

ANTI-INFLAMMATORY JUICE

Drink this daily to ward off unwanted inflammation.

INGREDIENTS

- 1" fresh ginger
- 1 large lemon
- 1/4 tsp turmeric
- 1 tsp honey
- A pinch of black pepper

INSTRUCTIONS

1. Add ginger and lemon to a juicer, and juice.
 2. Pour into a glass bottle and add the turmeric, honey, and black pepper. Fill the remainder of the bottle up with filtered water. Shake until well combined.
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BLUEBERRY PIE SMOOTHIE

This smoothie is so delish, and so healthy!

INGREDIENTS

- 1/2 frozen banana
- 1/2 cup frozen cauliflower
- 3/4 cup frozen blueberries
- 1 serving vanilla protein powder
- 2 tbsp almond butter
- 2 tbsp flaxseed
- 1 tsp cinnamon
- 1 tsp maca
- Milk of choice
- 1/2 cup ice, optional

INSTRUCTIONS

1. Add ingredients to a blender, blend until smooth. The more milk you add, the thinner the smoothie will be.

Add ice as needed to thicken.

BROWNIE BATTER OVERNIGHT OATS

Make as overnight oats, or as fresh oatmeal in the AM.

INGREDIENTS

- 1 cup rolled oats
- 2 scoops protein powder (vanilla or chocolate)
- 2 cups unsweetened vanilla almond milk
- 2 tbsp cocoa powder
- 1 tbsp maple syrup
- 1 tsp vanilla
- Pinch of sea salt
- 2 tbsp chopped walnuts
- 1 tbsp nut butter of choice (optional)

INSTRUCTIONS

1. Add oats, protein powder, almond milk, cocoa powder, maple syrup, vanilla, and sea salt into a bowl or jar. Stir well to combine, until all the protein powder has dissolved. Seal container with a lid and place in the fridge overnight.
 2. Serve with chopped walnuts and nut butter. To serve warm, heat the oats up in a small pot on medium heat.
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VANILLA PARSNIP SOUP

Make this for the week, and reheat for a quick lunch!

INGREDIENTS

4 parsnips, peeled and chopped into 1" rounds

2 shallots, finely chopped

1 vanilla bean

2 tsp minced garlic

1 vanilla bean

Juice from 1/2 lemon (approx. 1.5 tbsp)

Salt and black pepper, to taste

Fresh thyme

1 cup milk of choice (unsweetened)

1 cup vegetable broth

Roasted hazelnuts for garnish, optional

INSTRUCTIONS

1. Sauteé the shallots and garlic in a large pot until translucent. Use oil or water to make sure they don't burn. Season with salt + pepper.
 2. Next, add chopped parsnips and two thyme sprigs. Cover and let simmer until parsnips are tender. Check often to make sure nothing burns.
 3. Add the shallots, garlic, and thyme to a saucepan.
 4. Once parsnips are tender, add milk and vegetable broth. Split your vanilla pod down the middle lengthways & using the back of your knife scrape out the seeds. Add the seeds & the pod to the saucepan.
 5. Bring soup to a boil. Once boiling, remove from heat, and take out the vanilla pod.
 6. Carefully add the mix to your blender & blend. You may have to do this in halves. If you do not have a ventilated blender (such as a Vitamix) please wait for the soup to cool. Once smooth, put the soup back into your saucepan and add salt, pepper, & lemon juice.
 7. Add soup to bowls and garnish with more thyme and hazelnuts.
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TURMERIC QUINOA POWER BOWL

Makes 2 - 4 servings. Store leftovers in the fridge for easy lunches!

INGREDIENTS

- 1 large sweet potato
- 1 can of chickpeas, drained & rinsed
- 2 tsp turmeric
- 1 tsp paprika
- 1/4 cup quinoa
- Salt and black pepper, to taste
- 2 kale leaves
- Olive oil
- 1 avocado

INSTRUCTIONS

1. Preheat oven to 350°F.
 2. Cook the quinoa according to package instructions. Once the quinoa is cooked, add 1 tsp. of turmeric and salt/pepper to taste and mix together.
 3. Slice the potatoes into small wedges and add to a large bowl. Add some olive or coconut oil, 1 tsp. of turmeric, and salt/pepper. Stir until coated and lay flat on 1/2 of a greased baking sheet. Roast for 5 minutes.
 4. Place the chickpeas in a mixing bowl and add 1 tsp. of paprika, coating them evenly. Lay the chickpeas on the other 1/2 of the baking sheet. Roast the chickpeas and potatoes for about 25 minutes, until potatoes are soft.
 5. Wash the kale and massage the olive oil over the leaves.
 6. Assemble the bowls, adding 1/2 - 1 avocado per bowl.
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SUPERFOOD BAKED SALMON

This recipe is SO nutrient-dense, and packed with flavor.

INGREDIENTS

- 3 - 4 salmon fillets
- 2 cups brussels sprouts (quartered)
- 1 cup fresh blueberries (or frozen)
- 1/4 to 1/3 cup chopped fresh basil
- 1/4 to 1/3 olive oil (divided)
- 3 tbsp balsamic vinegar
- 2 cloves or 1 tsp minced garlic
- 1/4 to 1/2 tsp crush black pepper
- Sea salt
- 2 lemons, one juiced and one sliced

INSTRUCTIONS

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

Add pan fried or oven roasted chicken on top for non-vegans!

INGREDIENTS

BAKE:

- 4 cups broccoli florets
- 2 portobello mushroom caps, thinly sliced
- 3 large carrots, cut in 1-2" rounds
- 1/2 red onion cut into 1" pieces
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 cup dry quinoa

SAUCE:

- 1 tbsp lemon juice
(1/2 freshly squeezed lemon)
- 2-3 tbsp tahini
- 1 tsp freshly grated ginger
(or 1/2 ginger powder)
- 1 tsp ground turmeric
- 1 tbsp olive oil
- Water to thin, if needed

TOPPINGS:

- 1/3 cup chopped walnuts
- Avocado

INSTRUCTIONS

1. Preheat oven to 425°F
 2. Toss broccoli, mushrooms, and red onion with oil, salt, and black pepper. Spread on a greased baking sheet and bake for 23 - 27 minutes, tossing halfway through.
 3. Meanwhile, prepare quinoa according to package instructions.
 4. Prepare the sauce by whisking together all of the sauce ingredients.
 5. Once everything is cooked, assemble the veggies and quinoa into bowls, topping with walnuts and 1/2 - 1 avocado per bowl.
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PESTO PASTA BAKE

Add pan fried or oven roasted chicken on top for non-vegans!

INGREDIENTS

1/2 cup pesto (Trader Joe's brand recommended)

3 cups vegetable broth

2 tbsp nutritional yeast

1/2 tsp red pepper flakes (optional)

8 ounces pasta

8 ounces crimini mushrooms, sliced

1 pint dry cherries or grape tomatoes, left whole

3 handfuls of spinach

Salt and black pepper, to taste

INSTRUCTIONS

1. Preheat the oven to 425°F and set a 9×13" casserole dish aside.
 2. Add the pesto, vegetable broth, nutritional yeast, and red pepper flakes (if using) to the casserole dish and whisk well. Then, add the cooked pasta, mushrooms, cherry tomatoes, and spinach. Mix until evenly distributed, then use a spatula or spoon to press everything down evenly into the sauce, especially the pasta noodles.
 3. Cover the dish tightly with aluminum foil and bake in the middle rack of the oven for 40 minutes. Remove from the oven and add salt to taste, if desired. If the pasta sauce appears too runny for your taste, let the dish sit for 5 or so minutes; it will thicken as it cools.
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