



Welcome to your personal recipe book! On the next pages, you will find a collection of delicious recipes I put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

How to Use

Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

Dirty Dozen™

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- + Hot Peppers

Clean Fifteen™

- Avocados
- Sweet Corn
- Pineapple
- Onions

- Papaya
- Sweet Peas Frozen
- Eggplant
- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honeydew Melon
- Kiwi

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

Enjoy!



One Pan Steak, Asparagus & Mushrooms

2 servings

10 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil (divided)
- 1 lb Top Sirloin Steak
- 1/4 tsp Sea Salt (divided)
- 2 cups Asparagus (woody ends trimmed)
- 12 Cremini Mushrooms (sliced)

Directions

- 1 Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 2 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 3 Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.
- 4 Divide the asparagus, mushrooms, and steak slices onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Serve with garlic butter sauce, chimichurri, salsa or caramelized onions.



Arugula Salad with Salmon

1 serving
15 minutes

Ingredients

- 6 ozs Salmon Fillet
- 1/8 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 2 cups Arugula
- 1/4 Cucumber (sliced)
- 1/2 Avocado (sliced)
- 1 Fig (optional, quartered)

Directions

- 1 Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 2 In a small bowl, mix the oil and lemon juice together.
- 3 Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

Notes

Leftovers: For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

More Flavor: Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

Additional Toppings: More vegetables, nuts or seeds.



Spiced Cauliflower Rice Bowl

2 servings
40 minutes

Ingredients

- 2/3 cup Brown Rice (dry, uncooked)
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1/4 tsp Turmeric
- 1/2 tsp Paprika
- 1/2 tsp Thyme (dried)
- 2 tbsps Tahini
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1 tbsp Water
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped)
- 1 tsp Sesame Seeds (for topping)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Additional Toppings: Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

No Brown Rice: Use jasmine rice, cauliflower rice, quinoa or millet instead.



Taco Salad with Beef

4 servings

25 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 cup Cherry Tomatoes (chopped)
- 1 Jalapeno Pepper (chopped)
- 2 stalks Green Onion (chopped)
- 3 tbsps Lime Juice (divided)
- 2 heads Romaine Hearts (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 Avocado (sliced)

Directions

- 1 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 2 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 3 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 4 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

Notes

Storage: Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

More Flavor: Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

Make it Vegan: Use black beans instead of ground beef.



Cuban Beef Picadillo

4 servings

45 minutes

Ingredients

- 1 cup Brown Rice (uncooked)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 1 Red Bell Pepper (chopped)
- 1 1/2 cups Diced Tomatoes (from the can with juices)
- 4 stalks Green Onion (chopped, green part only)
- 1/2 cup Cilantro (chopped)
- 1/2 cup Green Olives (sliced)
- 1 1/2 tsps Cumin
- 1/2 tsp Sea Salt

Directions

- 1 Cook the brown rice according to package directions.
- 2 Meanwhile, in a large skillet over medium-high heat, warm the olive oil. Add the beef, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 3 Add the bell pepper, tomatoes with juices, green onion, cilantro, green olives, cumin and salt to the pan. Stir to combine. Reduce the heat to medium and let it simmer for 15 to 20 minutes until the red pepper is tender.
- 4 Divide the rice and beef mixture between plates and serve immediately. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Stir in a couple of tablespoons of olive brine or add minced garlic.

Additional Toppings: Serve with extra chopped cilantro, green onions or lime juice on top.

Grain-Free: Use roasted potatoes or cauliflower rice instead of rice.



Chia Oats with Kiwi

4 servings
10 minutes

Ingredients

- 2 cups Water
- 2 cups Oats (rolled)
- 1/4 cup Chia Seeds
- 2 Kiwi (chopped)

Directions

- 1 In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
- 2 Divide the oatmeal between bowls and top with kiwi. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

Serving Size: One serving is equal to half a cup of oatmeal and half of a kiwi.

More Flavor: Add cinnamon or maple syrup.

Additional Toppings: Add nuts, seeds and berries.



One Pan Lemon & Chive Salmon

2 servings

15 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil (divided)
3 cups Purple Cabbage (sliced into thick wedges)
1/8 tsp Sea Salt (divided)
10 ozs Salmon Fillet
2 tbsps Chives (finely chopped)
1 1/2 tbsps Lemon Juice

Directions

- 1 Heat a cast-iron skillet over medium heat and add 1/4 of the oil. Once hot, add the cabbage and sear on all sides, until charred, about five minutes total. Remove, set aside, and season with half the salt.
- 2 In the same skillet over medium heat add 1/4 of the oil. Season the salmon with the remaining salt, then add it to the pan skin-side down, cooking for about three minutes. Flip and cook for an additional one to two minutes, until the flesh is opaque throughout. Remove and set aside.
- 3 Meanwhile, in a small bowl, add the remaining oil, chives, and lemon juice. Mix to combine.
- 4 Divide the cabbage and salmon onto plates and top with the chive mixture. Enjoy!

Notes

Leftovers: For best results, store the salmon and chive mixture separately in sealed containers. Refrigerate the fish for up to three days.

More Flavor: Add red pepper flakes and black pepper to the chive mixture.



Oatmeal with Raspberries

1 serving
10 minutes

Ingredients

- 1 cup Water
- 1/2 cup Oats (quick or rolled)
- 1/2 cup Raspberries (fresh or frozen)

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with raspberries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add cinnamon, vanilla extract and/or a pinch of salt.

Additional Toppings: Almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

No Raspberries: Top with blueberries, strawberries, peaches or bananas.

No Stove Top: Cook oats in the microwave instead.



Bell Peppers with Guacamole

1 serving

5 minutes

Ingredients

- 1/2 Avocado (medium)
- 2 tsps Lemon Juice
- 1/8 tsp Sea Salt (or more to taste)
- 1 Red Bell Pepper (medium, sliced)

Directions

- 1 In a small bowl, mash the avocado and combine with the lemon juice and sea salt. Adjust flavors as needed.
- 2 Serve the guacamole with red bell pepper slices and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic, red onion, tomatoes, jalapeño and/or cilantro to the guacamole.

No Red Bell Pepper: Use cucumber slices, carrot sticks, or crackers instead.



Tuna Salad Lettuce Wraps

2 servings

15 minutes

Ingredients

- 1 Avocado
- 2 tbsps Lime Juice
- 1/4 tsp Sea Salt
- 1 can Tuna (flaked)
- 2 stalks Green Onion (sliced)
- 1/8 Cucumber (deseeded and finely chopped)
- 4 leaves Romaine

Directions

- 1 In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.
- 2 Fold in the green onion and cucumber. Season with additional salt and lime if needed. Divide the tuna salad between the romaine leaves and enjoy!

Notes

Leftovers: Keep refrigerated in an airtight container for up to two days.

Serving Size: One serving is approximately two lettuce wraps with 1/4 cup tuna salad in each wrap.

Canned Tuna: One can of tuna is equal to 165 grams (5.8 ounces).

More Flavor: Add fresh herbs like parsley or cilantro, dried dill, red pepper flakes or black pepper to taste.

Additional Toppings: Top with sunflower seeds, pumpkin seeds or hemp seeds.

No Avocado: Use mayonnaise instead.



Yogurt & Peaches

1 serving

5 minutes

Ingredients

1 cup Unsweetened Coconut Yogurt
1 Peach (sliced, fresh or frozen and thawed)

Directions

- 1 Add the yogurt to a bowl and top with the peach slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Additional Toppings: Granola, hemp seeds, bee pollen, crushed nuts, nut butter, honey or maple syrup.

No Coconut Yogurt: Use Greek yogurt instead.



Tuna Salad Plate

1 serving

5 minutes

Ingredients

- 1 can Tuna (drained, broken into chunks)
- 1/2 Avocado (pit removed)
- 1/4 cup Unsweetened Coconut Yogurt
- 1/4 Cucumber (sliced)
- 1/4 tsp Sea Salt

Directions

- 1 Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add pepper, paprika and/or lemon juice.

Additional Toppings: Top with sliced green onions, red onion or red pepper flakes.

Canned Tuna: One can of tuna is equal to 165 grams (5.8 ounces).

No Tuna: Use sardines or salmon instead.

No Coconut Yogurt: Use mayonnaise or Greek yogurt instead.



Coconut Chia Seed Yogurt

1 serving
30 minutes

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1/4 cup Chia Seeds
- 1 tsp Cinnamon
- 1/4 cup Strawberries (chopped)

Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

More Flavor: Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings: Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



Orange Turmeric Overnight Oats

2 servings

2 hours

Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Oat Milk (unsweetened)
- 3/4 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 tbsp Chia Seeds
- 1 Navel Orange (divided)

Directions

- 1 Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
- 2 Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add maple syrup, honey or a pinch of sea salt.

Additional Toppings: Crushed nuts, hemp seeds, coconut flakes, or nut butter.



Creamy Blueberry Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 Lemon (small, juiced)
- 1 cup Water

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Additional Toppings: Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.