

# WEEK 6

# RECIPES

## BREAKFAST

### Butternut Squash Hash

*serves 2*

1 small butternut squash, diced  
1 tablespoon coconut oil  
½ small yellow onion, diced  
½ red or yellow bell pepper, diced  
3 cloves garlic, minced  
2 cups spinach, chopped  
4 eggs  
Salt and pepper to taste  
¼ cup cilantro, chopped

### Raspberry Panna Cotta

*serves 4*

3 cups heavy cream  
2 teaspoons vanilla extract  
1/2 cup cold water  
1 tablespoon grass-fed  
gelatin powder  
2 cups of raspberries  
½ cup grape or apple juice

- In a large pan, heat and melt oil. Add squash to pan and saute for 5 minutes.
  - Add onions and cook until lightly translucent, about 1 minute.
  - Add bell peppers to pan and saute for 5 minutes.
  - Add garlic and spinach to pan and cook for 1 minute.
  - Crack eggs on top of squash and veggie mixture and cover until desired doneness
  - Top with cilantro, salt and pepper to taste
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- In a small saucepan, over low heat, warm the cream and add the vanilla extract.
  - In a medium bowl combine water and gelatin set aside for 5 minutes.
  - Make raspberry sauce. In a small pot combine raspberries and fruit juice and simmer of low heat for 10 minutes. Strain raspberries through a fine sieve to remove seeds.
  - Pour cream over gelatin and whisk together. Divide into individual containers, pour sauce over panna cotta and allow to chill for 4 hours.

# LUNCH

## Egg Salad Collard Wraps

serves 4

8 hard boiled eggs,  
1 stalk celery, chopped  
½ cup mayonnaise  
2 teaspoons dijon mustard  
1 teaspoon curry powder  
1 large carrot, sliced into long strips  
1 bunch of collard greens  
Salt and pepper to taste

- In a medium bowl, coarsely chop the eggs.
- Mix in mayonnaise, celery, mustard and curry powder.
- Blanch the collard leaves. Using a sharp knife, thin the main vein of the leaf by slicing it in half lengthwise parallel to the leaf.
- Lay carrot strips on top of collard leaves, spoon egg salad on and roll.

## California Caprese Bowl

serves 4

2 cups arugula  
2 cups spinach  
2 tablespoons fresh basil,  
chopped  
2 cups buckwheat, sprouted and  
cooked  
1 avocado, sliced  
3 large tomatoes, sliced  
2 cups fresh mozzarella, sliced  
½ cup pitted kalamata olives,  
chopped  
1 tablespoon extra virgin olive oil  
2 tablespoons balsamic vinegar  
½ teaspoon dijon mustard  
¼ teaspoon sea salt  
Salt and pepper to taste

In a large bowl combine arugula, spinach, basil and buckwheat. Top with avocado, tomato, mozzarella and olives.

In a small bowl combine olive oil, vinegar, mustard and sea salt and drizzle over salad.

# DINNER

## Sesame Shrimp Stir Fry

serves 4

1 ½ pounds medium shrimp, peeled and deveined  
2 inch knob of fresh ginger, peeled and finely grated  
5 cloves of garlic, minced  
1 tablespoon sesame seeds  
¼ teaspoon black pepper  
3 tablespoons sesame oil  
1 tablespoon of coconut oil  
1 head of broccoli, diced  
3 green onions, sliced  
2 tablespoons tamari,  
1 pound of sugar snap peas  
Salt to taste

In a large bowl combine shrimp, ginger, garlic, sesame seeds, black pepper and sesame oil. Allow to marinate for at least 4 hours.

In a large skillet, heat coconut oil, add broccoli and green onions and saute until tender, about 4 minutes then add tamari.

Add peas and shrimp, saute until shrimp are cooked through, about 4 minutes.

## Hearty Navy Bean Soup

serves 4-6

3 cups navy beans, sprouted  
2 quarts broth  
1 can diced tomatoes  
10 sprigs parsley, chopped  
2 sprigs fresh thyme  
1 bay leaf  
1 medium onion, diced  
3 medium carrots  
7 cloves of garlic, minced  
Salt and pepper to taste  
1 cup sour cream

- In a large pressure cooker combine beans, broth, tomatoes and herb bundle. Bring to a pressure for 6 minutes.
- Torn off heat and release pressure, remove herb bundle from pot and discard.
- Add onions, carrots and garlic to pot and simmer until tender, about 8 minutes.
- Garnish with sour cream