



14-day Hormone Balancing Detox - Recipe Collection



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This 14-Day Recipe Collection is designed to provide you with easy-to-create-meals for breakfast, lunch and dinner. These recipes really work and will give you a framework for cooking healthy whole foods without complicated ingredients or cooking techniques.

The recipes are arranged into these categories: smoothies, juices, teas, dips, salads, soups and main courses. Please be creative and pull from different categories to mix things up. If there is an ingredient you don't like, feel free to substitute it with another healthy option.

Plan on having a smoothie in the morning, and explore any salad, soup or main course for lunch and dinner.

You have a lot of flexibility with your recipes, as long as you stick to the YES and NO list. The recipes are designed to give you options, but you don't need to make all of them during the 14-day detox. It's all about what works for you within the guidelines that I've detailed. Everything here has a reason and a purpose, but the bigger overall purpose is for you to learn what works for you and to make the changes that fit into your lifestyle so that you gain the most success!

LET'S GET STARTED!



Fruits

- 1 Apple
- 1 3/4 Avocado
- 1 Blood Orange
- 49 grams Blueberries
- 4 1/4 Lemon
- 335 milliliters Lemon Juice
- 2 Lime
- 117 milliliters Lime Juice
- 2 Pear
- 144 grams Strawberries

Breakfast

- 16 grams Almond Butter
- 2 grams Green Tea Powder

Seeds, Nuts & Spices

- 2 grams Black Pepper
- 33 grams Brazil Nuts
- 275 grams Cashews
- 156 grams Chia Seeds
- 5 grams Chili Powder
- 650 milligrams Cinnamon
- 6 grams Cumin
- 6 grams Curry Powder
- 1 gram Dried Thyme
- 7 grams Garam Masala
- 7 grams Garlic Powder
- 7 grams Ground Flax Seed
- 12 grams Harissa
- 63 grams Hemp Seeds
- 6 grams Italian Seasoning
- 2 grams Onion Powder
- 250 milligrams Oregano
- 5 grams Paprika
- 28 grams Pumpkin Seeds
- 66 grams Sea Salt
- 0 Sea Salt & Black Pepper
- 6 grams Sesame Seeds
- 3 grams Smoked Paprika
- 2 grams Turmeric

Vegetables

- 40 grams Arugula
- 536 grams Asparagus
- 270 grams Baby Spinach
- 32 grams Basil Leaves
- 1 Beet
- 364 grams Broccoli
- 1 bunch Broccolini
- 264 grams Brussels Sprouts
- 420 grams Butternut Squash
- 2 Carrot
- 1/4 head Cauliflower
- 4 1/2 stalks Celery
- 18 grams Chives
- 52 grams Cilantro
- 6 Cucumber
- 1 bulb Fennel
- 556 milligrams Fresh Dill
- 30 1/2 Garlic
- 47 grams Ginger
- 5 stalks Green Onion
- 336 grams Kale Leaves
- 3 Leeks
- 28 grams Mint Leaves
- 226 grams Mixed Greens
- 122 grams Parsley
- 445 grams Purple Cabbage
- 1 bunch Rapini
- 3 Red Bell Pepper
- 1/2 Red Hot Chili Pepper
- 40 grams Red Onion
- 120 grams Roasted Red Peppers
- 53 grams Shallot
- 1/2 Sweet Onion
- 9 Sweet Potato
- 3 grams Thyme
- 1 Tomato
- 3 Yellow Onion
- 1 Yellow Potato
- 1/2 Zucchini

Boxed & Canned

Bread, Fish, Meat & Cheese

- 1.8 kilograms Chicken Breast
- 737 grams Chicken Breast, Cooked
- 2 Cod Fillet
- 454 grams Extra Lean Ground Chicken
- 82 grams Hummus
- 283 grams Salmon Fillet
- 340 grams Tuna Steak

Condiments & Oils

- 59 milliliters Apple Cider Vinegar
- 23 milliliters Avocado Oil
- 35 milliliters Coconut Aminos
- 16 grams Coconut Butter
- 5 milliliters Coconut Oil
- 10 grams Dijon Mustard
- 451 milliliters Extra Virgin Olive Oil
- 44 milliliters Red Wine Vinegar
- 142 grams Sauerkraut
- 270 grams Tahini
- 5 grams Tikka Masala Paste

Cold

- 480 milliliters Plain Coconut Milk
- 110 milliliters Unsweetened Almond Milk
- 169 grams Unsweetened Coconut Yogurt

Other

- 24 grams Chocolate Protein Powder
- 735 grams Coconut Water
- 5 Ice Cubes
- 49 grams Vanilla Protein Powder
- 5.1 liters Water



Frozen

- 93 grams Frozen Berries
- 543 grams Frozen Blueberries
- 225 grams Frozen Cauliflower
- 210 grams Frozen Raspberries
- 221 grams Frozen Strawberries

- 387 grams Black Beans
- 909 milliliters Canned Coconut Milk
- 1.1 kilograms Chickpeas
- 192 grams Dry Green Lentils
- 104 grams Dry Red Lentils
- 528 grams Green Lentils
- 64 grams Tomato Paste
- 2.7 liters Vegetable Broth
- 364 grams White Navy Beans

Baking

- 27 grams Nutritional Yeast
- 21 grams Raw Honey
- 2 milliliters Vanilla Extract



Creamy Blueberry Smoothie

1 serving
5 minutes

Ingredients

155 grams Frozen Blueberries
180 grams Frozen Cauliflower
113 grams Unsweetened Coconut
Yogurt
24 grams Vanilla Protein Powder
12 grams Chia Seeds
1 Lemon (small, juiced)
237 milliliters 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.



Blueberry Energy Smoothie

2 servings

10 minutes

Ingredients

69 grams Cashews
40 grams Hemp Seeds
474 milliliters Water
60 grams Baby Spinach
233 grams Frozen Blueberries

Directions

- 1 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 2 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

Notes

Make it Sweeter: Add in a few soaked dates to sweeten it up.



Ginger Mint Tea

2 servings

10 minutes

Ingredients

593 milliliters Water
18 grams Ginger (peeled, sliced)
6 grams Mint Leaves (stems removed)

Directions

- 1 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let simmer for about 5 to 10 minutes, or to your desired strength.
- 2 Remove from heat and add mint leaves, steeping for 3 to 5 minutes. Divide into mugs and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size: One serving equals approximately 2 cups.

More Flavor: Add lemon, green tea, chocolate extract, honey or your sweetener of choice.

Enjoy it Cold: Add ice cubes.

No Mint Leaves: Use spearmint leaves instead.



Lemon Kale Salad with Chickpeas & Avocado

2 servings
20 minutes

Ingredients

84 grams Kale Leaves (stem removed, thinly sliced)
30 milliliters Extra Virgin Olive Oil
15 milliliters Lemon Juice
2 grams Sea Salt
287 grams Chickpeas (cooked)
1 Avocado (cubed)
288 milligrams Smoked Paprika
14 grams Pumpkin Seeds

Directions

- 1 Add the kale leaves to a large bowl.
- 2 In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
- 3 Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

More Flavor: Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

Additional Toppings: Add sliced onion, peppers or roasted vegetables such as sweet potato.



Dairy-Free Parmesan

12 servings

5 minutes

Ingredients

34 grams Cashews
33 grams Brazil Nuts
20 grams Hemp Seeds
9 grams Nutritional Yeast
2 grams Garlic Powder
7 milliliters Extra Virgin Olive Oil
2 grams Sea Salt

Directions

1

In a blender or food processor add the cashews, Brazil nuts, hemp seeds, nutritional yeast and garlic powder. Process until the mixture comes together and everything is finely blended. Add the extra virgin olive oil and sea salt and pulse a few more times to combine. Remove and place in a sealed container. Enjoy!

Notes

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

Serving Size: One serving is equal to roughly 1 tablespoon.

How to Use: Sprinkle on pasta, salads, toast or any recipe that calls for parmesan cheese as a topping.

No Brazil Nuts: Omit and use more cashews or almonds.



Leek & Fennel Soup with Chicken

4 servings

40 minutes

Ingredients

119 milliliters Water
 3 Leeks (medium, trimmed and chopped)
 2 Garlic (clove, minced)
 2 grams Thyme (fresh)
 2 grams Sea Salt
 1 bulb Fennel (large, chopped)
 713 milliliters Vegetable Broth
 283 grams Chicken Breast, Cooked (shredded)

Directions

- 1 Heat the water in a large pan over medium-high heat. Add the leeks and cook for eight to 10 minutes or until the leeks have softened and wilted down. Add the garlic, thyme, and salt and cook for another minute.
- 2 Add the fennel and the broth and stir to combine. Bring the soup to a boil and then reduce and simmer for 15 to 20 minutes until the fennel is very tender.
- 3 Transfer the soup to a blender or food processor and blend until very smooth. Do this in batches if necessary and add more broth to thin the soup if needed. Season the soup with additional salt to taste.
- 4 To serve, divide the soup between bowls and top with warmed shredded chicken. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze the soup separate from the chicken for longer.

Serving Size: One serving is approximately 1 1/4 cups of soup.

Additional Toppings: Fresh thyme or fennel fronds.

Make it Vegan: Omit the chicken or top with sauteed mushrooms instead.

No Vegetable Broth: Use chicken broth or bone broth instead.

More Fat: Omit the water and saute the leeks in some oil instead.



Sweet Potato Noodles with Crispy Chickpeas

3 servings
25 minutes

Ingredients

205 grams Chickpeas (cooked)
30 milliliters Extra Virgin Olive Oil (divided)
1 gram Smoked Paprika
775 milligrams Garlic Powder
3 grams Sea Salt (divided)
60 grams Tahini
30 milliliters Lemon Juice
30 milliliters Water
9 grams Nutritional Yeast (optional)
2 Sweet Potato (large, spiralized into noodles)
40 grams Arugula

Directions

- 1 Pat the chickpeas dry with paper towel as much as possible. Heat a cast-iron pan over medium heat and add half of the oil. Once the pan is hot, add the chickpeas and cook, stirring often until browned on all sides, about 15 minutes total. Remove and add to a large bowl and toss with smoked paprika, garlic powder and half the sea salt.
- 2 In a blender or food processor, add the tahini, lemon juice, water, nutritional yeast, remaining salt, and remaining oil. Blend on high until smooth and creamy. Set aside.
- 3 In the same pan as the chickpeas, over medium heat, add the sweet potato noodles and toss. Cook, stirring often for about 4 to 5 minutes, until softened. Then add the arugula and cook for 30 seconds longer, until just wilted. Add to the same bowl as the chickpeas and add the tahini dressing. Toss well to combine. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Leftover tahini dressing can be stored in a separate container in the fridge for up to two weeks.

Serving Size: One serving is equal to about 1 1/2 cups.

More Flavor: Add a clove of garlic to the tahini dressing.

Additional Toppings: Top with fresh herbs such as parsley, or red pepper flakes.



Chocolate Strawberry Chia Pudding

2 servings
30 minutes

Ingredients

48 grams Chia Seeds
240 milliliters Plain Coconut Milk
(unsweetened, from the carton)
24 grams Chocolate Protein Powder
144 grams Strawberries (halved)

Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the strawberries and enjoy!

Notes

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

No Protein Powder: Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Likes it Thicker: Use full fat coconut milk instead.

Additional Toppings: Add granola or cacao nibs on top for crunch.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Mashed Sweet Potato Breakfast Bowl

1 serving
35 minutes

Ingredients

1 Sweet Potato (medium sized, cut in half)
30 milliliters Unsweetened Almond Milk
49 grams Blueberries
16 grams Almond Butter
3 grams Hemp Seeds

Directions

- 1 Heat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the sweet potato on the pan, cut side down. Cook for 25 to 30 minutes, or until cooked through.
- 2 Remove the sweet potato and let it cool for a few minutes. Once cool to touch, scoop out the flesh and add it to a blender along with the almond milk. Blend until smooth.
- 3 Pour the sweet potato into a bowl and top with blueberries, almond butter and hemp seeds. Enjoy!

Notes

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

Nut-Free: Use coconut milk instead of almond milk. Omit the almond butter or use tahini or sunflower seed butter.

More Flavor: Add a dash of cinnamon to the sweet potato.

Additional Toppings: Top with coconut or Greek yogurt and a drizzle of honey.

Save Time: Use canned pumpkin or canned sweet potato instead and heat through on the stove in a small pot.



Charred Kale Salad with Tahini Dressing

2 servings

15 minutes

Ingredients

29 milliliters Lime Juice
30 grams Tahini
59 milliliters Extra Virgin Olive Oil
(divided)
8 grams Cilantro (roughly chopped)
2 grams Sea Salt
15 milliliters Water
84 grams Kale Leaves (stem removed,
roughly torn)
6 grams Sesame Seeds (toasted)
1 Blood Orange (peeled, roughly
chopped into segments)
14 grams Pumpkin Seeds (optional)

Directions

- 1 In a blender or food processor, add the lime juice, tahini, 3/4 of the oil, cilantro, salt and water. Blend until smooth and creamy and the sauce is a nice pale green color.
- 2 Heat a cast-iron pan over medium heat. Once the pan is hot, add the remaining oil and half the kale. Let it cook undisturbed for about 1 minute. Continue cooking while tossing the kale around until it is lightly charred. Remove and repeat the process until all of the kale is lightly charred.
- 3 Add the kale to a plate and drizzle with the tahini dressing, top with sesame seeds, orange segments and pumpkin seeds, if using. Enjoy!

Notes

Leftovers: The charred kale is best enjoyed the same day. Refrigerate the leftover dressing in an airtight container for up to five days.

No Blood Orange: Use a regular orange or grapefruit.



Smashed Chickpea Salad with Tahini Dressing

2 servings

10 minutes

Ingredients

246 grams Chickpeas (cooked, rinsed)
1 Apple (finely chopped)
2 stalks Celery (finely chopped)
30 grams Tahini
30 milliliters Water
45 milliliters Lemon Juice
3 grams Sea Salt
1 Garlic (clove, small, minced)

Directions

- 1 In a mixing bowl, mash the chickpeas with a fork until a fine crumb texture forms. If you'd like more texture, leave some chickpeas whole. Add in the apple and celery.
- 2 In a second small mixing bowl, make the dressing. Combine the tahini and water and stir to combine. Then stir in the lemon juice, salt and garlic.
- 3 Add the dressing to the chickpea mixture and stir to combine. Season with additional salt or lemon if needed. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add Dijon mustard or maple syrup to the dressing. Stir in fresh parsley or green onion.

Apple: This recipe was created using Granny Smith apples.

Serve it With: Cucumber slices, whole grain crackers, as a sandwich filling or on top of baby greens.



Roasted Red Pepper Lentil Dip

6 servings

20 minutes

Ingredients

104 grams Dry Red Lentils (rinsed well)
474 milliliters Water
120 grams Roasted Red Peppers (from the jar)
30 milliliters Lemon Juice
22 milliliters Extra Virgin Olive Oil
15 grams Tahini
1 Garlic (small, minced)
3 grams Sea Salt

Directions

- 1 Add the lentils and water to a pot over medium heat. Bring to a gentle simmer and cook for 12 to 15 minutes or until tender. Drain really well to remove excess water.
- 2 Add the lentils and remaining ingredients to a food processor and blend until very smooth. Season with additional salt and lemon juice if needed.
- 3 Serve chilled and enjoy!

Notes

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

Serving Size: One serving is approximately 1/3 cup of dip.

More Flavor: Add red pepper flakes for a spicier dip.

Serve it With: Veggies, crackers or flatbread.

No Store-Bought Peppers: Roast your own red peppers instead.



Roasted Garlic & Asparagus Soup

4 servings
50 minutes

Ingredients

536 grams Asparagus (trimmed, cut in half)
10 Garlic (cloves, peeled and cut in half)
1/2 Yellow Onion (cut into thick slices)
1/4 head Cauliflower (cut into florets)
15 milliliters Extra Virgin Olive Oil
3 grams Sea Salt (divided)
594 milliliters Vegetable Broth
60 grams Baby Spinach

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Toss the asparagus, garlic, onion and cauliflower with the olive oil and arrange in an even layer on the baking sheet. Season the vegetables with half of the salt then bake for 35 to 40 minutes or until the vegetables have caramelized and the garlic is fork-tender. Flip everything halfway through to prevent burning.
- 3 When the vegetables are just about done, heat the vegetable broth in a pot on the stove to a simmer. Add the spinach to the broth and stir to allow it to wilt.
- 4 To make the soup, transfer the warmed broth and spinach, the roasted vegetables and the remaining salt to a blender. Blend until smooth and creamy, allowing space for the heat to escape. If the soup is too thick, add more broth until your desired consistency is reached.
- 5 Divide between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/4 cups of soup.

More Flavor: Add fresh herbs or black pepper to the soup before blending.

Additional Toppings: Reserve a couple of spears of the roasted asparagus to chop and garnish the soup with.

No Spinach: Use kale instead.

No Blender: Use an immersion hand blender or food processor instead.



One Pan Chicken, Broccoli & Peppers

2 servings
25 minutes

Ingredients

30 milliliters Extra Virgin Olive Oil
29 milliliters Apple Cider Vinegar
5 grams Dijon Mustard
3 grams Sea Salt (divided)
364 grams Broccoli (chopped into small florets)
2 Red Bell Pepper (sliced)
283 grams Chicken Breast (sliced)

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, whisk together the oil, vinegar, mustard, and half the salt. Add the broccoli and bell peppers, tossing gently until well covered. Transfer to the baking sheet and evenly space the vegetables.
- 3 Add the chicken and the remaining salt to the leftover marinade and toss well to coat. Place on top of the vegetables.
- 4 Bake for 20 minutes or until the chicken is cooked through and the vegetables are tender. Divide onto plates and enjoy!

Notes

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

More Flavor: Marinate the chicken for at least 30 minutes before cooking.

Additional Toppings: Chopped fresh herbs.



Smooth Triple Berry Chia Jam

16 servings

20 minutes

Ingredients

221 grams Frozen Strawberries
140 grams Frozen Raspberries
155 grams Frozen Blueberries
119 milliliters Water
2 milliliters Vanilla Extract
650 milligrams Cinnamon (optional)
36 grams Chia Seeds

Directions

- 1 Add the berries, water, vanilla and cinnamon, if using, to a pot over medium heat. Bring to a simmer and continue to cook until the berries are tender and the mixture is juicy, about 10 minutes.
- 2 Remove the cooked berries from the heat and stir in the chia seeds. Let cool slightly.
- 3 Transfer the mixture to a blender and blend until smooth, about a minute. If the jam is too thick, add a tablespoon of water a time until desired consistency is reached.
- 4 Let it cool completely then transfer to an airtight jar or container and refrigerate until ready to use. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to seven days or freeze for up to two months.

Serving Size: One serving is approximately 2 tablespoons.

Like it Sweet: Add maple syrup, honey, stevia or monk fruit sweetener to taste.

No Frozen Berries: Use fresh berries instead.

How to Use: Spread on toast, muffins, rice cakes or crackers. Use as a topping for oats, or in any recipe that calls for jam.



Green Lemonade

2 servings

10 minutes

Ingredients

830 milliliters Water
30 grams Baby Spinach
2 Lemon (juiced)

Directions

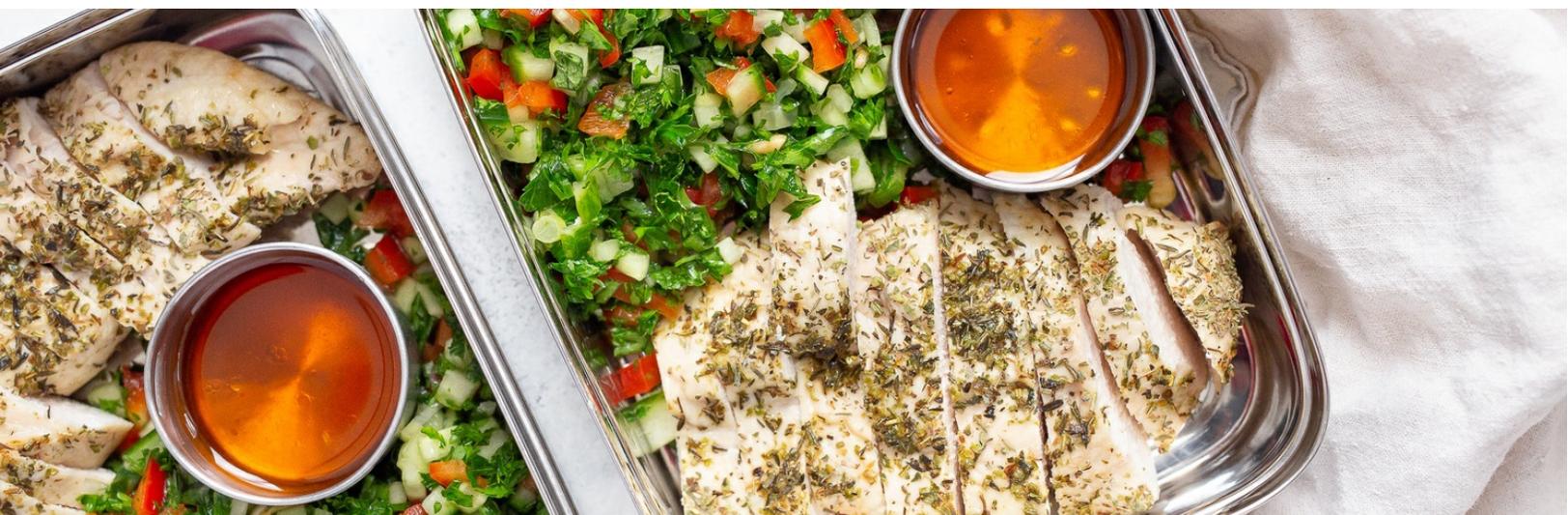
1 Combine all ingredients in a blender and blend until well incorporated. Enjoy!

Notes

Leftovers: Best enjoyed the same day. Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add cinnamon, cucumber, kiwi, chia seeds, honey, or maple syrup.



Cucumber & Pepper Tabbouleh with Chicken

4 servings

30 minutes

Ingredients

454 grams Chicken Breast (boneless, skinless)
 6 grams Italian Seasoning
 91 grams Parsley (tough stems removed, finely chopped)
 9 grams Mint Leaves (finely chopped)
 1 Cucumber (medium, finely diced)
 1 Red Bell Pepper (large, finely diced)
 3 stalks Green Onion (thinly sliced)
 44 milliliters Red Wine Vinegar
 44 milliliters Extra Virgin Olive Oil
 2 grams Sea Salt (to taste)

Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 2 Lay the chicken breast on the baking sheet and sprinkle with Italian seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 3 In a large bowl, combine the parsley, mint, cucumber, bell pepper, and green onion.
- 4 In a jar, whisk together the red wine vinegar, oil, and salt (to taste).
- 5 Divide the tabbouleh and chicken into containers. Drizzle the dressing over top or store on the side. Enjoy!

Notes

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

More Flavor: Add olive oil, minced garlic, and black pepper to taste.

Additional Toppings: Diced tomato, quinoa, cauliflower rice, and/or avocado.



Lemon Chicken Salad with Cucumber Ribbons

2 servings

1 hour

Ingredients

227 grams Chicken Breast
 8 milliliters Avocado Oil
 250 milligrams Italian Seasoning
 2 grams Sea Salt (divided)
 1/2 Cucumber (large)
 30 milliliters Extra Virgin Olive Oil
 15 milliliters Lemon Juice
 556 milligrams Fresh Dill
 1/2 Garlic (clove, minced)
 1/2 stalk Celery (finely chopped)
 20 grams Red Onion (finely chopped)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking dish with parchment paper. Place the chicken breasts in the prepared baking dish and drizzle with avocado oil. Season with Italian seasoning and half the salt. Bake for 25 minutes, or until the chicken is cooked through. Remove from the oven and immediately cover with a piece of aluminium foil for at least 10 minutes. Carefully remove the foil and let chicken cool before chopping into cubes.
- 2 Spiralize the cucumber using the ribbon blade. If you do not have a spiralizer, use a vegetable peeler or mandoline to create ribbons instead.
- 3 In a mixing bowl, whisk the olive oil, lemon juice, fresh dill, garlic and the remaining salt together. Add the chopped chicken, celery and onion to the dressing and mix well to combine. Season with additional salt if needed.
- 4 To serve, divide cucumber ribbons between plates and top with chicken salad. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Store the chicken salad and cucumber ribbons separately until ready to serve.

More Flavor: Add other chopped veggies to the salad like radish, peppers or tomatoes.

Make it Vegan: Use white beans or chickpeas instead of chicken.

Meal Prep Option: Cook the chicken ahead of time or use leftover cooked chicken instead.

No Fresh Dill: Use other fresh herbs like parsley or chives instead.

No Avocado Oil: Use extra virgin olive oil instead.



Black Bean Dip

6 servings
15 minutes

Ingredients

387 grams Black Beans (cooked, from the can)
4 grams Cumin
1 gram Smoked Paprika
30 milliliters Extra Virgin Olive Oil
1 Lime (juiced)
6 grams Sea Salt

Directions

- 1 Add all ingredients to the jar of your food processor and process until very smooth.
- 2 Transfer into a bowl and enjoy!

Notes

Serve it With: Brown rice tortilla chips, veggie sticks or as a spread.

Leftovers: Store in an airtight container in the fridge for 5 days, or freeze for two months or more.



Lentil & Squash Stew

4 servings
45 minutes

Ingredients

1.4 liters Vegetable Broth (divided)
1 Yellow Onion (chopped)
4 Garlic (clove, minced)
1 gram Dried Thyme
6 grams Sea Salt
1 gram Black Pepper
1 Carrot (medium, peeled & chopped)
1 Yellow Potato (large, peeled and cut into small cubes)
420 grams Butternut Squash (peeled and cut into small cubes)
192 grams Dry Green Lentils

Directions

- 1 Add a splash of the broth to a large pot with the onions and garlic. Cook over medium heat for about five minutes or until the onions have softened. Add the thyme, salt, and pepper. Cook for another minute.
- 2 Add the carrot, potato, squash, and lentils. Stir to combine. Add the remaining broth and bring to a gentle boil. Cover with a lid and continue to cook for 20 minutes stirring occasionally.
- 3 Remove the lid and continue to cook for 10 to 15 minutes, stirring often until the stew has thickened.
- 4 Turn off the heat. Divide the stew between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days or freeze for up to 3 months. Reheat with additional broth if necessary.

Serving Size: One serving is equal to approximately 2 cups of stew.

No Squash: Use sweet potato instead.

More Vegetables: Add celery, mushrooms, kale or peas.



One Pan Harissa Chicken, Sweet Potatoes & Broccolini

2 servings

40 minutes

Ingredients

- 2 Sweet Potato (medium, cubed)
- 1 bunch Broccolini
- 340 grams Chicken Breast (skinless, boneless)
- 15 milliliters Avocado Oil
- 12 grams Harissa
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato, broccolini, and chicken breast to the baking sheet. Drizzle the oil and harissa evenly over top of all ingredients. Season everything with salt and pepper and toss well to coat. Place the baking sheet in the oven and bake for 15 minutes.
- 3 Remove the sheet from the oven. Flip the chicken and potatoes. Remove the broccolini from the sheet and set it aside on a plate. Place the baking sheet back into the oven and bake for another 15 minutes or until the chicken is cooked through.
- 4 Remove the baking sheet from the oven and divide the chicken, sweet potato, and broccolini onto plates. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days.

No Broccolini: Use regular broccoli instead. Adjust bake time accordingly.



Detox Green Smoothie

2 servings
10 minutes

Ingredients

84 grams Kale Leaves
1 Cucumber (chopped)
1 Lemon (juiced)
2 Pear (peeled and chopped)
6 grams Ginger (grated)
7 grams Ground Flax Seed
356 milliliters Water
5 Ice Cubes

Directions

- 1 Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 2 Divide between glasses and enjoy!

Notes

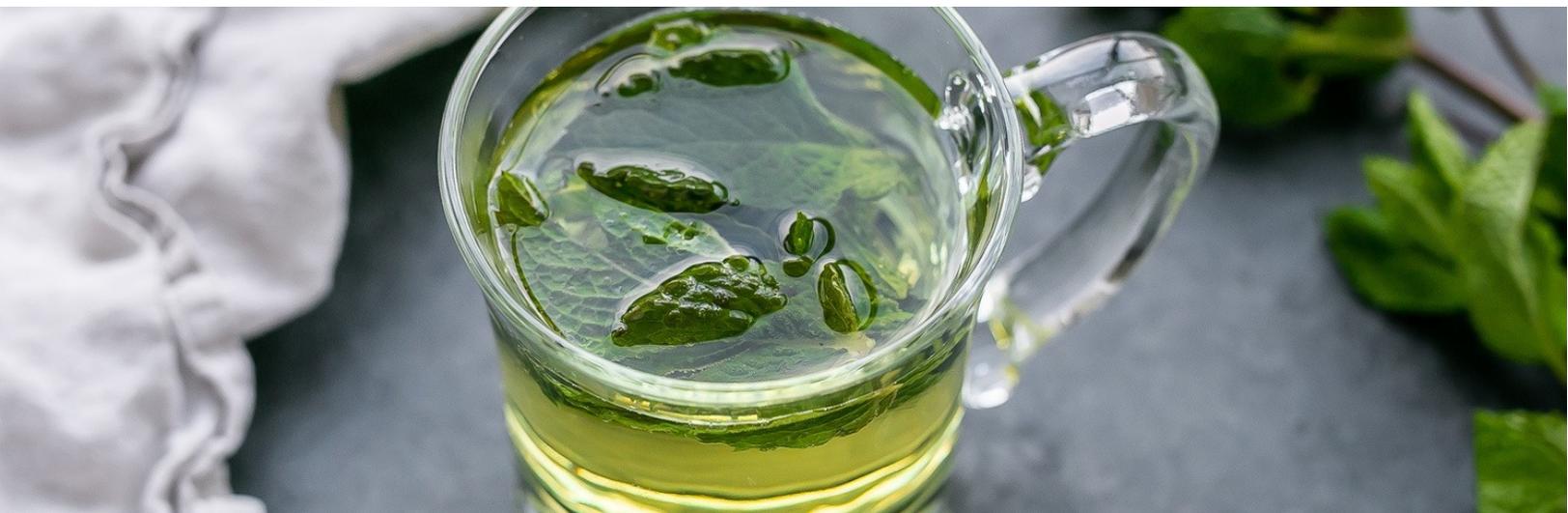
No Kale: Use spinach.

No Pear: Use apples.

Metabolism Boost: Add 1/4 tsp cayenne pepper.

Make it Sweeter: Add 1/2 cup frozen pineapple or mango.

More Protein: Add a scoop of protein powder or hemp seeds.



Fresh Mint Tea

2 servings
10 minutes

Ingredients

593 milliliters Water
6 grams Mint Leaves (stems removed)

Directions

- 1 Bring the water to a boil in a pot. Add the mint leaves and let them steep for 3 to 5 minutes, or to your desired strength. Remove the leaves if preferred and divide into mugs. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size: One serving equals approximately 1 3/4 cup.

More Flavor: Add ginger, green tea, lemon, chocolate extract, honey or your sweetener of choice.

No Mint Leaves: Use peppermint or spearmint leaves instead.

Enjoy it Cold: Add ice cubes.



Brussels Sprouts Slaw with Chicken

2 servings
20 minutes

Ingredients

227 grams Chicken Breast (cut into cubes)
250 milligrams Oregano (dried)
388 milligrams Garlic Powder
2 grams Sea Salt (divided)
22 milliliters Extra Virgin Olive Oil (divided)
264 grams Brussels Sprouts (shredded)
178 grams Purple Cabbage (sliced thin)
22 milliliters Lemon Juice
5 milliliters Coconut Aminos

Directions

- 1 Add the cubed chicken to a small bowl with the oregano, garlic powder and half the salt. Toss to combine.
- 2 Heat a skillet over medium heat and add 1/3 of the oil. Once hot, add the chicken and cook for 10 to 12 minutes or until cooked through. Remove and set aside.
- 3 Add the brussels sprouts and cabbage to a bowl. Add the lemon juice, coconut aminos, remaining oil and remaining salt. Mix well with your hands to combine.
- 4 Divide the slaw evenly between plates. Top with chicken and enjoy!

Notes

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

More Flavor: Add additional spices and/or herbs to the dressing or chicken.

Additional Toppings: Sliced onion, avocado, slivered almonds, sesame or sunflower seeds.

Make it Vegan: Omit the chicken and use grilled tofu.

No Coconut Aminos: Use tamari instead.



Ginger Lime Dressing

2 servings

5 minutes

Ingredients

30 milliliters Coconut Aminos
15 milliliters Lime Juice
1 gram Ginger (fresh, grated or
minced)

Directions

1 Combine all ingredients in a small bowl. Refrigerate until ready to use. Enjoy!

Notes

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Garlic White Bean Dip

6 servings

5 minutes

Ingredients

364 grams White Navy Beans (cooked, drained and rinsed)
30 milliliters Lemon Juice
800 milligrams Thyme (fresh, torn from the stem)
2 grams Garlic Powder
59 milliliters Extra Virgin Olive Oil
1 Cucumber (sliced)

Directions

- 1 In a food processor or blender, add the white navy beans, lemon juice, thyme and garlic. Blend until the texture is smooth and creamy.
- 2 With the machine running, add the extra virgin olive oil slowly, until incorporated.
- 3 Pour the dip into a bowl and serve with cucumber slices. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1/4 cup dip.

More Flavor: Use roasted garlic cloves instead of garlic powder.

Additional Toppings: Add chili flakes or other seasoning if desired.

No Cucumber: Serve with other veggies such as carrots, celery or crackers.



Coconut Cod Chowder

4 servings
30 minutes

Ingredients

5 milliliters Coconut Oil
53 grams Shallot (chopped in large chunks)
2 grams Ginger (minced)
2 Garlic (cloves, minced)
2 Sweet Potato (cut into large cubes)
424 milliliters Canned Coconut Milk
119 milliliters Water
3 grams Sea Salt
2 grams Turmeric
2 Cod Fillet
2 stalks Celery (sliced)
29 milliliters Lime Juice
4 grams Cilantro (optional, for topping, chopped)

Directions

- 1 In a large pot over medium heat, add the oil and the shallot and cook for 2 to 3 minutes, until just cooked through. Then add the ginger and garlic and cook for 30 seconds, until fragrant. Add the potatoes, coconut milk, water, salt and turmeric. Bring to a boil, and then reduce to a simmer. Cook for 8 to 10 minutes, until the potatoes are fork-tender.
- 2 Add the cod and simmer for 4 minutes. Add the celery and cook for an additional 4 to 5 minutes, until the cod is cooked through and flaky. Remove from the heat and stir in the lime juice. Divide between bowls and top with cilantro, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately 1 1/2 cups of chowder.
Fillet Size: One fillet is equal to 231 grams or 8 ounces.
More Flavor: Add chili flakes on top.
No Cod: Use halibut instead.



Vegan Butter Chickpeas

3 servings
15 minutes

Ingredients

59 milliliters Water
1 Yellow Onion (large, chopped)
2 Garlic (clove, minced)
12 grams Ginger (fresh, grated or minced)
64 grams Tomato Paste
6 grams Curry Powder
7 grams Garam Masala
5 grams Paprika
5 grams Chili Powder
3 grams Sea Salt
328 grams Chickpeas (cooked, rinsed)
364 milliliters Canned Coconut Milk

Directions

- 1 Heat the water in a pot over medium heat. Add the onion, garlic, and ginger and bring to a simmer. Cook for three to five minutes or until the onions begin to soften. Stir in the tomato paste until incorporated.
- 2 Add the curry powder, garam masala, paprika, chili powder, and salt and cook for one to two minutes until fragrant. Add the chickpeas.
- 3 Stir in the coconut milk then bring the pot to a simmer and continue to cook for five to eight minutes or until the sauce has thickened slightly. Divide evenly between bowls, season with additional salt if needed, and enjoy!

Notes

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

Serving Size: One serving is approximately 3/4 cup.

Additional Toppings: Fresh cilantro or red pepper flakes.

No Chickpeas: Use lentils or another bean instead.

More Vegetables: Add chopped cauliflower, peas, broccoli, baby spinach, and/or chopped kale.

Serve it With: Cauliflower rice, rice, quinoa, flatbread, or a side salad.



High Fat Green Smoothie

1 serving

5 minutes

Ingredients

237 milliliters Water (cold)
30 milliliters Lemon Juice
30 grams Baby Spinach
1/2 Avocado (frozen)
6 grams Mint Leaves (fresh, roughly chopped)
2 grams Ginger (fresh, roughly chopped)

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Likes it Sweeter: Add frozen banana, pineapple or apple.

More Protein: Add protein powder or collagen powder.

No Mint: Use cilantro or basil instead.



Coconut Matcha Latte

1 serving
10 minutes

Ingredients

237 milliliters Water (hot)
121 milliliters Canned Coconut Milk
2 grams Green Tea Powder
16 grams Coconut Butter
21 grams Raw Honey (optional)

Directions

1

In your blender, combine the hot water, coconut milk, matcha, coconut butter, and raw honey (if using). Blend until creamy and frothy. Pour into a mug and enjoy!

Notes

Coconut Butter: Made from the ground meat of a coconut, it is sweeter and creamier than coconut oil. It's sold at most grocery stores and health food stores. Alternatively, you can use coconut oil instead.

More Protein: Add a scoop of collagen or gelatin protein.

Make it Vegan: Use maple syrup instead of honey.



Chicken Tikka Salad

2 servings
15 minutes

Ingredients

227 grams Chicken Breast (skinless, boneless)
5 grams Tikka Masala Paste
16 grams Cilantro (chopped)
29 milliliters Lime Juice
750 milligrams Sea Salt
44 milliliters Water
90 grams Baby Spinach
1/2 Cucumber (chopped)
1/2 Red Hot Chili Pepper (sliced)

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with foil. Flatten the chicken breast with a mallet or rolling pin to about half-inch thick.
- 2 Evenly coat the chicken with tikka masala paste and bake for 10 minutes or until cooked through. Slice into cubes.
- 3 Meanwhile, add the cilantro, lime juice, salt and water in a food processor and blend until well incorporated. Set aside.
- 4 Divide the spinach, cucumber, chicken and sliced chili pepper into bowls. Drizzle the cilantro-lime dressing overtop and enjoy!

Notes

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

More Flavor: Add yogurt, turmeric, garlic, oil and/or chutney to the cilantro-lime dressing.

Additional Toppings: Fried mustard seeds and cumin seeds, sliced green onion or naan.

Make it Vegan: Use chickpeas, firm tofu, or tempeh instead of chicken.

No Tikka Masala Paste: Use curry paste instead.



Vegan Ranch Dressing

8 servings
10 minutes

Ingredients

138 grams Cashews (raw)
119 milliliters Water
9 grams Nutritional Yeast
5 grams Sea Salt
15 milliliters Apple Cider Vinegar
45 grams Tahini
3 grams Garlic Powder
2 grams Onion Powder
15 grams Parsley (finely chopped)
12 grams Chives (finely chopped)

Directions

- 1 In a high-powered blender, combine everything except the parsley and chives. Blend until smooth and creamy and transfer into a jar.
- 2 Stir in the parsley and chives until well distributed. Cover and store in the fridge until ready to use. Enjoy!

Notes

Serving Size: One serving is equal to approximately two tablespoons of dressing.
Serve it With: Veggie sticks for dipping or on any of our burgers or salads.
Leftovers: Keeps well in the fridge up to 4 to 5 days.



Green Goddess Cashew Dip

4 servings

35 minutes

Ingredients

34 grams Cashews (raw, soaked for 30 minutes and drained)
80 milliliters Unsweetened Almond Milk
21 grams Basil Leaves (roughly chopped)
15 grams Parsley (roughly chopped)
37 milliliters Lemon Juice
1 Garlic (small clove, minced)
20 grams Red Onion (finely chopped)
2 grams Sea Salt
1 Cucumber (sliced)

Directions

- 1 Add the soaked cashews, almond milk, basil, parsley, lemon juice, garlic, onion and salt to a food processor. Blend until creamy and smooth, about 3 minutes. Season with additional lemon juice or salt if needed.
- 2 Serve with cucumber slices and enjoy!

Notes

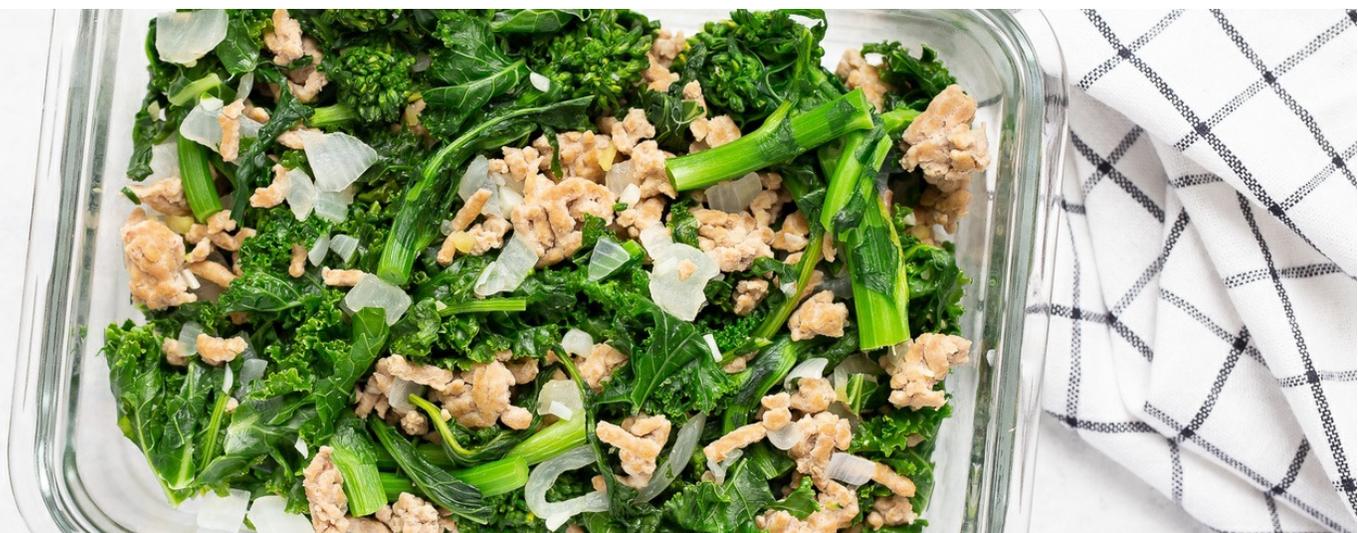
Leftovers: Refrigerate in an airtight container for up to five days. Add extra lemon juice to leftover dip if needed to brighten up the flavor.

Serving Size: One serving is approximately two tablespoons of dip and 1/4 of a cucumber.

More Flavor: Add other fresh herbs like cilantro, tarragon or chives.

No Almond Milk: Use cashew milk or boxed coconut milk instead.

No Cucumber: Serve with your favorite raw veggies or whole grain crackers instead.



Chicken, Rapini & Kale

3 servings

20 minutes

Ingredients

454 grams Extra Lean Ground Chicken
1/2 Sweet Onion (diced)
6 grams Ginger (peeled, grated)
3 Garlic (cloves, minced)
3 grams Sea Salt (to taste, divided)
1 bunch Rapini (chopped)
84 grams Kale Leaves (tough stems removed, chopped)

Directions

1

Heat a large skillet over medium-high heat. Add the chicken, onion, ginger, garlic, and half the salt. Cook for about 10 minutes, stirring occasionally until the chicken is cooked through.

2

Add the rapini, kale and the remaining salt. Cook for five more minutes or until the greens are wilted and stalks are soft. Divide between containers and enjoy!

Notes

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

More Flavor: Add lemon juice and red pepper flakes.

Additional Toppings: Serve it with sweet potatoes, cauliflower mash, brown rice, or lettuce wraps.

Make it Vegan: Use lentils instead of chicken.

No Rapini: Add broccoli, yu choy, or broccolini instead.



Twice Baked Chicken Stuffed Sweet Potatoes

2 servings

1 hour 30 minutes

Ingredients

- 2 Sweet Potato (medium)
- 3 Garlic (cloves, minced)
- 2 grams Sea Salt (to taste)
- 30 milliliters Water
- 15 milliliters Lemon Juice (to taste)
- 454 grams Chicken Breast, Cooked (shredded)
- 2 stalks Green Onion (chopped)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Cook the sweet potatoes for one hour or until fork tender.
- 2 Once cool enough to handle, cut the sweet potatoes in half and scoop out the flesh, leaving behind a little bit of flesh so the skin stays in tact.
- 3 In a food processor, combine the sweet potato, garlic, salt, water, lemon juice, and chicken. Process until mostly smooth.
- 4 Spoon the mixture back into the skins and bake for an additional 15 minutes. Garnish with green onions and enjoy!

Notes

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

Serving Size: One serving equals approximately two stuffed sweet potato halves.

More Flavor: Add your choice of herbs and spices.

Additional Toppings: Top with cheese, vegan cheese, sour cream, or plain yogurt.



Berry Avocado Smoothie

1 serving
5 minutes

Ingredients

240 milliliters Plain Coconut Milk
(unsweetened, from the box)
1/2 Zucchini (chopped, frozen)
45 grams Frozen Cauliflower
93 grams Frozen Berries
1/4 Avocado
12 grams Chia Seeds
24 grams Vanilla Protein Powder

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Raspberry Chia Fresca

2 servings
15 minutes

Ingredients

237 milliliters Water
48 grams Chia Seeds
735 grams Coconut Water
70 grams Frozen Raspberries
30 milliliters Lemon Juice (optional)

Directions

- 1 Stir the water and chia seeds together. Let thicken for 10 minutes.
- 2 Add the coconut water, raspberries, lemon juice, and chia mixture into a blender. Blend until well incorporated. Pour into glasses and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Add a sprinkle of cinnamon and a sweetener of your choice.

No Coconut Water: Omit and replace with water instead.



Falafel Tahini Salad

4 servings
30 minutes

Ingredients

528 grams Green Lentils (cooked, drained and rinsed)
90 grams Tahini (divided)
8 grams Cilantro (finely chopped)
2 grams Cumin
15 milliliters Apple Cider Vinegar
6 grams Sea Salt (divided)
56 grams Unsweetened Coconut Yogurt
59 milliliters Water
226 grams Mixed Greens
142 grams Sauerkraut

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor or blender, combine the lentils, 2/3 of the tahini, cilantro, cumin, apple cider vinegar and half the salt.
- 3 Form the mixture into balls using about 1 to 1 1/2 tablespoons of the mixture for each ball. Place on the baking sheet and cook for 20 to 25 minutes or until warmed through and firm.
- 4 Meanwhile, make the dressing by whisking together the yogurt, remaining tahini, remaining salt and water.
- 5 Divide the mixed greens onto plates and top with the lentil tahini falafels, sauerkraut and tahini yogurt dressing. Enjoy!

Notes

Leftovers: Refrigerate the falafels separately in an airtight container for up to seven days or freeze for up to two months. For best results, reheat the falafels in the oven just before serving.

Serving Size: One serving is approximately five falafels, 2 cups of mixed greens, 1/4 cup of sauerkraut and 2 tablespoons of dressing.

Additional Toppings: Avocado, mushrooms, sliced peppers, cucumbers, tomato, capers and/or olives.

No Sauerkraut: Use pickled cabbage instead.



Hummus Dressing

4 servings

5 minutes

Ingredients

82 grams Hummus
15 milliliters Lemon Juice
5 grams Dijon Mustard
44 milliliters Water
2 grams Sea Salt

Directions

1

Add all ingredients to a jar, cover, and shake well until smooth and creamy. Refrigerate until ready to use. Enjoy!

Notes

Leftovers: Store covered jar in the fridge for up to 5 days.

Serving Size: One serving is equal to approximately two tablespoons of dressing.

More Flavor: Add garlic powder or garlic cloves.



Carrot & Beet Salsa

4 servings
35 minutes

Ingredients

1 Beet
1 Carrot (medium, roughly chopped)
1/2 Yellow Onion (small, roughly chopped)
16 grams Cilantro (chopped)
15 milliliters Lime Juice
2 grams Sea Salt (to taste)

Directions

- 1 Bring a pot of water to a boil. Place the beet in a steamer over the boiling water and steam for 30 minutes, or until fork tender. When cool enough to handle, rub the skins off and cut into cubes.
- 2 In a food processor, combine the beet, carrot, onion, cilantro, lime juice, and salt and process until your desired consistency is reached, adding a tablespoon of water at a time, if needed. Season with more salt to taste.
- 3 Refrigerate until ready to serve and enjoy!

Notes

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

Serving Size: One serving equals approximately 1/3 cup.

More Flavor: Add tomato, peppers, jalapeno, or allspice.

Additional Toppings: Serve it with crackers, pita, plantain chips, or veggie sticks.



Lime Basil Grilled Tuna Steaks

2 servings
20 minutes

Ingredients

15 milliliters Extra Virgin Olive Oil (plus extra for drizzling)
1 Lime (juiced)
11 grams Basil Leaves (chopped, plus extra for garnish)
1 Garlic (clove, minced)
2 grams Sea Salt
725 milligrams Black Pepper
340 grams Tuna Steak
1 Tomato (large, chopped)
1 Cucumber (chopped)
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

Directions

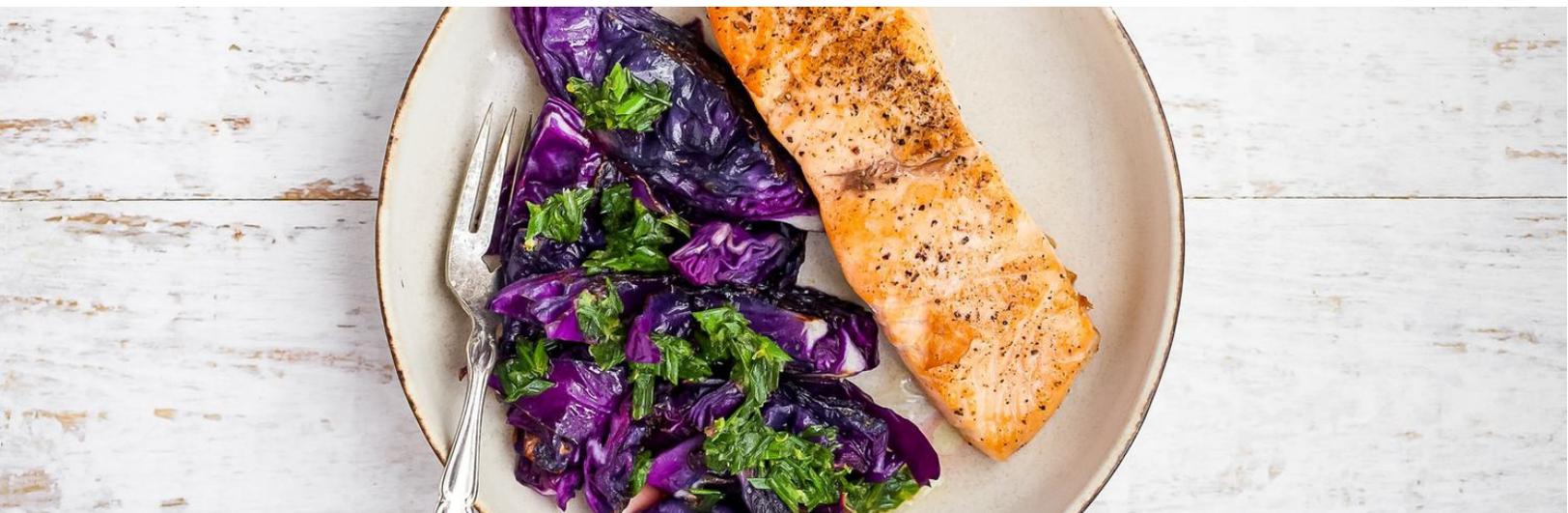
- 1 In a small bowl, combine the olive oil, lime juice, basil, garlic, salt and pepper. Mix well to combine.
- 2 Add the tuna steaks to a ziploc bag and pour in the marinade. Shake well then store in the fridge while you prep the rest.
- 3 Combine the diced tomato and cucumber together in a bowl. Drizzle with a bit of olive oil, lemon juice and season with sea salt and black pepper to taste. Set aside.
- 4 Preheat the grill over medium heat.
- 5 Grill the steaks for about 4 minutes per side, or until they are cooked to your liking.
- 6 Remove fish from the grill. Plate on a bed of the cucumber tomato salad and garnish with basil. Enjoy!

Notes

No Tuna: Use marlin, salmon or swordfish steaks instead.

More Flavour: Marinate the tuna steaks up to 24 hours in advance for maximum flavour.

More Carbs: Serve with a side of rice, quinoa or roasted mini potatoes.



One Pan Lemon & Chive Salmon

2 servings
15 minutes

Ingredients

59 milliliters Extra Virgin Olive Oil (divided)
267 grams Purple Cabbage (sliced into thick wedges)
750 milligrams Sea Salt (divided)
283 grams Salmon Fillet
6 grams Chives (finely chopped)
22 milliliters 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.