

# Week 1 Recipes

## Breakfast

### ***Oatmeal with stewed fruit, ground flax meal, chia seeds, cinnamon and walnuts***

About 4, 1 cup servings

- 2 cups dry rolled oats
  - 1 apple/pear or ½ cup of berries
  - 2 tablespoons of ground flax meal
  - 2 tablespoons of chia seeds
  - 1/2 tablespoon of cinnamon
  - 3 tablespoons of walnuts or nuts of choice
  - Pinch of sea salt
1. Cover oats and chia seeds in water and allow to soak overnight
  2. Strain oats and chia seeds in a mesh strainer
  3. Dice fruit
  4. In a medium saucepan cover fruit, cinnamon and sea salt in 2 cups of water and allow to boil
  5. Add oats, chia seeds and flax meal to pan while stirring over low heat and cook until desired consistency.
  6. Top with nuts and enjoy!

### ***Bacon broccoli spinach frittata***

- 6 eggs, beaten
  - 1/2 cup of milk
  - 3 pieces of bacon, finely chopped
  - 1 head of broccoli, finely chopped
  - ½ pound of spinach, coarsely chopped
  - 2 cups of raw cheddar cheese, shredded
1. Saute until slightly translucent
  2. Chop broccoli and spinach and add to pan with bacon until broccoli appears bright green
  3. Spoon bacon, broccoli and spinach into greased muffin tins or baking tray
  4. Beat eggs with milk and cover bacon, broccoli and spinach mixture
  5. Bake at 350 degrees for 25 minutes
  6. Sprinkle cheese over eggs and return to broiler for 1 minute to allow cheese to crisp

## Lunch

### ***3 bean soup with stewed chicken***

Makes about six 1  $\frac{1}{3}$  cup servings

- 1 tablespoon grass fed butter
  - 1 whole chicken cut into pieces with skin and bones
  - 1 large onion, diced
  - 1 large celery stalk, diced
  - 1 large carrot, diced
  - 3 quarts of water
  - $\frac{1}{3}$  cup dried kidney beans
  - $\frac{1}{3}$  cup cannellini beans
  - $\frac{1}{3}$  cup black beans
  - $\frac{1}{2}$  teaspoon oregano
  - $\frac{1}{2}$  teaspoon thyme
  - 1 teaspoon salt
  - $\frac{1}{4}$  teaspoon pepper
  - 1 head of shredded greens of choice
  - Yogurt for topping
1. In a large mixing bowl cover beans with 1 quart of water and allow to soak overnight, strain, rinse and set aside.
  2. In a large saucepan saute onions in butter until onion is tender. Add water, oregano, thyme, salt and pepper, cover and allow to boil.
  3. Stir in sprouted beans and simmer for 20 minutes, stirring occasionally.
  4. Add chicken pieces, celery and carrot to pot, allowing chicken to heat through, about 25 minutes.
  5. Serve over shredded greens and topped with a dollop of yogurt.

### ***Hummus avocado sandwich on sprouted whole grain bread***

Makes enough filling for 3 sandwiches

- 6 slices sprouted whole grain bread, toasted
- 1 avocado
- 1 lime
- 1 tablespoon apple cider vinegar
- 1 teaspoon extra virgin olive oil
- 1 cup hummus
- 1 large carrot, shredded

- 1 large cucumber, shredded
  - 3 tablespoons cilantro, chopped
1. Slice avocado in half, remove the pit and slice into long strips. In a small bowl coat avocado with ½ lime, 1 teaspoon apple cider vinegar and a pinch of sea salt.
  2. In a separate bowl toss cucumbers, carrots and cilantro in ½ lime juice, 1 teaspoon of apple cider vinegar and olive oil.
  3. Spread hummus on toasted bread, top with shredded veggies and avocado slices.

## Dinner

### ***Seasonal squash casserole layered with ground meat, tomato sauce***

Makes about 6-8 servings

- 1 lb grass-fed beef, ground
  - 1 lb ground Italian sausage
  - 1 onion, diced
  - 1 bell pepper, minced
  - 1 jar sugar-free marinara sauce
  - 1 can tomato paste
  - 2 tablespoons fresh or dried basil, chopped
  - 2 tablespoons fresh or dried parsley, chopped
  - 2 tablespoons fresh or dried oregano, chopped
  - 4 large garlic cloves, crushed
  - 1 cup mushrooms, sliced
  - 2 large zucchini, sliced into thin long strips
  - 2 tablespoons grass-fed butter
  - Salt
  - pepper
1. In a large skillet, add beef, and sausage until browned, about 10 minutes.
  2. Add onion and bell pepper until onions are translucent, about 5 minutes.
  3. Stir in tomato paste, tomato sauce, garlic, basil, parsley and oregano until heated through, salt to taste.
  4. Layer zucchini, mushrooms and sauce in a greased 9" x 13" baking dish.
  5. Bake in a 350 degree oven for 30 minutes.

***Seared salmon with sauteed napa cabbage, string beans with ginger***

Serves 4

- 1 small head of Napa cabbage, sliced into thin ribbons
  - 1 pound of green beans, sliced
  - 5 garlic cloves
  - 1 2-inch knob ginger, peeled and grated
  - 2 tablespoons rice wine vinegar
  - 2 tablespoons tamari
  - 4 6-ounce skin-on salmon fillets
  - Kosher salt
  - Freshly ground black pepper
  - 3 tablespoons vegetable oil, divided
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1. Crush garlic and set aside
  2. In a small bowl mix rice wine vinegar and tamari, set aside
  3. Season flesh side of fish with salt and pepper and cook skin side down in a heated pan until sides of flesh are opaque and skin can slide in the pan. Flip the fillets and continue cooking for 3-5 minutes.
  4. Add napa cabbage and string beans to pan and saute until tender, place in serving dish and set aside.
  5. Place ginger in pan and pour in vinegar, tamari mixture, simmer for 3-5 minutes and drizzle over fish.