

CLEAN<sup>®</sup>

GUT RECIPES

# CLEAN GUT DIET

## Include

## Exclude

<b>Vegetables</b>	Whole vegetables (broccoli, kale, chard, etc.) raw, steamed, sautéed, juiced, or roasted; all leafy greens; squash; tomatoes; and sea vegetables	Corn, beets, potatoes, sweet potatoes, yams, and creamed vegetables
<b>Fruit</b>	Only fresh and frozen berries, lemons, and limes	All fruits and fruit juices except berries.
<b>Dairy &amp; Eggs</b>	Eggs; hemp and nut milks (almond, hazelnut, walnut, etc.); coconut milk; and coconut oil or coconut butter.	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, and nondairy creamers
<b>Grains</b>	Quinoa; go easy on quinoa.	Rice, wheat, millet, amaranth, buckwheat, barley, spelt, kamut, rye, triticale, and oats (even gluten-free)
<b>Meat &amp; Fish</b>	Fresh or waterpacked cold-water fish (trout, salmon, halibut, tuna, mackerel, sardines, pike, kippers, etc.), wild game (rabbit, pheasant, bison, venison, elk, etc.), lamb, duck, organic chicken and turkey, and small amounts of grass-fed beef	Factory-farmed meats, cold cuts, canned meats, and frankfurters (hot dogs)
<b>Vegetable Protein</b>	Split peas, lentils, bee pollen, spirulina, and blue-green algae	All beans and soybean products, including soy sauce and soybean oil in processed foods
<b>Nuts &amp; Seeds</b>	Most nuts and seeds, hemp, sesame, and sunflower seeds; pecans, almonds, walnuts, cashews, pistachios, macadamia nuts, and Brazil nuts; and nut and seed butters (almond, tahini, etc.) *Only 1 handful a day	Peanuts and peanut butter
<b>Fats &amp; Oils</b>	Avocado and coconut; extra-virgin olive, flax, safflower, sesame, almond, sunflower, walnut, pumpkin, and coconut oils	Butter, margarine, shortening, processed oils, canola oil, salad dressings, mayonnaise, and spreads.
<b>Drinks</b>	Filtered, seltzer, and mineral waters; green, white, and herbal teas; yerba maté; coconut water; and green juices	Alcohol, coffee, caffeinated beverages, soda pop, soft drinks, and fruit juices
<b>Sweeteners</b>	Stevia, xylitol, and Lakanto	Refined sugar, white and brown sugars, maple syrup, high-fructose corn syrup, evaporated cane juice, Splenda, Equal, Sweet'N Low, juice concentrates, agave nectar, honey and coconut nectar
<b>Condiments</b>	Vinegar, all spices, all herbs, sea salt, black pepper, carob, raw chocolate (dairy- and sugar free), stone-ground mustard, miso, coconut liquid aminos, wheat-free tamari, and nama shoyu	Regular chocolate (with dairy and sugar), ketchup, relish, chutney, traditional soy sauce, barbecue sauce, teriyaki sauce, and breath mints

# RECIPES

## Shakes, soups, dressings, dips, and meals

### Shakes

#### **Vanilla Almond Shake** (Serves 1)

- 2 cups almond milk
- 1 tablespoon vanilla powder or extract
- 1 heaping tablespoon almond butter
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- a dash of sea salt
- optional: a dash of stevia to taste

Directions: Blend until smooth

#### **Green Coco Shake** (Serves 1)

- 2 cups coconut water
- 1 ripe avocado, halved and pitted
- 1 giant handful baby spinach
- 3 tablespoons whole cashews
- Pinch of stevia

Directions: Blend until smooth and creamy..

#### **Chocolate Ginger Shake** (Serves 1)

- 1 cup unsweetened chocolate almond milk
- 1 1" piece of ginger, peeled and minced finely (save any juice that comes from it) or 1 tablespoon ginger powder
- 1/2 teaspoon cardamom
- 1 heaping tablespoon cacao or cocoa powder
- 1 heaping tablespoon almond butter, cashew butter or sunflower seed butter (unsweetened)
- stevia to taste

Directions: Blend until smooth and creamy

#### **Homemade Almond Milk**

- 1/2 cup almonds, skins removed and soaked overnight
- 3 cups water
- 1 tablespoon vanilla
- pinch of salt
- 1 teaspoon coconut oil (optional)
- coconut nectar or stevia to taste (optional)

Directions: Place the nuts, vanilla, water, sweetener, salt, and oil in a blender and blend until smooth. Most people find they like it thick but if you'd prefer a thinner milk, strain the liquid through cheesecloth or a fine mesh strainer, then store in glass jars in the fridge for up to a week.

# Soup [eat with lunch or dinner]

## **Creamy Roasted Tomato Soup** (Serves 2 to 4)

- 8 medium tomatoes (any kind), roughly chopped
- 3 to 4 garlic cloves, minced
- 1 yellow onion, roughly chopped into large chunks
- 3 teaspoons fresh thyme
- 3 tablespoons extra-virgin olive oil
- Sea salt and freshly ground black pepper to taste
- 3 cups vegetable broth
- 1 cup coconut milk
- Optional: ½ teaspoon red pepper flakes
- Optional: 10 to 12 leaves fresh basil, chopped for garnish

Directions: Preheat the oven to 400°F. In a roasting pan, toss together the tomatoes, garlic, onion, thyme, and olive oil, and salt and pepper the mixture to taste. Bake in the oven until the tomatoes, garlic, and onion start to caramelize, probably about 50 minutes, stirring occasionally to prevent burning. Transfer all the contents of the pan to a soup pot, including the roasting juices. Stir in the broth, cover, and bring the pot to a boil. Then reduce the heat to low and simmer 30 minutes. Remove the pot from the heat. Using either an immersion blender or a traditional blender, processing the soup in batches once it has cooled enough to handle, purée the soup until it's smooth. Stir in the coconut milk and optional red pepper flakes, if desired. Reheat it in the pot before serving garnished with the basil.

## **Chilled Carrot and Avocado Soup** (Serves 1-2)

- 2 cups chopped carrot
- 1 large shallot, peeled and quartered
- 2 ripe avocados
- juice of 1 lime
- 2 teaspoon to 1 tablespoon Mexican or Fajita spices (nudge: Franks Finest are delicious!)
- sea salt to taste

Directions: Place the carrot and shallot pieces into a pan with an inch of water (or in a steaming basket) and steam until fork tender, 5-6 minutes. Remove from the pan and allow to cool to room temperature. Pour the tender carrots and shallots into a high speed blender. Add in the remaining ingredients and blend until all is smooth and creamy. If too thick, simply add a bit of water (however much you need until you have the consistency you want). Serve with chopped chives, avocado chunks and a touch of red chili.

## **French Onion Soup** (Serves 1-2)

- 2 tablespoons coconut oil
- 4 yellow onions, peeled, cut in half, then sliced into thin pieces (tiny crescent moon shape)
- 2 garlic cloves, peeled and minced
- 1 bay leaf
- 2 teaspoons dried thyme

- 1 tablespoon garlic or celery salt OR wheat free tamari

Directions: Heat a large soup pot over medium-high heat, adding the coconut oil and when it's melted, add in your onions. The next steps are very important, as it's where you really bring out the onion flavor and create a sweet and incredible tasting soup. Continue to cook until the onions have turned a golden brown color and have shrunk by half their original size. Be mindful to keep stirring every so often to prevent burning as you cook the onions. Stir in the garlic, cook an additional 2 minutes, then add the bay leaf and dried thyme, and add water, so the onions are covered by 2 inches. Cover the pot and bring to a boil, then immediately lower the heat to a simmer and allow to slowly cook for 30 minutes. Season with salt or tamari to taste, and serve warm.

### **Broccoli and “Cheddar” Soup (Serves 2-4)**

- 2 tablespoons coconut oil
- 1 leek, green top discarded, white section sliced in ½ inch rounds
- 2 garlic cloves, peeled and minced
- 1 head of broccoli, discard stem and cut into florets (should equal 4 cups)
- 3 cups of chicken or vegetable stock
- 1 bay leaf
- ¼ teaspoon turmeric
- ½ cup nutritional yeast
- sea salt, to taste
- optional fresh ground black pepper

Directions: In a large soup pot, melt the coconut oil over medium-high heat. Make sure everything is chopped. Once hot, saute the leeks until they begin to soften, roughly 3-4 minutes. Add the garlic and cook until fragrant. Add the broccoli and stir to mix everything together. Cook for an additional 2 minutes. Reduce heat to low, add the 3 cups of chicken stock, bay leaf and turmeric. Cover and let everything simmer for 20 minutes. Remove from heat, uncover and stir in the additional nutritional yeast. Season additionally to your tastes with nutritional yeast, salt and pepper if desired. Serve warm.

### **Winter Squash Stew with Kelp (Serves 2-4)**

- 1 butternut squash, peeled and cut into large chunks
- 1 yellow onion, thinly sliced
- 1 garlic clove, peeled and minced
- 1 strip of kelp (you can find dried kelp strips at most health food stores, or you can use a teaspoon of kelp granules or any other seaweed)
- 2 tablespoons freshly grated ginger
- 1 can coconut milk (16 ounces)
- 2 green onions, sliced into thin pieces
- 1-2 cups vegetable stock
- gluten-free miso (we like South River Chickpea but any brand or flavor works)

Directions: Prep all ingredients (peel, chop, grate, slice, etc.). In a large saute pan, cook the onion in coconut oil over medium heat. Keep stirring to prevent burning, allowing the onions to brown

nically and become tender. Turn heat to high and allow the soup to come to a boil. Then reduce the heat to medium, place a lid on the pot and allow to slowly cook for 25-30 minutes. Serve warm in individual bowls, adding a scoop of miso to each bowl and a sprinkle of chopped green onions. Add the squash, garlic and ginger, and continue to stir, until everything is evenly coated. Pour in the coconut milk, then add the kelp and stock.

## Lunch Meals

### **Chicken Pot Pie** (Serves 6)

#### Filling

- 3 tablespoons coconut oil
- 3 to 4 shallots, minced
- 1 cup sliced carrots
- 2 celery stalks, chopped
- 6 garlic cloves, minced and divided into two equal portions
- 2 to 3 boneless chicken breasts (about 1½ pounds), diced
- 1 cup green peas, fresh or frozen
- 2 cups chicken broth (may need more but start with this amount)
- Sea salt and freshly ground black pepper to taste
- ½ red onion, minced
- 1½ cup raw cashews, soaked for 4 to 6 hours, then drained
- ½ teaspoon cayenne
- Optional: 1 teaspoon smoked paprika

#### Crust

- 1½ cups blanched almond flour
- ½ cup raw sunflower seeds
- 1 tablespoon dried herbs, such as sage, rosemary, thyme, or chives (fresh herbs will work too; just use a bit more)
- 1 teaspoon garlic powder
- ½ teaspoon sea salt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon water

Directions: Heat 2 tablespoons of the coconut oil in a large skillet set over medium-high heat. Add the shallots and sauté them for 5 minutes, or until they are translucent. Add the carrots, celery, and half the minced garlic, and continue to sauté until the carrots begin to soften, about 3 to 5 minutes. Add the chicken and cook until most of the pink hue is gone from the flesh. Add the peas and ½ cup of the chicken broth. Continue simmering until the vegetables are tender and the chicken is fully cooked. Salt and pepper to taste, and set aside.

In a medium skillet, heat the remaining tablespoon of coconut oil over medium-high heat. Add the red onion and sauté 5 to 8 minutes. Add the other half of the garlic and sauté for an additional 3 minutes. Remove from the heat. In a blender, purée the onion mixture, cashews, 1½ cups of the

chicken broth, cayenne, and the optional paprika until smooth.

Transfer the mixture back to the large skillet with the chicken and vegetables, and cook everything over medium heat until the mixture thickens, about 5 minutes. Add more broth if needed and stir frequently. Further salt and pepper to taste, then transfer everything to a lightly oiled deep baking dish.

Preheat the oven to 350°F. To make the crust, in a food processor combine the flour, sunflower seeds, herbs, garlic powder, salt, olive oil, and water, and pulse everything until well combined. Roll the dough out on a lightly floured (non-gluten flour) cutting board or on a sheet of parchment paper, which might be helpful in transferring the dough to the baking dish. Lay the dough over the top of the chicken mixture. Bake for 20 minutes or until golden brown.

## **Garlic Crusted Chicken Nuggets with Thai Dipping Sauce (Serves 2-4)**

### Crusted Chicken

- 1 egg 2 tablespoons coconut or almond milk (unsweetened)
- 1 cup almond meal
- 1 teaspoon sea salt
- 1 teaspoon garlic powder
- 1 teaspoon paprika or chili powder
- ¼ cup olive oil + 3 tablespoons extra
- 5 cloves garlic, peeled and minced
- 1 tablespoon apple cider vinegar
- 1 tablespoon freshly ground pepper
- 1 large or 2 small boneless chicken breasts
- a few sprigs of parsley for garnish (optional)

### Thai Sauce Ingredients

- 1 1/2 cups dry-roasted almond butter
- 1/4 cup wheat free tamari or 1 tablespoon miso paste
- 1 teaspoons red chili paste (unsweetened)
- 1 tablespoon minced fresh ginger root or 2 teaspoons ginger powder
- optional: 1 or two drops stevia (to taste, you don't want it too sweet, you might not need any at all)
- juice of 1 lime ¼ cup coconut milk (as thick or thin as you want) 1/4 cup hot water (as needed)

Directions: Preheat oven to 425 and line a baking sheet with parchment paper or else be prepared to really scrub it afterwards. Prepare the chicken coating. In a small bowl, whisk together the egg and non-dairy milk. In a large plastic bag, combine almond meal, garlic powder and sea salt. Dip the chicken pieces in the egg mixture and then put them into the plastic bag and shake until well-coated. Place them on the baking sheet. Drizzle with 1/4 cup olive oil and bake for 8-10 minutes. Meanwhile, mix together the 3 tablespoons olive oil with the vinegar, minced garlic, and ground pepper. Set aside for the flavors to mix. This is the sauce you'll serve the chicken with.

Make the Thai sauce. Place all sauce ingredients, except for the water, into a high speed blender. Puree on high, using the water to help thin the sauce until smooth and creamy. Turn the chicken

pieces and let bake for another 3-5 minutes until crispy and golden. To serve, remove from oven, and place in a deep dish. Drizzle the pepper-garlic sauce over the pieces, tossing to coat, sprinkling with parsley if you wish. Serve warm with the Thai sauce for dipping.

### **Chicken and Waffles with Greens** (Serves 2-4)

- 2 free-range chicken breasts, each sliced in half
- 1 egg
- 3 tablespoons almond milk, unsweetened
- 3 tablespoons mustard (dijon is preferred)
- 1/4 cup almond flour
- 1/4 cup coconut flour
- 1 cup shredded coconut
- 2 loosely packed cups baby greens
- 2 waffles (see below)

Directions: For the chicken: Preheat oven to 450°F. Pound chicken pieces with a meat tenderizer (or hammer wrapped in a dish towel) until it's even in thickness. Set aside. In small, shallow bowl whisk together the egg, almond milk and mustard and set aside. Place the almond and coconut flour into medium shallow bowl and set aside. Add the shredded coconut to a second shallow dish and set aside. You should have three bowls, one of the egg mixture, one of the two flours and one of the coconut. Dip each piece of chicken in the flour mixture, then the egg mixture, and then coat in the coconut. Place them onto a lightly greased (with olive oil or coconut oil) baking sheet. Bake for roughly 10 minutes or until chicken is cooked through. Remove from oven and let cool for a few minutes. While the chicken is cooking, it would be a good time to either make the waffles or if using frozen ones, reheat them in the oven with the chicken until warmed through. To serve, place waffles on plates with the baked chicken on top and a generous amount of baby greens to the side.

### Serve with **Waffles** (Makes 6)

- 1 1/2 cups almond flour
- 1/2 cup coconut flour
- 1 tablespoon baking powder
- 1/2 teaspoon sea salt
- 1 3/4 cup almond or coconut milk, unsweetened
- 6 tablespoons oil (olive, melted coconut, walnut, almond, etc.)
- 2 large eggs

Directions: Mix all ingredients together until well combined and smooth. Let sit for a few minutes while the waffle iron preheats. Use according to instructions for your waffle iron, generally pouring 1/2 cup onto the surface when the light indicates it's ready. Remove when the light changes (again, all according to your own waffle iron). Keep warm if serving immediately or once cooled, freeze for later use.



## **Braised Beef With Mushrooms Over Mashed Cauliflower (Serves 4)**

- 1 ½ pounds grass fed stew beef or short ribs
- 2 tablespoon coconut oil, divided
- 2 tablespoon coconut flour
- 1 pound baby bella mushrooms, sliced
- 1 onion, diced
- 3 stalks celery, diced
- 3 cloves garlic, minced
- 1 tablespoons tomato paste
- ½ cup red wine
- ¼ cup balsamic vinegar
- 2 rosemary sprigs
- 3 thyme sprigs
- 1 cup organic broth (beef or vegetable)
- Sea salt and pepper to taste

Directions: Preheat the oven to 300 F. Toss beef with coconut flour, salt and pepper. Heat coconut oil in dutch oven over medium-high heat. Brown meat on all sides and remove from dutch oven and set aside. Add another tablespoon coconut oil to the dutch oven. Add onions, mushrooms and celery - saute until translucent and starting to brown. Add tomato paste and saute for 30 seconds. Add garlic, beef, wine, vinegar, rosemary, thyme and broth. Bring to a boil. Cover and place in oven. Cook for 3-4 hours or until beef is tender. Serve over mashed cauliflower (see recipe below).

### **Serve with Mashed Cauliflower**

- 1 medium head of cauliflower
- 1-2 garlic cloves minced
- 2 tablespoons coconut oil, melted
- ¼ cup unsweetened, plain almond, rice or coconut milk
- salt and pepper to taste
- optional: chives or other fresh herbs

Directions: Preheat oven to 400°F. Chop cauliflower into florets. Steam until tender. Put in blender or food processor with garlic, coconut oil. Puree until smooth. Slowly add milk until proper consistency which is smooth, but still thick. Add salt and pepper to taste. Set aside. Serve beef and mushrooms over the cauliflower.

## **Almond and Coconut Crusted Chicken (Serves 2-4)**

- 2 free-range chicken breasts, each sliced in half
- 1 egg
- 3 tablespoons almond milk, unsweetened
- 3 tablespoons mustard (dijon is preferred)
- ¼ cup almond flour
- ¼ cup coconut flour
- 1 cup shredded coconut

Directions: For the chicken: Preheat oven to 450°F. Pound chicken pieces with a meat tenderizer (or hammer wrapped in a dish towel) until it's even in thickness. Set aside. In small, shallow bowl whisk together the egg, almond milk and mustard and set aside.

Place the almond and coconut flour into medium shallow bowl and set aside. Add the shredded coconut to a second shallow dish and set aside. You should have three bowls, one of the egg mixture, one of the two flours and one of the coconut. Dip each piece of chicken in the flour mixture, then the egg mixture, and then coat in the coconut. Place them onto a lightly greased (with olive oil or coconut oil) baking sheet. Bake for roughly 10 minutes or until chicken is cooked through. Remove from oven and let cool for a few minutes. Serve warm or save for later in the fridge, can be used the next day as a salad topping.

### **Garlic and Summer Vegetable Kelp Noodles (Serves 2-4)**

- 2 tablespoons olive oil
- 1 large summer squash, cut into ••• rounds
- 2 handfuls mushrooms (any kind, white, crimini, shiitake, etc.)
- 4 garlic cloves, peeled and thinly sliced
- 2 tablespoons fresh chopped basil (or any herbs you have on hand)
- 1 bulb of fennel, green ends discarded and the white bulb sliced
- 1/4 cup pine nuts
- 1 package kelp noodles

Directions: Remove the kelp noodles from the package and rinse well under cold water. Drain and set aside. Slice all vegetables. Heat a large saute pan over medium-high heat. Add the olive oil, and when it's warm, add the sliced garlic. Cook until the garlic becomes slightly browned and fragrant, then toss in the sliced squash, mushrooms and fennel. Continuously shake the pan, or keep stirring with a wooden spoon, to prevent the garlic from burning. Add the kelp noodles and stir for a few more minutes, using a pair of tongs to toss all the ingredients together. Add the basil, letting it wilt, which should be just about when the noodles are perfectly warm. Remove from heat and season to taste with sea salt. Garnish with any additional fresh herbs and pine nuts. Serve and enjoy!

### **Turkey Bacon-Wrapped Halibut (Serves 2)**

- 2 medium halibut fillets
- a handful of fresh rosemary sprigs
- juice and zest of one lemon
- 4 pieces of free-range (sugarfree) turkey bacon
- olive oil
- fresh ground pepper

Directions: Preheat oven to 400. Season fish with rosemary, lemon zest and fresh ground pepper. Lay the bacon on a cutting board, in a set of two each and lay one fillet on each pair, then wrap the bacon around the fish. Cover as much of the fish as you like or can with the two pieces of bacon. In a large ovenproof pan or on a baking sheet, add a dash of olive oil and lay the fish down. You won't flip it, so the side that's up is the side you'll serve up as well. Place the pan into the oven and let it cook for 10-15 minutes until the fish is cooked and the bacon is crispy. Serve warm with

another crack or two of fresh pepper.

### **Gingered Salmon Stir Fry (Serves 2)**

- 2 tablespoons sesame oil
- 8 ounces of wild salmon (roughly 1 thick fillet), cut into large chunks
- 1 cup snow peas, sliced into thin pieces
- 1 carrot, cut into thin rounds (no need to peel if using organic!)
- 1 bunch scallions, diced
- 2 tablespoons peeled and grated ginger
- 1 garlic clove, peeled and minced
- to taste: wheat-free tamari sauce
- to taste: organic brown rice vinegar (or ume plum vinegar)
- 1/4 cup dry roasted cashews (either whole or in pieces)

Directions: Season the salmon pieces with sea salt and black pepper. Heat a large saute pan over high heat, adding the sesame oil. Once the oil is hot, add the salmon pieces and brown, cooking each side for about 2 minutes. After you flip them the first time, add the snow peas and carrots, and after the salmon's second sides are browned, begin to toss everything gently several times (and every so often) as you add the ginger and garlic. Cook until fragrant and all vegetables are tender, then add a few splashes of tamari and vinegar, and taste, adjusting if needed. Place a lid on the pan and allow to steam for just another 1-2 minutes. Remove the lid, stir in the cashews and scallions, tossing once or twice to combine before serving.

### **Coriander Crusted Halibut (Serves 2)**

- 1 lb of carrots
- a generous amount of olive oil (several tablespoons at least)
- a tablespoon of sea salt
- fresh ground pepper
- 2 halibut fillets (roughly 6-7 ounces each) or your fish of choice
- 2 tablespoons coarsely ground coriander seed
- sea salt
- 2 tablespoons coconut oil

#### **Parsley Sauce**

- ½ bunch of parsley (leaves only)
- 1 garlic clove, peeled and minced
- juice and zest of 1 lemon
- ½ cup of olive oil
- pinch of sea salt

Directions: Preheat oven to 375. Prepare the vegetables first. Toss the carrots in the olive oil, sea salt, and a few cracks of fresh ground black pepper. Bake until lightly brown and fork tender. Remove from oven and set aside. In the meantime, in a mortar and pestle or spice grinder, grind the coriander seeds until you have a coarse powder. Sprinkle each fish fillet with sea salt then coat that side with the coriander powder. Heat a heavy-bottomed pan on high heat, with the coconut oil. When it's melted, sear the fish, coriander/sea salt side down, for 2-3 minutes, or until the seeds have browned nicely. Carefully turn the fish over, and place in the oven to finish cooking.

Depending on the thickness, this can take another 4-5 minutes.

To make the Parsley Sauce: In a blender or food processor, puree the sauce ingredients above until well pureed and a bright green color.

To serve, split the roasted carrots between two plates. Place the fish fillets on top of the carrots, then drizzle the parsley sauce over everything. Serve warm.

## Salads & Sides

### **Three Tastes Noodles** (Serves 2-3)

- 2 large summer squash (or you can use zucchini if you like), made into long thin strips with a vegetable peeler (if organic, there's no need to discard the skins and you can use the seeds, going right down as far as you can still get strips from it.
- 2 tablespoons almond butter
- 2 tablespoons raw coconut amino acids (wheat-free tamari sauce)
- 1 small package anchovy fillets (packed in olive oil only, make sure there are no additives), minced
- 1 small handful basil leaves, minced (should roughly equal 1 tablespoon, but you can adjust to taste)
- Secret ingredient that makes it so incredible: 2 teaspoons curry powder
- 1 tablespoon minced rosemary ( fresh) or 1 teaspoon dried
- 3/4 cup kalamata olives, pitted (added at the end)
- Optional: grilled chicken, fish or other protein source
- Optional: A pinch of sea salt to taste

Directions: Combine all ingredients together in a large bowl and serve immediately or keep in airtight container in the fridge for several days, the flavors will keep mingling together!

### **Un-Peanut Noodle Stir Fry** (Serves 2-4)

- 3 medium sized carrots, peeled or shredded
- 2 summer squash, peeled or shredded
- 1 broccoli crown, cut into florets
- about 1 cup (1/4 pound) snap peas, cut into thin, angled strips
- 2 teaspoons freshly grated ginger
- 2 green onions, sliced thin
- 1 tablespoon coconut oil for cooking
- optional: grilled chicken, fish or other protein

Sauce

- 1/2 cup almond butter
- 1 tablespoon minced ginger
- 1 tablespoon miso (South River Miso-ChickPea)
- 2 garlic cloves, peeled and minced
- 1 teaspoon chili powder (or to taste)
- 2 teaspoons ground coriander seed (powder)

- 1 1/4 cup coconut milk (unsweetened)
- fresh cilantro for garnish

Directions: For sauce: Blend all the ingredients in a high speed blender, until smooth and creamy. Taste and adjust seasonings as desired. Set aside.

Heat a large wok or sauté pan over medium-high heat. Melt the coconut oil then stir in your broccoli florets. Saute them for a few minutes then stir in the ginger and garlic. Cook until fragrant then add the carrots, summer squash noodles and snap peas, cook until warmed through. Pour in roughly half of the “peanut” sauce, gently tossing the mixture with a pair of tongs or two serving spoons. Garnish with fresh cilantro and enjoy!

### **Amazing Green Herbs Salad with Black Olives and Dulse (Serves 2)**

- 2 handfuls baby greens mix
- 15 cilantro leaves
- 15 parsley leaves
- 3 chives, roughly chopped
- 5 basil leaves, hand torn
- A few dill leaves
- 3 inches cucumber, peeled and thinly sliced
- 1 red radish, thinly sliced
- 1/2 avocado, cut in cubes or sliced lengthwise
- 20 sunflower sprouts
- 6 pitted black olives sliced
- Dulse seaweed

Directions: Layer ingredients. Start with the base of greens, mix in all herbs, then add cucumbers, radishes, avocado and sprouts. Sprinkle with olives and dulse.

### **Shaved Fennel Salad with Cheese And Herbs (Serves 2)**

- 3 fennel bulbs, trimmed and shaved or cut into very thin slices
- 1 handful fresh dill or 2 tablespoons dried
- juice of one lemon
- 1 cup olive oil
- 4 large handfuls of mixed greens
- 1/4 cup miso
- 1/4-1/2 cup water (start with less and add more if needed)
- 2 tablespoons nutritional yeast

Directions: In a bowl, mix the miso, water, dill and nutritional yeast together to make a “cheese”. Set aside. In a large bowl, mix the shaved fennel together with the olive oil, lemon juice and mixed greens. When everything is coated, add the miso and dill cheese mixture and toss lightly until just coated and combined. Serve with additional greens to make a hearty salad.

### **Salmon Salad (Serves 2-4)**

- 2 cans wild-caught salmon (high quality, water packed) or you can use leftover salmon from cooked fillets
- 2 stalks of celery, diced
- 1 small red onion, peeled and minced
- 4 scallions, minced
- 6 tablespoons mayonnaise (make sure it's with real eggs, no soy)
- 2 tablespoon miso
- 1 heaping tablespoon dijon mustard
- 2 teaspoons chopped dill
- salt and pepper to taste

Directions: Mix all ingredients together in a medium bowl. Season to taste with salt and pepper. Serve in lettuce leaves (like a wrap) or on top of mixed greens for a delicious tuna fish alternative.

### **Roasted Brussels Sprouts Dusted with Coconut (Serves 2-4)**

- 1 lb Brussels sprouts
- 2-3 tablespoons coconut oil
- sea salt to taste
- ¼ cup toasted shredded coconut

Directions: Preheat your oven to 400 degrees. Cut the Brussels in half, then put them in a mixing bowl. Melt the coconut oil and toss with Brussels and sea salt, then spread in an even layer onto a baking sheet. Toast for 10-15 minutes until soft and golden brown. It may be shorter or longer depending on your oven temperature. They're best when very tender and a dark golden brown, so use that as your gauge. Remove from oven, sprinkle with the shredded (toasted) coconut and serve immediately.

### **Root Vegetable Fries (Serves 2-4)**

- 3 medium carrots (any color, I used purple)
- 3 medium parsnips (or 6 small)
- 3 tablespoons (or more) melted coconut oil or olive oil
- a generous few pinches of sea salt
- 2 teaspoons paprika
- fresh ground black pepper

Directions: Preheat oven to 400. Slice the parsnips and carrots into thin french fry strips (not too thin or they may burn). Place them in a single layer on a baking sheet, making sure they're not overlapping too much. Drizzle a generous amount of oil over them and toss with your hands a few times until well coated. Sprinkle the sea salt, paprika and fresh ground black pepper over them. Place in the oven and bake for 15 minutes. Check and stir or turn a bit, to make sure they don't stick. Bake for another 5 to 10 minutes or until tender and dark/golden. Serve with dipping sauce of your choice. Mustard is fine if you're on the cleanse, ketchup is okay if you're on the gut protocol or I recommend homemade aioli!

# Salad Dressings

## **Tahini Sauce**

- 2 cloves garlic
- juice of 2 small lemons
- ½ cup tahini
- ¼ cashew butter (optional, but makes it a little sweeter)
- sea salt to taste
- 3 tablespoons extra virgin olive oil

Directions: Mince garlic in food processor. Add the remaining ingredients to blender or food processor and blend until smooth. For a thinner sauce, add small amounts of warm water until desired consistency is achieved.

## **Balsamic and Walnut Oil with Lemon**

- 1/4 cup walnut oil (available at any health food store)
- 3/4 cup balsamic vinegar
- juice of one lemon
- 1/2 teaspoon sea salt
- a dash of fresh ground pepper

Directions: Shake all ingredients together in a glass jar with a tight fitting lid until well combined. Keeps for several weeks.

## **Curried Almond Sauce**

- 1/4 cup almond butter
- 2 teaspoons curry powder
- 1 tablespoon wheat free tamari
- 3 tablespoons water
- dash of sea salt (to taste)

Directions: Blend ingredients together in a bowl or in a blender until smooth and creamy. Add water slowly (may need more) until you have desired consistency, some like it thick and others prefer it much thinner.

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