juice, chicken broth, garlic, honey, salt, pepper, and seasoning in a bowl
3. Place the chicken on a baking sheet and pour the sauce over
4. Bake in the preheated oven for at least 20 minutes at 350F spooning the sauce over the chicken every 5 minutes
5. Serve with lemon slices

# CLASSIC LIVER AND ONION

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 1 lb liver
- 1/3 cup wine
- 1 onion
- 3 tbs olive oil
- 3 cloves garlic

- Pepper

## DIRECTIONS

1. Sauté the onion and garlic in hot oil until tender
2. Add the liver in the center and pour the wine over
3. Cook on low for another 15 minutes turning the liver once
4. Serve seasoned with pepper

# DINNER BURGERS

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 2 tbs oil
- $\frac{3}{4}$  tsp coriander
- $\frac{1}{3}$  tsp cumin
- $\frac{1}{3}$  tsp cayenne pepper
- 2 tbs honey

- Hamburger buns
- $\frac{3}{4}$  tsp paprika
- $\frac{1}{3}$  cup tomato sauce
- 1 bell pepper
- 1 onion
- $\frac{1}{3}$  tsp salt
- $1 \frac{1}{2}$  tbs molasses
- Black pepper
- 1 tsp oregano
- 2 tbs Worcestershire sauce
- $\frac{1}{3}$  tsp celery seed
- $\frac{3}{4}$  tsp thyme
- 15 oz tempeh
- 3 cloves garlic

## **DIRECTIONS**

1. Cook the onion in oil for about 5 minutes
2. Cook the tempeh until golden
3. Add the garlic and the pepper and cook for another 3 minutes
4. Add the remaining ingredients and simmer for at least 10 minutes
5. Spoon the mixture on the toasted buns and serve immediately

# DINNER NACHOS

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 2 tbs olive oil
- 1 handful cilantro
- Salsa
- Salt
- Pepper

- 1 zucchini
- 10 leaves endive
- 3 tsp garlic
- 8 cherry tomatoes
- 10 mini sweet bell peppers
- Taco seasoning
- 1 onion
- 1 lb turkey
- 1 ½ cup mozzarella
- 1 avocado
- 1 lime

## **DIRECTIONS**

1. **Sauté the zucchini, cherry tomatoes, garlic, onion and taco seasoning in a pan**
2. **Add in the ground meat, season with salt and pepper and cook until no more moisture**
3. **Prepare the peppers by removing the stem and cutting in half**
4. **Place them and the endive on a pan and top them with mozzarella**
5. **Top with the meat mixture and sprinkle the remaining mozzarella**
6. **Put under the broiler for about 2 minutes**
7. **Mix the avocado with a squeeze of lemon, salt and pepper**
8. **Spread on top of the nachos and serve**

# STUFFED PEPPERS

Serves:

**4**

Prep Time:

**20**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 4 red bell peppers
- ½ cup spinach
- 1 zucchini
- ½ green bell pepper
- 1 onion

- 1 cup mushrooms
- ½ yellow bell pepper
- 15 oz tomatoes
- 1 lb ground turkey
- 3 tbs olive oil
- 2 tbs tomato paste
- 2 tsp Italian seasoning
- 1 tsp garlic powder
- Salt
- Pepper

## **DIRECTIONS**

1. **Cut the tops off the peppers, remove the seeds and boil for 5 minutes**
2. **Cook the turkey in a skillet**
3. **Remove the turkey and cook in the same skillet the mushrooms, green and yellow pepper, spinach, zucchini and onion until tender**
4. **Return the meat in the skillet and add in the remaining ingredients**
5. **Stuff the cooked peppers with the mixture and bake for 15 minutes**

# PORK TACOS

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 1 cup cucumber
- 3 tsp sugar
- 3 tsp Sriracha
- 5 radishes
- 1 cup cabbage

- 3 tbs olive oil
- 3 tbs sesame oil
- 3 scallions
- 1 ¾ lbs ground pork
- 12 tortillas
- 3 tsp cilantro
- 3 tsp garlic powder
- 3 tbs soy sauce
- 1/3 cup vinegar
- ¾ cup sour cream
- Salt
- Pepper

## DIRECTIONS

1. Mix the cucumbers, vinegar, radishes, 2 tsp sugar, salt, and pepper together in a bowl
2. Cook the scallions and the cabbage until soft
3. Add in the pork meat, the remaining sugar and the garlic powder
4. Heat the tortillas
5. Spread sour cream in the center of the tortilla, top with pork mixture, then add the cucumbers and radishes
6. Serve immediately

# FISH TACOS

Serves:

**8**

Prep Time:

**20**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**50**

Minutes

## INGREDIENTS

- 1 ½ lb fish
- 2 cloves garlic
- 5 tbs olive oil
- 1 ½ tbs chili powder
- 16 tortillas

- Red cabbage
- Cilantro
- 1 lime

**Sauce:**

- 1 ½ tbs honey
- 1 ½ cup mayonnaise
- 3 tbs cilantro
- 1 lime
- Salt

## **DIRECTIONS**

- 1. Mix garlic, lime juice, chili powder and 2 tbs oil and place the fish inside**
- 2. Allow to marinate for about 15 minutes**
- 3. Mix the sauce ingredients together using a food processor**
- 4. Heat the tortillas on a hot griddle until golden on both sides**
- 5. Cook the fish in the remaining oil for about 5 minutes**
- 6. Place the ingredients in the center of each tortilla and serve**

# TUNA SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 1 can tuna
- Black pepper
- 3 tbs onion
- 1 pickle
- 2 onions

-  $\frac{1}{2}$  rib celery

## DIRECTIONS

1. In a bowl mix all ingredients and mix well
2. Serve with romaine lettuce

# MEXICAN SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

Dressing:

- 5 tbs olive oil
- 1 tsp black pepper
- 2 cloves garlic
- 1 tsp salt
- 1 ½ tsp cumin

- 3 tbs lime juice

### Salad:

- 5 tbs salsa
- 5 tbs pumpkin seeds
- 6 cups lettuce
- 1 can corn
- 3 eggs
- 10 oz chicken breast
- 1 can black beans

### DIRECTIONS

1. Grill the chicken breast
2. Mix the dressing ingredients together
3. In a separate bowl, mix all the remaining ingredients
4. Serve with dressing

# CORN SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 5 cups corn
- 3 tomatoes
- 1/3 cup basil
- 1/3 cup olive oil
- 3 tbs vinegar

- Salt
- Pepper
- 1 onion

## **DIRECTIONS**

- 1. In a bowl mix all ingredients and mix well**
- 2. Serve with dressing**

# BEAN SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 1 cup green beans
- 2 cloves garlic
- 1/3 cup red pepper
- ½ cup red onion
- 15 oz black beans

- 1/3 cup vinegar
- 2 tbs sugar
- 3 tbs oil
- 7 oz red kidney beans
- 1 tsp celery seeds
- 1 tsp dry mustard

## **DIRECTIONS**

- 1. Cook the beans**
- 2. In a bowl mix all ingredients and mix well**
- 3. Serve with dressing made of: sugar, oil, vinegar, dry mustard, celery seeds and garlic**

# EGG SALAD

Serves:

**4**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 2 tbs mustard
- 2 tbs seasoning blend
- 4 eggs
- 3 tbs pickle relish
- 4 tbs mayonnaise

- 1/3 cup celery
- 1/3 cup onion

## **DIRECTIONS**

- 1. Hard boil the eggs**
- 2. Allow to cool, peel and chop**
- 3. Place everything into a blender and pulse until well mixed**
- 4. Serve cold**

# APPLE SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 1/3 cup apple juice
- 3 tbs lemon juice
- 2 tbs olive oil
- 2 tsp brown sugar
- 1 tsp Dijon mustard

- 1/3 tsp apple pie spice
- 1 apple
- 8 cups salad greens

## **DIRECTIONS**

- 1. In a bowl mix all ingredients and mix well**
- 2. Serve immediately**

## STEW RECIPES

### BUTTERNUT SQUASH STEW

Serves:

**4**

Prep Time:

**15**

Minutes

Cook Time:

**45**

Minutes

Total Time:

**60**

Minutes

#### INGREDIENTS

- 2 tablespoons olive oil

- 2 red onions
- 2 cloves garlic
- 1 Tablespoon rosemary
- 1 tablespoon thyme
- 2 lb. beef
- 1 cup white wine
- 1 cup butternut squash
- 2 cups beef broth
- $\frac{1}{2}$  cup tomatoes
- 

## **DIRECTIONS**

- 1. Chop all ingredients in big chunks**
- 2. In a large pot heat olive oil and add ingredients one by one**
- 3. Cook for 5-6 or until slightly brown**
- 4. Add remaining ingredients and cook until tender, 35-45 minutes**
- 5. Season while stirring on low heat**
- 6. When ready remove from heat and serve**

# BEEF STEW

Serves:

**4**

Prep Time:

**15**

Minutes

Cook Time:

**45**

Minutes

Total Time:

**60**

Minutes

## INGREDIENTS

- 2 lb. beef
- 1 tsp salt
- 4 tablespoons olive oil
- 2 red onions
- 2 cloves garlic

- 1 cup white wine
- 2 cups beef broth
- 1 cup water
- 3-4 bay leaves
- $\frac{1}{4}$  tsp thyme
- 1 lb. potatoes

## **DIRECTIONS**

1. Chop all ingredients in big chunks
2. In a large pot heat olive oil and add ingredients one by one
3. Cook for 5-6 or until slightly brown
4. Add remaining ingredients and cook until tender, 35-45 minutes
5. Season while stirring on low heat
6. When ready remove from heat and serve

## CASSEROLE RECIPES

### CHICKEN CASSEROLE

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**15**

Minutes

Total Time:

**25**

Minutes

### INGREDIENTS

- 1 tablespoon olive oil

- 1 lb. chicken breast
- 1 red onion
- 2 cloves garlic
- 1 tsp paprika
- 4 cups cooked rice
- $\frac{1}{4}$  cup cranberries
- 1 lb. brussels sprouts
- 1 potato

## DIRECTIONS

1. Sauté the veggies and set aside
2. Preheat the oven to 425 F
3. Transfer the sautéed veggies to a baking dish, add remaining ingredients to the baking dish
4. Mix well, add seasoning and place the dish in the oven
5. Bake for 12-15 minutes or until slightly brown
6. When ready remove from the oven and serve

# RICE CASSEROLE

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**15**

Minutes

Total Time:

**25**

Minutes

## INGREDIENTS

- 2 cups cooked rice
- 1 red onion
- $\frac{1}{4}$  cup olive oil
- 1 can mushroom soup
- 2 lb. chicken thighs

- 2 tablespoons butter
- 1 clove garlic
- 1 tablespoon parsley

## **DIRECTIONS**

1. **Sauté the veggies and set aside**
2. **Preheat the oven to 425 F**
3. **Transfer the sautéed veggies to a baking dish, add remaining ingredients to the baking dish**
4. **Mix well, add seasoning and place the dish in the oven**
5. **Bake for 12-15 minutes or until slightly brown**
6. **When ready remove from the oven and serve**

## PIZZA RECIPES

### CASSEROLE PIZZA

Serves:

**6-8**

Prep Time:

**10**

Minutes

Cook Time:

**15**

Minutes

Total Time:

**25**

Minutes

### INGREDIENTS

- 1 pizza crust

- $\frac{1}{2}$  cup tomato sauce
- $\frac{1}{4}$  black pepper
- 1 cup zucchini slices
- 1 cup mozzarella cheese
- 1 cup olives

## DIRECTIONS

1. Spread tomato sauce on the pizza crust
2. Place all the toppings on the pizza crust
3. Bake the pizza at 425 F for 12-15 minutes
4. When ready remove pizza from the oven and serve

# SECOND COOKBOOK

## SIDE DISHES

### WATERMELON SALAD WITH LIME

Serves:

**4**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

### INGREDIENTS

-  $\frac{1}{2}$  cup onion

- $\frac{1}{2}$  cup lime juice
- 3 cups watermelon
- $\frac{1}{2}$  cup cheddar cheese
- $\frac{1}{4}$  tsp pepper
- $\frac{1}{2}$  cup cilantro

## DIRECTIONS

1. Soak the onion in the lime juice
2. Combine all ingredients into a bowl
3. Serve when ready

# CHICKEN CURRY SOUP

Serves:

**12**

Prep Time:

**10**

Minutes

Cook Time:

**90**

Minutes

Total Time:

**100**

Minutes

## INGREDIENTS

- 1 chicken
- coconut oil
- 1 onion
- 3 cups rhubarb
- 3 cloves garlic

- 1-inch ginger
- 1 tablespoon coriander
- 10 vegetables

## **DIRECTIONS**

1. In a pot add giblets, chicken, and cover with water
2. Bring to boil and cook for 60 minutes, heat a cast iron pan over medium heat
3. Add coconut oil, onion, rhubarb and sauté for 10-12 minutes
4. Add ginger, spices, garlic, stir in and sauté for 2-3 minutes
5. Remove chicken from pot and place on a plate
6. Add rhubarb mixture and vegetables into the soup and simmer for 25-30 minutes
7. Add chicken back, stir to combine and serve

# BONE MARROW SOUP

Serves:

**8**

Prep Time:

**10**

Minutes

Cook Time:

**180**

Minutes

Total Time:

**190**

Minutes

## INGREDIENTS

- 1 package grass fed
- 1 package marrow bones
- 1 cup water
- 10 cup chopped vegetables

## **DIRECTIONS**

- 1. Place soup and marrow bones into a pot and cover with water**
- 2. Bring to boil and let it simmer for 2-3 hours**
- 3. Add vegetables to the broth and bring to simmer for 25-30 minutes**
- 4. Add marrow fat and place meat in the blender and blend until smooth**
- 5. Remove meat from the blender and add to the cooked vegetables**

# SOY-FREE CUP CHICKEN

Serves:

**6**

Prep Time:

**20**

Minutes

Cook Time:

**35**

Minutes

Total Time:

**55**

Minutes

## INGREDIENTS

- 3 tablespoons sesame oil
- 3-inch ginger
- 15 garlic cloves
- 1 tsp black pepper
- 1 pinch ground cloves

- 2 tablespoons coconut aminos
- 1 tablespoon fish sauce
- 1 tablespoon honey
- 1 cup basil leaves

## **DIRECTIONS**

- 1. In a skillet add sesame oil over medium heat**
- 2. Add garlic, pepper, ginger, cloves and sauté for 2-3 minutes**
- 3. Add chicken and cook for 5-10 minutes**
- 4. Add honey, fish sauce, coconut aminos and bring to boil**
- 5. Simmer for 12-15 minutes, remove from heat, add basil leaves and serve**

# ITALIAN VEGETABLE SOUP

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 2 tablespoons butter
- $\frac{1}{4}$  onion
- 2 carrots
- 2 stalks celery
- 4 cup chicken broth

- 10 oz. frozen cauliflower
- 1 cup green beans
- 28 oz. can tomatoes
- 2 tsp basil leaves
- 2 tsp oregano
- 2 tsp garlic powder
- 1 tsp salt
- $\frac{1}{4}$  black pepper

## **DIRECTIONS**

1. **Melt the butter into a pot**
2. **Saute carrots, celery, onions for 4-5 minutes**
3. **Reduce heat and add the rest of ingredients and simmer for 15-20 minutes**
4. **Remove from heat, add cheese and serve**

# ZUCCHINI CHIPS

Serves:

**4**

Prep Time:

**5**

Minutes

Cook Time:

**10**

Hours

Total Time:

**10**

Hours 5 Minutes

## INGREDIENTS

- 1 lb. zucchini
- 1 tablespoon oil
- 1 tsp salt

## **DIRECTIONS**

- 1. Slice zucchini into thin slices**
- 2. Toss in salt and oil**
- 3. Arrange in a single on a dehydrator tray**
- 4. Dehydrate at 125 F for 10-12 hours**
- 5. When ready remove and serve**

# FRENCH POT ROAST

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**7**

Hours

Total Time:

**7**

Hours and 10 Minutes

## INGREDIENTS

- 1 tablespoon butter
- 2 lbs. beef roast
- 1 onion
- 6 cloves garlic
- 3 slices bacon

- $\frac{1}{4}$  cup red wine
- $\frac{1}{2}$  tsp rosemary
- $\frac{1}{4}$  tsp dried thyme
- pinch of salt

## **DIRECTIONS**

- 1. In a skillet heat butter, add beef roast and brown on all sides, remove and place to a crock pot**
- 2. Sauté onions, bacon, garlic and move to crock pot**
- 3. Add onion, seasoning and cook on low for 6-7 hours**

# LEFTOVER TURKEY WITH SQUASH

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**50**

Minutes

Total Time:

**60**

Minutes

## INGREDIENTS

- 1 squash
- 1 onion
- 2 cup leftover turkey
- 2 apples
- 1 cup cranberries

- 1 tsp cinnamon
- 1 tsp salt
- $\frac{1}{4}$  tsp nutmeg
- $\frac{1}{4}$  cup butter

## **DIRECTIONS**

1. Preheat oven to 325 F
2. Cut squash in half and slice into half rings and place in a bowl
3. Toss with spices, cranberries, apples
4. Pour into baking dish and bake for 40-50 minutes or until tender
5. Remove and serve

# PARMESAN DRUMSTICKS

Serves:

**3**

Prep Time:

**10**

Minutes

Cook Time:

**40**

Minutes

Total Time:

**50**

Minutes

## INGREDIENTS

- 2 eggs
- 2 cups parmesan cheese
- 1 tsp salt
- 1 tsp black pepper
- 12 chicken drumsticks

- coconut oil

## DIRECTIONS

1. Preheat oven to 375 F
2. In a bowl crack eggs, beat them and set aside
3. In another bowl mix cheese, pepper, salt and set aside
4. Dip the drumsticks into the egg mixture and coat evenly
5. Roll into cheese mixture and place in the baking pan
6. Bake for 40-50 minutes, remove and serve

# SWEDISH MEATBALLS

Serves:

**6**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 1 cup sunflower oil
- $\frac{1}{4}$  cup coconut milk
- 1 tsp onion powder
- 1 tsp
- salt

- 4 lbs. ground beef

- 

- 2 eggs

- 1 tsp black pepper

- $\frac{1}{4}$  tsp allspice

- $\frac{1}{4}$  tsp nutmeg

## SAUCE

- $\frac{1}{2}$  cup butter

- $\frac{1}{4}$  cup parmesan cheese

- 5 cups beef broth

- $\frac{1}{4}$  cup coconut milk

- salt

## DIRECTIONS

1. Preheat oven to 375 F

2. In a bowl mix all meatballs ingredients using a stand mixer

3. Form little balls and bake for 20-25 minutes or until done

4. In a skillet sauce parmesan cheese, whisk in beef broth, salt, and coconut milk, cook until thickened

5. Serve on top of meatballs

# ZUCCHINI LASAGNA

Serves:

**6**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 1 onion
- 3 cloves garlic
- 2 tablespoon butter
- 1 lb. ground beef
- 1 lb. Italian sausage
- 1 tablespoon oregano
- $\frac{1}{4}$  cup basil
- $\frac{1}{4}$  tsp cayenne pepper
- salt
- 14 oz. can diced tomatoes
- 6 oz. can tomato paste
- 4 zucchinis
- 3 cup cheddar cheese

## DIRECTIONS

1. Preheat oven to 325 F
2. Slice the zucchinis into long strips
3. In a pot sauté the onions and garlic
4. Add Italian sausage, beef, basil, cayenne, pepper, oregano and cook for 5-6 minutes
5. Add tomato paste and tomatoes and cook for another 4-5 minutes
6. Bake for 40-45 minutes, remove and serve

# ACORN SQUASH WITH APPLES

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 2 acorn squash
- $\frac{1}{4}$  cup butter
- $\frac{1}{2}$  cup shallots
- 2 apples
- $\frac{1}{4}$  tsp salt

- $\frac{1}{2}$  tsp black pepper
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{2}$  tsp nutmeg

## **DIRECTIONS**

- 1. Preheat oven to 325 F**
- 2. Bake squash for 20-25 minutes**
- 3. Sauté the shallots until tender, add salt, pepper, apples, nutmeg, and cinnamon**
- 4. Fill each squash with apple mixture, bake for 25-30 minutes**
- 5. Remove and serve**

# CHICKEN LETTUCE WRAPS

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 2 lbs. ground chicken
- 2 onions
- 3 garlic cloves
- 1 yellow squash
- 1 bell pepper

- 1 bunch basil
- salt
- 1 cup Italian dressing
- 1 head romaine lettuce

## **DIRECTIONS**

1. Cook ground chicken until tender with garlic, pepper, basil, onions, and squash
2. Serve the squash with lettuce leaves and Italian dressing

# MUSHROOM PIZZA

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 3 mushrooms
- 3 oz. tomato paste
- 2 tablespoons avocado oil
- $\frac{1}{4}$  salt
- $\frac{1}{4}$  tsp dried basil
- 1 clove garlic

## **DIRECTIONS**

- 1. Preheat oven to 375 F**
- 2. In a skillet add chopped mushrooms, garlic, basil and sauté for 2-3 minutes, transfer to a bowl**
- 3. Add tomato paste and stir well**
- 4. Fill each cavity of mushrooms with tomato paste and place into baking pan**
- 5. Top with meat, cheese, olives and bake for 20-25 minutes**

# SPINACH FRITATTA

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- $\frac{1}{2}$  lb. spinach
- 1 tablespoon olive oil
- $\frac{1}{2}$  red onion
- 2 eggs
- $\frac{1}{4}$  tsp salt

- 2 oz. cheddar cheese
- 1 garlic clove
- $\frac{1}{4}$  tsp dill

## **DIRECTIONS**

- 1. In a bowl whisk eggs with salt and cheese**
- 2. In a frying pan heat olive oil and pour egg mixture**
- 3. Add remaining ingredients and mix well**
- 4. Serve when ready**

# TURNIP FRITATTA

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- $\frac{1}{2}$  lb. spinach
- $\frac{1}{4}$  cup turnip
- $\frac{1}{2}$  red onion
- 2 eggs
- $\frac{1}{4}$  tsp salt

- 2 oz. cheddar cheese
- 1 garlic clove
- $\frac{1}{4}$  tsp dill

## **DIRECTIONS**

1. In a bowl whisk eggs with salt and cheese
2. In a frying pan heat olive oil and pour egg mixture
3. Add remaining ingredients and mix well
4. Serve when ready

# SQUASH FRITATTA

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 1 cup squash
- 1 tablespoon olive oil
- $\frac{1}{2}$  red onion
- 2 eggs
- $\frac{1}{4}$  tsp salt

- 2 oz. cheddar cheese
- 1 garlic clove
- $\frac{1}{4}$  tsp dill

## **DIRECTIONS**

- 1. In a bowl whisk eggs with salt and cheese**
- 2. In a frying pan heat olive oil and pour egg mixture**
- 3. Add remaining ingredients and mix well**
- 4. Serve when ready**

# HAM FRITATTA

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 8-10 slices ham
- 1 tablespoon olive oil
- $\frac{1}{2}$  red onion
- 2 eggs
- $\frac{1}{4}$  tsp salt

- 2 oz. parmesan cheese
- 1 garlic clove
- $\frac{1}{4}$  tsp dill

## **DIRECTIONS**

1. In a bowl whisk eggs with salt and parmesan cheese
2. In a frying pan heat olive oil and pour egg mixture
3. Add remaining ingredients and mix well
4. When prosciutto and eggs are cooked remove from heat and serve

# ONION FRITATTA

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 1 tablespoon olive oil
- $\frac{1}{2}$  red onion
- 2 eggs
- $\frac{1}{4}$  tsp salt
- 2 oz. cheddar cheese

- 1 garlic clove
- $\frac{1}{4}$  tsp dill

## **DIRECTIONS**

- 1. In a bowl whisk eggs with salt and cheese**
- 2. In a frying pan heat olive oil and pour egg mixture**
- 3. Add remaining ingredients and mix well**
- 4. Serve when ready**

# FRIED CHICKEN WITH ALMONDS

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**25**

Minutes

Total Time:

**35**

Minutes

## INGREDIENTS

- 1 cup bread crumbs
- $\frac{1}{4}$  cup parmesan cheese
- $\frac{1}{4}$  cup almonds
- 1 tsp salt
- 1 tablespoon parley leaves

- 1 clove garlic
- $\frac{1}{2}$  cup olive oil
- 2 lb. chicken breast

## **DIRECTIONS**

1. In a bowl combine parsley, almonds, garlic, parmesan, bread crumbs, salt and mix well
2. In a bowl add olive oil and dip chicken breast into olive oil
3. Place chicken into the breadcrumb mixture and toss to coat
4. Bake chicken at 375 F for 20-25 minutes
5. When ready remove chicken from the oven and serve

# FILET MIGNON WITH TOMATO SAUCE

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 1 tsp soy sauce
- 1 tsp mustard
- 1 tsp parsley leaves
- 1 clove garlic

- 2-3 tomatoes
- 2 tsp olive oil
- 4-5 beef tenderloin steaks
- ½ tsp salt

## **DIRECTIONS**

1. In a bowl combine parsley, garlic, soy sauce, mustard and mix well
2. Stir in tomatoes slices and toss to coat
3. In a skillet heat olive oil and place the steak
4. Cook until golden brown for 3-4 minutes
5. Transfer skillet to the oven and bake at 375 F for 8-10 minutes
6. When ready remove and serve with tomato sauce

# ZUCCHINI NOODLES

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**15**

Minutes

Total Time:

**20**

Minutes

## INGREDIENTS

- 2 zucchinis
- 1 tablespoon olive oil
- 1 garlic clove
- $\frac{1}{2}$  cup parmesan cheese
- 1 tsp salt

## **DIRECTIONS**

- 1. Spiralize zucchini and set aside**
- 2. In a skillet melt butter, add garlic and zucchini noodles**
- 3. Toss to coat and cook for 5-6 minutes**
- 4. When ready remove from the skillet and serve with parmesan cheese on top**

# GREEN BEANS WITH TOMATOES

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**15**

Minutes

Total Time:

**25**

Minutes

## INGREDIENTS

- 1 cup water
- 1 lb. green beans
- 2 tomatoes
- 1 tsp olive oil
- 1 tsp Italian dressing

- salt

## DIRECTIONS

1. In a pot bring water to a boil
2. Add green beans, tomatoes and boil for 10-12 minutes
3. Remove green beans and tomatoes to a bowl
4. Chop tomatoes, add Italian dressing, olive oil and serve

# ROASTED CAULIFLOWER RICE

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**25**

Minutes

Total Time:

**35**

Minutes

## INGREDIENTS

- 3-4 cups frozen cauliflower rice
- 1 tablespoon olive oil
- 2 garlic cloves
- $\frac{1}{2}$  cup parmesan cheese

## **DIRECTIONS**

- 1. Place the cauliflower rice on a sheet pan**
- 2. Sprinkle garlic and olive oil over the cauliflower rice and toss well**
- 3. Spread cauliflower rice in a single layer in the pan**
- 4. Roast cauliflower rice at 375 F for 20-25 minutes**
- 5. When ready remove from the oven and serve with parmesan cheese on top**

# ROASTED SQUASH

Serves:

**3-4**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 2 delicata squashes
- 2 tablespoons olive oil
- 1 tsp curry powder
- 1 tsp salt

## **DIRECTIONS**

- 1. Preheat the oven to 400 F**
- 2. Cut everything in half lengthwise**
- 3. Toss everything with olive oil and place onto a prepared baking sheet**
- 4. Roast for 18-20 minutes at 400 F or until golden brown**
- 5. When ready remove from the oven and serve**

# BRUSSELS SPROUT CHIPS

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 1 lb. brussels sprouts
- 1 tablespoon olive oil
- 1 tablespoon parmesan cheese
- 1 tsp garlic powder
- 1 tsp seasoning

## **DIRECTIONS**

- 1. Preheat the oven to 425 F**
- 2. In a bowl toss everything with olive oil and seasoning**
- 3. Spread everything onto a prepared baking sheet**
- 4. Bake for 8-10 minutes or until crisp**
- 5. When ready remove from the oven and serve**

# CARROT CHIPS

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 1 lb. carrot
- 1 tablespoon olive oil
- 1 tablespoon parmesan cheese
- 1 tsp garlic powder
- 1 tsp seasoning

## **DIRECTIONS**

- 1. Preheat the oven to 425 F**
- 2. In a bowl toss everything with olive oil and seasoning**
- 3. Spread everything onto a prepared baking sheet**
- 4. Bake for 8-10 minutes or until crisp**
- 5. When ready remove from the oven and serve**

# SQUASH CHIPS

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 1 lb. squash
- 1 tablespoon olive oil
- 1 tablespoon parmesan cheese
- 1 tsp garlic powder
- 1 tsp seasoning

## **DIRECTIONS**

- 1. Preheat the oven to 425 F**
- 2. In a bowl toss everything with olive oil and seasoning**
- 3. Spread everything onto a prepared baking sheet**
- 4. Bake for 8-10 minutes or until crisp**
- 5. When ready remove from the oven and serve**

# CUCUMBER CHIPS

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 1 lb. cucumber
- 1 tablespoon olive oil
- 1 tablespoon parmesan cheese
- 1 tsp garlic powder
- 1 tsp seasoning

## **DIRECTIONS**

- 1. Preheat the oven to 425 F**
- 2. In a bowl toss everything with olive oil and seasoning**
- 3. Spread everything onto a prepared baking sheet**
- 4. Bake for 8-10 minutes or until crisp**
- 5. When ready remove from the oven and serve**

## PASTA

### SIMPLE SPAGHETTI

Serves:

**2**

Prep Time:

**5**

Minutes

Cook Time:

**15**

Minutes

Total Time:

**20**

Minutes

### INGREDIENTS

- 10 oz. spaghetti

- 2 eggs
- $\frac{1}{2}$  cup parmesan cheese
- 1 tsp black pepper
- Olive oil
- 1 tsp parsley
- 2 cloves garlic

## DIRECTIONS

1. In a pot boil spaghetti (or any other type of pasta), drain and set aside
2. In a bowl whisk eggs with parmesan cheese
3. In a skillet heat olive oil, add garlic and cook for 1-2 minutes
4. Pour egg mixture and mix well
5. Add pasta and stir well
6. When ready garnish with parsley and serve

# PASTA WITH OLIVES AND TOMATOES

Serves:

**2**

Prep Time:

**5**

Minutes

Cook Time:

**15**

Minutes

Total Time:

**20**

Minutes

## INGREDIENTS

- 8 oz. pasta
- 3 tablespoons olive oil
- 2 cloves garlic
- 5-6 anchovy fillets
- 2 cups tomatoes

- 1 cup olives
- ½ cup basil leaves

## **DIRECTIONS**

1. In a pot boil spaghetti (or any other type of pasta), drain and set aside
2. Place all the ingredients for the sauce in a pot and bring to a simmer
3. Add pasta and mix well
4. When ready garnish with parmesan cheese and serve

## SALAD

### TOMATO GARLIC SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

### INGREDIENTS

-  $\frac{1}{4}$  cucumber

- $\frac{1}{4}$  onion
- 1 tomato
- Clove garlic
- 1 tablespoon olive oil
- salt
- basil leaf

## **DIRECTIONS**

1. In a bowl combine all ingredients together and mix well
2. Serve with dressing

# PEACH SALAD

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 1 peach
- 1 handful of pecans
- 1 handful arugula
- 1 handful spinach
- $\frac{1}{4}$  cup cherry

- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar

## **DIRECTIONS**

1. In a bowl combine all ingredients together and mix well
2. Serve with dressing

# SLAW

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 1 cabbage
- 1 bunch of baby carrots
- $\frac{1}{2}$  cucumber
- 1 bun of cilantro
- 1 bunch of basil

- 1 onion

## **DIRECTIONS**

- 1. In a bowl combine all ingredients together and mix well**
- 2. Serve with dressing**

# SRIRACHA DRESSING

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 1 egg
- $\frac{1}{4}$  cup rice vinegar
- 1 tablespoon coconut aminos
- 1 tablespoon sriracha
- 1 tablespoon maple syrup

## **DIRECTIONS**

- 1. In a bowl combine all ingredients together and mix well**
- 2. Serve with dressing**

# ARUGULA SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 2 cups arugula leaves
- $\frac{1}{4}$  cup cranberries
- $\frac{1}{4}$  cup honey
- $\frac{1}{4}$  cup pecans
- 1 cup salad dressing

## **DIRECTIONS**

- 1. In a bowl combine all ingredients together and mix well**
- 2. Serve with dressing**

# TUNA SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 2 handful of salad leaves
- 1 can tuna
- Handful of coriander leaves
- 1 tablespoon olive oil

## **DIRECTIONS**

- 1. In a bowl combine all ingredients together and mix well**
- 2. Serve with dressing**

# SHRIMP SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 1 lb. shrimp
- 2 tablespoons olive oil
- $\frac{1}{4}$  tsp paprika
- $\frac{1}{4}$  tsp cumin
- $\frac{1}{4}$  tsp turmeric

- 1 clove garlic
- salt

## **DIRECTIONS**

- 1. In a bowl combine all ingredients together and mix well**
- 2. Serve with dressing**

# PALEO CHICKEN SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 1 cooked chicken breast
- 2 pieces romaine lettuce
- 1 bell pepper
- 1 carrot
- $\frac{1}{4}$  red cabbage

- 2 green onions
- Salad dressing

## **DIRECTIONS**

1. In a bowl combine all ingredients together and mix well
2. Serve with dressing

# TUNA AND TOMATOES SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 2 tomatoes
- 1 10 oz. can tuna
- $\frac{1}{4}$  cup onion
- $\frac{1}{4}$  tsp cumin
- Pinch of salt

- Lemon juice

## DIRECTIONS

1. In a bowl combine all ingredients together and mix well
2. Serve with dressing

# SARDINES SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 1 can sardines
- $\frac{1}{4}$  lb. salad greens
- 1 tablespoon olive oil
- 1 tablespoon olive oil
- Pinch of salt

## **DIRECTIONS**

- 1. In a bowl combine all ingredients together and mix well**
- 2. Serve with dressing**

# THIRD COOKBOOK

## SOUP RECIPES

### ONION SOUP

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

### INGREDIENTS

- 6 spring onions

- $\frac{1}{2}$  red onion
- 1 potato
- 1 tablespoon olive oil
- Salt
- $\frac{1}{4}$  tsp coriander

## DIRECTIONS

1. In a pot place the potatoes, water and boil until the potatoes are soft
2. In another pot heat olive oil and sauté spring onions and onion until soft
3. Add boiled potatoes to the pot where are the sauté onions
4. Add coriander, salt, pepper and stir well
5. Blend the soup until the soup is creamy
6. When ready pour into bowls and serve

# ZUCCHINI SOUP

Serves:

**6**

Prep Time:

**10**

Minutes

Cook Time:

**25**

Minutes

Total Time:

**35**

Minutes

## INGREDIENTS

- 1 onion
- 1 tsp olive oil
- 1 zucchini
- 1 cup corn
- 1 cup broth

- 1 cup soy yogurt
- 1 tsp red pepper flakes
- 1 tablespoon cilantro
- 1 tablespoon parmesan

## **DIRECTIONS**

1. In a skillet sauté onion until soft
2. Add zucchinis, corn and sauté for 5-6 minutes
3. Stir in water, vegetable broth, black pepper and salt
4. Bring everything to a boil and cook for 8-10 minutes
5. Add soy yogurt, cilantro, red pepper flakes and cook for another 5-6 minutes
6. When ready add parmesan and serve

# SAUERKRAUT SOUP

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 2 celery sticks
- 1 onion
- 2 carrots
- 2 potatoes
- 1 cup mushrooms

- 1 cup sauerkraut
- 6 cups vegetable broth
- 1 tablespoon olive oil
- 1 cup tofu
- 1 bay leaf

## DIRECTIONS

1. In a pot heat olive oil and add tofu
2. Cook until crispy and set aside
3. Sauté onion and mushrooms for 2-3 minutes
4. Add vegetable broth and the rest of the ingredients
5. Bring everything to a boil and simmer on low heat for 18-20 minutes
6. When the soup is ready remove the bay leaf and transfer soup to a blender
7. Blend until smooth and serve with tofu slices on top

# GREEK RICE SOUP

Serves:

**6**

Prep Time:

**10**

Minutes

Cook Time:

**35**

Minutes

Total Time:

**45**

Minutes

## INGREDIENTS

- 1 onion
- 1 carrot
- 1 cup celery
- 4 cups vegetable broth
- $\frac{1}{4}$  cup rice

- $\frac{1}{2}$  cup tofu
- 1 tablespoon dill
- 1 lemon

### EGG MIXTURE

- 1 cup coconut milk
- 1 cup tofu
- 2 tablespoons lemon juice
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp nutritional yeast

### DIRECTIONS

1. In a pot heat olive oil and add carrots, celery, onion and sauté until vegetables are soft
2. Add rice, vegetable broth and cook until the rice absorbs the liquid
3. In a blender add the ingredients for the egg mixture and blend until smooth
4. Pour the egg mixture into the soup and stir well
5. Add tofu, dill and any remaining ingredients to the soup
6. Cover and cook until the soup is ready

# GAZPACHO

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**10**

Minutes

Total Time:

**20**

Minutes

## INGREDIENTS

- 1 cucumber
- $\frac{1}{2}$  cup tomato juice
- 4 tomatoes
- $\frac{1}{4}$  avocado
- 1 garlic clove

- $\frac{1}{4}$  red onion
- 2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- black pepper

## **DIRECTIONS**

1. In a blender add all ingredients for the soup and blend until smooth
2. Pour soup in a container add seasoning and mix well
3. Serve when ready and refrigerate remaining soup

# TORTELLINI SOUP

Serves:

**6**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 1 cup crushed tomatoes
- 3 cups vegetable broth
- 1 tsp tomato paste
- 1 tsp basil
- 1 tsp oregano

- 2 cups mushrooms tortellini
- 2 cups baby spinach

## **DIRECTIONS**

1. In a pot sauté onion and garlic
2. Add tofu and cook until soft
3. Add the rest of the ingredients to the pot and cook for another 10-12 minutes
4. Cook until tortellini are done
5. When ready remove soup from heat and serve

# LEBANESE SOUP

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**25**

Minutes

Total Time:

**35**

Minutes

## INGREDIENTS

- 1 tablespoon olive oil
- 1 onion
- 1 carrot
- 1 large potato
- 1 garlic clove

- 1 bay leaf
- 1 cup cooked chickpeas
- 1 tomato
- 2 cups vegetable broth
- 1 cup water
- 1 tablespoon tomato pate
- 1 tsp paprika
- 1 tablespoon parsley

## **DIRECTIONS**

1. In a saucepan sauté garlic and onion
2. Add tomatoes, carrots, potatoes and cook for another 4-5 minutes
3. Add remaining ingredients and bring soup to a boil
4. Simmer on low heat for 15-18 minutes
5. When ready remove from heat and serve

# BROCCOLI SOUP

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**15**

Minutes

Total Time:

**25**

Minutes

## INGREDIENTS

- 2 lb. broccoli
- 2 potatoes
- 2 garlic cloves
- 1 onion
- 2 tablespoons nutritional yeast

- 1 tablespoon olive oil
- 1 tsp salt

## DIRECTIONS

1. In a pot add potatoes, broccoli, onion and sauté until vegetables are soft
2. Place saluted veggies in a blender, add garlic, nutritional yeast, salt and blend until smooth
3. Add remaining ingredients and blend again
4. When ready transfer to a plate, drizzle olive oil and serve

# SWEET POTATO SOUP

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 3 sweet potatoes
- 1 onion
- 2 carrots
- $\frac{1}{4}$  tsp cumin
- $\frac{1}{4}$  tsp red pepper

- olive oil
- 1-inch piece ginger
- water

## **DIRECTIONS**

- 1. Place all vegetables in a pot**
- 2. Add water and bring to a boil**
- 3. Boil on low heat for 25-30 minutes**
- 4. When vegetables are tender blend soup**
- 5. Add remaining ingredients and blend again**
- 6. Pour soup into a bowl, season and serve**

## SIDE DISHES

### ZUCCHINI CHIPS

Serves:

**4**

Prep Time:

**5**

Minutes

Cook Time:

**10**

Hours

Total Time:

**10**

Hours 5 Minutes

### INGREDIENTS

- 1 lb. zucchini

- 1 tablespoon oil
- 1 tsp salt

## **DIRECTIONS**

- 1. Slice zucchini into thin slices**
- 2. Toss in salt and oil**
- 3. Arrange in a single on a dehydrator tray**
- 4. Dehydrate at 125 F for 10-12 hours**
- 5. When ready remove and serve**

# FRENCH POT ROAST

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**7**

Hours

Total Time:

**7**

Hours and 10 Minutes

## INGREDIENTS

- 1 tablespoon butter
- 2 lbs. beef roast
- 1 onion
- 6 cloves garlic
- 3 slices bacon

- $\frac{1}{4}$  cup red wine
- $\frac{1}{2}$  tsp rosemary
- $\frac{1}{4}$  tsp dried thyme
- pinch of salt

## **DIRECTIONS**

- 1. In a skillet heat butter, add beef roast and brown on all sides, remove and place to a crock pot**
- 2. Sauté onions, bacon, garlic and move to crock pot**
- 3. Add onion, seasoning and cook on low for 6-7 hours**

# LEFTOVER TURKEY WITH SQUASH

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**50**

Minutes

Total Time:

**60**

Minutes

## INGREDIENTS

- 1 squash
- 1 onion
- 2 cup leftover turkey
- 2 apples
- 1 cup cranberries

- 1 tsp cinnamon
- 1 tsp salt
- $\frac{1}{4}$  tsp nutmeg
- $\frac{1}{4}$  cup butter

## DIRECTIONS

1. Preheat oven to 325 F
2. Cut squash in half and slice into half rings and place in a bowl
3. Toss with spices, cranberries, apples
4. Pour into baking dish and bake for 40-50 minutes or until tender
5. Remove and serve

# PARMESAN DRUMSTICKS

Serves:

**3**

Prep Time:

**10**

Minutes

Cook Time:

**40**

Minutes

Total Time:

**50**

Minutes

## INGREDIENTS

- 2 eggs
- 2 cups parmesan cheese
- 1 tsp salt
- 1 tsp black pepper
- 12 chicken drumsticks

- coconut oil

## DIRECTIONS

1. **Preheat oven to 375 F**
2. **In a bowl crack eggs, beat them and set aside**
3. **In another bowl mix cheese, pepper, salt and set aside**
4. **Dip the drumsticks into the egg mixture and coat evenly**
5. **Roll into cheese mixture and place in the baking pan**
6. **Bake for 40-50 minutes, remove and serve**

# SWEDISH MEATBALLS

Serves:

**6**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 1 cup sunflower oil
- $\frac{1}{4}$  cup coconut milk
- 1 tsp onion powder
- 1 tsp
- salt

- 4 lbs. ground beef

- 

- 2 eggs

- 1 tsp black pepper

- $\frac{1}{4}$  tsp allspice

- $\frac{1}{4}$  tsp nutmeg

## SAUCE

- $\frac{1}{2}$  cup butter

- $\frac{1}{4}$  cup parmesan cheese

- 5 cups beef broth

- $\frac{1}{4}$  cup coconut milk

- salt

## DIRECTIONS

1. Preheat oven to 375 F

2. In a bowl mix all meatballs ingredients using a stand mixer

3. Form little balls and bake for 20-25 minutes or until done

4. In a skillet sauce parmesan cheese, whisk in beef broth, salt, and coconut milk, cook until thickened

5. Serve on top of meatballs

# ZUCCHINI LASAGNA

Serves:

**6**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 1 onion
- 3 cloves garlic
- 2 tablespoon butter
- 1 lb. ground beef
- 1 lb. Italian sausage
- 1 tablespoon oregano
- $\frac{1}{4}$  cup basil
- $\frac{1}{4}$  tsp cayenne pepper
- salt
- 14 oz. can diced tomatoes
- 6 oz. can tomato paste
- 4 zucchinis
- 3 cup cheddar cheese

## DIRECTIONS

1. Preheat oven to 325 F
2. Slice the zucchinis into long strips
3. In a pot sauté the onions and garlic
4. Add Italian sausage, beef, basil, cayenne, pepper, oregano and cook for 5-6 minutes
5. Add tomato paste and tomatoes and cook for another 4-5 minutes
6. Bake for 40-45 minutes, remove and serve

# ACORN SQUASH WITH APPLES

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 2 acorn squash
- $\frac{1}{4}$  cup butter
- $\frac{1}{2}$  cup shallots
- 2 apples
- $\frac{1}{4}$  tsp salt

- $\frac{1}{2}$  tsp black pepper
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{2}$  tsp nutmeg

## **DIRECTIONS**

- 1. Preheat oven to 325 F**
- 2. Bake squash for 20-25 minutes**
- 3. Sauté the shallots until tender, add salt, pepper, apples, nutmeg, and cinnamon**
- 4. Fill each squash with apple mixture, bake for 25-30 minutes**
- 5. Remove and serve**

# CHICKEN LETTUCE WRAPS

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 2 lbs. ground chicken
- 2 onions
- 3 garlic cloves
- 1 yellow squash
- 1 bell pepper

- 1 bunch basil
- salt
- 1 cup Italian dressing
- 1 head romaine lettuce

## **DIRECTIONS**

1. Cook ground chicken until tender with garlic, pepper, basil, onions, and squash
2. Serve the squash with lettuce leaves and Italian dressing

# CUP CHICKEN

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 2 tablespoons sesame oil
- 2-inch piece ginger
- 16-18 garlic cloves
- 1 tsp black pepper
- 1 pinch cloves

- 1,5 lbs. chicken drumsticks
- 2 tablespoons coconut aminos
- 1 tablespoon fish sauce
- 1 tablespoon honey
- 1 cup basil leaves

## DIRECTIONS

1. In a skillet add sesame oil, pepper, cloves, garlic, ginger and sauté for 3-4 minutes
2. Add chicken and cook for 6-7 minutes, add honey coconut aminos, fish sauce and bring to boil
3. Lower the heat and simmer for 14-16 minutes
4. Add basil, stir to combine and serve when ready

# SPAGHETTI WITH MEATBALLS

Serves:

**12**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 3 zucchinis
- 2 cups sauce
- 1 b. ground beef
- 1 onion
- 2 cloves garlic

- 1 tablespoon herbs
- 1 tablespoon butter

## **DIRECTIONS**

- 1. Cook spaghetti squash and set aside**
- 2. In a bowl mix garlic, seasoning, onion, ground beef, and divide into 12-14 meatballs**
- 3. Add the meatballs into a pot and cook until they are browned**
- 4. Add sauce, seasoning and simmer for 10-12 minutes**
- 5. Add vegetable noodles cook until done and remove from heat**
- 6. Add salt and serve**

# BASIL CHICKEN WITH BROCCOLI

Serves:

**6**

Prep Time:

**10**

Minutes

Cook Time:

**50**

Minutes

Total Time:

**60**

Minutes

## INGREDIENTS

- 2 lbs. chicken pieces drumsticks
- $\frac{1}{2}$  cup parmesan cheese
- 2 tablespoons almond flour
- 1 tsp garlic powder
- 1 tsp dried basil 1 tsp salt

- black pepper
- 2 heads broccoli

## DIRECTIONS

1. Preheat oven to 350 F
2. Lay chicken in a pan and sprinkle with garlic powder, parmesan basil, pepper and salt
3. Add 2 tablespoons butter and bake for 40-45 minutes
4. Remove from oven and transfer to a plate
5. Serve with baked broccoli

# CHEESE SAUCE

Serves:

**2**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 1 cup c
- oconut milk
- $\frac{1}{2}$  cup gelatin (SCD Safe)
- 6 oz. cheddar cheese
- $\frac{1}{4}$  tsp salt

## **DIRECTIONS**

- 1. In a saucepan heat milk and stir occasionally**
- 2. Chop cheese into small chunks and place cheese in a blender**
- 3. Add the milk and blend for 20-30 seconds**
- 4. Pour into saucepan and lower heat**
- 5. When ready remove and serve**

# ZUCCHINI CHORIZO BUTTER

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**70**

Minutes

Total Time:

**80**

Minutes

## INGREDIENTS

- 2 lbs. zucchini
- 3 cups bone broth
- 1 cup chorizo
- 2 bell peppers
- 5 tablespoons butter

## **DIRECTIONS**

- 1. Cut zucchini into  $\frac{1}{2}$  inch slices and place in a saucepan**
- 2. Add bone broth and simmer for 25-30 minutes**
- 3. Add peppers, chorizo and simmer for another 20 minutes**
- 4. Stir in stew, butter and cook for another 10-12 minutes**
- 5. Remove from heat and serve when ready**

# TARRAGON ZUCCHINI

Serves:

**4**

Prep Time:

**5**

Minutes

Cook Time:

**15**

Minutes

Total Time:

**20**

Minutes

## INGREDIENTS

- $\frac{1}{4}$  tablespoon butter
- 1 zucchini
- 1 tablespoon tarragon leaves
- $\frac{1}{2}$  cup heavy cream

## **DIRECTIONS**

- 1. In a pan melt butter over medium heat**
- 2. Sauté the zucchini for 6-7 minutes, add tarragon and cook until tender**
- 3. Remove and serve**

# GREEN PESTO PASTA

Serves:

**2**

Prep Time:

**5**

Minutes

Cook Time:

**15**

Minutes

Total Time:

**20**

Minutes

## INGREDIENTS

- 4 oz. spaghetti
- 2 cups basil leaves
- 2 garlic cloves
- $\frac{1}{4}$  cup olive oil
- 2 tablespoons parmesan cheese

-  $\frac{1}{2}$  tsp black pepper

## DIRECTIONS

1. Bring water to a boil and add pasta
2. In a blend add parmesan cheese, basil leaves, garlic and blend
3. Add olive oil, pepper and blend again
4. Pour pesto onto pasta and serve when ready

# CRANBERRY SALAD

Serves:

**2**

Prep Time:

**5**

Minutes

Cook Time:

**15**

Minutes

Total Time:

**20**

Minutes

## INGREDIENTS

- **½ cup celery**
- **1 packet Knox Gelatin**
- **1 cup cranberry juice**
- **1 can berry cranberry sauce**
- **1 cup sour cream**

## **DIRECTIONS**

- 1. In a pan add juice, gelatin, cranberry sauce and cook on low heat**
- 2. Add sour cream, celery and continue to cook**
- 3. Pour mixture into a pan**
- 4. Serve when ready**

# GAZPACHO SALAD

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- **½ lb. cherry tomatoes**
- **½ cucumber**
- **3 oz. cooked quinoa**
- **1 tsp bouillon powder**
- **2 spring onions**

- 1 red pepper
- ½ avocado
- 1 pack Japanese tofu

## **DIRECTIONS**

1. In a bowl combine all ingredients together
2. Add salad dressing, toss well and serve

# RADISH & PARSLEY SALAD

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 1 tsp olive oil
- $\frac{1}{4}$  lb. tomatoes
- 2 oz. radish
- 1 oz. parsley
- 1 tablespoon coriander

- salt

## **DIRECTIONS**

- 1. In a bowl combine all ingredients together**
- 2. Add salad dressing, toss well and serve**

# ZUCCHINI & BELL PEPPER SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- $\frac{1}{4}$  cup zucchini
- $\frac{1}{4}$  cup red capsicum
- $\frac{1}{2}$  cup yellow capsicum
- 1 cup sprouted moong
- $\frac{1}{4}$  cup apple

- 1 tablespoon olive oil
- 1 tsp lemon juice

## **DIRECTIONS**

1. In a bowl combine all ingredients together
2. Add olive oil, toss well and serve

# QUINOA & AVOCADO SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- $\frac{1}{4}$  cup cooked quinoa
- $\frac{1}{4}$  cup avocado
- $\frac{1}{4}$  cup zucchini
- $\frac{1}{4}$  cup capsicum cubes
- $\frac{1}{4}$  cup mushroom

- $\frac{1}{2}$  cup cherry tomatoes
- 1 cup lettuce
- 1 tablespoon sprouts
- 1 tsp olive oil
- Salad dressing

## DIRECTIONS

1. In a bowl combine all ingredients together
2. Add salad dressing, toss well and serve

# TOFU SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 1 pack tofu
- 1 cup chopped vegetables (carrots, cucumber)

## DRESSING

- 1 tablespoon sesame oil
- 1 tablespoon mustard
- 1 tablespoon brown rice vinegar
- 1 tablespoon soya sauce

## **DIRECTIONS**

1. In a bowl combine all ingredients together
2. Add salad dressing, toss well and serve

# MIXED GREENS SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 2 cucumbers
- 3 radishes
- $\frac{1}{4}$  red bell pepper
- 2 spring onions
- 1 tablespoon red wine vinegar

- 1 tablespoon rice vinegar
- 1 tablespoon soya sauce
- 1 tablespoon clearspring mirin
- 2 cups mixed salad greens

## **DIRECTIONS**

1. In a bowl combine all ingredients together
2. Add salad dressing, toss well and serve

# QUINOA SALAD

Serves:

**1**

Prep Time:

**5**

Minutes

Cook Time:

**5**

Minutes

Total Time:

**10**

Minutes

## INGREDIENTS

- 1 cup cooked quinoa
- $\frac{1}{4}$  cup clearspring hijiki
- $\frac{1}{4}$  red bell pepper
- 1 bun watercress
- 2 radishes

- 2 tablespoons goji berries

## DIRECTIONS

1. In a bowl combine all ingredients together
2. Add salad dressing, toss well and serve

# ASPARAGUS FRITATTA

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- $\frac{1}{2}$  lb. asparagus
- 1 tablespoon olive oil
- $\frac{1}{2}$  red onion
- $\frac{1}{4}$  tsp salt
- 1 cup egg substitute (egg allergy friendly)

- 2 oz. cheddar cheese
- 1 garlic clove
- $\frac{1}{4}$  tsp dill

## **DIRECTIONS**

1. Boil the asparagus until tender and set aside
2. In a bowl whisk egg substitute with salt and cheese
3. In a frying pan heat olive oil and pour egg mixture
4. Add remaining ingredients and mix well
5. When ready serve with asparagus

# BEETS FRITATTA

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- $\frac{1}{2}$  lb. beets
- 1 tablespoon olive oil
- $\frac{1}{2}$  red onion
- 1 cup egg substitute (egg allergy friendly)
- $\frac{1}{4}$  tsp salt

- 2 oz. cheddar cheese
- 1 garlic clove
- $\frac{1}{4}$  tsp dill

## **DIRECTIONS**

1. In a bowl whisk egg substitute with salt and cheese
2. In a frying pan heat olive oil and pour egg mixture
3. Add remaining ingredients and mix well
4. Serve when ready

# ARTICHOKE FRITATTA

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 1 cup artichoke
- 1 tablespoon olive oil
- $\frac{1}{2}$  red onion
- 1 cup egg substitute (egg allergy friendly)
- $\frac{1}{4}$  tsp salt

- 2 oz. cheddar cheese
- 1 garlic clove
- $\frac{1}{4}$  tsp dill

## **DIRECTIONS**

1. In a bowl whisk egg substitute with salt and cheese
2. In a frying pan heat olive oil and pour egg mixture
3. Add remaining ingredients and mix well
4. Serve when ready

# HAM FRITATTA

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 8-10 slices ham
- 1 tablespoon olive oil
- ½ red onion
- ¼ tsp salt
- 1 cup egg substitute (egg allergy friendly)

- 2 oz. parmesan cheese
- 1 garlic clove
- $\frac{1}{4}$  tsp dill

## **DIRECTIONS**

1. In a bowl whisk eggs substitute with salt and parmesan cheese
2. In a frying pan heat olive oil and pour egg mixture
3. Add remaining ingredients and mix well
4. Serve when ready

# BROCCOLI FRITATTA

Serves:

**2**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 1 cup broccoli
- 1 tablespoon olive oil
- ½ red onion
- ¼ tsp salt
- 2 oz. cheddar cheese

- 1 garlic clove
- 1 cup egg substitute (egg allergy friendly)
- $\frac{1}{4}$  tsp dill

## **DIRECTIONS**

1. In a skillet sauté broccoli until tender
2. In a bowl whisk egg substitute with salt and cheese
3. In a frying pan heat olive oil and pour egg mixture
4. Add remaining ingredients and mix well
5. When ready serve with sautéed broccoli

# ROASTED SQUASH

Serves:

**3-4**

Prep Time:

**10**

Minutes

Cook Time:

**20**

Minutes

Total Time:

**30**

Minutes

## INGREDIENTS

- 2 delicata squashes
- 2 tablespoons olive oil
- 1 tsp curry powder
- 1 tsp salt

## **DIRECTIONS**

- 1. Preheat the oven to 400 F**
- 2. Cut everything in half lengthwise**
- 3. Toss everything with olive oil and place onto a prepared baking sheet**
- 4. Roast for 18-20 minutes at 400 F or until golden brown**
- 5. When ready remove from the oven and serve**

## PIZZA

### ZUCCHINI PIZZA

Serves:

**6-8**

Prep Time:

**10**

Minutes

Cook Time:

**15**

Minutes

Total Time:

**25**

Minutes

### INGREDIENTS

- 1 pizza crust

- $\frac{1}{2}$  cup tomato sauce
- $\frac{1}{4}$  black pepper
- 1 cup zucchini slices
- 1 cup mozzarella cheese
- 1 cup olives

## DIRECTIONS

1. Spread tomato sauce on the pizza crust
2. Place all the toppings on the pizza crust
3. Bake the pizza at 425 F for 12-15 minutes
4. When ready remove pizza from the oven and serve

# SIMPLE PIZZA RECIPE

Serves:

**6-8**

Prep Time:

**10**

Minutes

Cook Time:

**15**

Minutes

Total Time:

**25**

Minutes

## INGREDIENTS

- 1 pizza crust gluten free
- $\frac{1}{2}$  cup tomato sauce
- $\frac{1}{4}$  black pepper
- 1 cup pepperoni slices
- 1 cup mozzarella cheese

- 1 cup olives

## DIRECTIONS

1. Spread tomato sauce on the pizza crust
2. Place all the toppings on the pizza crust
3. Bake the pizza at 425 F for 12-15 minutes
4. When ready remove pizza from the oven and serve

# MUSHROOM PIZZA

Serves:

**4**

Prep Time:

**10**

Minutes

Cook Time:

**30**

Minutes

Total Time:

**40**

Minutes

## INGREDIENTS

- 3 mushrooms
- 3 oz. tomato paste
- 2 tablespoons avocado oil
- $\frac{1}{4}$  salt
- $\frac{1}{4}$  tsp dried basil
- 1 clove garlic

## **DIRECTIONS**

- 1. Preheat oven to 375 F**
- 2. In a skillet add chopped mushrooms, garlic, basil and sauté for 2-3 minutes, transfer to a bowl**
- 3. Add tomato paste and stir well**
- 4. Fill each cavity of mushrooms with tomato paste and place into baking pan**
- 5. Top with meat, cheese, olives and bake for 20-25 minutes**

**THANK YOU FOR READING THIS BOOK!**