

## MEALS

### Eggs Poached in Tomato Sauce

*Makes 2 servings*

#### Ingredients

Two - 14 oz. cans of crushed tomatoes or your favorite tomato sauce (no sugar added)  
4 large eggs  
1 Tablespoons coconut oil  
1 small onion, minced  
3 cloves garlic, minced  
1 Tablespoon Worcestershire sauce  
1/4 teaspoon cumin  
1/4 cup chopped parsley  
additional salt and pepper to taste  
½ Avocado (optional)

#### Directions

Heat large saucepan on medium heat. Melt coconut, then cook onions and garlic till soft. Add crushed tomatoes with juices (or no sugar tomato sauce), Worcestershire and cumin. Stir till everything is combined well. Bring the sauce to a low boil, then reduce heat to low. Stir in the parsley and simmer the sauce on low heat for about 10 minutes on low heat, stirring occasionally. Crack the eggs into the tomato sauce, then cover the pan. Poach the eggs in the sauce for about 5-8 minutes, or until the whites are set and the yolk is still runny. Serve the eggs and tomato sauce. Serve warm  
Option top with ¼ sliced avocado on egg portion

### Coconut Milk & Quinoa Porridge

#### Ingredients

1 cup Quinoa, rinsed  
1 ripe banana  
1/2 tsp ground cinnamon  
1 vanilla pod  
1 ½ cups coconut milk  
Handful of chopped nuts- almonds/walnuts  
1 tsp chia seeds  
1 tbsp sunflower kernels

#### Directions

Place quinoa, banana, cinnamon, 1 cup of coconut milk and 1 cup of water in a small saucepan over medium high heat. Allow liquid to reduce by half and then cover with a lid and simmer until almost all liquid is absorbed and quinoa is cooked through. Add 1/2 cup of coconut milk into saucepan, stir well and heat through the milk. Remove from heat. Top porridge with nuts, chia seeds and sunflower kernels. Serve warm!

*Be experimental, add your choice of healthy additions like seasonal fruits and berries.*

## Paleo Kale and Chives Egg Muffins

### Ingredients

6 eggs  
½ cup almond or coconut milk  
1 cup kale, finely chopped  
¼ cup chives, finely chopped  
salt and pepper to taste  
8 slices of prosciutto (optional)

### Directions

1. Preheat the oven to 350
2. Whisk the eggs and add in the chopped kale and chives. Also add in the almond/coconut milk, salt, and pepper. Mix well.
3. Grease 8 muffin cups with coconut oil or line each cup with a prosciutto slice.
4. Divide the egg mixture between the 8 muffin cups. Fill only ¾ of each cup as the mixture rises when it's baking.
5. Bake in oven for 30 minutes.
6. Let cool a few minutes and then lift out carefully with a fork. Note that the muffins will sink a bit.

From: <http://paleomagazine.com/paleo-kale-and-chives-egg-muffins/>

## Frittata

### Ingredients

2 tbsp coconut oil  
5 eggs (whisked)  
½ cup sliced mushrooms  
2 cups pre-washed spinach chopped  
½ avocado cubed

### Directions

Pre-heat oven to 350 degrees Fahrenheit.  
Sauté mushrooms in coconut oil, add spinach, add eggs.  
Mix together in a pan on medium heat, add avocado.  
Transfer pan to oven at 350 degree, cook for about 5 minutes or until cooked through.

## Fancy Frittata

### Ingredients

1 head fresh cauliflower  
1 tsp paprika  
1 tsp unsweetened cocoa  
1/4 tsp salt  
1/4 tsp ground black pepper  
1 clove of garlic minced (about 1 teaspoon)  
2 tbsp coconut oil

### Directions

Preheat oven to 400 F. Cover a baking sheet with parchment paper or aluminum foil. With a sharp knife, remove the core of the cauliflower and break it into florets. Place the florets in a large mixing bowl. In a small microwave safe bowl, mix the paprika, cocoa, salt, pepper, and garlic with a fork. Add the coconut oil and microwave for 15-20 seconds until the coconut oil is melted and the spices are fragrant. Drizzle the spiced coconut oil over the cauliflower in the bowl, then toss with two wooden spoons until well coated. This should take at least 2 minutes. Do a taste test and adjust the seasoning. Spread the cauliflower in a single layer on the baking sheet and roast in the oven for about 25-30 minutes, until it's tender and starting to get nice brown spots.

<http://tasty-yummies.com/summer-harvest-frittata-gluten-free-dairy-free/cocoa-toasted-cauliflower>

## Sautéed Greens

### Ingredients / Directions

1. Chose what green you would like to cook
  - Rapine
  - Bok choy
  - Spinach
  - Kale
  - Collard greens
2. Thoroughly wash greens
3. Chop about 4 large handfuls into rough pieces (throw out large stems for kale, rapine and collard greens)
4. Heat 2 tbsp of coconut oil in a large sauté pan on medium heat
5. Add 2-3 cloves of minced garlic and ½ tsp of dried chili flakes
6. Stir until garlic turns translucent- NOT brown
7. Add greens and cook down stirring occasionally for 3-10 minutes (the thicker the green the longer it will take). You want the greens to be wilted and a dark green colour. Don't overcook them so they go towards a brown colour and become mushy

## Simple Salmon

### Directions

Pre-heat oven to 375 degrees F.

Mix a few drops of water with 2-3 tbsp miso paste to make a smooth paste.

Spread over top of salmon filets (preferably NOT farmed).

Sprinkle black sesame seeds over top of miso paste.

Heat coconut/coconut oil in an oven safe frying pan on medium high heat.

Place fillets in pan, miso side up.

Cover with a grease splatter guard and cook for about 5 minutes until bottom half of fish have turned an opaque pink.

Place in oven to finish cooking (about 5-15 minutes depending on thickness of fish). It is done when you see the fat starting to ooze out, goal is for flakey not dry fish. A good quality fresh organic salmon can taste amazing done medium, so still a darker pink in the center, done on the edges ;)

## “Fancy” Cedar Plank Salmon

### Ingredients

2 tablespoons grainy mustard

2 tablespoons mild honey or pure maple syrup

1 teaspoon minced rosemary

1 tablespoon grated lemon zest

1 (2-pounds) salmon fillet with skin (1 1/2 inches thick)

### Equipment

Cedar grilling plank (about 15 by 6 inches)

### Directions

Soak cedar grilling plank in water to cover 2 hours, keeping it immersed.

Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas). Open vents on bottom and lid of charcoal grill.

Stir together mustard, honey, rosemary, zest, and 1/2 teaspoon each of salt and pepper. Spread mixture on flesh side of salmon and let stand at room temperature 15 minutes.

Put salmon on plank, skin side down (if salmon is too wide for plank, fold in thinner side to fit). Grill, covered with lid, until salmon is just cooked through and edges are browned, 13 to 15 minutes. Let salmon stand on plank 5 minutes before serving.

Read More

<http://www.epicurious.com/recipes/food/printerfriendly/Cedar-Plank-Salmon-354516#ixzz242AKT5yH>

## Roasted Veggies

### Ingredients / Directions

- 1: Pre-heat oven to 425 degrees F
- 2: Wash and cut the following veggies into 1-2" cubes/sections
  - Sweet potato
  - Zucchini
  - Broccoli
  - Vidalia Onion
  - Parsnips
- 3: Place veggies in a large flat cookie sheet/jelly roll pan
- 4: Lightly coat veggies with 4-5 tbsp of melted coconut oil
- 5: Season with about 1-3 tsp of salt, pepper, and rosemary (dried or chopped fresh) add a bit of cayenne pepper if you like spice
- 6: Place in oven and cook for 35-45 minutes, turning and moving veggies around half way through cooking. You want the sweet potatoes to be soft and the broccoli will likely crisp up a bit.

## Great Simple Lemon Chicken

### Ingredients

- 1 (4-5) roasting chicken
- 1 large yellow onion, sliced
- Good olive oil
- Kosher Salt
- Freshly ground black pepper
- 2 lemons, quartered
- 2 tbsp unsalted butter melted

### Directions

- Pre-heat oven to 425 degrees F
- Clean chicken out (remove giblets etc.) and remove excess fat
- Toss onion with a little olive oil in a small roasting pan
- Place the chicken on top and sprinkle inside of cavity with salt and pepper.
- Place the lemons inside the chicken
- Pat the outside of the chicken dry with paper towels, brush it with melted butter and sprinkle with salt and pepper
- Tie the legs together with kitchen string and tuck wing tips under the body of the chicken.
- Roast for 1 ¼- 1 ½ hours or until the juices run clear when you cut between the leg and thigh (onions may burn, but the flavour is good)
- Cover with foil and allow to sit at room temperature for 15 minutes then carve and enjoy

## Ground Pork and Apple Sliders

### Ingredients

2 pounds ground pork  
½ cup minced white onion  
1 ½ cups finely diced apple  
1 ½ tbsp Italian seasoning  
1 tsp garlic powder  
1 ½ tsp sea salt  
1 tsp black pepper

### Directions

Mix the ground pork with the minced onions, diced apples, and spices. If you prefer a milder slider, first sauté the minced onions in a little coconut oil.

Evenly separate the meat mixture into 8-10 portions and form those into patties.

Cook on grill or in a large skillet over medium heat for 7-10 minutes per side or until the patties are done all the way through and no longer pink in the middle. You can serve them like burgers wrapped in lettuce with mustard, sauerkraut - whatever you want.

*Try these with a serving of sweet potato fries 😊*

## Spaghetti Squash and Tomato Sauce

### Ingredients

1 large spaghetti squash  
2 tbsp coconut oil  
1 lb ground chicken/turkey/beef OR 1 can of chickpeas (omit browning step)  
2 cloves garlic  
¼ tsp chili flakes  
1 cup zucchini cubed  
1 can crushed tomatoes  
2 tbsp tomato paste  
2 tbsp red wine or balsamic vinegar  
1 tbsp maple syrup  
1 bunch fresh basil leaves  
Salt and pepper to taste

### Directions for Squash

Preheat oven to 375°F, slice squash in half lengthwise remove seeds.

Place 1 tbsp of coconut oil in a microwave safe bowl and add a bit of salt and pepper. Microwave for about 30 seconds. Lightly cover flesh with coconut oil and salt and pepper mixture. Add any other spices you'd like.

Place squash on a cookie sheet, flesh side down, bake for 45min

After removing use oven mitts to hold skin as you use a fork to pull out "spaghetti strings". Plate and add sauce

# RECIPES

## Directions for Sauce

Heat 1 tbsp of coconut oil in saucepan on med, brown ground meat then set aside on a low medium heat add garlic and red chili flakes to oil in pan.  
Once garlic is translucent (not browning) add zucchini and sauté for 3 minutes.  
Put ground meat back in the saucepan ( or add chickpeas).  
Add can of crushed tomato and tomato paste. Bring to a simmer for about 10-20 min.  
While simmering add maple syrup and balsamic vinegar or red wine.  
Add kale and allow leaves to wilt.  
Just before serving add 3tbsp freshly sliced basil leaves.

## Fish Tacos

### Ingredients / Directions

1: Make spice mix (or buy a pre-made mix)  
<http://forthemommas.com/cooking/fajita-seasoning-mix-recipe> -You'll have to omit the sugar!

2: Prep veggies:  
Slice red/yellow/orange peppers and onion  
Cube Tomatoes  
Wash spinach/lettuce  
Cut avocado into slices

3: Heat coconut oil in frying pan. Add peppers and onions . Add about 1 tbsp fajita spice mix to peppers  
Cook until tender.

4: After or at same time, dust tilapia (or white fish of choice or chicken or beef!) with fajita spice  
Cook in frying pan with coconut oil (about 3-5 min/side)

5: Plate a bed of lettuce/spinach followed by fish (meat), peppers, fresh veggies  
Top with guacamole and sugar free salsa!

*Fancy fish taco recipe*

<http://www.paleonewbie.com/paleo-spicy-tilapia-baja-tacos-lime-slaw-avocado-cilantro-sauce/>

## Power Salad

### Ingredients / Directions

Mix kale, swiss chard, spinach and cilantro in a bowl.  
Add 1/2 cup of cooked quinoa and 1/2 cup of your favourite dark bean (try adzuki) .  
Beans just have to be rinsed then cooked on the stove on low heat for about 40 mins (or buy canned pre-cooked).  
Cook millet and quinoa (pre-rinsed and cooked on low heat for 20 mins).  
While the millet/quinoa and beans are cooking - put a sweet potato and some beets in the oven (keep skin on, just cut off rough edges, cover with olive oil and roast on 400 for 40 - 45 mins).  
Cut up sweet potato and beets and add them to the rest of the salad. ENJOY!

Super easy, colorful, delicious and nutritious.

Salad dressing: olive oil and lemon

## Asian Quinoa Salad

This is AWESOME!!

### Ingredients

½ cup quinoa  
1 Cup water  
Ontario greenhouse cucumber, chopped  
Ontario greenhouse tomato, chopped  
¼ cup pine nuts (or almonds), toasted (in oven on low broil for 4 minutes –WATCH THEM, they burn REALLY easily, I leave the oven door open a crack and literally watch them cook)  
¼ cup chopped green onions  
1 Tbsp EACH tamari sauce, sesame oil, rice vinegar  
1 Tsp ginger root, finely grated

### Directions

In a saucepan, bring quinoa and water to a boil. Cover and reduce the heat. Simmer for 15 minutes. Transfer to a large bowl and let cool. (to decrease bitterness of quinoa first soak in water for 5-10 minutes then rinse)

Add cucumber, tomato, red pepper, pine nuts, onions, soy sauce, sesame oil, vinegar, honey and ginger. Toss to combine.

## Golden Squash Soup

This is one of my favorite soup recipes 😊

Not only flavorful, it is an excellent source of vitamin A, providing 163% of your daily value (DV) for this important nutrient. Enjoy!

Prepping a butternut squash can be time consuming; most grocery stores now have pre-chopped squash near the prepped salad section.

### Ingredients

- \* 1 medium sized butternut squash, peeled and cut into about ½ inch pieces (about 3 cups)
- \* 1 large onion, chopped
- \* 3 medium cloves garlic, chopped
- \* 1 Tbs chopped fresh ginger
- \* 1 tsp turmeric
- \* 1 tsp curry powder
- \* 1 Tbs + 2 ¾ cups chicken or vegetable broth
- \* 6 oz canned coconut milk
- \* 2 Tbs chopped fresh cilantro
- \* Salt & white pepper to taste

# RECIPES

## Directions

1. Chop onion and garlic and let sit for 5-10 minutes to bring out their health-promoting benefits.
2. Peel and cut squash.
3. Heat 1 tbsp broth in medium soup pot. Healthy Sauté (means use the broth instead of oil) onion in broth over medium heat for about 5 minutes, stirring frequently, until translucent.
4. Add garlic, ginger, and continue to sauté for another minute. Add turmeric, curry powder, and mix well. Add squash and broth, and mix. Bring to a boil on high heat. Once it comes to a boil reduce heat to medium low and simmer uncovered until squash is tender, about 10 minutes.
5. Place in blender and blend with coconut milk. Make sure you blend in batches filling blender only half full. Start on low speed, so hot soup does not erupt and burn you. Blend until smooth, about 1 minute. Thin with a little broth if needed. Season to taste with salt and white pepper. Reheat, and add cilantro.

## Tofu Stir-Fry Vegan

### Ingredients

1 Block Firm Tofu, (preferably sprouted)  
1 med red onion  
1/2 bag matchstick cut carrots, green onion diced  
4-8 oz mushrooms sliced, 1 can sliced water chestnuts  
6-8 oz rinsed and snipped snow peas  
2 Cups Cooked Quinoa  
garlic salt, Braggs or soy sauce, stevia or honey  
cayenne pepper, ginger, minced garlic, olive oil  
Coconut oil or spray oil

### Instructions

Pre-cook quinoa as directed.

Drain tofu and place on paper towels to drain more...also pat dry on top and around the edges.

Heat coconut oil in a large skillet, add in this order; onions, green pepper, mushrooms, sprinkle with garlic salt...sauté, add carrots.

Remove from pan.

Dice tofu by cutting the block in half, (like a sandwich), then cut in a grid to dice into 1/2 inch squares....sauté' in the pan, remove.

### Sauce

1/3 C Braggs/soy sauce, 1-2 T olive oil, 1/2 T minced garlic, 1/4 t ginger, 1/8 t cayenne pepper, 1/4 t stevia or 1 T honey. Wisk together.

Add cooked quinoa to the emptied pan, add the sauce until well mixed, add the vegetables back including the water chestnuts and snow peas, finally add the tofu back. Lightly mix until warmed together. Serve.

*Serving Suggestion:* Great topped with soy nuts and served cut finger vegetables; sliced jicama, carrots, celery, bell peppers, etc.

<http://www.happy2beme.com/recipe/nosugar-noflour-recipe>

## Brussels Sprouts

### Ingredients

1 pint brussels sprouts (about a pound)  
4 to 6 tablespoons extra virgin olive oil, to coat bottom of pan  
5 cloves garlic, peeled Salt and pepper to taste  
1 tablespoon balsamic vinegar

### Directions

Step 1 Heat oven to 400 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast iron pan over medium high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.

Step 2 Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Roast, shaking pan every 5 minutes, until sprouts are quite brown and tender, about 10 to 20 minutes.

Step 3 Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm.

## Lettuce Wraps

### Ingredients

1 lb ground chicken  
1 tbsp olive oil  
2 tbsp red curry paste  
1 tbsp ginger, minced  
4 cloves garlic, minced  
1 red bell pepper, sliced thinly  
4 green onions, chopped  
1 cup shredded cabbage or coleslaw mix  
¼ cup hoisin sauce  
salt and pepper to taste  
5 basil leaves, chopped  
½ head iceberg lettuce, cut into half

### Directions

Add olive oil to a large skillet and heat until oil is very hot. Add ground chicken and cook until no longer pink and starts to brown, break it up with a wooden spoon as necessary. Should take about 3 minutes. Add red curry paste, ginger, garlic, peppers, coleslaw mix, and stir-fry for another 3 minutes. Add hoisin sauce and green onions, and toss. Remove from heat then add basil and toss. Transfer cooked chicken to a bowl.

Serve by placing spoonfuls of chicken into pieces of lettuce, fold lettuce over like small tacos, and eat.

<http://www.iocooks.com/healthy-eating/thai-chicken-lettuce-wraps/>

## SAUCES AND DIPS

### Chimichurri Sauce

Great to top chicken, fish or beef

#### Ingredients

1 cup (packed) fresh Italian parsley  
1/2 cup olive oil  
1/3 cup red wine vinegar  
1/4 cup (packed) fresh cilantro  
2 garlic cloves, peeled  
3/4 teaspoon dried crushed red pepper  
1/2 teaspoon ground cumin  
1/2 teaspoon salt

#### Directions

Puree all ingredients in processor. Transfer to bowl. (Can be made 2 hours ahead. Cover and let stand at room temperature.)

<http://www.epicurious.com/recipes/food/views/Chimichurri-Sauce-107159#ixzz242FYmupb>

### Guacamole

#### Ingredients

2 to 3 ripe avocados  
1/2 lime  
1/4 cup red onion  
1/4 cup cilantro  
sea salt to taste

#### Directions

1. Place avocados into a bowl and mash with fork (pit removed)
2. Mix with ingredients
3. Can also add some cayenne for a more spicy dip

## Lime Vinaigrette

### Ingredients

1/4 cup extra virgin olive oil  
1/4 cup freshly squeezed lime juice  
1 tbsp apple cider vinegar  
1 - 2 tsp lime zest  
1 clove garlic (minced)  
1/4 tsp sea salt  
1/4 tsp ground cumin  
pinch ground cardamom

### Directions

Place all ingredients in a small bowl and whisk.  
Or blend in blender, food processor or hand held blender

## Balsamic Vinaigrette

### Ingredients

1/3 cup olive oil  
1/4 cup balsamic vinegar  
1 tbsp Dijon mustard  
2 tsp Honey (in small amounts each serving will have less than 3g of sugar;)  
Salt and pepper to taste

### Directions

Place all ingredients in a small bowl and whisk.  
Or blend in blender, food processor or hand held blender

## SNACKS

*For snacks during the day always have on hand some nuts, an apple and cut up washed veggies (carrots/snap peas/cucumber slices...)*

### Carrot Juice

4 carrots, 3 celery stalks, 1 beet  
Mix in 1 teaspoon of turmeric powder.

### Green Goodness Juice

Handful of spinach and parsley  
2 celery stalks  
1/4 average sized kale  
1/3 cucumber  
1 lemon  
1 apple or pear

For juices make with a juicer or a high power blender, or order from a juice bar 😊

### Kale Chips

Cut up kale into small pieces  
Mix with olive oil and sea salt (optional maple syrup)  
Bake in the oven at 350 for 15 - 20 minutes until crispy

### Power Balls

#### Ingredients

12 Medjool dates  
1 cup almond meal  
1/2 cup shredded coconut, plus 1/3 cup extra for rolling  
1/3 cup coconut oil  
1/3 cup cacao powder  
1 tablespoon chia seeds

#### Directions

1. Place dates in a medium bowl and cover with water. Stand for 1 hour. Drain and discard seeds.
2. Process dates, almond meal, shredded coconut, coconut oil, cacao powder and chia seeds until mixture comes together. Transfer to a bowl and stand for 20 minutes for chia seeds to soften.
3. Place remaining coconut in a shallow dish.
4. Roll level tablespoons of mixture into balls. Roll in coconut to coat.

<http://www.taste.com.au/recipes/39737/healthy+cacao+coconut+and+date+balls>