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# Acubalance Longevity Diet

**Nourish The Body: Basic Principles and Recipes**

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## Introduction

In our practice at Acubalance Wellness Centre in Vancouver, BC, we help patients manage and reverse a number of different health conditions. From infertility to menopausal symptoms, to autoimmune diseases and chronic pain, the 'chief complaint' may vary from person to person, but our approach is the same: we always strive to identify and reverse the underlying root cause of their concerns, and provide the body with what it needs to heal itself. As naturopathic physicians and doctors of Traditional Chinese Medicine, our systems of medicine recognize this incredible self-healing capacity in each of our patients. It is always our goal to see past the label of a condition, to reverse the underlying cause of imbalance or disease, and let the body do what it was designed to do: feel vital in every aspect of life.

Once we have identified imbalances in our patients, we use the modalities of our medicine to help guide the body in the right direction. In every single case we discuss the fundamentals of vital health first, followed by adding therapies like acupuncture, laser therapy, supplements or nutritional IVs. The reason we do things in this order is simple: the foundations of vital health are foundational for a reason - there is no supplement, herb, or acupuncture point that can make up for a poor foundation. Diet is one of these foundations (the others are movement, sleep, rest, stress reduction and community).

We find that as a therapeutic agent, diet is often dismissed. It's so simple, our patients sometimes have a hard time understanding how it can be so powerful. But we have growing evidence that supports the power of dietary interventions for shaping overall health and promoting longevity. That's why we've written this booklet. We want you to intimately understand the importance of a healthy diet, the details of what that looks like, and support you in actively making a change to the foods you're choosing to consume. Changing our food is challenging - there is more to it than just calorie counts and nutrient density, as we all have emotional relationships with our food that can be traced back to childhood. The more support you have from your doctor, your acupuncturist, your family and friends, the easier it is. The more information you have on its importance, the more motivated you are to change. And the longer you've been actively making changes, eating like this becomes like second nature.

One of the goals of the Acubalance Longevity Diet is to support a match between your chronological age (the number of birthdays you've had) and your biological age (the age at which your cells are operating). In many of our patients dealing with chronic disease, they present with a biological age much older than their chronological age. When the foundations

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of health are off - and inflammation, blood sugar balance, sleep, movement and stress are dysfunctional - it accelerates biological aging. When we set up the foundations of vital health properly, patients enjoy not only an improvement in their symptoms of chronic disease but also enjoy a longer health span.

In Dr Kara Fitzgerald's groundbreaking study on lifestyle interventions for reversing biological age, she was able to show a 3 year reduction in biological age with just 8 weeks of dietary and lifestyle changes. Dr Fitzgerald breaks her approach down into one formula with three simple components that, when combined, reverse bio-age:

**Methyl donors (diet) + DNA methylation adaptogens (food) + Lifestyle = Younger You**

Methyl donors are foods that contain the nutrients the body needs to make methyl donors, which are used in many processes in the body (including DNA methylation). DNA methylation adaptogens are foods that provide the nutrients that regulate DNA methylation - they make sure that methyl groups are used appropriately, in more youthful patterns. The diet was rich in many different vegetables, healthy high quality animal and vegetarian protein, anti-inflammatory fats, herbs and spices. It restricted processed foods, refined carbohydrates, and added sugars. In short, it followed many of the same principles outlined in our Acubalance Longevity Diet. Our diet is anti-inflammatory, low glycemic (blood sugar stabilizing), high in antioxidants, and rich in methyl donors and DNA methylation adaptogens. It provides the body with essential fats, proteins, vitamins, minerals and antioxidants that cells need to perform their best.

This booklet is designed to give you an actionable plan when it comes to eating to support your overall health. Whether you're struggling with a current health concern, or simply aiming to make changes for the prevention of long term chronic disease and promotion of longevity: incorporating an anti-inflammatory, low glycemic index diet rich in nutrients that support youthful epigenetic patterns and optimal cellular health like the one we present here is necessary to achieve those goals. Making simple changes to the food you choose to put into your body truly adds up over time. If it feels like a lot to take on, start with one simple change: drink enough water today. Then next week, add a few more servings of green vegetables. You don't have to do this overnight, but know that every positive change you make will bring you closer to your goal.

We're excited to be on this journey with you,

Dr Lorne Brown, Dr Kali MacIsaac and The Acubalance Team



## Start With The Basics

At its core, the Acubalance Longevity Diet is a lifestyle. It is a foundation for overall health and longevity that cannot be mimicked by any other therapy, and it is a lifestyle that needs to be adopted for the long term in order for you to reap the most benefits. Wherever you are on the spectrum of health, it will only benefit you (by moving you closer to vitality) to incorporate these dietary principles for the rest of your life. The food you eat becomes the foundation for cellular health throughout the entire body - every organ system benefits from reliable, high quality nutrition.

We start with a handful of guiding principles that outline the basics of this whole-foods diet. Based on the literature, a diet rich in plants (leafy greens and vegetables), high quality protein, and healthy fats is most supportive to health and longevity by way of optimizing cellular replication and epigenetic expression, reducing damage from oxidative stress, supporting cellular energy production, and improving cellular repair mechanisms. We then tweak the formula for patients individually - for example: if you have a strong family history of osteoporosis, you would work with your Acubalance practitioner to focus on optimizing mineral intake and targeting oxidative stress. If you have high cholesterol, you'd benefit from increasing your fibre and plant sterols, and really focusing on reducing inflammatory food triggers. Your Acubalance practitioner can help you navigate the subtle nuances specific to your case. In general, a nutrient-dense, whole foods diet of fresh vegetables, fruit,

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legumes, whole grains, nuts and seeds, high quality animal protein and healthy fats is incredibly supportive to your overall health and longevity.

Let's go over the basics first.

### **Acubalance Fertility Diet Basics**

When you think about nutrition for longevity, we want you to think about one central idea: abundance. Overall health is optimized when the body knows it has everything that it needs to regulate itself and perform at 100% - macronutrients like carbohydrates, fats and proteins, all need to be present and balanced; micronutrients like folate and essential fatty acids also need to be accounted for. Instead of focusing on what you can't have, we want to encourage you to consume an abundance of anti-inflammatory, low glycemic, nutrient dense foods that you cook and enjoy yourself.

That being said, there are a handful of things we do recommend you **reduce** your consumption of, because they're either nutritionally weak, blood sugar destabilizing, or inflammatory.

Follow these simple guiding principles, and most meals that you consume will be longevity promoting. When you're looking at a recipe, menu, or into your fridge, try to keep these basic rules in mind:

1. No processed food
2. No refined flours
3. No added sugar
4. Lots of veggies, good fats, and high quality protein

Pretty simple, right? We'll explain in more detail what each of these principles mean, but just before we get to it - keep the 5th and most important principle in the forefront of your mind:

#### **5. The 80/20 rule: follow the first 4 principles 80% of the time**

Principle 1: No processed food

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Processed food refers to something manufactured in a factory, and can also refer to almost anything with a shelf life. From soda to cereal to microwaveable meals, processed foods contain additives, preservatives, chemicals, and low quality fats and sugars to make them taste appealing and last longer. 'Real' food is the stuff we've been eating for millenia - stews, broths, seasonal fruits and veggies, slow roasted meats - all of which will spoil if you don't eat them quickly. This is a good thing! 'Real' food is what you want to be eating to support your longevity..



If a food has a *best before* date, you should see a yellow flag. Was it made in a factory? Is it packaged in cardboard or plastic? Did it get shipped around the world to get to you? If the answer is yes, just say no.

Why are we so stringent about this? Simply put, these foods aren't real foods, and they're not healthy. Additives and preservatives have to be used by the food industry in order for your food to not spoil quickly. The issue is that many of these additives are either problematic for your health, or they're not adding anything to it. They're hard on our detox systems and promote the growth of inflammatory gut bacteria. Processed foods are also missing the living enzymes and microbes that would break them down naturally, and also support our bodies' own food processing systems.

No matter how busy you are, you can't afford the negative health costs of eating processed food. Every bite counts.

## Principle 2: No refined flours

Here, we are referring to foods that have been made out of grains processed into flours - like bread, pasta, muffins and baked goods. The reason that this is important is because of the impact these foods have on blood sugar regulation and the hormones in your body. When you eat foods made from flours, they are digested differently and have



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different hormonal effects than foods that are made from the whole grains themselves.

The effect of a food on your blood sugar is called its glycemic index (GI) - how quickly it raises your blood sugar. A refined carbohydrate (rice pasta) tends to be lower in fibre than the whole grain itself (rice), and thus is digested and absorbed more quickly. This leads to a rapid spike in blood sugar that leads to a crash 30 minutes to 2 hours later; rice pasta has a higher GI than whole grain rice for this reason. When the crash inevitably happens, you feel hungry or crave another high-refined carb snack. Welcome to the blood sugar roller coaster.

In the context of longevity, our concern with the blood sugar roller coaster is its impact on insulin and other hormones that can lead to weight gain and further hormonal and metabolic disruption in the long term. When blood sugar rises, insulin rises to help the body deal with it. High levels of insulin over time lead to insulin resistance, which is a pre-diabetic state where the cells stop responding to insulin as efficiently as they once did and blood sugar levels remain high in the blood. High circulating glucose is inflammatory, and high insulin levels impact cortisol (stress hormone) production. Unstable blood sugar stresses the adrenal cortisol system, further damaging our ability to regulate our stress hormones. High-GI foods have also been shown to increase hunger hormones (ghrelin) and cravings when compared to low-GI foods. All of these changes are not positively impacting your health.

Wheat flour, gluten-free flour, or quinoa flour - it doesn't matter the source. What matters is that a whole intact grain has been ground into a flour before it was made into a food. Remember, this is 80% of the time - no foods made from flour. You can still have some in moderation, just not bread and pasta every day.

### Principle 3: No added sugar

You didn't think we'd actually endorse sugar, did you? We didn't think so, but we had to add this one here just to be sure.

Think about what we just shared about refined flours and insulin, and then know that added sugar is like rocket fuel for the blood sugar roller coaster. You've just got to cut it out, completely. Refined sugar is found in many processed foods (thank goodness you've already said no to those), baked goods, soda, juice, candy, and lattes and fraps from your favourite coffee place. But don't just think you can ask for 'sugar free' and get away with it - when coffee shops replace vanilla syrup with a



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sugar free version, you're typically getting a chemical bomb instead of a sugar bomb. Artificial sweeteners are no better for your health than the white stuff, sorry to say. They have been shown to actually increase ghrelin (hunger hormone) production when compared to table sugar, making you overeat in other ways throughout the day. Further, our bodies don't do a great job of breaking down some artificial sweeteners like aspartame; so poor a job, that aspartame can deposit in our soft tissues and stay there for decades.

Small amounts of natural sweetness (honey and maple syrup) are fine in moderation - so if you're making tea and want to sweeten it, add a bit of honey. If a dressing calls for a dash of maple syrup, it's fine. But avoid refined sugar as often as possible.

#### Principle 4: Lots of veggies, good fats, and high quality protein

This is the basic makeup of an ideal plate of food when you're eating to support your longevity: 50% veggies, 25% high quality protein, 25% starch, and healthy fat with every meal.

Let us explain:

**50% veggies:** this category encompasses any high-water content, brightly coloured vegetable (or fruit, if low-GI - like berries). Ideally you'll be consuming a variety of different vegetables, as they all have varying amounts of beneficial compounds for your health. Red veggies are high in lycopene, green in chlorophyll and folate, and purple in polyphenols - all different antioxidant compounds that reduce cellular damage and help to promote healthy cell quality and DNA expression.



The brassica family of vegetables (broccoli, cauliflower, Brussels sprouts, kale and cabbage) are essential for proper hormone metabolism and excretion, and have the right type of fibre to fuel healthy gut bacteria. We recommend everyone consume at least 1 cup per day of brassicas. Dark green leafy veggies are longevity superstars,



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due to their extremely high folate content - the usable, natural form of folic acid that acts as a direct methyl donor. Fermented vegetables like sauerkraut and kimchi provide prebiotic fibre along with probiotic bacteria, healthy for our intestinal health; if you tolerate these, they're great additions to your longevity diet. Mushrooms contain beneficial immune-modulating compounds, and stellar prebiotic fibre for your gut.

What we're saying is: eat the rainbow. Eat as many high quality, brightly coloured veggies as you can find. And buy the weird stuff - the greater the diversity, the healthier your hormones and your microbiome.

To buy organic or not? Ideally, yes.

We do understand that access to organic produce is variable depending on where you live, and is often more expensive than conventional produce. Luckily, frozen berries and veg are often affordable to buy organic, and local farmer's markets can connect you with sustainable organic options. If you can't afford to buy everything organic, don't worry - but do check out the Environmental Working Group's Dirty Dozen list, and make



sure that you only purchase organic versions of their **dirty** fruits and veg. These crops have been found to have the highest pesticide/herbicide residues in the testing year, and will contribute vastly more chemicals than the Clean 15 (which you can get away with buying conventional).

**25% protein:** we get protein from both plant and animal sources, and there are pros and cons to each. Overall, a combination of some vegetarian and some animal protein containing meals is a good strategy for many. Can a vegan diet be longevity promoting? Likely, if done in the right way.. That said, animal protein is a complete source of the essential amino acids that our bodies use to manufacture proteins for cellular structure. At Acubalance, we promote animal protein intake with one caveat: choose your sources carefully. As the old adage goes, you get what you pay for. When you pay more for an organically raised, grass-fed steak, the actual makeup of the fats in that steak are different (more anti-inflammatory omega-3s, yes - the same omega-3s you get from fish) than those you'll find in a conventionally raised steak (more pro-inflammatory omega-6s). This changes how the food speaks to your genetics and whether its effects are health-promoting or health-hindering. Include high welfare animal protein (organic and free range eggs, wild fish, pasture-raised chicken, grass fed red meat like beef and lamb) and organ meats (liver, kidneys) several times a week. Intersperse these with vegetarian meals that rely on whole

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grains (brown rice, quinoa, buckwheat, millet, etc) and legumes (beans and lentils, hummus/bean dips) for the complete amino acid sequence. We have included both animal and vegetarian protein recipes in this guide. Speak to your Acubalance doc about how heavily you should rely on either source, and always buy the highest quality protein you can afford.

**25% starch:** this refers to either a starchy vegetable (squash, potato, sweet potato) or whole grain you've cooked yourself from scratch (ideally gluten free grains like rice, quinoa, buckwheat, millet, farro, and oats). Starchy vegetables and whole grains are excellent sources of prebiotic fibre that feeds the healthy bacteria in your gut microbiome. In contrast to the refined flours we suggest you avoid, when you consume starchy veggies or whole grains, blood sugar levels rise much more slowly and are easier to sustain throughout the day. Plus, when you combine a starch or grain with fat and protein (as you will with every meal), the blood sugar spike is blunted further. For some patients with significant insulin resistance, PCOS, or diabetes, it may be necessary to reduce starches to less than 25% of the plate - ask your Acubalance doc to clarify if you need to do so.



**Healthy fat with every meal:** fats are essential for cellular structure and organ function. Fats serve as the precursors to every single hormone that is manufactured in the human body - from testosterone to estrogen to cortisol and thyroid hormones. If you're not getting enough fat, your body doesn't see its environment as abundant enough to make adequate levels of hormones. Fats should accompany every meal, but (just like carbs) they need to be the **right type of fats** to be longevity-promoting. Avoid industrial vegetable oils like canola, safflower, sunflower, or peanut oil, high in pro-inflammatory omega-6 fatty acids. Increase your intake and use of the following fats:

- for high-temp cooking (roasting, or high temp cooking on the stove top): avocado oil, coconut oil, or organic ghee (clarified butter)
- for moderate-temp cooking: good quality extra-virgin olive oil, organic butter
- for dressings/sauces: olive oil, sesame oil, walnut and other nut oils (*not peanut oil*)
- nuts and seeds, nut butters, and nut milks (ideally made at home, or store-bought with minimal/no chemical emulsifiers or preservatives)

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-avocados

-olives

-eggs

-organic high-fat dairy (if you're not sensitive, or haven't been told to avoid it): milk, cream, yogurt, cheese, kefir - *dairy should always be high-fat (low-fat versions are processed and contain additional sugar and emulsifiers to make up for the lack of fat) and organic (as toxins are always stored in the fat of any animal product)*

That's it!

50% veg

25% protein

25% starchy veg or whole-grain carbohydrate

+ Source of healthy fat.

Every meal, 3x/day, 7 days/week... 80% of the time.

What does 80% mean? It means that if you eat 3 meals a day, 7 days a week ( $\times 0.2$ ) = approximately 4 times per week you can eat something that doesn't resemble the above formula and still be eating to support your longevity 80% of the time. The 20% includes takeout or restaurant food that is made with poorer quality fats and more sodium than you would use at home, a latte, or a baked good. It would include a slice of pizza at a friend's house, or a piece of cake at a celebration. It is not an excuse to go ham from Saturday night 'till Monday morning, but the 80/20 rule allows for you to continue living your best life while moving toward your health goals. Remember - food is information, not just fuel. Send your cells the right signals, and they'll respond with health, vitality and longevity.

Now on to sample meal plans, followed by the recipes.

## Sample Meal Plans

Depending on how it works in your life and for your family, you may choose to follow something like the following meal plans. As we mentioned earlier - we all do this a little differently. Some of us at Acubalance prefer to grocery shop every 2-3 days, picking up only what we need for what we're in the mood for. Others like to plan one main meal per day of the week, making double the quantities we'll need at dinner so we have leftovers for lunch. And still others prefer to batch-cook on the weekends so that there's lots of food available, and no decision making at the end of a work day.

If you don't currently follow any of these strategies, think about what makes the most sense to you and then give it a try! Can't see yourself spending 30-45 mins every night cooking a dinner from scratch? Maybe you'll enjoy batch cooking. Can't imagine spending 3-4 hours on a Sunday cooking big batches of food? Try the weekly meal plan.

## The Weekly Meal Plan

This strategy works well for those who wish to shop once a week, but still have lots of variety in order to avoid eating the same thing too many times. Notice that whatever is made for dinner on night 1, becomes lunch on day 2. The following plan will feed 2 people for 7 days - choose what you'd like for breakfasts and main meals, shopping on whichever day works for you. In this example we would have shopped Saturday, to have ingredients for the week. We also prepared the Chickpea Shawarma Dip, Baked Plantain Chips and Life Changing Loaf of Bread on Sunday (remember to prep your loaf Saturday night), for snacks through the week.

	Breakfast	11am Snack	Lunch	4pm Snack	Dinner
Sunday	Lox and Egg Scramble with Dilled Yogurt (double recipe)	2 slices Life Changing Loaf + avocado mash (make a whole loaf, slice and freeze for later in the week)	Leftover Lamb Meatballs in Roasted Root Sauce with Zoodles	Chickpea Shawarma Dip + Baked Plantain Chips (make a full batch of each so you have leftovers for snacks)	Honey Mustard Brussels sprout Slaw with Cast Iron Chicken Thighs (+ cook extra chicken thighs for later in the week)
Monday	Fertility Promoting Pineapple Cucumber Smoothie + protein powder (double for 2)	Apple slices with nut butter	Leftover Honey Mustard Brussels sprout Slaw with Cast Iron Chicken Thighs	2 slices Life Changing Loaf + avocado mash	Summer Coconut Chickpea Curry with Rice and Fried Halloumi
Tuesday	Leftover Lox and Egg Scramble with Dilled Yogurt	Handful of raw, unsalted, nuts and seeds + berries or a seasonal fruit	Leftover Summer Coconut Chickpea Curry with Rice and Fried Halloumi	Chickpea Shawarma Dip + Baked Plantain Chips	Noodle-Free Pad Thai (make double) + pan-fry some tempeh
Wednesday	Moroccan Style Breakfast Skillet	Apple slices with nut butter	Leftover Noodle-Free Pad Thai + tempeh	Avocado drizzled with olive oil and balsamic	Glory Bowls + extra chicken from Sunday

	Breakfast	11am Snack	Lunch	4pm Snack	Dinner
Thursday	Fertility Promoting Pineapple Cucumber Smoothie + protein powder (double for 2)	2 slices Life Changing Loaf + avocado mash	Leftover Glory Bowls + chicken	Chickpea Shawarma Dip + Baked Plantain Chips / raw veggies	Griddled Salmon with Herby Quinoa
Friday	Leftover Moroccan Style Breakfast Skillet	Apple slices with nut butter	Leftover Griddled Salmon with Herby Quinoa	Avocado drizzled with olive oil and balsamic	Kale Nachos (make double)
Saturday	Chia Pudding Breakfast Bowls + seasonal fruits	Fertility Promoting Pineapple Cucumber Smoothie + protein powder (double for 2)	Leftover Kale Nachos	Chickpea Shawarma Dip + raw veggies	Lamb Meatballs in Roasted Root Sauce with Zoodles

## The Batch-Cooking Method

This works well for those who have a hard time seeing themselves cooking daily - we've done the shopping here on Saturday. Batch cooking takes several hours on Sunday, but then most of your meals are made and ready to grab and go! The following plan will feed 2 people for 7 days.

	Breakfast	11am Snack	Lunch	4pm Snack	Dinner
Sunday	Fertility Promoting Pineapple Cucumber Smoothie + protein powder (double for 2)	Apple slices with nut butter	Frittata with Greens	2 slices Life Changing Loaf + avocado mash	Quick Thai Green Curry Beef and Veggie Bowl
*on Sunday, prep the following: Carrot Apple and Bacon Hash (double batch), hard boil 6 eggs, Warm Porridge with Lemon and Berries (single batch), roast a chicken (for the Easy Chinese Chicken Salad + Glory Bowls), Quick Thai Green Curry Beef and Veggie Bowl (triple batch), Easy Chinese Chicken Salad (triple batch), Persian Herb and Chickpea Stew with Rice (double batch), Life Changing Loaf of Bread, Glory Bowl dressing.					
Monday	Carrot Apple and Bacon Hash + hard-boiled egg	2 slices Life Changing Loaf + avocado mash	Persian Herb and Chickpea Stew with Rice	Raw veggies + hummus	Easy Chinese Chicken Salad

	Breakfast	11am Snack	Lunch	4pm Snack	Dinner
Tuesday	Warm Porridge with Lemon and Berries	Handful of raw, unsalted, nuts and seeds + berries or a seasonal fruit	Quick Thai Green Curry Beef and Veggie Bowl	Avocado drizzled with olive oil and balsamic	Persian Herb and Chickpea Stew with Rice
Wednesday	Carrot Apple and Bacon Hash + hard-boiled egg	Apple slices with nut butter	Easy Chinese Chicken Salad	2 slices Life Changing Loaf + avocado mash	Glory Bowls** + leftover chicken
Thursday	Warm Porridge with Lemon and Berries	Handful of raw, unsalted, nuts and seeds + berries or a seasonal fruit	Quick Thai Green Curry Beef and Veggie Bowl	Raw veggies + hummus	Easy Chinese Chicken Salad
Friday	Carrot Apple and Bacon Hash + hard-boiled egg	Apple slices with nut butter	Easy Chinese Chicken Salad	Avocado drizzled with olive oil and balsamic	Persian Herb and Chickpea Stew with Rice
Saturday	Chia Pudding Breakfast Bowls + seasonal fruits	Fertility Promoting Pineapple Cucumber Smoothie + protein powder (double for 2)	Persian Herb and Chickpea Stew with Rice	Raw veggies + hummus	Glory Bowls + pan-fry tempeh

\*\*Glory Bowls are quick to whip up on a Wednesday night, especially if you use all raw veggies and leftover protein or pan-fried tempeh.

## Acubalance Longevity Diet Recipes

We've been working with people trying to optimize their health for over 20 years. During that time, we've counselled them all on what they should be eating for their longevity - and we've likely answered all the questions you're still asking... Such as, "great info, but what does that really **look like** in terms of what the heck I'm supposed to eat every day?" We hear you, and that's why we created this guide.

Diet and lifestyle are so fundamental to overall health and hormone balance, that they are considered the foundation on which all of your other therapies work (acupuncture, nutritional supplements, massage, chiropractic manipulation, osteopathy, etc). Without a solid diet, no supplement will make a significant difference, and no acupuncture treatment will 'heal you.' You've got to put in the work at home, prepping and



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eating for your health and longevity every day. There's simply no other way around it.

Luckily, the basic principles of the Acubalance Longevity Diet allow for a lot of variety, and a lot of flavour. We've put together this recipe resource to help give you an idea of what it looks like to live a day in the life of someone eating this way. If you have further questions about your diet, you should ask your Acubalance practitioner because they're your personal physician and know you best. All of the Acubalance docs eat this way - so you're in good hands with any of our Chinese medicine or Naturopathic doctors as your coach. We've made the mistakes, eaten the weird things, and tried thousands of recipes for you. Now let us share our favourites - what we eat every day, and what we think you should eat too.

These recipes are categorized into sections based on the type of meal - breakfasts, main meals (lunch and dinner), snacks and *better for you* sweets/treats - but know that you could eat dinner for breakfast and vice-versa. Since all of these meals follow the guiding principles, they can be easily interchanged and modified for what you have on hand. However, if you've been specifically instructed to consume your starchier carbs earlier in the day, avoid dairy, or focus on high-protein meals at breakfast, use these recipes as a guide and tailor the diet specifically to you.

All of the recipes in this manual are gluten free, many are dairy free (or substitutions are noted), all are refined flour free, and all are sugar free. You won't find packaged/processed foods in the ingredients, and everything that is a main ingredient is perishable, so shop accordingly. The recipes all require preparation, chopping, and cook time - there's no getting around a little prep and forethought. That being said, many recipes contain 10 ingredients or less, take less than 30 minutes, or can be made in 1 pot, because we eat this way too and we understand that sometimes time is lacking and you need to eat, *like now*. All of these recipes are also pulled from cookbooks or websites, or are riffs on things we've come across over the years, since we're docs.. not recipe developers. We've thus given credit to recipe authors wherever we could, and encourage you to check out the websites of the author when you dig a recipe to find more inspiration for future meals.

## Breakfasts

Hitting 50% veggies at breakfast is the hardest - we know. Most breakfasts that we're familiar with involve a lot of refined carbs (toast, muffins, pancakes, cereal), a lot of dairy (yogurt parfait, cereal), or a lot of sugar (granola, baked goods, most smoothies, cereal). To be quite honest with you - none of these foods are doing anyone any favours, any time of the day. Savoury breakfasts are our favourite, since we can easily pack in a bunch of veggies in with some healthy protein and call it a morning. But there are also a couple of sneaky recipes in here that use veggies/fruits in sweeter dishes if that's what you crave when you wake (see:

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the Chia Pudding Breakfast Bowls, and the Warm Coconut Cauliflower Porridge with Lemon and Berries).

### Moroccan Style Breakfast Skillet

Author: Mickey Trescott, [Autoimmune Wellness](#)

\*slightly modified from original

Prep: 10 mins

Cook: 10 mins

Serves: 4

#### Ingredients:

1 lb pastured ground pork

2 Tbsp solid cooking fat (coconut oil or ghee)

1 medium sweet potato, diced (about 2 cups)

1 bunch chard, stems removed, separated, and both stems and leaves chopped

3 cloves garlic, minced

1 tsp ground turmeric

½ tsp sea salt

⅛ tsp cinnamon

1 tsp apple cider vinegar

½ cup organic raisins (*optional*)



#### Directions:

1. Place the ground pork in the bottom of a cold heavy-bottomed pan, and break up slightly with a utensil. Turn on medium-high heat, and cook, stirring, until the meat is browned and has absorbed all of the fat (don't drain it off!). Turn off the heat, transfer to a large bowl and set aside.
2. Place the same pan back on the stove, add the solid cooking fat, and turn the heat to medium-high. When the fat has melted and the pan is hot, add the sweet potatoes and cook, stirring, for five minutes. Add the chard stems and cook for three more minutes.
3. Add the garlic, turmeric, sea salt, and cinnamon, and stir to combine. Cook for a few more minutes, until the sweet potatoes are just soft.



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4. Add the chard leaves, apple cider vinegar, and raisins to the pan. Continue cooking until chard has wilted, about a minute or two. Turn off the heat, salt to taste, and serve!

\*double this recipe up if you're batch cooking breakfasts on the weekends; it stores well in glass containers in the fridge.

### Frittata With Greens

Author: the [Acubalance Team](#)

Prep: 10 mins

Cook: 5 mins

Serves: 2

#### Ingredients:

1 lb Swiss chard (any colour), beet greens, or spinach, stemmed and washed thoroughly

Sea salt, to taste (*we like Himalayan pink salt for mineral content*)

2 Tbsp extra virgin olive oil

2 garlic cloves, minced

Freshly ground pepper

8 large or extra-large free-range organic eggs

2 Tbsp full fat plain organic yogurt (*optional - omit entirely, or sub with coconut/almond yogurt if dairy sensitive*)



#### Directions:

1. Heat a large pot of water over high heat while you stem and wash the greens in two changes of water. Meanwhile, fill a bowl with ice water. When the water comes to a boil, add a generous tablespoon of salt, and the greens.

2. Blanch spinach for 30 seconds only, chard and beet greens for 1 minute, or until tender, and transfer to the ice water. Let sit for a few minutes, then drain, squeeze dry, and chop.

3. Heat 1 tbsp of the oil in a 10-inch oven-proof skillet over medium heat and add the garlic. Cook, stirring, until fragrant, 30 seconds to a minute, and stir in the greens. Cook, stirring, for about 1 minute, until coated with oil. Season to taste with salt and pepper and remove from the heat.

4. Beat the eggs in a bowl, stir in ½ tsp. salt, freshly ground pepper to taste, the yogurt (if using), and the cooked greens.

5. Wipe out your pan and return to the stove. Heat over medium-high heat and add the remaining olive oil. Hold your hand above it; it should feel hot. Drop a bit of egg into the pan and if it sizzles and cooks at once, the pan is ready.

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6. Pour in the egg mixture, scraping every last bit out of the bowl with a rubber spatula. Swirl the pan to distribute the eggs, filling evenly over the surface. Shake the pan gently, tilting it slightly with one hand while lifting up the edges of the frittata with the spatula in your other hand, to let the eggs run underneath during the first few minutes of cooking.
  7. Turn the heat down to low and cover the pan. Cook 8 to 10 minutes, shaking the pan every once in a while, until the frittata is just about set. Meanwhile, turn your broiler to high.
  8. Place under broiler for about 5 minutes to set the top.

\*once cool, cut the frittata into individual servings; save them in the fridge wrapped in parchment paper or in a reusable glass container for grab-and-go breakfasts.

\*feel free to add any additional veggies you have to this recipe - bell peppers, sundried tomatoes, and fennel are delicious.

### **Carrot, Apple and Bacon Hash**

Author: Michelle Hoover, [Unbound Wellness](#)

Prep: 10 mins

Cook: 15 mins

Serves: 4 with eggs, 2 without\*

#### Ingredients:

- 2 cup carrots, shredded
- 1 medium apple, diced
- 1 leek, sliced into half moons
- 4-5 slices of bacon, chopped\*\*
- 2 tsp sage
- 1 tsp rosemary + extra for garnish
- ½ tsp sea salt
- 4 eggs (*optional*)

#### Directions:

1. Using a large skillet or cast iron pan, add the chopped bacon (or ground meat) on medium heat and cook until crispy. Set the bacon/meat aside and leave the fat in the pan.
2. Pour in the carrots and cook for 3-4 minutes or until they begin to soften.
3. Add in the apple, leek, and seasoning and cook for 4-5 more minutes or until the ingredients are lightly crisped.
4. Add the bacon/meat back in to reheat for 30-60 seconds.
5. Serve with eggs, cooked how you like them, or enjoy by itself!

\*we love to batch cook this on the weekends, doubling or tripling the recipe for breakfasts throughout the week.



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\*\*replace the bacon with 0.5 lb pasture raised ground chicken, turkey, grass fed ground beef, lamb or pork, for variety and to reduce how often you consume high-nitrite bacon.

## Fertility Promoting Pineapple Cucumber Smoothie

Author: Dana Shultz, [Minimalist Baker](#)

\*slightly modified from original

Prep: 5 mins

Blend: 2 mins

Serves: 1

### Ingredients:

½ cup sliced cucumber (*skin on // organic when possible*)

1 heaping cup cubed pineapple (*if frozen, omit ice*)

½ large ripe, peeled, frozen banana

¼ cup light coconut milk\*

½ cup filtered water

1 medium lime, zested + juiced (*~1 tsp zest // 2 Tbsp (30 ml) juice per 1 lime*)

1 large handful greens (*spinach or kale // organic when possible*)

2-4 ice cubes

1 serving of vegan blended protein\* (*we like Sun Warrior and Genuine Health Fermented Vegan Protein brands*) or 2 Tbsp collagen protein (*we like Vital Proteins, Great Lakes, and Organika brands*)



### Directions:

1. Add cucumber, pineapple, frozen banana, light coconut milk, water, lime zest, lime juice, greens, protein, and ice cubes to a blender and blend on high until creamy and smooth, scraping down sides as needed.
2. For a thicker smoothie, add more ice. For a thinner smoothie, add more liquid of choice. Taste and adjust flavor as needed, adding more lime juice or zest for acidity/brightness, banana or pineapple for sweetness, coconut milk for creaminess, and greens for more intense green color.
3. Serve immediately. Leftovers will keep covered in the refrigerator up to 24 hours, though best when fresh.

\*we added a serving of vegan protein to this recipe, because for stable blood sugar you should aim for at least 30g of protein per meal - if this smoothie is your morning meal, you need the protein. If you plan to sip this smoothie along with an alternate protein source, you may omit it (try pairing with our Fluffy Grain Free Protein Pancakes!)

## Harvest Chicken Hash



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Author: Alaena Haber, Grazed & Enthused

Prep: 15 mins

Cook: 35 mins

Serves: 4

Ingredients:

4 slices bacon, chopped into 1/2-inch pieces (*optional - omit if limiting nitrite-high meat products*)

1 large yellow onion finely chopped

1 pound pasture-raised chicken tenders (*aka slices of chicken breast/thighs*)

1 teaspoon dried oregano

¾ teaspoon sea salt, divided

2 tablespoons fat of choice (*avocado oil, coconut oil, or ghee*)

1 pound Brussels sprouts, quartered

1 pound celery root, peeled and chopped into ½ inch cubes

1 gala apple, chopped into ½ inch cubes

1 tablespoon finely chopped rosemary

1 tablespoon finely chopped garlic

1 teaspoon ground cinnamon

2 tablespoons maple syrup

2 tablespoons coconut aminos (*or sub tamari, but reduce by ½*)

2 teaspoons apple cider vinegar

¼ cup water

Directions:

1. In a large cast iron skillet, cook the bacon (if using) and onion over medium-high heat for 10 minutes until the bacon is crispy and the onions are soft and browned. Transfer to a bowl and set aside.

2. Saute chicken in the skillet with oregano and ¼ tsp sea salt until golden brown and cooked through. Transfer to same bowl as bacon and onions.

3. Add fat of choice to skillet along with Brussels sprouts and sauté for 5 minutes until browned. Stir in celery root, apple, rosemary, garlic, cinnamon and ½ teaspoon sea salt. Cook for 10 to 12 more minutes until celery root is cooked through.

4. Add bacon, onions and chicken back to the skillet and pour in maple syrup, aminos, vinegar, and water. Cook for 2 to 3 more minutes allowing the liquid to evaporate. Serve.

### Chia Pudding Breakfast Bowls

Author: Dr Will Cole, Ketotarian

\*slightly modified from original

Prep: 5 minutes

Chill: 20 minutes

Serves: 2



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### Ingredients:

- ¼ cup unsweetened almond, cashew, or hazelnut milk\* (*with minimal emulsifiers/preservatives, or make your own, recipe to follow*)
  - ¾ cup full-fat coconut milk
  - ¼ tsp vanilla extract
  - 1 tbsp liquid honey or maple syrup
  - 2 tbsp chia seeds
  - 2 tbsp hemp protein powder (*or blended vegetarian protein; we like Sun Warrior or Genuine Health Fermented Vegan Protein brands*)
  - 1 cup fresh or frozen organic berries (*blueberries, raspberries, or mixed berries*)
  - 2 tsp bee pollen (*optional*)
  - 2 tbsp hemp seeds
- \*additional fruits recommended to increase veg/fruit content

### Directions:

1. In a medium bowl, whisk together the nut milk, coconut milk, vanilla, and honey/maple syrup. Add the chia seeds and protein powder; whisk to combine. Refrigerate for 20 minutes, whisking occasionally to distribute the chia seeds, until the chia seeds have absorbed the liquid and the mixture has thickened. You can leave this in the fridge overnight if desired.
  2. Divide the pudding between 2 bowls. Top with blueberries, bee pollen, and hemp seeds.
- \*serve this breakfast bowl with some additional fruits to increase antioxidant content: apple, orange, grapefruit, and pomegranate work well

## Home-Made Almond, Cashew or Hazelnut Milk

Author: Angela Liddon, [Oh She Glows](#)

\*recipe is for almond milk; you can also substitute cashews, hazelnuts or other nuts

Prep: 10 mins

Cook: 0 mins

Yield: 3 ½ cups

### Ingredients:

- 1 cup raw almonds, soaked (*sub cashews, hazelnuts, Brazil, or other nuts*)
- 3 ½ cups (875 mL) filtered water
- 2 to 4 pitted Medjool dates, to taste (*optional - omit to reduce sugar content*)



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1 whole vanilla bean, chopped, or ½ tsp vanilla extract (*optional*)  
¼ teaspoon cinnamon (*optional*)  
Small pinch fine sea salt

Directions:

1. Place almonds in a bowl and cover with a couple inches of water. Soak the almonds in water overnight (about 8 to 10 hours). For a quick-soak method, soak the almonds in boiled water for 1 hour. Rinse and drain well. *\*if you are using cashews and a high-powered blender (like a Vitamix) you can skip this step. Hazelnuts and other nuts should be soaked overnight.*
2. Place drained almonds into a blender along with the filtered water, pitted dates, and chopped vanilla bean (if using).
3. Blend on the highest speed for 1 minute.
4. Place a nut milk bag over a large bowl and slowly pour the almond milk mixture into the bag. Gently squeeze the bottom of the bag to release the milk. This process can take a few minutes so be patient! *\*if using cashews and a high-powered blender, you can get away without straining through a nut milk bag.*
5. Rinse out blender and pour the milk back in. Whisk in the cinnamon and sea salt.
6. Using a funnel, pour into a large glass jar and secure lid. Store in the fridge for up to 3 to 4 days. I recommend storing in the coldest spot in the fridge (typically the back) rather than on a door. Shake the jar very well before drinking as the mixture separates when sitting.

\*home-made nut milk doesn't last as long as store-bought. You should consume this within 5 days, and we find we always do. If you aren't going through it, halve the ingredients for your next batch. As long as you use 1:3 or 4 ratio of nuts:water, it will turn out.

### **Lox and Egg Scramble with Dilled Almond-Milk Yogurt**

Author: Dr Will Cole, Ketotarian (print)

\*slightly modified from original

Start to finish: 15 minutes

Serves: 2

Ingredients:

¼ cup plain unsweetened almond or coconut yogurt (*find one with minimal emulsifiers/preservatives, or make your own, recipe to follow*)  
2 tsp finely chopped fresh dill  
⅛ tsp Himalayan pink salt  
⅛ tsp black pepper  
3 large eggs  
6 ounces smoked salmon, diced  
1 tbsp ghee  
2 handfuls leafy baby greens



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Directions:

1. In a small bowl, stir together the yogurt, dill, salt and half of the pepper.
2. In a medium bowl, whisk the eggs. Stir in the salmon and the remaining pepper until well-blended.
3. In a small cast-iron or stainless steel pan, melt the ghee over medium heat. Add the egg mixture and reduce the heat to medium-low. Cook, stirring frequently with a wooden spoon to form small curds, for 4-5 minutes, until mostly cooked through. Turn off the heat and let the eggs continue cooking in the pan for 1 minute more.
4. Place a handful of baby greens on each plate. Divide the eggs between the two plates and top each portion with half the yogurt.

## Easy 2-Ingredient Coconut Milk Yogurt

Author: Dana Shultz, [Minimalist Baker](#)

Prep: 5 mins

Ferment: 24-48 hrs

Serves: 6 x ¼ cup servings

Ingredients:

1 14-ounce can full fat coconut milk\*\* (*organic when possible, see below for brand recommendations // or sub light for thinner yogurt*)

2 capsules probiotic\*\*\* (*they need to be capsules, not pills, which have to be crushed, see below for recommendations*)

Add-ins (*optional*):

Maple syrup for sweetening (we don't think it needs it)

Vanilla extract or vanilla bean powder

Fruit/berries

Directions:

1. Shake your coconut milk well. Then open and pour into a clean, sterilized, dry glass jar or bowl. You can easily sterilize clean jars by rinsing thoroughly with boiling water and letting dry completely.



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Just let them cool back down to room temperature before adding ingredients. For jars, I like this one from Weck. Sometimes the coconut milk is separated, so after adding it to the jar, I stir with a whisk to get it completely smooth.

2. Empty your probiotic capsules (see brand recommendations below) into the yogurt and (**important:**) use a **wooden** or **plastic** spoon to stir, not metal, as a metal spoon can react negatively with the probiotics. Stir until creamy and smooth, pushing the probiotic up against the side with your spoon to evenly disperse.

3. Cover the mixture with cheesecloth (or a very thin, clean dish towel - something that lets air in but keeps bugs out) and secure with a rubber band.

4. Let the yogurt activate for at least 24 hours and up to 48 hours (sometimes longer - 48 hours is my sweet spot for thickness and tang) in a warm place. The longer it rests, the tangier the yogurt will become. In warmer climates and summer it's easy to make yogurt if your house is warm (75°F / 23°C and above). But in cooler climates or seasons, place the yogurt in the oven with the light on (do not turn on the oven), where it should have the right amount of heat to activate.

5. That's it! Once the yogurt has reached the right amount of tanginess and thickness for your liking (be sure to sample with a wooden spoon), cover securely with a lid and refrigerate until cold. Refrigerating will also thicken the yogurt even more, almost to a Greek yogurt consistency (depending on the brand of coconut milk you used)! For even thicker yogurt, line a fine mesh strainer with two layers of cheesecloth and set over a mixing bowl. Pour in the yogurt, then loosely cover with a lid or plastic wrap and let rest in the refrigerator overnight or for 12+ hours. It should thicken up quite a bit more.

You have coconut yogurt (!!), which can be enjoyed plain as we prefer it, with fruit, or even with Fruit Compote. You can also add a bit of sweetener or flavor at this point, such as maple syrup and/or vanilla extract.

*[You can also use this coconut yogurt in the lox and egg scramble with filled yogurt (recipe above).]*

\*store covered in the refrigerator for several days (mine kept for 7 days). You'll know it's gone bad when the smell is off-putting or there is mold.

\*\*it's important to select a coconut milk that's creamy and smooth (not grainy or clumpy) to ensure that the yogurt is creamy and smooth. Our favorite brands are: Savoy Coconut Cream, Aroy-D Coconut Milk, and Whole Foods 365 full fat (BPA-free). Native Forest Full Fat (BPA-free) isn't as creamy, but it still makes tasty yogurt. We would not recommend Trader Joe's (BPA-free), which was recently reformulated and is now chunky/grainy.

\*\*\*our go-to probiotic for this recipe is Renew Life Ultimate Flora 50 billion. However, the company does not confirm whether or not it is vegan. So a good vegan option is Jarrow Probiotic 10 billion, which [Dana (recipe author)] tested with the yogurt and it worked well! Keep in mind, one bottle of probiotics can not only be used to make dozens of batches of yogurt, but can also be taken orally for good digestive health!

## Warm Porridge With Lemon and Berries

Author: Kate Jay, [Autoimmune Wellness](#)

Prep: 15 mins



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Cook: 30 mins

Serves: 4

Ingredients:

1 large head cauliflower

¾ cup finely shredded coconut

2 tbsp coconut butter

3 cups coconut milk

Zest of a large lemon (*save the juice for something else*)

Generous pinch salt

Spoonful softly whipped coconut cream\*\* (*optional for serving*)

Handful mixed berries (*optional for serving*)

Toasted coconut chips (*optional for serving*)

Dollop nut butter (*optional for serving*)

Directions:

1. Make cauliflower rice: cut the cauliflower into florets and put them into your food processor\* with the 'S' blade, not forgetting the stalks.

2. Pulse about 8-10 times until the cauli is the same consistency as large grains of rice (you may need to do this in two batches). Pulsing puts you in control; if you simply press the 'on' button you risk ending up with purée!

3. Transfer the riced cauliflower to a large pan, add the remaining porridge ingredients and stir to combine everything.

4. Bring up to a simmer, cover with a lid, and cook for about 25-30 minutes until the cauli is tender and the porridge nice and creamy.

*Optional:*

5. While the porridge is cooling, whip the coconut cream. Start by removing your chilled coconut milk from the fridge, turning it upside down and opening it up with a can opener. Pour the thin coconut water into a jar and keep for another purpose, such as in smoothies. Scoop out the cream and beat with a balloon whisk until soft peaks form, then transfer to a small container until needed.

\*you can also easily make cauliflower rice in your blender. Put the cauliflower florets into your blender, not filling past ½ way. Fill the entire blender to just below max capacity with water. Pulse the blender until you've made rice-size grains. Strain through a mesh strainer, and you're good to go!



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\*\*put a can of coconut milk into the fridge at least the night before you want to make whipped cream. We keep one in our fridge at all times, you never know when you might want some coconut whip!

## Gluten Free Gingerbread Granola

Author: Dana Shultz, [Minimalist Baker](#)

\*modified slightly from original

Prep: 10 mins

Cook: 20 mins

Serves: 10 x ½ cup servings

### Dry Ingredients:

3 ¼ cups rolled oats (*GF for gluten-free eaters*)

1 ¾ cups raw nuts (*I used almonds, pecans, and a few walnuts*)

¼ tsp sea salt

½ Tbsp ground cinnamon

¾ tsp ground ginger

1 pinch ground cloves (*optional*)

### Wet Ingredients:

¼ cup coconut or olive oil

½ cup maple syrup (*sub honey if desired*)

4 Tbsp molasses

1 tsp vanilla extract (*optional*)

### Directions:

1. Preheat oven to 325 °F (162 °C).
2. Mix the dry ingredients together in a large bowl.
3. In a small saucepan over medium low heat, warm the coconut oil, maple syrup, molasses and vanilla extract. Pour over the dry ingredients and mix well.
4. Spread the mixture evenly onto a large baking sheet and bake for 18–22 minutes, stirring near the halfway point to ensure even cooking. The coconut oil will help this granola crisp up nicely, but be sure to watch it carefully as it browns quickly.
5. Once the granola is visibly browned (about 19 minutes for me), remove from the oven and let cool completely on the pan before storing.
6. Keep in a container that has an air-tight seal and it should keep for a few weeks.



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\*serve this with coconut yogurt, nut milk, or whipped coconut cream, and definitely lots of mixed berries to create a well-rounded breakfast; alternatively, make this as a topper to a smoothie bowl featuring the Fertility Promoting Pineapple Cucumber Smoothie, or as a snack mid-morning or afternoon.

## Fluffy Grain Free Protein Pancakes

Author: The Acubalance Team

Start to finish: 20 mins

Serves: 2-3 (makes 6 pancakes)

### Ingredients:

¾-1 banana (ripe but not frozen and super mushy)

4 eggs

¼ cup of coconut flour

½ tsp baking powder

¼ tsp salt

1 tsp vanilla

Toppings (*optional, but should include some fruit for antioxidants*):

Nut butter

Grass fed butter

Blueberries

Raspberries

Strawberries



### Directions:

1. Mash the banana in a large bowl, then add the rest of the ingredients in and blend with a hand blender. Blend until you have a smooth, slightly frothy texture.

2. Heat up your frying pan, add some coconut oil or ghee and make the pancakes as you normally would. Flip pancake once you start seeing bubbles.

3. Pancakes should be nice and fluffy. They can also be made the night before and just heated up the next day, for those who don't have much time in the morning.

\*serve with the Fertility Promoting Pineapple Cucumber Smoothie for added fruits/veggies.

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## Main Meals

Consider these your lunch and dinner meals, but remember that you can substitute any of the breakfasts for dinner, and vice-versa - as long as the meal follows the guiding principles. We have compiled a list of our favourite go-to meals for you that follow the principles, are easy to prep and cook, and taste delicious. Some of us love batch cooking (selecting 2-3 of these recipes, cooking big batches of them on the weekend, and reheating throughout the week), while others of us love to pick 5-6 main meals (1 per night of the week) and make double, so we have dinner that night and lunch the next day. Do what works for you and your family! Emphasis has been placed on recipes that have 10 ingredients or less, take less than 30 minutes from start to finish, or can be made in one pot/pan.

### Noodle-Free Pad Thai

Author: Dana Shultz, [Minimalist Baker](#)

Prep: 15 mins

Cook: 15 mins

Serves: 2 as an entrée, 4 as a side

Ingredients:

Tofu:

*(optional; substitute shredded chicken, ground pork or sliced steak if you're sensitive to soy or have been told to avoid it; substitute pan-fried tempeh for an easier to digest soy protein)*

½ cup organic extra-firm tofu *(excess liquid pressed out, crumbled with a fork)*

1 Tbsp coconut aminos *(or sub tamari)*

1 tsp chili garlic sauce *(or ½ tsp red pepper flake)*

¼ tsp ground turmeric

Sauce:

2 ½ Tbsp nut butter *(almond butter, peanut butter, cashew butter, sunflower seed butter, etc.)*

3 Tbsp lime juice

3 ½ Tbsp coconut aminos *(or sub tamari // plus more to taste)*

½ tsp red pepper flake *(or sub 1 tsp chili garlic sauce - Huy Fong Foods brand)*

1 ½ Tbsp maple syrup



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Veggies:

1 Tbsp sesame oil

1 medium serrano pepper (*seeds + stem removed, thinly sliced // omit for less heat*)

1 small bundle green onions (*ends removed + thinly sliced*)

1 ½ cups thinly sliced red cabbage

1 medium red bell pepper (*cored and thinly sliced lengthwise*)

2 Tbsp coconut aminos (*or tamari // divided*)

4-5 large carrots (*peeled and ribboned with a vegetable peeler // ~4 cups packed*)

6 leaves collard greens (*large stems removed, stacked + thinly sliced // ~2 cups packed*)

½ tsp freshly grated ginger (*optional // or ¼ tsp ground ginger*)

½ tsp freshly grated turmeric (*optional // or ¼ tsp ground turmeric*)

For serving:

Fresh cilantro

Crushed nuts

Red pepper flake

Directions:

1. If serving with tofu: Add tofu to a small mixing bowl and season with coconut aminos, chili garlic sauce (or pepper flake), and turmeric (optional). Stir and set aside.
2. Add all sauce ingredients to a small mixing bowl and whisk to combine. Taste and adjust flavor as needed, adding more lime juice for acidity, coconut aminos for saltiness, red pepper flake or chili sauce for heat, or maple syrup for sweetness. Set aside.
3. Heat a large skillet over medium heat. Once hot, add oil (or water), pepper, onions, cabbage, bell pepper, and half of the coconut aminos for veggies (1 Tbsp as original recipe is written). Cook for 3 minutes, stirring/tossing frequently.
4. Add tofu to a corner of the pan and sauté until slightly browned, stirring frequently - about 3-5 minutes.
5. Add carrots and collard greens and remaining half of the coconut aminos for the veggies (1 Tbsp as original recipe is written) and stir. Sauté for 2 minutes. Then add Pad Thai sauce and freshly grated ginger and turmeric (optional).
6. Sauté over medium heat until warmed through and collards are slightly wilted - about 3 minutes - stirring frequently.
7. Taste and adjust flavor of dish as needed, adding more maple syrup for sweetness, red pepper flake or chili garlic for heat, coconut aminos for saltiness, or lime juice for acidity.
8. Divide between serving plates and enjoy. Serve as is or with crushed nuts, cilantro, and lime wedges.

## Kale Nachos

Author: Dana Shultz, [Minimalist Baker](#)

Prep: 10 mins

Cook: 20 mins



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Serves: 2

Ingredients:

Kale chips:

1 large bundle curly kale (*can sub 2 small bundles per 1 large*)  
2-3 Tbsp avocado oil or melted coconut oil  
1 healthy pinch each sea salt + black pepper  
1 tsp chili powder  
1 tsp cumin  
1 Tbsp nutritional yeast (*optional, but recommended*)

Black beans:

1 15-ounce can black beans (*if unsalted, add ¼ tsp sea salt per can // slightly drained*)  
1 tsp ground cumin  
1 tsp chili powder

Sweet potatoes:

1 Tbsp coconut or avocado oil  
1 large sweet potato (*sliced into ¼-inch rounds // organic when possible*)

Toppings (*optional*):

Ripe avocado  
Favourite salsa (*or make your own! See Minimalist Baker's website for recipe*)  
Fresh chopped cilantro  
Sliced red onion

Directions:

1. Preheat oven to 225 °F (107 C) - use convection bake if you have it - and prep kale by rinsing, thoroughly drying, and tearing into small pieces (discard any large stems).
2. Add kale to a large mixing bowl and drizzle with oil. Use hands to massage the kale to disperse the oil.
3. Add salt, pepper, chili powder, cumin, and nutritional yeast (optional) to the kale and toss with hands to distribute.
4. Divide kale between 2 large baking sheets (amount as original recipe is written // adjust if altering batch size) and spread into an even layer, making sure the pieces aren't overlapping to ensure crispiness. You may need to bake them in 2 batches (or more if increasing batch size) depending on size of baking sheets.
5. Bake for 15 minutes. Then remove from oven and toss/stir to ensure even baking. Bake for 5-10 minutes more or until chips are crispy and slightly golden brown. Watch carefully to ensure they don't burn.
6. In the meantime, add slightly drained black beans to a small saucepan along with cumin and chili powder (add salt if beans are unsalted) and warm over medium heat. Once bubbling, reduce to low to keep warm. Stir occasionally.

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7. Heat a large skillet over medium heat. Once hot, add 1 Tbsp oil and spread to coat the surface. Then add sliced sweet potatoes in a single layer. Cover to steam.
  8. Cook for 3-5 minutes, checking every couple of minutes to see if the undersides are brown. Once brown, flip to the other side, cover, and continue cooking until both sides are brown and potatoes are tender (about 7-8 minutes total). Set aside.
  9. To serve, arrange kale chips on a serving platter and top with sweet potatoes, black beans, and any other desired toppings, such as avocado, salsa, cilantro, or red onion. Serves 2 as an entrée or 4 as a side (amounts as original recipe is written // adjust if altering batch size).  
\*store leftover sweet potatoes and black beans separately in the refrigerator up to 3-4 days.  
Store leftover kale chips in a well-sealed container at room temperature up to 3 days (though best when fresh).

### **Lamb Meatballs In Roasted Root Sauce With Zoodles**

Author: Kate Jay, [Autoimmune Wellness](#)

\*slightly modified from original

Start to finish: 35 mins

Serves: 4

Ingredients:

Root sauce:

- 1 tablespoon coconut oil or other solid fat
- ¾ lb red beets (2 medium), peeled
- ¾ lb yellow beets (2 medium), peeled
- 12 oz carrots
- 4 cloves garlic, unpeeled
- 2½ cups hot chicken bone broth
- 3 tablespoons lemon juice, Meyer lemon if you can get it
- Generous pinch sea salt

Meatballs:

- 1¾ lb ground lamb
- 2 tablespoon lemon zest, Meyer lemon if you can get it
- ¼ packed cup finely chopped dill, plus extra for garnishing
- 3 tablespoon freshly grated horseradish
- Generous pinch sea salt
- Coconut oil or other solid fat to cook

Zoodles:

- 2 medium zucchinis



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Directions:

1. Make the sauce. Heat the coconut oil in a roasting pan then cut the beets and carrots into similar sized pieces and put into the pan, together with the garlic. Cook for around 45-50 minutes, turning them half way through. Squeeze the garlic out of the cases and transfer to a blender, along with the roasted veggies, chicken broth, lemon juice and salt, and blend until smooth.
2. Meanwhile make the meatballs. Put the ground lamb into a large bowl, add the remaining ingredients and mix well. Fry a small amount of this mixture in order to check you have added enough seasoning and readjust if necessary. Form into 20 walnut-sized balls.
3. Heat a small amount of coconut oil in a large heavy based sauté pan and add the meatballs. If they don't all fit, you will need to do two batches. Brown the balls on medium heat, turning them to ensure they are evenly colored and regulating the temperature so they don't burn.
4. Remove to a large plate and then pour the beet purée into the empty pan. Arrange the meatballs over the top, cover with a lid to stop the purée spitting and cook for around 10-12 minutes until cooked through.
5. Spiralize your zucchinis with a spiralizer - if you don't have one, use a veggie peeler to create thin, noodle-like strips. Divide zucchini noodles between plates (raw is fine, cook quickly in a skillet if you prefer them slightly cooked).
6. Top the noodles with sauce and meatballs. Serve with grated horseradish and a sprinkle of chopped dill over the top.

### Paleo Avocado Chicken Salad

Author: Michelle Hoover, [Unbound Wellness](#)

Prep: 15 mins

Cook: 45 mins

Serves: 2

Ingredients:

Chicken:

2 lbs pasture-raised chicken breast

1 Tbsp avocado oil

1 tsp sea salt

Salad:

8-10 butter lettuce leaves, washed

1 cup granny smith apple, diced

½ cup red grapes, sliced in half

1 cup celery, chopped

Avocado 'mayo':





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2 medium avocados  
3 sprigs green onion, chopped  
4 Tbsp avocado oil  
Juice of ½ lemon  
¼ tsp sea salt  
⅛ tsp black pepper

Directions:

1. Preheat oven to 350 °F and line a baking sheet with parchment paper
2. Rub the chicken with avocado oil and season with salt
3. Bake the chicken in the oven for 40-45 minutes or until internal temperature reaches 165-170 °F
4. Allow the chicken to rest and cool and chop into cubes
5. Combine the chicken, apples, grapes, celery, and green onion in a large box and set aside
6. For the avocado “mayo”, use a high speed blender to blend the avocado, avocado oil, lemon juice, salt and pepper
7. Pour the avocado mayo in with the salad mixture and stir well to combine
8. To assemble the salad line 2-3 bowls with butter lettuce (either chopped or whole) and spoon the chicken salad over top

\*this recipe doesn't keep super well (because avocados oxidize quickly), but can be eaten the next day for lunch if you make a larger batch.

## Glory Bowl

Author: [Whitewater Cooks](#)

\*slightly modified from original

Prep: 15 mins

Cook: depends - if you're roasting veg, 40 mins

Serves: 4

Ingredients:

Bowl:

1 cup cooked grain of choice (*brown rice, millet, quinoa, farro // optional*)

Protein of choice (*organic tempeh, cooked chickpeas, shredded chicken, pork or beef work well*)

1 cup almonds (*or other nuts/seeds*)

Veggies for roasting (*any!*): ie. zucchini, radishes, broccoli, cauliflower, sweet potato, squash, fennel, tomatoes (*enough to fill one sheet tray*)

2 Tbsp avocado oil



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Raw veggies:

- 1 cup beets, grated
- 1 cup carrots, grated
- 1 cup cucumber, grated
- 2 cups spinach or leafy baby greens

Dressing:

- ½ cup nutritional yeast flakes
- ⅓ cup water
- ⅓ cup tamari or coconut aminos
- ⅓ cup apple cider vinegar
- 2 cloves garlic, crushed
- 1 ½ cups olive oil
- 2 tbsp tahini paste

1. Preheat oven to 375 °F. Wash and cut veggies for roasting into approximately ½" pieces. Place on a baking tray lined with parchment or Silpat, season with salt + pepper and toss with 2 tbsp avocado oil. Bake for 30-45 mins, until tender. Set aside.
2. Prepare your favourite grain (if using), following package directions, and set aside.
3. Combine nutritional yeast flakes, water, tamari or soy sauce, apple cider vinegar, tahini and crushed garlic in blender to prepare the dressing. Blend until smooth, then start adding the oil.
4. Add olive oil in a steady stream. You will have leftover dressing to use again.
5. Assemble the bowls by placing cooked grain into bowls, top with roasted veg, beets, carrots, green leaves, almonds and protein.
6. Drizzle bowls with dressing.

\*this recipe is so easy to riff on! It's one of our go-to meals when we've got veggies left in the fridge at the end of the week and aren't sure what to do with them. Roast what makes sense, shred what tastes good to you raw, add a protein and sauce. You'll make it again!

### Honey Mustard Brussels Sprout Slaw with Cast Iron Chicken Thighs

Authors: Kathyne Taylor, [Cookie and Kate](#); [Bon Appetit](#)

\*slightly modified from original

Start to finish: ~45 mins

Serves: 4

Ingredients:

Coleslaw:



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1.5 lb Brussels sprouts  
1/3 cup slivered almonds, toasted  
1/3 cup tart dried cherries or cranberries, chopped  
1/3 cup finely shredded Parmesan cheese

Dressing:

1/4 cup extra-virgin olive oil  
2 Tbsp apple cider vinegar  
1 Tbsp honey  
1 Tbsp Dijon mustard  
1 garlic clove, pressed or minced  
1/4 tsp fine sea salt

Chicken\*:

8 skin-on, bone-in chicken thighs  
Kosher salt and freshly ground pepper  
1 tablespoon avocado oil

Directions:

1. Get started on the chicken. Preheat oven to 475 °F. Season chicken with salt and pepper. Heat avocado oil in a 12" cast-iron or heavy nonstick skillet over high heat until hot but not smoking. Nestle chicken in skillet, skin side down, and cook 2 minutes. Reduce heat to medium-high; continue cooking skin side down, occasionally rearranging chicken thighs and rotating pan to evenly distribute heat, until fat renders and skin is golden brown, about 12 minutes.
2. Transfer skillet to oven and cook 13 more minutes. Flip chicken; continue cooking until skin crisps and meat is cooked through, about 5 minutes longer. Transfer to a plate; let rest 5 minutes before serving.
3. Make the salad. Shred the sprouts: First, cut off the tough ends of the sprouts and any browning outer leaves. Then shred them in a food processor using the slicing blade, pressing the sprouts against the blade with the provided plastic pusher. If you don't have a food processor, slice them as thinly as possible using a sharp chef's knife, then give them a few extra chops for good measure.
4. If you are using raw almonds, toast them over medium heat for three to four minutes, stirring frequently, until they are fragrant and turning golden on the edges.
5. Whisk together the olive oil, vinegar, honey, mustard and garlic until blended. In a medium serving bowl, toss the shredded sprouts with the almonds, chopped dried fruit, Parmesan and dressing. Taste, and add another pinch or two of salt if it needs a little something more.



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6. Serve immediately, or cover and refrigerate for up to 4 days. The Brussels sprouts will continue to soften as they marinate. The edges of the sprouts might brown lightly over time. Wake up leftovers with a little sprinkle of salt and a tiny splash of vinegar.

\*you can substitute any protein you like with this recipe. We've made it aside pulled pork, cast iron steak and roasted whole chicken - all have been delicious. The salad is particularly good the next day (so make extra for lunch) or left to marinate overnight before taking to a picnic.

## 1-Pot Chicken Soup With White Beans and Kale

Author: Dana Shultz, [Minimalist Baker](#)

Prep: 5 mins

Cook: 25 mins

Serves: 6

### Ingredients:

1 strip uncured bacon, chopped (*optional // highest quality possible — humanely raised, hormone-free when possible*)

1 Tbsp avocado oil (*if using bacon, omit oil*)

1 cup diced white or yellow onion

4 cloves garlic, minced

8 cups broth (*chicken broth or vegetable broth, ideally home made; Better than Bouillon is a good store-bought option*)

1 15-oz can white beans, slightly drained

2 cups shredded chicken

Sea salt + black pepper to taste

3 cups loosely packed chopped kale (*or other sturdy green*)



### Directions:

1. Heat a large pot or Dutch oven over medium heat. Once hot, add bacon (*optional*) or oil. Let heat for 1 minute, stirring occasionally. Then add onion.

2. Sauté for 4-5 minutes, stirring occasionally, or until onion is translucent and fragrant. Then add garlic and sauté 2-3 minutes more, being careful not to burn.

3. Next add broth, slightly drained white beans, and chicken and bring to a simmer. Cook for 10 minutes to meld the flavors. Then taste and season with salt and pepper to taste. In the last few minutes of cooking, add the kale, cover, and cook until wilted.

4. Serve hot. Store cooled leftovers covered in the fridge up to 3-4 days, or in the freezer up to 1 month. Reheat in the microwave or on the stovetop until hot.

\*here is our favourite way of prepping chicken soup: we roast a whole chicken, use some of that meat for a meal (like a Glory Bowl, or Easy Chinese Chicken Salad), then make bone

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broth/stock out of the carcass. Use that stock to make the soup above, adding some of the reserved shredded chicken!

## Bon Appetit Vegetarian Chili

Author: Sarah Jampel, [Bon Appetit](#)

\*slightly modified from original

Start to finish: 45 mins

Serves: 4

### Ingredients:

1 large white onion, chopped

6 garlic cloves, finely chopped

½ bunch cilantro, stems and leaves separated

1 chipotle chiles in adobo, plus 1 tsp. adobo sauce, finely chopped until a paste forms

¼ cup tomato paste

2 15-oz. cans pinto beans

¼ cup extra-virgin olive oil

2 tsp. chili powder

1 28-oz. can fire-roasted tomatoes

1 Tbsp. Diamond Crystal or 2 tsp. Morton kosher salt, plus more

1 lime

1 avocado

½ cup sour cream (*optional, replace with coconut or almond yogurt if dairy sensitive*)

Freshly ground black pepper



### Directions:

1. Into a small bowl, add chipotle chili that you made into a paste, 1 tsp adobo sauce from the can, ¼ cup tomato paste. Drain and rinse 2 15oz cans of pinto beans.

2. Heat ¼ cup extra-virgin olive oil in a large saucepan or Dutch oven over medium-high. Add onion, garlic, cilantro stems, and chili powder and cook, stirring frequently, until onion is starting to soften, 5–6 minutes. Add tomato paste mixture and cook, stirring frequently, until brick red and starting to stick to bottom of pan, 2–3 minutes.

3. Add 1 28-oz. can fire-roasted tomatoes and bring to a simmer. Cook, stirring frequently, until tomatoes are cooked down and slightly darker in color, 8–10 minutes.

4. Add beans, 1 Tbsp. Diamond Crystal or 2 tsp. Morton kosher salt, and 5 cups water. Bring to a boil over high heat, then reduce heat to medium-low and simmer uncovered, stirring occasionally, until soup has reduced slightly and flavors have melded, 30–35 minutes. Mash about one-quarter of beans with the back of a wooden spoon or potato masher—this will make the soup thicker and creamier. Squeeze in juice of 1 lime half, then taste for salt (you may need to add as much as 2 tsp.).

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- Cut remaining 1 lime half into 4 wedges. Slice 1 avocado in half, carefully remove pit, then crosshatch flesh in its shell. Scoop out flesh with a spoon.
  - Divide soup among bowls. Top with ½ cup sour cream or yogurt (if using), avocado, reserved cilantro leaves and chopped onion. Season with pepper.

### Griddled Salmon With Herby Quinoa

Author: Jamie Oliver

Start to finish: 45 mins

Serves: 4

#### Ingredients:

160 g quinoa  
2 lemons  
2 zucchini  
1 bulb of fennel  
1 bunch of mixed fresh soft herbs, such as dill, parsley, basil  
4 tablespoons natural yoghurt (*sub coconut or almond yogurt if dairy sensitive*)  
extra virgin olive oil  
4 wild salmon fillets, skin on, scaled and pin-boned, from sustainable sources

#### Directions:

- Rinse and prepare the quinoa according to the packet instructions, then squeeze over the juice of half a lemon.
- Season with a good pinch of sea salt and black pepper, then set aside.
- Preheat a griddle pan (or cast iron) to high.
- Slice the zucchinis lengthways into thin strips. Griddle the courgette strips for 2 minutes each side and put aside on a plate. Turn the griddle down to a medium heat.
- Using a mandolin (use the guard!) or speed-peeler, slice the fennel into thin strips, place in a bowl and squeeze over the juice of half a lemon. Pick and finely chop the herb leaves, stir through the quinoa and season.
- Make a dressing by squeezing the remaining lemon juice into a small bowl, then add the yoghurt and 2 tablespoons of oil, and stir to combine. Season with salt and pepper to taste.
- Season and rub a little oil all over the salmon fillets, then cook on the hot griddle for 3 to 4 minutes each side, or until the fish is cooked through.
- Pile the quinoa on a plate and arrange the griddled courgette and lemony fennel on top, along with flakes of salmon. Dot over the yoghurt dressing, scatter over the remaining herbs, then serve.



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## Summer Coconut Chickpea Curry with Rice and Fried Halloumi

Author: Tieghan Gerard, [Half Baked Harvest](#)

Prep: 15 mins

Cook: 25 mins

Serves: 4

### Ingredients:

¼ cup + 4 tablespoons extra virgin olive oil  
1 can (14 ounce) chickpeas, drained  
kosher salt and black pepper  
2 zucchini, or summer squash, diced  
2 ears sweet corn, kernels removed from the cob  
1 shallot, chopped  
1 inch fresh ginger, grated  
2 cloves garlic, minced or grated  
1 ½ Tbsp yellow curry powder  
½ tsp cayenne pepper, more or less to taste  
1 can (14 ounce) coconut milk  
2 Tbsp tahini (sesame seed paste)  
juice and zest from 1/2 a lemon  
¼ cup fresh cilantro, roughly chopped (*basil can be used*)  
8 ounces Halloumi cheese, sliced into 1/4 inch pieces (*optional*)  
2 cups cooked basmati rice  
sesame seeds, green onions, and Persian cucumbers, for serving



### Directions:

1. Heat ¼ cup olive oil in a large pot over medium heat. When the oil shimmers, add the chickpeas and season with salt and pepper. Cook, stirring occasionally until the chickpeas begin to crisp, about 5 minutes. Carefully remove ½ cup of chickpeas and reserve for topping, only if desired.
2. To the remaining chickpeas, add the zucchini, corn, shallot, garlic, and ginger. Season with salt and pepper. Cook the veggies another 5-10 minutes or until they just begin to soften.
3. Stir in the curry powder and cayenne and cook until fragrant, about 1 minute. Add the coconut milk, ⅓-½ cup water, and the tahini. Stir to combine, bring the mixture to a simmer over medium heat, cook 5-10 minutes or until the sauce thickens slightly. If the sauce thickens too much, add additional water to thin. Remove from the heat and stir in the lemon juice and zest, and cilantro.
4. Meanwhile, cook the halloumi. Heat 2 tablespoons olive oil in a large skillet over medium heat. When the oil shimmers, add the halloumi and cook until golden, about 3 minutes per side. Remove from skillet.
5. To serve, divide the rice among bowls and spoon the curry overtop. Top with halloumi, the reserved chickpeas, and cucumbers. Enjoy!

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## Coconut Veggie Stir Fry With Cauliflower Rice

Author: Dr Will Cole, [Ketotarian](#)

Start to finish: 30 mins

Serves: 2

### Ingredients:

3 cups fresh cauliflower florets

2 cups fresh broccoli florets

5 small pattypan squash, trimmed and quartered

2 tablespoons toasted sesame oil

1/3 cup thinly slivered red onion

2 teaspoons grated fresh ginger

1 clove garlic, minced

3/4 cup full-fat coconut milk

1 Tbsp liquid aminos (*substitute tamari or coconut aminos*)

1 Tbsp cider vinegar

1/2 tsp coarse salt

1/4 tsp freshly ground black pepper

2 Tbsp refined coconut oil

1/4 cup unsweetened large coconut flakes, toasted

2 Tbsp snipped fresh cilantro

\*add protein if desired - animal protein (shredded chicken, pork or beef) works well, as does tempeh



### Directions:

1. Place the cauliflower in the container of a food processor. Cover and pulse until the cauliflower is finely chopped (about the size of rice). Set aside.\*

2. In a large wok, stir-fry the broccoli and squash in the sesame oil over medium-high heat for 4 to 5 minutes, or until the vegetables are crisp-tender. Reduce the heat to medium if the vegetables brown too quickly. Add the onion and stir-fry for 2 minutes more. Transfer the vegetables to a bowl; cover to keep warm.

3. To the same wok, add the ginger and garlic. Cook and stir over medium-low heat for 30 seconds. Carefully add the coconut milk, liquid aminos, vinegar, 1/4 tsp salt, and 1/8 tsp pepper. Bring to a boil. Reduce the heat to low and simmer, uncovered, for 5 minutes, or until the sauce is slightly thickened.

4. Meanwhile, in a large skillet heat the coconut oil over medium heat. Add the cauliflower rice, the remaining 1/4 tsp salt, and the remaining 1/8 tsp pepper. Cook, stirring frequently, for 3 to 5 minutes, or until the cauliflower is just tender and starting to brown.

5. Return the vegetables to the wok. Cook and stir for 1 minute to heat through. Spoon the cauliflower rice evenly onto two serving plates. Top with the broccoli mixture and sauce. Sprinkle with the coconut and cilantro.



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\*you can also easily make cauliflower rice in your blender. Put the cauliflower florets into your blender, not filling past ½ way. Fill the entire blender to just below max capacity with water. Pulse the blender until you've made rice-size grains. Strain through a mesh strainer, and you're good to go!

## Quick Thai Green Curry Beef and Veggie Bowl

Author: Lindsay Cotter, [Cotter Crunch](#)

Prep: 10 mins

Cook: 15 mins

Serves: 2-3

### Ingredients:

1 lb lean ground beef, grass-fed

2 Tbsp sesame or grapeseed oil

½ tsp minced garlic

salt/pepper to taste

⅓ to ½ cup green curry paste (each brand has different color as spice factor to adjust accordingly)

½ of a lime juiced (extra slices for topping)

½ to ⅔ cup coconut milk

2 lemon grass sticks -sliced in half

4 baby bok choy

1 large carrot (6-8 inches)

⅓ cup vegetable broth

1 birds eye thai red pepper (*optional*)

1-2 green onions – green portion (chopped)

½ small bunch or less fresh cilantro (gently torn or chopped)

2 tbsp sweet Thai chili sauce (*optional*)

Sesame seeds for garnish (*optional*)

### Directions:

1. Cook the beef until browned (not overcooked). Remove from the pan and set aside. Drain excess fat and grease.
2. Add 2 Tbsp oil to pan. Then ½ cup green curry paste (store bought) and ½ tsp minced garlic. Stir together on medium heat.
3. Add meat back to pan. Mix and cook on medium to medium high for 2-3 minutes.



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4. Add lime juice, 2 Tbsp sweet thai chili sauce (this is optional but gives it more spice/sweetness), and ½ cup to ⅔ cup coconut milk. \*The more coconut milk you add, the more mild the curry is in the meat veggie bowl; when serving.
  5. Slice 1 lemon grass (cut in down the middle) and add to pan with salt/pepper to taste. Simmer for 5 minutes.
  6. Add 3 -4 sliced in half baby bok choy cabbages. Place them on on top of meat mixture. Next add 1 shaved (or julienne sliced) large carrot.
  7. Pour ¼ cup broth on top. Cover and simmer on medium low for another 4-5 minutes or until veggies are steamed.
  8. Add sliced thai red pepper last. Keep thai pepper seeds for extra spice or removed for less spice.
  9. Serving into bowls. Spoon extra broth on top of each bowl. Garnish with chopped green onion and cilantro.

## Easy Chinese Chicken Salad

Author: Dana Schultz, [Minimalist Baker](#)

Prep: 20 mins

Cook: 10 mins

Serves: 4

Ingredients:

Salad:

2 small to medium chicken breasts, shredded (~2 ½ cups shredded chicken) // or sub: *leftover shredded roast chicken*

3 cups thinly sliced napa cabbage

2 cups thinly sliced red cabbage

1 large carrot, shredded

1 bundle green onions, thinly sliced on an angle

Dressing:

5 Tbsp coconut aminos (or sub tamari, but start with ½ the amount as it's saltier)

3 Tbsp rice vinegar

2 ½ Tbsp toasted sesame oil

1 ½ Tbsp maple syrup



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1 Tbsp fresh grated ginger (mince instead of grating for less pungent taste)  
4 cloves garlic, minced

For serving:

2 Tbsp sesame seeds, slightly toasted  
¼ cup slivered almonds, slightly toasted  
1 healthy pinch each sea salt and black pepper (plus more to taste)  
Chili garlic sauce (*optional*)

Directions:

1. Start by bringing a pot of water to a boil. Then add chicken, slightly reduce heat to medium-high, cover, and cook until done all the way through — about 10 minutes. Then remove and use two forks to shred. Set aside.
2. In the meantime, prepare dressing by adding coconut aminos, rice vinegar, sesame oil, maple syrup, fresh ginger, and garlic to a jar (or mixing bowl) and shaking vigorously (or whisking) to combine.
3. Taste and adjust flavor as needed, adding more ginger for zing, garlic for kick, maple syrup for sweetness, sesame oil for more prominent toasted sesame flavor, or coconut aminos for more saltiness. Set aside.
4. Shred your napa cabbage, red cabbage, and carrot, slice the green onions, and add to a large serving dish or bowl. Toss to combine.
5. Next add sesame seeds and almonds to a small pan and toast over medium heat for ~5 minutes until just slightly golden brown, stirring frequently. Be careful not to burn. Set aside to cool.
6. Add shredded chicken breast to salad, along with toasted sesame seeds and almonds. Top with dressing and toss to combine. Season with a bit of salt and pepper for more flavor. Sample salad and add more salt and/or pepper to taste or more coconut aminos for depth of flavor.
7. Serve immediately or store leftovers covered in the refrigerator up to 3-4 days. *Don't freeze.*

## Persian Herb and Chickpea Stew with Rice

Author: Tieghan Gerard, [Half Baked Harvest](#)

Prep: 30 mins

Cook: 20 mins

Serves: 4

Ingredients:

¼ cup extra virgin olive oil  
1 yellow onion, chopped  
2 cans (14 ounce) chickpeas, drained  
kosher salt and pepper  
3 cloves garlic, minced or grated



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1 tsp ground turmeric  
½ tsp crushed red pepper flakes  
2 tsp lemon zest  
3-4 cups low sodium vegetable broth  
2 Tbsp lemon juice  
2 cups baby spinach  
½ cup fresh cilantro, roughly chopped  
½ cup fresh parsley, roughly chopped  
¼ cup fresh dill, roughly chopped  
1 Tbsp chopped chives  
2 cups cooked basmati rice  
plain Greek yogurt, for serving (*substitute coconut or almond yogurt if dairy sensitive*)  
fresh mint, for serving

Directions:

1. Heat the olive oil in a large pot over medium heat. When the oil shimmers, add the onion and cook 5 minutes until soft. Add the chickpeas and season with salt and pepper. Cook, stirring occasionally until the chickpeas begin to crisp, about 5 minutes. Add the garlic, turmeric, crushed red pepper, and lemon zest, cook until the garlic is fragrant, about 1 minute.
2. Carefully remove 1 cup of chickpeas and reserve for topping, only if desired.
3. To the chickpeas, add 3 cups broth, the lemon juice, and season with salt. Bring the mix to a boil over high heat, then reduce the heat to low. Stir in the spinach, cilantro, parsley, dill, and chives, and simmer 10-15 minutes, until the spinach is wilted and the stew is very fragrant. Taste, adjusting salt and pepper as needed. If you would like a thinner consistency, add the remaining 1 cup broth.
4. To serve, divide the rice among bowls and ladle the stew overtop. Top with yogurt, the reserved chickpeas, and fresh mint.

## Roasted Roots and Halloumi Tray Bake

Author: Jamie Oliver  
Start to finish: 45 mins  
Serves: 4

Ingredients:  
800 g mixed root veg , (potatoes, carrots, parsnips, beetroots)  
2 bell peppers  
1 small broccoli , or cauliflower  
olive oil or avocado oil  
1 packet halloumi cheese (*optional*)



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1 zucchini , (or 1 cucumber, 2 carrots or 2 beetroots)  
1 large eating apple  
100 g baby lettuce, mixed greens, or spinach  
4 Tbsp quality green pesto

Directions:

1. Preheat the oven to 400°F.
2. Scrub the root veg and cut into bite-sized pieces along with the peppers, discarding the seeds. Cut the broccoli or cauliflower into florets.
3. Spread the veg out in a large roasting tray, drizzle with 3 tablespoons of oil, season with sea salt and black pepper and toss well to coat. Roast for 20 minutes, or until the vegetables are tender and coloured.
4. Cut the halloumi into 2cm pieces and scatter over the veg. Switch the oven to grill, increase the temperature and grill for 5 to 10 minutes, or until the cheese is soft and golden.
5. Spiralise the zucchini (or other chosen vegetables), then core and finely slice the apple. Combine the apple with the roasted veggies, then stir through the zucchini and spinach.
6. Mix the pesto with 2 tablespoons of oil and drizzle over to serve.

### Herb Baked Fish With Rainbow Bell Peppers

Author: Dana Shultz, [Minimalist Baker](#)

Prep: 15 mins

Cook: 25 mins

Serves: 6

Ingredients:

Fish:

1 ½ lbs flaky white fish, skin removed (*we used Pacific cod // we think shrimp or even chicken could work here as well — just make sure it's fresh!*)  
2 Tbsp avocado or olive oil  
¾ tsp sea salt (*or enough to season both sides well*)  
¼ tsp black pepper (*a light dusting over both sides*)  
1 cup fresh chopped herbs (*we used fresh thyme, basil, oregano, and rosemary — go for whatever you have on hand*)  
2 Tbsp lime juice

Veggies:

1 Tbsp avocado or olive oil  
½ medium white, yellow, or red onion  
2 medium tomatoes, stems + core removed, sliced into thin wedges  
3 cloves garlic, minced



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4 medium bell peppers, seeds + stems removed, thinly sliced lengthwise (*we used green, yellow, orange, and red*)  
½ tsp sea salt (*plus more to taste*)  
1 pinch black pepper

For serving (*optional*):

Lime wedges

Cilantro

Cauliflower rice, brown rice or white rice

Directions:

1. Preheat oven to 375°F (190°C) and set out a 9x13 (or similarly sized) baking dish.
2. Add fish to a shallow dish or plate, drizzle with oil, and sprinkle with salt, pepper, herbs, and lime juice. Toss to coat and set in the fridge to marinate.
3. Heat a large pot or dutch oven over medium-high heat. Once hot, add oil, onion, tomatoes, garlic, and bell peppers. Season with salt and pepper and stir to coat.
4. Sauté, stirring frequently, for 8-10 minutes, occasionally covering to allow the peppers to soften. Stop when the peppers are tender but not yet mushy. Set aside.
5. Heat a large skillet (cast iron is best) over medium-high heat. Once hot, add fish. Cook for 2 minutes, then carefully flip and cook for 2 minutes more. You aren't looking for the fish to be completely done — just seared on the outside.
6. Transfer fish to your 9x13 (or similarly sized) baking dish. Top with sautéed peppers, tomatoes, and onion and spread the veggies to achieve an even layer.
7. Cover with foil and bake for 10 minutes, then remove foil and bake for 3-5 minutes more to allow the top to get slightly browned.
8. Remove from oven and enjoy. Delicious on its own, or served with cauliflower rice, brown rice, or white rice.

\*store leftovers in the refrigerator up to 2-3 days. Or add to freezer-safe containers and freeze up to 1 month (though best when fresh). Reheat in the oven or microwave until warm.

## Leftover Roast Chicken Soup with Roasted Vegetables

Author: Danielle Walker, [Against All Grain](#)

Start to finish: ~60 mins

Serves: 4

Ingredients:

2 garlic cloves, minced

2 carrots, peeled and cubed

1 cup butternut squash, peeled and cubed

1 small sweet potato, peeled and cubed

½ yellow onion, quartered



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2 tablespoons avocado oil  
4 cups chicken stock, store-bought or homemade  
2-3 cups leftover shredded chicken or 1 pound uncooked chicken breasts  
¾ teaspoon dried parsley  
1 teaspoon sea salt  
½ teaspoon dried thyme  
½ teaspoon dried rosemary  
¼ teaspoon dried oregano  
¼ teaspoon cracked pepper  
1 cup water  
2 cups baby spinach

Directions:

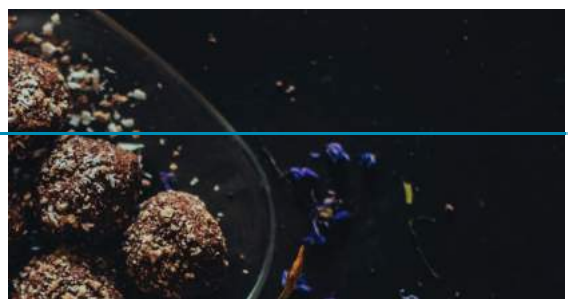
1. Preheat oven to 425°F.
2. Toss the vegetables in the avocado oil and sprinkle with salt and pepper. Roast for 20 minutes, until the vegetables are tender.
3. Meanwhile, bring the chicken stock to a simmer in a large stockpot. Add the chicken, herbs, and salt and pepper. Cover and cook while the vegetables are roasting, about 15 minutes. For raw chicken breasts, cook for about 45 minutes, until chicken is cooked through and tender enough to shred with a fork.
4. Add half the vegetables to the soup, and place the other half in a blender. Make sure to put all of the onions quarters into the blender. Puree the vegetables with the 1 cup of water.
5. Add the vegetable puree and baby spinach to the soup. Simmer for 5-10 minutes, until the spinach is wilted and the soup is hot.
6. Adjust seasonings to your taste.

## Snacks

If you're like us, you sometimes need something to keep you going between meals. Middle of the afternoon slumps in energy are common (and may mean there's something going on with your adrenals - so you should ask your Acubalance doc about this!), and it is extremely helpful to use a mid-afternoon snack to keep your blood sugar stable and reduce the lull. Snacks should ideally contain a source of fat and/or protein, for the biggest benefit for blood sugar. Bonus points if you get some extra fruit and veggie servings in as well.

### Hormone Balancing Bliss Bites

Author: [Aviva Romm](#)  
Start to finish: 20 mins



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### Ingredients:

1 ½ cup walnuts

½ cup dates (*pitted*)

2 (or so) Tbsp almond butter

¼ cup dark cacao powder (dark unsweetened) + 1 Tbs for dusting

¼ cup coconut flakes (*the finely ground kind*)

4 level Tbsp maca powder

¼ tsp cardamom powder

¼ tsp cinnamon powder

Optional: orange zest

### Directions:

1. Put the walnuts into your food processor and grind until they are close to finely ground
2. Add in the dates and grind to form a thicker blend
3. Add in the almond butter and mix until a dough forms. Sometimes you might have to add a little extra to get the dough to form nicely
4. Add in the ¼ cup of cacao powder, your maca, cardamom, and cinnamon until well mixed
5. Remove your blade from your food processor, then form round balls using about 1 Tbsp of “dough” per ball.
6. Roll these in your hands, then roll in the extra cacao powder, coconut flakes and optionally, the orange zest
7. Place on a platter or into a glass storage container for later enjoyment.

\*these can be eaten straight away or kept in the fridge and enjoyed over the next 3-4 days. They can be taken anywhere in a small storage container.

\*\*they are safe to enjoy while trying to conceive (and may even help in that department!) and while breastfeeding; during pregnancy you can enjoy them but sans the maca.

## Go-To Guacamole

Author: Dana Shultz, [Minimalist Baker](#)

Start to finish: 10 mins

Serves: 7, ¼ cup servings

### Ingredients:

2 medium ripe avocados

¼ cup diced red onion (*or shallot*)

2 Tbsp diced jalapeño, seeds removed (*omit or reduce for less spice*)





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2-3 Tbsp lime (*use lemon in a pinch!*)  
½ tsp sea salt  
1 tsp ground cumin  
⅛ tsp red pepper flake (*omit or reduce for less spice*)  
¼ cup minced cilantro (*lightly packed*)

For serving:  
Plantain chips  
Endurance Crackers (*recipe to come*)  
Life Changing Loaf of Bread (*recipe to come*)  
Almond crackers (*we like Simple Mills brand and Hu brand*)  
Vegetable crudité (cucumber, carrots, bell peppers, zucchini, cucumber)

Directions:

1. Add avocado, onion, jalapeño, lime, salt, cumin, and red pepper flake to a shallow mixing or serving bowl and mash with a fork or potato masher.
2. Add cilantro and stir. Then taste and adjust flavor as needed, adding more lime (or lemon) for acidity, cumin for smokiness, red pepper flake for spice, cilantro for herbal flavor, or salt to taste.
3. Serve immediately with Plantain Chips, Endurance Crackers, Life Changing Loaf, or veggies of choice.

\*store leftovers well covered up to 2-3 days in the refrigerator, though best when fresh.

\*\*to extend freshness, squeeze a little more lime juice over the top of the guacamole (to prevent oxidation) before storing. And make sure a lid or beeswax wrap is touching the surface of the guacamole (this also helps prevent oxidation). If the top appears slightly browned after storing, just scoop off the very top layer and the guacamole underneath is usually fine!

## Chickpea Shawarma Dip

Author: Dana Shultz, [Minimalist Baker](#)

Prep: 10 mins

Cook: 20 mins

Serves: 6, ⅓ cup servings

Ingredients:

Chickpeas:

1 15-ounce can chickpeas (*well drained*)  
1 Tbsp olive or avocado oil  
1 tsp coconut sugar  
½ tsp smoked paprika  
½ tsp ground cumin  
½ tsp ground turmeric  
½ tsp dried oregano



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½ tsp sea salt  
¼ tsp black pepper

Garlic herb sauce:

¼ cup hummus (*store-bought or DIY, recipe to follow*)  
1 Tbsp lemon juice  
¾ - 1 tsp dried dill (*or sub 2-3 tsp fresh per ¾-1 tsp dried*)  
3 cloves garlic, minced (*3 cloves yield ~1 ½ Tbsp*)  
Water or unsweetened almond milk (*to thin*)

Parsley salad (*optional*):

1 cup packed finely chopped parsley  
½ cup diced cherry or roma tomatoes  
¼ cup diced red onion  
1 Tbsp lemon juice  
1 Tbsp olive oil  
1 pinch each sea salt and black pepper

Hummus:

16 ounces hummus (*store-bought or DIY, recipe to follow*)

For serving:

Plantain chips  
Endurance Crackers (*recipe to come*)  
Life Changing Loaf of Bread (*recipe to come*)  
Almond flour crackers (*we like Simple Mills brand and Hu brand*)  
Vegetable crudité (cucumber, carrots, bell peppers, zucchini, cucumber)  
Chili garlic sauce

Directions:

1. Preheat oven to 375°F (190°C) and add well-drained chickpeas to a mixing bowl.
2. Top with oil, sugar, and spices and toss to combine. Then spread on a bare or parchment-lined baking sheet. Bake for 20-22 minutes or until deep golden brown and fragrant. Set aside.
3. In the meantime, prepare your sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water or almond milk to thin so it's pourable. Taste and adjust seasonings as needed. Add more garlic for more zing, salt for savoriness, lemon juice for freshness, and dill for a more intense herb flavor. I found mine didn't need anything else.
4. Lastly, prepare parsley-tomato salad by adding parsley, tomato and onion to a small mixing bowl and dressing with lemon juice, olive oil, salt, and pepper. Toss and set aside.
5. To serve, spread hummus on a serving platter and top with roasted chickpeas, parsley salad, and garlic dill sauce. I also love garnishing mine with chili garlic sauce for extra heat! Perfect with Plantain Chips, Endurance Crackers, Life Changing Loaf, or veggies of choice.  
\*best when fresh, though leftovers keep in the refrigerator up to 3 days (store hummus, salad, chickpeas ,and sauce separately for best results).

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## Baked Plantain Chips

Author: Michelle Hoover, [Unbound Wellness](#)

Prep: 5 mins

Cook: 15-20 mins

Serves: 3

### Ingredients:

2 green plantains

2 Tbsp avocado oil

Salt to taste (½ tsp-1 tsp)

1 tsp garlic powder

Juice of ½ lime

### Directions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Carefully remove the peels from the plantains by cutting off the ends, making a slice into the center of the plantain peel, and peeling it back.
3. Using a mandolin slicer (or a sharp knife) carefully slice the plantains into ⅛" slices. Lay the plantain slices onto the baking sheet and coat with avocado oil, salt, garlic powder, and lime juice.
4. Bake in the oven for 15-20 minutes, or until crispy. Rotate once or twice to cook evenly.

\*serve with a Chickpea Shawarma Dip, salsa, hummus or Go-To Guacamole.



## The Life-Changing Loaf of Bread

Author: Sarah Britton, [My New Roots](#)

Prep: 5 mins

Rest: 2h-overnight

Bake: 1 hr

Serves: 1 loaf

### Ingredients:

1 cup / 135g sunflower seeds

½ cup / 90g flax seeds

½ cup / 65g hazelnuts or almonds

1 ½ cups / 145g rolled oats



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2 Tbsp. chia seeds  
4 Tbsp. psyllium seed husks (3 Tbsp. if using psyllium husk powder)  
1 tsp. fine grain sea salt (add ½ tsp. if using coarse salt)  
1 Tbsp. maple syrup (for sugar-free diets, use a pinch of stevia)  
3 Tbsp. melted coconut oil or ghee  
1 ½ cups / 350ml water

Directions:

1. In a flexible, silicon loaf pan (or a parchment lined, well oiled non-stick loaf pan) combine all dry ingredients, stirring well. Whisk maple syrup, oil and water together in a measuring cup. Add this to the dry ingredients and mix very well until everything is completely soaked and dough becomes very thick (if the dough is too thick to stir, add one or two teaspoons of water until the dough is manageable). Smooth out the top with the back of a spoon. Let sit out on the counter for at least 2 hours, or all day or overnight. To ensure the dough is ready, it should retain its shape even when you pull the sides of the loaf pan away from it.

2. Preheat oven to 350°F (175°C).

3. Place loaf pan in the oven on the middle rack, and bake for 20 minutes. Remove bread from loaf pan, place it upside down directly on the rack and bake for another 30-40 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing (difficult, but important).

\*store bread in a tightly sealed container for up to five days. Freezes well too – slice before freezing for quick and easy toast!

\*\*this is one of our all-time favourite recipes. Enjoy for breakfast topped with mashed avocado and eggs, for snack with nut butter or hummus, or as a side to a soup at dinner.

## Endurance Crackers

Author: Angela Liddon, [Oh She Glows](#)

Prep: 10 mins

Cook: 60 mins

Yield: 22 large crackers

Ingredients:

½ cup chia seeds

½ cup sunflower seeds

½ cup pepita seeds (pumpkin seeds)

½ cup sesame seeds

1 cup (250 mL) water

1 large garlic clove, finely grated on a Microplane

¼ tsp fine sea salt, plus more for sprinkling



Directions:

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1. Preheat the oven to 300°F (150°C). Line a large baking sheet with parchment paper.
  2. In a large bowl, combine the chia seeds, sunflower seeds, pepita seeds, and sesame seeds.
  3. Add the water, garlic, and salt. Stir with a spatula until combined. Allow the mixture to sit for a couple of minutes until the chia seeds absorb the water. After the 2-minute rest, when you stir the mixture, you shouldn't see a pool of water on the bottom of the bowl.
  4. With the spatula (and a hand, if necessary), spread the mixture onto the prepared baking sheet in two small rectangles, about 12x7 inches each and 1/8 to 1/4 inch thick. Sprinkle additional salt on top.
  5. Bake for 35 minutes. Remove from the oven and carefully flip each rectangle with a spatula. Bake for 25 to 35 minutes more, until lightly golden around the edges. Watch closely near the end to make sure they don't burn. Let cool for 10 to 15 minutes on the pan and then break the rectangles into crackers and let cool completely on the pan.

\*store in an airtight container or jar on the counter for up to 2 weeks. You can also freeze the crackers in freezer bags for up to 1 month.

\*\*if the crackers soften while storing (this can happen in humid environments), toast them in the oven on a baking sheet at 300°F (150°C) for 5 to 7 minutes. After cooling, this should return them to their former crispness!

## Home Made Nut Butter

Author: Kathryn Taylor, [Cookie and Kate](#)

Prep: 15 mins

Cook: 10 mins

Yield: 16 ounces

### Ingredients:

16 ounces (3 cups) raw almonds (*or substitute: raw cashews, walnuts or pecans*)

1/4 teaspoon salt

Optional: 1/4 tsp ground cinnamon

Optional: 1/2 tsp vanilla extract

Optional: 2 Tbsp maple syrup or honey

### Directions:

1. Preheat the oven to 350°F. Spread the almonds across a large, rimmed baking sheet and toast the almonds for 10 minutes, stirring halfway.
2. Let the almonds cool until they're just warm (not hot), about 10 minutes.
3. Transfer the almonds to a high-speed blender or food processor. Blend until creamy, pausing to scrape down the sides as necessary. You're going to think it'll never blend, but be patient! The almonds



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will go from flour-like clumps, to a ball against the side of the food processor (keep scraping down the sides and breaking up the ball), and finally, it will turn lusciously creamy. If the mixture gets crazy hot along the way, stop and let it cool for a few minutes.

4. Once the nut butter is very smooth and creamy (no sooner!), you can blend in any add-ins you would like. I always add salt, for more flavor overall. You can also add cinnamon for a hint of spice, and vanilla and/or maple syrup for almond butter that tastes more special than store-bought.

5. Blend until the add-ins are evenly dispersed. When I added maple syrup, I had to let the mixture cool, and then blend a few additional minutes, to make it creamy again.

6. Let the almond butter cool to room temperature, then transfer the mixture to a mason jar and screw on the lid. Store in the refrigerator for up to 2 weeks, or until you see or smell any signs of spoilage.

\*serve with Chia Pudding Breakfast Bowls, Fluffy Grain Free Protein Pancakes, Warm Porridge, or Life Changing Loaf - or eat it by the spoonful for a high fat snack!

## Sweets

Let's face it, we all could use a little sweet treat sometimes. We don't want you to feel deprived when you're eating to support your fertility... but we do want you to make good choices about the sweets you choose to consume. We've rounded up some of our favourite sweet treats that are relatively low-glycemic and don't have any added refined sugar. Consider these treats, though - you can't replace breakfast with sorbet, ok? Deal.

### Coconut Whipped Cream and Berries

Author: [Tastes Lovely](#)

Prep: 10 mins

Cook: 5 mins

Serves: 5

Ingredients:

1 x 13.5-ounce can coconut milk or coconut cream, chilled in the fridge overnight

*(Whole Foods 365 Organic Coconut Milk (full fat, not light) is the best kind to use for this!)*

Mixed berries (*ideally organic*)

1 tsp maple syrup or honey (*optional*)

Directions:



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1. Remove the thick and hardened coconut cream from the can and transfer to your mixing bowl, leaving any excess moisture/coconut water in the can.\* If your can of coconut cream did not harden up, unfortunately you got a dud can of coconut cream and it won't whip into soft peaks. Use this can for cooking or baking instead, and try another can.
  2. Use a hand mixer or stand mixer to beat on medium high for 2 minutes, until light and fluffy and soft peaks form. Scrape down the bowl. If adding sweetener, add now and continue beating until mixed. I usually don't add sweetener, since the coconut cream has its own natural sweetness. But if you like it sweeter, feel free to add it. Serve with berries and enjoy! Leftovers will keep for 5 days refrigerated in an airtight container.

\*use the leftover coconut water in your next smoothie!

### **Mango-Coconut-Lime and Raspberry-Banana Sorbet**

Author: Angela Liddon, [Oh She Glows](#)

Prep: 10 mins

Cook: 15 mins

Serves: 4

Ingredients:

Mango-coconut-lime:

2 cups frozen mango

½ cup full fat canned coconut cream (white portion only) - chilled for 24hr prior

1-2 tsp lime juice, fresh

Raspberry-banana:

2.5 cups frozen raspberries

1 medium banana

1 tablespoon maple syrup

Directions:

1. In food processor - blend mango, ½ cup chilled coconut cream, and lime juice for 2-4 min, scraping on bottom as needed.
2. Chill in freezer while prepping raspberry sorbet.
3. In food processor - blend raspberries and banana for 2-4 minutes. Add maple syrup. Blend again until smooth.
4. Retrieve mango sorbet from freezer and layer with raspberry-banana in serving dishes. Best served right away.

\*leftovers can be spooned into ice molds and frozen for later (great for kids!)



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## Quinoa Chocolate Cake

Author: The Acubalance Team

Prep: 20 mins

Cook: 40 mins

Yield: 1 cake

### Ingredients:

$\frac{2}{3}$  cup Quinoa

1  $\frac{1}{3}$  cup water

$\frac{1}{3}$  cup 2% milk (or nut milk of your choice)

4 large eggs

2 teaspoons of vanilla

$\frac{3}{4}$  cup butter melted and cooled (or earth balance to make it dairy free)

1  $\frac{1}{2}$  cups coconut sugar (*sub  $\frac{1}{4}$  cup maple syrup +  $\frac{3}{4}$  cup monk fruit powder, for a lower sugar option*)

1 cup unsweetened cocoa powder

1  $\frac{1}{2}$  tsp baking powder

$\frac{1}{2}$  tsp baking soda

$\frac{1}{2}$  tsp salt

Fresh berries (*optional*)

Coconut whipped cream (*optional*)



### Directions:

1. Preheat oven to 350°F and lightly grease a nine inch round springform baking pan.
2. Combine quinoa and water in a medium saucepan over high heat. Bring mixture to a boil and then cover and reduce heat to simmer for ten minutes. Remove from heat and set aside to cool.
3. Combine milk, eggs, vanilla, butter and cooked quinoa in a blender or food processor and combine until smooth.
4. In a separate bowl combine sugar, cocoa powder, baking powder, baking soda and salt and add to wet ingredients in the blender or food processor. Combine all ingredients and place in spring form pan.
5. Bake for 40 minutes, or until a knife inserted in the center comes out clean.
6. Let cool and serve with fresh berries, a berry coulis and/or whipped cream.



