



EPIC

FIVE
PLAN

Recipe Guide

Bon Appetit!

A healthy diet that is nutrient-dense is one of the most powerful and sustainable ways you can heal your body (and mind) and keep yourself well. We encourage you to have fun with your food, try these new healthy recipes, and feel free to put some new spins on them to make them your own - we'd love to see what you create in the OWL Nest Facebook group :)

If you want to submit a recipe for inclusion in future versions please post it in the Facebook group with the hashtag **#e5recipe**

Cheers to your health,

Your EPIC Health team

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Smoothies/Drinks



Refreshing Greens Drink (Jen Kardos)

Prep time: 10 mins

Total Time: 15 mins

Servings: 2

Ingredients:

- 1 small thin skinned cucumber
- 1 celery stalk, chopped in 3-4 pieces
- Juice of 1 small lime or lemon
- 1 bunch of greens (I usually use spinach)
- ¼ bunch of cilantro or parsley
- Filtered water to desired thickness
- 1-3 fresh mint leaves (optional)
- 2-4 fresh or frozen strawberries/raspberries/blackberries (optional)

Directions:

- Mix all ingredients in a high-powered blender until smooth.

Vanilla Cinnamon Smoothie

Some mornings, you just want a simple breakfast — something uncomplicated that tastes great with minimal fuss, right? This Vanilla Cinnamon Smoothie fits that description to a tee. With healthy greens, a pinch of cinnamon and delicious vanilla, you'll love this sweet breakfast drink as much as we do. Also, some [studies](#) have suggested that the **compounds in cinnamon have antioxidant, anti-inflammatory, antidiabetic, and antimicrobial properties**, and that they might offer protection from [cancer](#) and cardiovascular disease, among other conditions.

Total Time: 5 mins

Servings: 1 large smoothie

Ingredients:

- ½ cup full-fat, unsweetened coconut milk
- ½ Tbsp. coconut (or cocoa or hemp) butter
- ½ tsp. cinnamon
- ½ tsp. vanilla extract Bulletproof Collagen protein or PurePea protein powder
- Ice cubes – to desired consistency (optional)
- Stevia, to taste (optional)
- 1-2 cups loosely packed chopped kale, spinach, arugula, or other green (rotate)

Directions:

- Blend all ingredients and top with cinnamon! Enjoy!

Pumpkin Spice Smoothie

Total time: 5 mins

Ingredients:

- 1 cup frozen butternut squash
- 1 ripe banana ½ cup full-fat coconut milk
- 6 tablespoons canned pumpkin 4 tablespoons collagen protein powder
- 3-4 tablespoons pure maple syrup (adjust for desired sweetness)
- ¾ teaspoon cinnamon
- ½ teaspoon ginger
- ¼ teaspoon cloves
- ¼ teaspoon turmeric pinch of sea salt

Directions:

- Add all ingredients to a blender. Pulse a few times to break up frozen squash, then blend until smooth and creamy.

Almond Cocoa Smoothie

Dessert for breakfast? Yes, please! This creamy cocoa smoothie has the perfect combo of fats + protein to energize your morning, and it tastes great.

There are quite a few health benefits linked to coconut milk, including its ability to improve digestion, boost circulation, reduce inflammation, protect cardiovascular health, stimulate weight loss, and increase energy, among others.

Hemp milk is rich in vitamin A, which is credited with restoring and maintaining skin cells. Vitamin A helps your body produce collagen, a skin-smoothing agent that reduces wrinkles and helps your skin maintain that healthy, pinkish glow. Hemp milk also has plenty of Vitamin D, which strengthens hair and nails.

Prep time: 5 mins

Total Time: 10 mins

Servings: 2

Ingredients:

- 2 cups unsweetened coconut or hemp milk
- 1 scoop protein powder (unflavored/unsweetened DFH PurePea or Bulletproof Collagen)
- 1 small avocado
- 1 tablespoon unsweetened cacao/cocoa powder
- 1 teaspoon almond or vanilla extract
- Ice cubes – to desired consistency (optional)
- Stevia, to taste (optional)
- 1-2 cups loosely packed chopped kale, spinach, arugula, or other green (rotate)

Directions:

- Put all ingredients in a blender in the order listed.
- Add more or less ice to desired thickness. Enjoy!

Anti-Inflammatory Turmeric Shots

Like many spices, turmeric (*Curcuma longa*) has a long history of use in traditional medicine. This flavor-filled spice is primarily cultivated from the rhizomes, or roots, of a flowering plant in India and other parts of Southeast Asia, and aside from giving curry its vibrant yellow color, turmeric is also known for having potent anti-inflammatory and antioxidant properties.

This small shot has mega health benefits, due to the powerful **anti-inflammatory nature of turmeric**. The recipe also includes black pepper, which helps to increase the active curcuminoid compounds within turmeric and can support healthy stomach acid secretion, which is vital for good digestion.

Prep time: 15 - 20 mins

Total Time: 5 ½ hours

Servings: Makes 12 Ice Cubes

Ingredients:

- 3 cups green tea or water
- 2 heaping Tablespoons fresh turmeric root, peeled and chopped
- 2 heaping Tablespoons fresh ginger root, peeled and chopped
- Juice from one lemon
- ½ teaspoon freshly ground black pepper
- Optional for garnish: Lemon rind shavings, finely sliced ginger or turmeric

Directions:

- Add ginger, turmeric and lemon juice, if using, to liquid to blend and puree.
- Pour mixture into ice cube trays.
- Add any garnishes selected.
- Serve alone or in green tea
- Freeze about 5 hours until ice cubes are solid

Blackberry & Strawberry Smoothie

This Berry Smoothie is bursting with flavor! It will energize you and give you a boost to start your day! I like to add some chia seeds on top. They are nature's sprinkles!

Sweet yet tart **blackberries** are a summer staple. But the benefits of these berry beauties go well beyond their yummy taste. Blackberries have impressive health benefits, too: Blackberries are packed with vitamin C; they are high in fiber; they are a great source of vitamin K; they are high in manganese; they may boost brain health; and they help support oral health!

Prep time: 15 - 20 mins

Total Time: 25 mins

Servings: 2

Ingredients:

- 1 cup coconut or hemp milk
- ½ cup blackberries ½ cup strawberries
- ½ avocado
- ½ tsp lime juice
- ½ tsp vanilla 1 tbsp. flax meal or chia seeds
- Ice cubes – to desired consistency (optional)
- Stevia, to taste (optional)
- 1-2 cups loosely packed chopped kale, spinach, arugula, or other green (rotate)

Directions:

- Pour all ingredients into a blender, adding ice to desired consistency. Enjoy

EPIC Five Smoothie

This is the heart of the EPIC 5 Plan diet, the holy grail of smoothies packed with natural detoxifying greens, nutrient dense berries and lip smacking lemon juice

Lemons are a rich source of vitamin C, a powerful antioxidant. In fact, one squeezed lemon provides around 21% of a person's daily value (DV). Lemons are also rich in flavonoids, compounds which help boost health and fight disease.

Prep time: 15 - 20 mins

Total Time: 5 mins

Servings: 2

Ingredients:

- 1 cup berries
- 2 cup greens: spinach or other (rotate)
- 1 cup cruciferous vegetables: kale or other (rotate)
- Handful parsley or cilantro leaves
- Lemon juice (to taste)
- Water (to texture)

Directions:

- Blend through a blender and enjoy!

Mean Greens Blend

This recipe has anti-inflammatory and antiseptic properties that are good for your overall health and for healing too! A green smoothie diet recipe that can help accelerate your metabolism and contribute to weight reduction is a win-win. This easy green smoothie recipe for weight loss is packed with vegetables like celery and leafy greens to give you a boost of energy at breakfast or snack time.

Cucumbers are important to add to your diet because they're 95% water and naturally detoxify your body; are high in Vitamins A, B and C; and contain phytonutrients that provide anti-inflammatory and antioxidants.

Prep time: 15 mins

Total Time: 5 mins

Servings: 2

Ingredients:

- 5 skinless, seedless cucumber
- 5 celery ribs
- ½ cup strawberries
- 2 cups spinach
- ½ lemon (rind removed)
- Ice cubes – to desired consistency (optional)
- Stevia, to taste (optional)
- 1-2 cups loosely packed chopped kale, spinach, arugula, or other green (rotate)

Directions:

- Place it through blender or juicer and enjoy!

Plant Paradox Green Smoothie (Dr. Steven Gundry)

This super healthy green smoothie by Dr. Gundry, MD, author of the plant paradox is packed with fresh, immune boosting Ingredients!

Since the days of Popeye, **spinach** has been famous for its ability to make you "strong to the finish." While this leafy green won't cause your biceps to inflate like balloons, it is dense in vitamins and minerals, low in calories and versatile in cooking.

Prep time: 10

Total Time: 15

Servings: 2

Ingredients:

- 1 cup chopped romaine lettuce or any dark green lettuce
- ½ cup baby spinach
- 1 mint spring, with stem
- ½ avocado
- 4 tablespoons freshly squeezed lemon juice
- 3 to 6 drops of Stevia extract
- ¼ cup ice cubes
- 1 cup tap or filtered water

Directions:

- Mix all ingredients in a high-powered blender until smooth and fluffy. Add more ice cubes if you want. Done!

AIP Apple Pie Smoothie

Prep time: 5

Total time: 10

Ingredients:

- 2 Fuji Apples chopped
- 1 cup Coconut Milk
- 1 Banana chopped and frozen
- 1 teaspoon Cinnamon
- 1/8 teaspoon Cloves
- 1 teaspoon Honey optional
- Cinnamon Granola to garnish (optional garnish, omit if AIP or grain free)

Directions:

- Combine all the ingredients in a blender and blend until smooth.

Breakfast



Chia Seed Pudding

There will be times when you're too tired to think about breakfast the night before or first thing in the morning. One of the easier breakfast recipes I'll make for the fam is a chia seed pudding.

If your mind immediately goes to “Ch-ch-ch-chia!” When you think of chia seeds, you're not alone (and I realize I'm dating myself by saying that). Chia Pets, which came into popularity in the 1980s, were the first way that many in my generation were introduced to these seeds. The main fats in chia seeds are mostly omega-3s — especially alpha-linolenic acid (ALA), which accounts for three-quarters of the total — and some omega-6s. ALA is an important omega-3 fat and a precursor for your body to make DHA and EPA, two other very important omega-3 fats.

Prep Time: 2 - 5 min

Total Time: 30 min - 8 hrs (depending on how long you soak)

Servings: 2-3

Ingredients:

- 1/3 cup of dry chia seeds
- 2 cups of unsweetened coconut milk (or any other EPIC approved milks, such as unsweetened almond milk).

Additions (highly recommended to make it more flavorful, and filling):

- Any berries of choice, however much you like (keep in mind the “sugar budget” for your day).
- 1 teaspoon of Vanilla Extract or 3-4 grinds of a vanilla pod (optional).

- 1 serving of protein powder (adds more flavor and/or nutrients/satiety).
- Cacao/Cocoa powder (however much you like. Try 1 tablespoon for start, and adjust to taste from there for future servings).
- Unsweetened coconut flakes
- Any EPIC approved nuts or seeds
- Spices of choice. Typically things like cinnamon or nutmeg work better.
- Stevia
- Monk fruit

Directions:

- In a glass jar (or a bowl), add your chia seeds, milk.
- Get a spoon and mix the pudding well (goes for a bowl too). Chia seeds must be well incorporated and not sticking together in clumps (or on the jar/bowl).
- Leave in your fridge for 30 minutes to an hour until set. You can leave this overnight too, the longer you leave it in, the thicker the pudding will become. This recipe should last as long as your milk is good. Personally, putting it together (only takes a couple minutes) and storing in the fridge overnight is a thorough soaking and easy way to do this. It'll be nice and chilled as well.
- Serve with any of the suggested additions you like. Most people find that no additions makes for a more bland and not-so-satiating meal (perhaps a snack). So it's a good idea to jazz it up for enjoyment and feeling full longer.

Breakfast Casserole (Egg-based)

Enjoy your mushrooms, ground turkey and eggs all together in this easy, classic breakfast casserole. Make it the morning of or prepare it ahead, both are equally delicious!

Why seeded and peeled tomatoes? Lectins are a type of protein, especially carbohydrate-binding protein. It is a kind of protein that binds with sugar to formulate the structure.

Prep Time: 5-10 min (varies greatly depending on if you have a food processor/blender)

Total Time: 37-45 min

Servings: 8

Ingredients:

- 3 cups sliced button mushrooms
- Avocado oil, as needed
- 6 green onions , sliced
- 3 Roma tomatoes (seeded, peeled, and diced)
- 1 tablespoon chopped basil (or 2 tsp dried basil)
- 16 oz spinach, chopped (kale or cabbage could be good alternatives)
- 1 1/2 teaspoons salt
- 10 eggs
- 16 oz ground turkey (or grass-fed ground beef)

Directions:

- Preheat the oven to 350°.
- In a medium/large skillet over medium heat, cook (brown) the ground meat. Add avocado oil if necessary (for cooking purposes).
- Add mushrooms and cook for about 5 minutes or until soft, stirring occasionally. Add remaining vegetables, herbs, and salt and cook for about 2 minutes or until slightly softened and well combined. Pour mixture into a 9x13" pan.
- Crack eggs into a medium bowl and whisk well. Pour over ground meat and vegetable mixture and bake for 25-30 minutes or until a knife, inserted in the center, comes out clean.

Notes:

- If you have a food processor, you can rapidly speed up the prep time by using it to dice the onions and mushrooms.
- This is a very flexible dish. In reality, you can mix and match any vegetables you desire as well as spices/herbs. At the end of the day - it's a big tray of egg that's holding together everything else added into it. You don't even need to add the meat if you wish not to.
- This can be a good prep dish to set you up for a convenient reheatable breakfast to start your day - or enjoy for any meal.
- Note - eggs are advised to keep in a more limited quantity (2x a week) on the EPIC Five Plan due to its prevalence as a food sensitivity, so try to space out the servings of this (if reheating throughout the week) - or share with your family!

Egg-Free Breakfast Casserole

This Healthy Breakfast Casserole is delicious, easy to make and contains no eggs. This is perfect for meal prepping on the weekends or when you need to feed a crowd during the holidays. This “clean out the fridge” breakfast casserole is filled with twirly spaghetti squash, crispy veggies and ground turkey that will become an instant hit with your family!

Chopped sage-Sage is a popular and perfect herb that is used widely for culinary and medicinal purposes. Rich in vitamin A, iron, calcium and potassium, sage helps in preventing sprains, swelling, ulcers, and bleeding and also strengthens the nervous system.

Prep Time: Unknown (at least 20 min)

Total Time: 45 min - 1.6 hrs (depending on if cooked spaghetti squash ahead of time or not)

Servings: 8

Ingredients:

- 2 small or 1 large spaghetti squash
- 2 Tbsp coconut oil, divided
- 1 10-oz pack of spinach
- 1 large onion, chopped
- 3 carrots, diced
- 3 celery stalks, diced
- 1 lb ground turkey (or grass-fed ground beef)
- 16 oz mushrooms (button), sliced
- 1 large zucchini (deseeded, peeled, and chopped)

- 2 Tbsp chopped fresh sage (or 2 tsp dried)
- 2 Tbsp chopped fresh rosemary (or 2 tsp dried)
- 1 ½ tsp dried thyme
- 1 ½ tsp cinnamon
- 1 tsp onion powder
- 1 ½ tsp sea salt (or any unrefined salt)
- 1 ½ cups bone broth and/or coconut milk (unsweetened)

Directions:

- Cut spaghetti squash in half, scoop out seeds. Cut side down on a lined baking sheet for 45-50 min in a 400 degree (F) oven. Shred the inside with a fork. Set aside (you can do this well in advance to save time!). Tip: line the face-down rim of the spaghetti squash with avocado oil to prevent it from possibly sticking to the pan.
- In a large skillet, heat 1 Tbsp of coconut oil and saute the spinach (or other leafy veggies of your choosing) until shrunk down and/or cooked through. Set aside. (Or, less conventional, but if working with frozen spinach, you can microwave it, and then drain the excess liquid, then set aside).
- In the same skillet you just used, add more coconut oil if needed and saute the onion, carrots, and celery for 4-5 min. Add in ground meat (turkey or grass-fed beef) and cook until browned/darkened throughout. Stir in fresh herbs, spices, and salt.
- Meanwhile, in a second skillet, heat remaining coconut oil and saute the mushrooms and zucchini until softened, about 8 min. Stir in cooked leafy veggies.
- Combine the contents of both skillets together. Taste and season with extra salt or herbs, if desired.

- Pour mixture into a greased 9x13" baking dish. Stir in the spaghetti squash to mix evenly. Finally, pour bone broth and/or coconut milk (unsweetened) evenly over the top.
- Bake in a 375 degree (F) oven for 40-45 min, or until bubbly. Allow to cool before cutting.

Notes:

- This dish does have a number of elements going on, and may take a bit longer on your first attempt at it. Just remember, most of the time is spent just sitting in the oven. As long as you will be home to monitor it, you will be spending less time making this dish than you may expect. You can start prepping most veggies/ingredients while you're letting the spaghetti squash cook in the oven. Then, when the main final dish is cooking in the oven, you can spend that time cleaning up.
- This is actually even better if you reheat it the next day, which makes it a great dish for leftovers throughout the week for a convenient zap in the microwave and enjoy.
- Note - you, really, could do all kinds of different choices of veggies besides the ones listed in this recipe. It's a very adaptable dish. Same thing goes for spices/herbs.

Turkey Breakfast Sausage

Prep Time: 10 min.

Cook Time: 10 min.

Servings: 8

Ingredients:

- 1 lb ground turkey
- 2 tbsp fresh sage (or 2 tsp dried)
- 1/2 tsp sea salt
- 1/2 tsp pepper
- 1 1/2 tsp of fresh thyme (or 1/2 tsp dried thyme)
- 1/8 tsp cumin
- 1/8 tsp rosemary
- pinch ground nutmeg
- 2 tbsp olive oil

Directions:

- Mix all ingredients (except olive oil) and form into 8 patties.
- Heat oil over medium-high heat
- Once heated, add patties and cook on each side until brown (about 5 minutes each)
- Remove from heat and serve!

Sheet Pan Breakfast Hash

This paleo sheet pan breakfast hash is quick and easy! The veggies and bacon roast in the oven and the eggs bake on the sheet pan at the very end. It's low carb, EPIC 5 friendly, Whole30 compliant and super easy and full of flavor!

Brussels sprouts are named after Brussels, Belgium, where it is believed they were first widely cultivated in the 16th century. Sometimes called mini cabbages, they have appeared on “most hated vegetable” lists due to their potentially bitter flavors caused by sulfur-containing compounds. Overcooking the vegetable, particularly by boiling, will intensify any bitter flavors and unpleasant odors. However, when properly cooked and seasoned, Brussels sprouts offer a natural, nutty sweetness.

Total Time: 35-40 minutes

Servings: 6

Ingredients:

- 1 lb brussels sprouts halved or quartered, depending on size
- 8 oz white mushrooms halved or quartered, depending on size
- 1 tbsp avocado oil or olive oil
- 1/2 large onion diced (or 1 small onion)
- 3 cloves garlic minced
- 8 slices nitrate free bacon sugar free, for Whole30, cut into pieces
- 6 large eggs
- Sea salt and pepper to taste
- Everything bagel seasoning (or your favorite breakfast seasoning)
- Crushed red pepper (optional)

Directions:

- Preheat your oven to 425 degrees
- Arrange Brussels sprouts and mushrooms on a sheet pan in a single layer
- Drizzle with the olive oil and sprinkle with salt and pepper
- Sprinkle onions over the top
- Arrange bacon pieces evenly over veggies.
- Roast in the preheated oven for 15 mins, then sprinkle with the garlic and gently stir.
- Roast another 10 mins or until bacon is crisp and veggies soft, then remove from the oven.
- Make small spaces in the hash for each egg, crack one at a time gently into a space, careful not to “break” the yolk (although if it breaks, it’s still fine!). Sprinkle everything bagel seasoning and crushed red pepper over eggs, bacon, and veggies as desired.
- Return sheet pan to oven and bake for another 5-10 mins or until eggs are cooked to preference (for me this was 7 mins for firm whites and soft yolks)
- Remove from the oven and serve immediately. Enjoy!

Whole30 + Keto Cauliflower Breakfast Hash

Dill is packed with micronutrients that provide health benefits. For example, a 100-gram serving of dill boosts your vitamin A intake. Vitamin A is a fat-soluble vitamin that helps you to maintain healthy vision, skin, immune function, growth, and reproductive health. You'll also get a significant boost of vitamin C, an important antioxidant that helps your body to resist infection.

Prep time: 5 mins

Total Time: 20 mins

Servings: 11

Ingredients:

- 1 tablespoon ghee
- 1 Chomps stick, sliced (or sub 1 slice of bacon)
- 1-1/2 cups cauliflower florets, chopped
- 1/2 red bell pepper, chopped
- 3 green onions, sliced
- 1/2 teaspoon salt + pepper (or more to taste)
- big handful of spinach, chopped
- 2 eggs
- 1 tablespoon chopped fresh herbs, I like parsley + dill (optional)
- half an avocado, sliced (optional)

Directions:

- Heat a small 8" cast iron skillet over medium heat
- Add in the ghee and sliced Chomps. (If using bacon no need to add the ghee)
Cook, stirring occasionally for 3-5 minutes, until the Chomps are crispy.
Remove from the heat and drain on a paper towel.
- In the same cooking fat, add the cauliflower, bell pepper, green onions, salt + pepper. Cook for 8-10 minutes, stirring occasionally until the veggies are soft.
Add in the spinach and cook for another minute until wilted.
- Turn the heat to low. Use your spoon to make 2 wells for the eggs. Crack in the 2 eggs, season them with salt and pepper, then cover with a lid. Cook until the whites are set and the yellows are still soft, about 3-5 minutes.
- Serve warm, topped with chopped fresh herbs, sliced avocado, and the crispy Chomps (or bacon) sprinkled on top.

Sweet Potato Breakfast Hash

Forget traditional hash with plain, ol' potatoes. Add color, flavor and extra nutrition with sweet potatoes!

Sweet potatoes are high in many important nutrients. They contain a good amount of fiber as well as vitamin A, vitamin C, manganese and several other vitamins and minerals.

Prep Time: 10 min

Total Time: 15-20 min

Servings: 2

Ingredients:

- 1 sweet potato, shredded
- ½ zucchini, peeled and deseeded, shredded
- 1 cup ground turkey or any leftover meat desired (approx. 6 oz)
- 1 Tbsp fresh thyme leaves, finely chopped (or use 1 tsp dried thyme or use other herbs of your choosing)
- 1 Tbsp coconut oil for cooking
- Salt (any unrefined salt) to taste

Directions:

- Place 1 Tbsp of coconut oil into a frying pan on medium heat.
- Use a food processor to shred the sweet potato and zucchini (you can also add any other vegetable you want into this, really).
- Add in the shredded sweet potato, shredded zucchini, and left over meat into the frying pan. Cook until the sweet potato starts to get tender (approx. 5 minutes).
- Add in the herbs and salt to taste.

Banana Blueberry Mini Muffins

Prep time: 5 mins

Total time: 20 mins

Ingredients:

- 4 TB coconut flour
- 2 ripe bananas
- 1/4 c. blueberries
- 1/2 tsp. baking soda
- 2 TB coconut milk
- few sprinkles of shredded coconut (to your liking)
- dash of cinnamon
- 1/4 tsp. vanilla (optional)

Directions:

- Preheat the oven to 350. Mix all the ingredients (other than blueberries) with a hand-whisk or food processor. I use my Ninja Duo to make it super easy! Once thoroughly mixed, add in blueberries. Bake for 20-25 minutes. Enjoy with a hot cup of your favorite herbal tea!



Strawberry Tapioca Pudding

Prep time: 10

Total time: 15

Ingredients:

For the Tapioca Porridge:

- 8 oz of water
- ½ cup of Tapioca Grits aka Granulated Tapioca
- ½ cup of Coconut Milk
- 2 dates

For the Raspberry-Rhubarb Sauce:

- 1 tsp of Coconut Oil

- 2 cup of frozen Rhubarb
- 1 cup of Raspberries
- 2 Dates
- Stevia
- 1 tbsp of Alcohol Free Vanilla Extract

Directions:

- Grease a medium sized saucepan with coconut oil, put it on the stove over medium heat and pour in the rhubarb. Let it cook until it starts to soften, adding water when needed.
- 10 minutes later pour in the raspberries (and the optional date syrup) and finish cooking your sauce, adding water if needed.
- Fill a medium-sized pot halfway with water and bring it to a boil. When it starts bubbling, pour in the tapioca grits.
- Simmer over medium heat and stir often. Turn heat to low and continue to simmer your AIP breakfast porridge and stir for about 5-8 minutes, until the tapioca is completely translucent.
- In the meantime, blend vanilla, maca, coconut milk and dates. Strain the tapioca porridge in a colander, transfer it back into the pot over low heat and add in the coconut mixture and a bit of stevia.
- Simmer for 5 more minutes, until the liquid is absorbed. Pour your breakfast porridge in three wine glasses (I like to look fancy ;) and create layers with the rhubarb-raspberry sauce.
- Enjoy these little cups of grain free porridge while they are still warm. It doesn't get any better!!



Carrot Cake Breakfast Cereal

Prep time: 10 mins

Total time: 25 mins

Ingredients:

- 2 c spaghetti squash, cooked
- 1 medium carrot, finely grated (about $\frac{1}{2}$ c)
- $\frac{1}{2}$ c apple cider (a.k.a. unfiltered apple juice, NOT apple cider vinegar because that would be gross!)
- $\frac{1}{4}$ cup full fat coconut milk
- 1 tsp vanilla (omit if following strict AIP; alternatively some have used alcohol-free vanilla)
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{4}$ tsp ground ginger

- 2 tbsp. raisins
- Optional: shredded carrot and chopped nuts as toppings (Do not add nuts if following elimination-stage AIP.)

Directions:

- Combine all ingredients except raisins and chopped nuts in a saucepan and bring to a gentle simmer. Allow to simmer for 5-7 minutes until thickened. Using a hand-held blender process a couple of times to achieve an oatmeal- or porridge-like texture. Add raisins and simmer for another 1-2 minutes.
- Remove from heat and serve garnished with optional toppings and an additional drizzle of coconut milk.



Lunch



Tuna Salad

Tuna is an excellent source of vitamin B12, an essential vitamin needed to make DNA. Vitamin B12 also helps you to form new red blood cells and prevent the development of anemia.

This tuna salad is creamy, full of delicious vegetables and the perfect lunch. It'll also make a great on-the-go option if you need something quick and easy. Be sure to stuff this tuna salad into some avocado halves or even eat it by its lonesome: it's that good!

Prep time: 5 mins

Total Time: 10 mins

Servings: 6

Ingredients:

- 2 5-ounce cans wild caught tuna
- 5-6 tablespoons Homemade Paleo Mayonnaise depending on preference
- 1 Medjool date pitted
- 1 tablespoon Nature's Intent apple cider vinegar
- 1 1/2 cups red bell peppers finely diced
- 1 1/2 cups broccoli florets steamed
- 3/4 cup red onion finely diced
- 1 teaspoon garlic powder
- Kosher salt to taste
- Black pepper to taste

Directions:

- In a small bowl, add the Medjool date with enough hot water to cover it. Let it sit for 20 minutes and drain the water. Remove the pit from the date and place into a food processor or high-speed blender pitcher.
- Add the mayonnaise and apple cider vinegar. Blend on high until smooth and creamy. Set aside.
- Drain water from the cans of tuna and scoop into a large mixing bowl.
- Add in vegetables and mix thoroughly. Stir in the seasonings. Taste for additional mayo / salt and pepper and stir again.
- Serve inside halved avocados or eat it on its own. It's that good!

Notes:

- I'd recommend starting with 5 tablespoons mayo and giving everything a nice stir. Taste and add more if you'd like it creamier. I like to use about 6 tablespoons total.
- Be sure you are buying high-quality canned tuna that is sustainable and wild-caught if you can.
- Make homemade paleo mayonnaise. Once you do, you'll never grab anything from the store again.
- Steam the broccoli as you chop the bell peppers and onion to reduce total prep time.
- Store the remaining mayo in an airtight container in the refrigerator for up to 7 days.
- Use a fork or potato masher to break apart the canned tuna in the bowl.

- The tuna salad can be made in advance. Store it in the fridge and spoon into the avocado halves just before serving.

Lemon Black Pepper Tuna Salad

Piperine, the plant compound in black pepper, has strong antioxidant properties. The body creates free radicals, unstable molecules that can damage cells, both naturally and in response to environmental stresses. Excess free radical damage can lead to serious health problems, including inflammatory diseases, heart disease, and certain cancers.

This easy tuna salad recipe is bursting with Mediterranean flavors—and it is ready in just 10 minutes. Serve it on its own or atop a bed of peppery arugula or milder-flavor baby spinach. We've opted for olive oil instead of regular mayonnaise to give this dish a boost of polyphenols while maintaining its yumminess. You'll need just half a lemon to produce enough zest and juice for this recipe.

Prep Time: 10 min

Total Time: 10 min

Servings: 1

Ingredients:

- 1/3 cucumber (peeled, de-seeded, and diced small)
- 1/2 small avocado, diced small
- 1 tsp lemon juice
- 1 can (4-6 oz or 100–150 g) of tuna
- 1 Tablespoon Paleo Mayo (optional - or use olive oil)
- 1 Tablespoon mustard
- Sea salt (or any unrefined salt) to taste
- Salad greens (optional)
- Black pepper to taste

Directions:

- Mix together the diced cucumber and avocado with the lemon juice.
- Flake the tuna and mix well with the mayo and mustard.
- Add the tuna to the avocado and cucumber. Add salt to taste.
- Prepare the salad greens (optional: add olive oil and lemon juice to taste).
- Place the tuna salad on top of the salad greens.
- Sprinkle black pepper on top.

Notes:

- A suggested brand for mayo is Primal Kitchen.
- Although, ideally, we'd avoid canned goods (in case of chemicals in the inner can lining), just do the best you can with tuna products. At the very least, look for wild-caught (or sustainably sourced) tuna, and that the canned tuna is mainly just in water (and/or salt) and not processed oils (except for EPIC-approved oils).

Turkey Burgers

This is a simple and delicious recipe. After making them for the first time my family said 'no more' to beef burgers. These are really good - any cooking method may be used, and they freeze very well. The recipe can also be used for meatballs or meat loaves.

Shallots benefits include promoting growth of healthy hair, fighting free radicals, enhancing brain function, can improve blood circulation, contributes to nervous stability, lower blood pressure, helps prevent diabetes, helps with weight loss, helps maintain bone density, promotes healthy skin, and effectively assist the body defense system.

Prep time: 5 mins

Total Time: 20 mins

Servings: 4

Ingredients:

- 1 ¼ pound lean ground turkey
- ½ cup finely chopped shallots
- ¼ cup chopped fresh cilantro
- 4 tbsp. olive oil, divided
- 1 tsp. cayenne powder - not flakes (optional)
- 1 tsp. ground cumin
- 1 tsp. salt
- ½ tsp black pepper
- 4 butter lettuce leaves

Directions:

- Mix ground turkey, shallots, cilantro, 3 tbsp. olive oil, cayenne (optional), cumin, salt and pepper in a large bowl. Shape turkey mixture into 4, 3 ½-4 inch diameter patties.
- Heat 1 tbsp. oil in a large non-stick pan over medium high heat. Add burgers and cook until brown, about 3 minutes per side.
- Reduce heat to low. Saute burgers until they are cooked through, about 4 minutes, turning occasionally.
- Use lettuce leaves as a wrap for the burgers.

Sweet Potato Toast with the Fixins

The biggest potential health benefit of red onion comes from its organosulfur compounds — a family of nutrients that are also present in garlic, leeks and other onions. Organosulfur compounds are powerful antioxidants, which means they help scrub your cells clean of cancer-causing free radicals.

Sweet potato toast is a delicious way to switch up your “bread-toast” routine. Just slice a sweet potato, bake it in the oven or pop it in the toaster, and top it with fresh ingredients. It’s as easy as that!

Prep time: 5 mins

Total Time: 5 mins

Servings: 1

Ingredients:

- Sweet Potato Toast with Pesto, Avocado & Red Onion
- Sweet Potato (small, ends trimmed, sliced lengthwise)
- 1 Avocado (peeled and mashed)
- 1 tbsp Pesto (your choice)
- ¼ cup Red Onion

Directions:

- Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- Top the sweet potato toasts with pesto, mashed avocado and red onion



Simple Roasted Vegetables

Prep time: 5 mins

Total Time: 20 mins

Servings: 4

Ingredients:

- 1 purple kumara/sweet potato
- 1 orange kumara/sweet potato
- 2 red onions
- 1 large leek
- 1 head of broccoli
- 20 Brussel sprouts
- 2 zucchini
- 2 fresh rosemary stalks
- 2 - 3 tablespoons healthy fat of choice (I used duck fat)

Directions:

- Heat your oven to 180°C/350°F
- Peel and chop your root vegetables. Pop them into a large roasting tray.
- Pull the leaves off the rosemary stalks. Discard the stalks. Finely chop the rosemary. Scatter over the root vegetables. Salt generously.
- Melt your fat. Drizzle over the chopped vegetables and mix.
- Place in the oven for 30 minutes.
- While the root vegetables are cooking, wash the remaining vegetables. Chop the broccoli into small florets. Remove the base and outer leaves of the Brussels sprouts and chop in half. Remove the outer layer of the leek before washing carefully to remove any dirt and slicing into coins. Wash and chop the zucchini.
- After 30 minutes, add the remaining vegetables to the roasting tray. Mix well. Roast for a further 30 minutes.

Sweet Potato Chicken Poppers

If you're looking for a great AIP appetizer or finger food that has some hidden veggies, you need to try these Sweet Potato Chicken Poppers.

Green onions usually are premature onions; collected before the bulb has an opportunity to grow. They've got a less severe flavor as compared to onions and therefore are frequently utilized to boost the taste of dishes. Consists of quercetin, an antioxidant which has antihistamine qualities.

Prep Time: 10 mins

Total Time: 40 mins

Servings: 20-25 poppers

Ingredients:

- 1 lb ground chicken (uncooked)
- 2 cups uncooked sweet potato, finely grated (I use a small food chopper.)
- 2 tbsp coconut oil + 1 tsp for greasing the baking sheet
- 2 tbsp coconut flour
- 2-3 sprigs green onion, chopped fine
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp sea salt

Directions:

- Preheat the oven to 400 F and lightly grease a baking sheet with coconut oil or line with parchment paper.
- Squeeze raw potato with a paper towel or cheesecloth to remove excess liquid.
- Combine all of the ingredients in a large mixing bowl.
- Roll the mixture into small, slightly flattened poppers about one inch in diameter (you'll have about 20-25 poppers) and place them on a baking sheet.
- Place in the oven for 25-28 minutes, flipping halfway through. Crisp further under the broiler, if desired, for 1-2 minutes.
- Serve with AIP Guacamole (See recipe in Snacks.)

Steak Bites with Sweet Potato (Our Salty Kitchen)

This one-pan meal of steak bites and sweet potatoes is nourishing, filling, and delicious!

Garlic has long been used medicinally, most recently for its cardiovascular, antineoplastic, and antimicrobial properties. Sulfur compounds, including allicin, appear to be the active components in the root bulb of the garlic plant. Studies show significant but modest lipid-lowering effects and antiplatelet activity.

Prep Time: 10 mins

Total Time: 30 mins

Servings: 2

Ingredients:

- 2 lbs sirloin steaks, cut into 2-inch pieces
- 4 tbsp olive oil, divided
- 1 1/2 lb sweet potatoes, peeled and cut into 1-inch cubes
- 5 cloves garlic, minced
- 2 tsp salt
- Cracked pepper

Directions:

- Heat 2 tablespoons of olive oil in a large cast iron skillet over medium-high heat.
- Add the sweet potatoes to the pan in a single layer. Let them sit untouched for 3-5 minutes until golden brown. Toss in the pan for an additional 10-12 minutes until fork tender. Remove from the pan and set aside.
- Season steak pieces generously with salt and pepper, not yet adding to the pan.
- Heat 2 tbsp of olive oil over high heat. Add in steak bites in a single layer, making sure they aren't touching each other. Cook on high untouched until steak bites are well browned, turn sides and repeat. Continue cooking until all sides are brown. If working in batches, remove the first batch from the pan, cover with aluminum foil to retain heat, and cook the remaining steak.
- Once all the steak is cooked, add both sweet potatoes and all steak back into the pan along with the garlic and cook for 1-2 minutes until the garlic is fragrant.

Mushroom and Pepper Sauté with Arugula

Warm, nourishing, and simple, it's the perfect quick and easy side dish for your morning eggs or chicken dinner. Happy eating!

Cremini mushrooms are rich in several nutrients and are believed to contain more minerals than other kinds. Some of the minerals that this type of mushroom has include selenium and potassium. They also have decent quantities of calcium and iron. Prominent vitamins in cremini mushrooms are vitamins B and C. They are extremely low in fat, calories and carbohydrates.

Prep time: 10

Total Time: 26

Servings: 4

Ingredients:

- 3 tablespoons olive oil, divided
- ½ pound cremini mushrooms, cut in half or 2 medium portobellos, thinly sliced
- 1 large or 2 small yellow, red, or orange bell peppers, sliced very thin
- 2 cloves garlic, minced
- 1 tablespoon balsamic vinegar
- 1 tablespoon lemon juice
- ¼ cup fresh basil leaves, chopped (or 1 tablespoon dried)
- 1 pinch sea salt
- 4 cups arugula leaves (or any combination of mixed greens)

Directions:

- Heat 2 tablespoons of olive oil over medium heat in a large skillet.
- Add mushrooms and bell peppers and saute until tender, about 7–10 minutes.
- Add garlic and saute for 1 more minute.
- Stir in the fresh or dried basil (if using), along with a pinch of salt if needed.
- Divide the greens among 4 plates, and drizzle with remaining 1 tablespoon olive oil. Top with warm peppers and mushrooms. Serve immediately.

Sardine Salad (Phoenix Helix)

Packed with flavor and Omega-3s, this dish makes the perfect light lunch — or a delicious dinner salad.

Sardines have been a central part of the local cuisine in countries like India, the Philippines, Portugal, and parts of the Mediterranean for centuries. The fish is a great source of omega-3 fatty acids, which reduce the risk of heart disease and the likelihood of behavioral problems.

Prep Time: 10 min

Total Time: 10 min (or 40 min if making sweet potato toast from scratch)*

Servings: 1

Ingredients:

- 1 can of sardines (~4 oz). Check that it is in water, or approved oil (e.g. olive oil)
- Sprinkle of salt (any unrefined salt)
- 1 Tbsp lemon juice
- ½ Tbsp Balsamic Vinegar
- 2 Tbsp diced Radish
- 2 Tbsp diced cucumber (peeled and deseeded)
- ½ small avocado

Directions:

- Carefully open the can of sardines. Tip - do this in the sink, just in case the water/oil splatters.
- Lift the sardines out of the oil and place in a bowl (discard the water/oil).
- Using a fork, mash the sardines. It should have a resulting canned tuna appearance (even finer mashed than that).
- Sprinkle with a little salt, then add the lemon juice and balsamic vinegar, and stir to blend.
- Dice the cucumber and radish and add to the bowl. Stir to blend.
- Cut the avocado half into little cubes and add to the bowl. Sprinkle a little more salt on top, and then stir gently to evenly distribute the avocado throughout the salad.
- Serve on top of sweet potato toast slices*.
 - Alternatively, you can serve in lettuce cups or simply eat with a spoon, or add in some riced cauliflower (or the sort).

To make sweet potato toast slices:

- Preheat the oven to 400 degrees Fahrenheit.
- Slice the potato into even discs (approx. ¼ to ½-inch thick) using a knife or mandolin slicer. Then place them onto a parchment lined baking sheet.
- Bake for 30 min or until slightly toasted. Thicker slices may require a bit more time.

Notes:

- Feel free to double, triple, or quadruple if serving more people.
- Check your ingredient list on balsamic vinegar carefully. Some brands have added sugar, coloring and preservatives, all of which you want to avoid.
- The bone of sardines are edible. This is why the mashing with a fork is important, as it will help create a consistent texture, and break down the soft bone. May sound gross - but it's also why sardines are such an excellent source of calcium!
- You can even just use the simple recipe of sardine, lemon juice, balsamic vinegar, and whatever seasonings you wish, to incorporate this into any other kind of dish you want.

Warm Shrimp Salad and Bok Choy

Bok choy is a vegetable that pairs well with Asian-inspired flavors. Here, we've combined bok choy, shrimp, and sesame dressing. The result is a dish which is presented as a salad, but brings together all the flavors associated with a stir-fry.

Prep Time: 10 min

Total Time: 10 min (or 40 min if making sweet potato toast from scratch)*

Servings: 1

Ingredients:

- 1 head Bok Choy, large
- 1/3 lb Shrimp, Raw
- 1/4 tsp [Fish Sauce](#)
- 3 Tbsp Coconut Aminos
- 2 clove Garlic
- 1/4 cup Watercress

Directions:

- Heat a large skillet over medium-high heat.
- Rinse the bok choy, and remove the large white veins near the bottom of each leaf. Chop the leaves lengthwise, and set aside.
- Place the shrimp in the skillet, and stir in the fish sauce and coconut aminos. Sauté for 4-5 minutes.

- Add the minced garlic and watercress, and continue to sauté until the shrimp is completely opaque.
- Add the bok choy, and sauté 1-2 minutes, until it begins to soften slightly.
- Remove the skillet from the heat, and serve immediately.



Dinner



Curry Baked White-Fish

This white fish curry recipe could be made with any meaty white fish such as halibut, cod, tilapia or hake. Here I have used halibut which is my favourite but a bit on the expensive side.

Halibut and other meaty fish lend themselves well to curry flavours as they can stand up to the spices. That said, fish is delicious on its own with a simple squeeze of lemon and salt and pepper. In terms of nutrition, halibut offers a bounty of micronutrients—notably selenium, vitamin B6, vitamin B12, and niacin—and plenty of high-quality protein. It also contains just a hint of fat at 1 gram per serving, making it an ideal fish for the EPIC Five Plan Diet.

Prep time: 10 mins

Total Time: 20 mins

Servings: 4

Ingredients:

- 6-8 oz fish fillets x4 (tilapia, hake, cod, halibut or other whitefish of choice)
- 2 Tbsp extra virgin coconut oil, melted (or use unsalted butter)
- 2 tsp turmeric
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp ginger
- ½ tsp cardamom
- ¼ tsp cinnamon
- ¼ tsp pepper
- ¼ tsp anise

- ¼ tsp garlic powder
- ¼ tsp caraway seed
- ½ tsp salt, to taste

Directions:

- Preheat the oven to 375°F. Line a baking sheet with parchment paper, tin foil, or a silicone liner.
- Combine all of the seasoning together. If using any whole spices (typically anise and caraway), grind in a mini food processor, a spice grinder, a coffee grinder or use a mortar and pestle.
- Place seasoning mix into a spice shaker (you can also dust using a sieve if you don't have a spice shaker).
- Melt coconut oil and coat fish with either a pastry brush or the back of a wooden spoon (if your fish is still cold, which it probably is, the coconut oil will solidify fairly quickly after you coat the fish and that's okay).
- Sprinkle seasoning generously over both sides of your fish (it should stick nicely to the coconut oil). Place on you prepared baking sheet and bake for 10 minutes (the rule of thumb is 20 minutes per inch thick, so for thicker fillets you'll need to adjust your baking time)

Curried Chicken and Vegetables (All Recipes)

Bok choy, a cruciferous green vegetable, is a member of the *Brassica* family. It's also called pak choi or Chinese cabbage. Like other dark, leafy greens, bok choy is an excellent source of the flavonoid **quercetin**. Quercetin can help to reduce inflammation in the body, which may help to reduce your risk of developing a variety of chronic health issues such as heart disease, **diabetes**, and cancer.

Prep time: 25 mins

Total Time: 1 hour 44 mins

Servings: 8

Ingredients:

- 2 large chicken breasts (or 4 thighs) cut into 1-inch chunks
- 2 medium-large onions, diced
- 1 tablespoons coconut or olive oil
- 4 medium carrots, scrubbed and sliced
- 2 cups water
- 1 small head cauliflower, broken into bite-sized pieces
- 1 bunch baby bok choy (or other greens), chopped
- 1 cup green beans, cut into 1-inch pieces
- ½ onion, chopped
- 2–3 teaspoons grated fresh ginger (or ½ tsp dried)
- 1–2 teaspoons curry powder
- 2 teaspoons ground turmeric
- 1 can (15-ounces) coconut milk
- 1–2 tablespoons red curry paste, for those who prefer a zippier taste (optional)
- ½ teaspoon sea salt

Directions:

- Saute chicken and onion in oil for 3–4 minutes over medium heat in a large, heavy soup pot.
- Add garlic and saute another minute.
- Now add carrots, and 2 cups water. Bring to a simmer and cover. Cook for about 10 minutes.
- Add the cauliflower, bok choy, green beans, ginger, and spices. Cover and continue simmering gently for 10–15 minutes, until veggies are tender.
- Now stir in the coconut milk and the curry paste, if using, being sure that the paste is well mixed in.
- Allow to simmer (on low heat) for 5–10 minutes and then turn off heat and let sit to blend flavors until ready to serve. Just before serving, stir in defrosted frozen baby peas (at about room temperature), adding some sea salt to taste if needed.
- Dinner is served--in one skillet! We're talking beef, veggies, and all.

Beef and Sweet Potato Skillet

Prep time: 10 mins

Total time: 25 mins

Ingredients:

- 2 Tbsp avocado oil
- 1 (1-lbs.) pkg. Lean ground beef
- 2 large sweet potatoes, peeled and chopped, about 3 c.
- ½ red onion, chopped
- 1 tsp. garlic powder
- 1 tsp ground cumin
- 1 tsp. Salt
- ½ tsp. Cinnamon
- 1 (15-oz.) can steam peeled tomatoes
- 1 c. fresh spinach, packed
- 1 lime, juiced
- Fresh cilantro, for garnish, if desired
- 1 avocado, peeled, pitted and sliced

Directions:

- Heat olive oil in a large skillet over medium-high heat. Add ground beef and cook until no longer pink (165 degrees) about 5-7 minutes. Remove beef from skillet; set aside and keep warm.
- Reduce heat to medium and add sweet potatoes and onion to the same skillet. Cook until onion softens, about 3 to 5 minutes. Stir in garlic powder,

cumin, salt, cinnamon, and canned tomatoes. Cover; cook for 7-10 minutes or until potatoes are tender, stirring occasionally.

- Once potatoes are tender, stir in cooked ground beef, and spinach. Cook 2 to 3 minutes or until heated through and spinach begins to wilt. Remove from heat and stir in lime juice and chopped cilantro, if desired. Top with sliced avocado just before serving.

EPIC Chicken and Green Leaf Soup

Cozy up with a hearty and healthy bowl of EPIC Chicken and green leaf soup.

Kale contains fiber, antioxidants, calcium, vitamins C and K, iron, and a wide range of other nutrients that can help prevent various health problems.

Prep time: 10 mins

Total Time: 30 mins

Servings: 6

Ingredients:

- 2 quarts organic, free-range chicken stock
- ½ of the chicken used to make stock
- 3 Tbsp. coconut oil
- 1 cup carrots, diced
- 1 cup bok choy, diced
- 1 cup kale, shredded
- 1 cup fresh baby spinach, chopped
- ¼ cup chopped parsley (or cilantro or Italian parsley)
- 1 tsp. rubbed sage (or 1 Tbsp. fresh sage)
- 1 tsp. ground coriander
- 1 tsp. dried thyme (1 Tbsp. fresh thyme)
- 1 tsp. oregano
- Pink salt and black pepper, to taste

Directions:

- In a very large pot saute carrots in coconut oil. Once carrots are limp, pour in chicken stock.
- Add the bok choy, kale, and spinach and cook for a few minutes. Stir in the chicken, then the spices and let simmer for about 20 minutes. Salt and pepper to taste.



Mediterranean Tuna Salad

This Mediterranean tuna salad recipe offers an alternative from the original. Sun Dried tomatoes, olives, artichokes and more provide a bright, flavorful salad!

Kalamata olives are rich in oleic acid, a type of MUFA linked to improved heart health and cancer-fighting properties. They're also a good source of iron, calcium, copper, and vitamins A and E.

Total Time: 10 mins

Servings: 4

Ingredients:

- 2 five oz cans of tuna, packed in water
- 1/2 c. mayo (homemade)

- 2 Tbsp capers
- 8 whole pitted kalamata olives, chopped
- 5 sun-dried tomatoes packed in oil, chopped
- 4 artichoke quarters, chopped
- 2 tsp lemon juice
- salt & pepper
- 1/2 avocado, diced
- 4 cups spring mix

Directions:

- In a large bowl, combine the tuna & mayo and stir to combine.
- Add the capers, olives, sun-dried tomatoes, artichokes, and lemon juice.
- Season with salt and pepper.
- Divide the spring mix between two plates. Top with 1/2 of the tuna salad and 1/2 of the diced avocado and serve.

Nut Crusted Chicken Fingers*

*Not for the first round of “detox”

Sliced almonds and coconut milk gives blah chicken fingers a crunchy, satisfying texture and flavor.

Pecans contain more than 19 vitamins and minerals – including vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, several B vitamins and zinc. One ounce of pecans provides 10 percent of the recommended Daily Value for fiber. Pecans are also a natural, high-quality source of protein that contains very few carbohydrates and no cholesterol and are naturally sodium-free.

Prep time: 10 mins

Total Time: 25 mins

Servings: 4

Ingredients:

- 1 ½ pounds chicken tenders
- ½ cup almonds (or nut of choice)
- ½ cup pecans (or nut of choice)
- 1 tsp smoked paprika
- ¼ tsp garlic powder
- ¾ tsp salt (or to taste)
- 1 cup canned coconut milk

Directions:

- Preheat the oven to 350°.
- Combine nuts in a food processor and process until finely ground. Add in spices and pulse a few times to mix well.
- Spread nut mixture on a large plate and set aside.
- Place chicken in a bowl and pour coconut milk over chicken. Let stand for 10 minutes.
- To assemble chicken, remove from coconut milk; let excess drip off, then dip in nut mixture to coat.
- Place chicken on a parchment lined baking sheet and bake at 350 for 20-25 minutes, or until internal temperature reaches 160 degrees.

Nut Crusted Tilapia*

*Not for the first round of “detox”

Tilapia is indigenous to the sea of Galilee. Tilapia fish is good for your bones. It contains minerals such as calcium and phosphorus that are needed for bone growth and maintenance

Looking to increase your fish intake? Try this weeknight-friendly tilapia. The nutty coating crisps up deliciously in a skillet, and the whole meal thing is done in 25 minutes.

Prep time: 10

Total Time: 25

Servings: 4

Ingredients:

- x4 tilapia fillets
- 1/3 cup ground pecans (or nut of choice)
- ¼ tsp salt
- ¼ tsp pepper
- 1/8 tsp garlic powder
- 1 tbsp. olive oil
- For a spicier option consider substituting
- ½ tsp or to taste of Cajun seasoning for salt, pepper, and garlic powder

Directions:

- Combine ground pecans, salt, pepper, and garlic powder in a Ziploc bag.
- Place fish fillets one at a time in the bag, seal, and shake to coat.
- Heat olive oil over medium heat in a large pan. Add tilapia and cook about 4-5 minutes per side, or until light and flakey.
- Remove from heat and serve

Pumpkin Spinach Curry Chowder

This pumpkin Curry Soup brings about all the warm, cozy, fall feels in a healthy, easy, and delicious way!

In addition to beta carotene, **pumpkins** offer vitamin C, vitamin E, iron, and folate -- all of which strengthen your immune system. More pumpkin in your diet can help your immune cells work better to ward off germs and speed healing when you get a wound.

Prep Time: 10

Total Time: 40

Servings: 4

Ingredients:

- ½ cup organic pumpkin puree
- 4 cups fresh spinach or kale
- 3 cups shredded chicken or turkey
- 1 Tbsp. coconut or olive oil
- 2 cups organic chicken broth/stock
- 1-2 Tbsp. curry or turmeric powder
- Black pepper and pink salt to taste

Directions:

- Simmer the broth, pumpkin, and spices for 5 minutes.
- Add the chicken or turkey to the broth.
- Add in spinach or kale and bring to a rolling boil. Continue to boil for about 3-5 minutes until the meat is finished.
- Pour the soup in a bowl and add coconut or olive oil.
- Add salt and pepper to taste

Savory Pork Carnitas - Instant Pot

A quick and easy carnitas recipe using a mix that is sure to get the flavor right!

Avocado oil has a high smoke-point (the temperature in which oil begins to degrade under heat), making it an optimal choice for high-heat cooking, such as stir-frying and sautéing. It can withstand high temperatures without breaking down and losing its health benefits as many other oils do.

Prep Time: 20

Total Time: 1 hr 30 mins

Servings: 6

Ingredients:

- 2-3 lb pork butt roast
- 2 teaspoons salt
- 1-2 teaspoons ground cumin
- 1 teaspoon coriander
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon chile powder (or more to taste)
- 1/2 cup orange juice (fresh squeezed - no sugar added)
- 2 limes juiced 1 onion, coarsely chopped
- 12 bunch of cilantro
- 3 cloves garlic (optional)
- 2 tablespoons avocado oil
- Mild tomatillo salsa (optional)

Directions:

- 8-24 hours before cooking combine all ingredients except olive oil & salsa in a plastic ziplock bag and put pot roast in to marinate overnight.
- To begin cooking, turn Instant Pot to sauté mode and add olive oil. Wait for the pot to heat up.
- Remove the roast, saving the liquid marinade. Slightly salt the outside of the roast and brown each side.
- Add the liquid marinade to the pot and add a half cup of water/broth.
- Place lid on pressure cooker and lock, manually set for 50-55 minutes. Let pressure come down naturally, about 15 minutes, or release the pressure if you want to enjoy it sooner.
- Remove roast from pressure cooker and shred meat (carefully, if it is still hot).
- Add flavorful salsa, if desired, when you serve. Enjoy!

Sheet Pan Chicken Fajita (Our Oily House)

SHEET PAN DINNER! The quickest meal you can make with amazingly tender chicken + crisp-tender veggies with the easiest clean-up!

Paprika contains capsaicin, a compound found in peppers that has been shown to have a wide range of health benefits. For example, it has antioxidant properties, can help reduce the risk of cancer and heart disease, improve immunity, and even alleviate gas.

Prep Time: 15 mins

Total Time: 45 mins

Servings: 4

Ingredients:

- 1 pound chicken, boneless skinless breasts
- 1 red pepper, sliced
- 1 orange pepper, sliced
- 1 yellow pepper, sliced
- 1 onion, sliced
- 1/4 cup avocado oil
- 2 teaspoons chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon paprika
- 1/4 cup fresh cilantro

Directions:

- Preheat the oven to 400 degrees.
- Slice chicken into one-inch slices and place them in a large bowl.
- Add in vegetables, avocado oil, and spices.
- Toss to coat.
- Cover the baking dish with a piece of parchment paper.
- Spread chicken and vegetables out evenly on a baking dish.
- Bake for 25-30 minutes or until chicken is cooked.
- Top with cilantro and lime juice.
- Serve with fresh guacamole, salsa, shredded lettuce, tomatoes, and jalapenos.



Sides



Broccoli+Kale Slaw Salad (Primavera Kitchen)

This Super Easy broccoli Slaw Salad is a great recipe for a Whole30 healthier version of classic broccoli slaw, which is made with homemade mayo. It also can be made ahead and stored in the fridge for up to 3 days.

Broccoli is a good source of fibre and protein, and contains iron, potassium, calcium, selenium and magnesium as well as the vitamins A, C, E, K and a good array of B vitamins including folic acid.

Prep Time: 5 mins

Total Time: 5 mins

Servings: 4

Ingredients:

- 4 cups broccoli slaw I bought a bag of broccoli slaw from the the produce aisle
- 2 cups kale chopped
- ¼ cup sliced almonds
- 4 tbsp. homemade mayonnaise
- 1 ½ tbsp. lemon juice
- Red flakes pepper to taste
- Salt & Pepper to taste

Directions:

- In a large bowl, add broccoli slaw, chopped kale and sliced almonds.
- In a small bowl, whisk together mayonnaise and lemon juice.
- Add salt, black pepper and red flakes pepper to taste.
- Pour dressing over salad and toss to combine well.
- Serve immediately or store in a container in the fridge for up to 3 days.

Carrot Arugula Salad

Arugula and carrot salad is one of my favourite spring salads. It's a delicious and stunning salad that is packed with an amazing combination of sweet and sour flavours that balance each other out including spicy arugula, sweet carrots, creamy dijon mustard, sour lemon juice, and fresh squeezed oranges. It's a light meal option that is sure to impress.

Arugula is a leafy, dark-green vegetable. It's part of the Brassica or cruciferous group, which also includes kale, broccoli, cauliflower, cabbage, and Brussels sprouts, explains Brigitte Zeitlin, MPH, RD, and owner of BZ Nutrition. Arugula's thin leaves look delicate, but they have a strong, peppery taste.

Prep Time: 5 mins

Total Time: 10 mins

Servings: 4

Ingredients:

- ½ cup shredded carrots
- 1 navel orange, sectioned
- 1 tablespoon olive oil
- 2 teaspoons balsamic vinegar
- 3 tablespoons orange juice squeezed from navel orange
- 1 teaspoon Dijon mustard
- 1 pinch sea salt
- 1 pinch ground black pepper
- 2 bunches arugula, washed well and dried

Directions:

- Whisk together olive oil, balsamic vinegar, orange juice, Dijon mustard, sea salt and black pepper.
- In a large bowl, add arugula and toss with dressing. Add oranges & carrots, and toss again. Serve immediately.

Roasted Brassica Veggies

Roasted vegetables are a comfort food to feed the soul and the body! This easy recipe will turn your brassicas into tender and tasty bites tinged with a crispy brown edge.

Fortified nutritional yeast also contains high levels of vitamin B12 and folic acid (B9), both of which help your body make and maintain your DNA and red blood cells.

Prep Time: 10 mins

Total Time: 15-20 mins

Servings: 4

Ingredients:

- ½ pounds brussel sprouts, cauliflower, and/or broccoli
- 2 tbsp. olive oil
- Salt & pepper to taste
- Dash of nutritional yeast (optional)

Directions:

- Drizzled brussel sprouts with olive oil and sprinkle with salt and pepper. Cut larger ones in half.
- Arrange on a large baking sheet.
- Bake at 450 degrees for 10-12 minutes total.

Cruciferous California Salad (Rachel)

Prep Time: 10 mins

Total Time: 15-20 mins

Servings: 4

Ingredients:

- 3 cups of fresh cut broccoli
- 3 cups of fresh cut broccoli
- 1 small red onion, finely chopped
- 1 small jar kalamata (or green) olives
- ½ bottle of Primal Kitchen Italian or Dreamy Italian Dressing

Directions:

- Mix all ingredients in a large bowl
- Add Dressing, put on lid and shake
- Refrigerate 1 hour before serving, or overnight for further marination

Balsamic Vinaigrette

Prep Time: 2 mins

Total Time: 5 mins

Servings: 10 (1 serving ≈ 2 tablespoons)

Ingredients:

- ¼ cup balsamic vinegar
- ¼ cup water
- 1 teaspoon Dijon mustard
- Herbs to taste (use dried rosemary, oregano, basil, parsley, tarragon, or any herb of choice.)
- 1 pinch sea salt 1 pinch black pepper
- 1 Tbsp diced onion
- ⅓ cup cold-pressed, extra-virgin olive oil
- ⅓ cup flaxseed oil (or use all olive oil)

Directions:

- Measure all ingredients, except oils, into a jar with a tight-fitting lid. Shake vigorously or use a whisk. When well-combined, add oils and shake again. Store in the refrigerator.
- Mixture will harden while refrigerated. Remove, and allow to soften 5–10 minutes before using.
- Use this dressing for any salad or any veggie you wish

Have-It-Your-Way Veggie Dip (Val Rath)

Prep time: 5 mins

Total time: 10 mins

Ingredients:

- 1 can of coconut milk
- 1 tbsp olive oil
- 1 ½ tsp seasoning blend of choice
- Veggies of choice, grated (good options include carrots, broccoli, kale or cucumbers)
- ½ yellow onion, chopped and sauteed (optional)
- Salt and pepper, to taste

Directions:

- Place coconut milk, olive oil, your choice of seasoning blend, salt and pepper into a bowl and mix until smooth and combined.
- Place mixture in the fridge for 1 hour before serving. Before serving, mix in the grated veggies.
- If you are using the sauteed yellow onion, place on top before serving.
- Serve your favorite raw, roasted, or grilled veggies

AIP Guacamole*

*Great with Sweet Potato Chicken Poppers (See Lunch).

Prep Time: 2 mins

Total Time: 5 min.

Ingredients:

- 1 large avocado, diced
- 1/4 red onion, diced
- 2 tbsp fresh cilantro
- Juice of 1/2 lime
- 1 tsp garlic powder
- 1/2 tsp sea salt

Directions:

- Use a fork to mash the avocado in a medium mixing bowl.
- Add in the remainder of the ingredients (reserving the cilantro) and stir to combine.
- Top with extra fresh cilantro and serve with veggies, and other snacks.

Cilantro Basil Pesto, Nut-Free (Autoimmune Wellness)

Prep Time: 5 mins

Total Time: 10 mins

Ingredients:

- 4 ounces fresh basil (about 1 cup very tightly packed)
- 4 ounces fresh cilantro (about 1 cup very tightly packed)
- ½ cup extra virgin olive oil
- 1 lemon, juiced
- 1 clove garlic, peeled
- ½ teaspoon sea salt

Directions:

- Place all ingredients in a high-powered blender or food processor and blend on medium speed until desired consistency is reached.
- If the blend is too thick, add some additional olive oil.

Cilantro Lime Vinaigrette

Prep Time: 5 mins

Total Time: 10 mins

Ingredients:

- 2 Tbsp lime juice
- ¼ cup packed cilantro
- 1 small strip jalapeno, seeds removed
- ¼ cup avocado or extra virgin olive oil
- ½ tsp sea salt Pinch of ground black pepper
- Add ½ avocado for creamy dressing (optional)

Directions:

- Mix in a food processor or high-powered blender until smooth.

Ranch Dressing

Prep time: 2 mins

Total Time: 5 min

Servings: 8+

Ingredients:

- ½ cup coconut milk
- ½ cup plain coconut yogurt (brand suggestion - “Cocoyo”)
- ¼ cup avocado oil
- 2 tbsp apple cider vinegar
- 1 tbsp dried chives
- 1 tbsp dried parsley
- 1 tsp dried dill
- 1 tsp granulated garlic
- 1 tsp sea salt
- ½ tsp onion powder

Directions:

- Combine coconut milk, coconut yogurt, avocado oil, and apple cider vinegar in a high powered blender. Blend until fully emulsified.
- Add dried herbs, garlic, sea salt, and onion powder to the liquid ingredients and pulse a few times to combine (if cannot pulse, it’s not a big deal).
- Store in the fridge, in a sealed jar for up to a week.

Taco Filling

Prep Time: 5 mins

Total Time: 5 mins

Servings: 4

Ingredients:

- 1 pound lean ground turkey meat
- 1 tsp chili powder
- 2 tsp cumin
- 1 tsp garlic powder
- 1 tsp salt
- ¼ tsp pepper
- For spicier taco filling add ¼ tsp ground chipotle pepper powder - not flakes

Directions:

- Brown turkey meat in a large skillet over medium heat.
- Combine spices and sprinkle over turkey meat. Stir well to coat turkey evenly with spice mix

Taco Seasoning

Prep Time: 5 mins

Total Time: 10 mins

Ingredients:

- 1/4 teaspoon cayenne pepper flakes
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried oregano
- 1 teaspoon paprika
- 1 tablespoon ground cumin
- 2 teaspoon sea salt or pink himalayan salt
- 2 teaspoon black pepper
- 2 tablespoon chili powder

Directions:

- In a small bowl, mix together the spices. Store in an airtight container.

Notes:

- Use 2 tablespoons per 1 lb of ground beef, more or less as desired.

Argentinian-Style Chimichurri

Prep Time: 5 mins

Total Time: 5 mins

Ingredients:

- 3-6 cloves garlic, to taste
- 2 tbsp chopped red onion
- 2 cups fresh flat leaf parsley, firmly packed
- ¼ cup fresh oregano leaves (optional) OR 1 teaspoon dried oregano
- ¼ cup fresh cilantro (optional)
- ½ to ⅔ cup olive oil
- 2 tbsp red wine vinegar, or to taste
- 1 tbsp lime juice, or to taste
- Salt and red pepper flakes to taste

Directions:

- Pulse the garlic and chopped red onion in a food processor until just finely chopped.
- Add the parsley, oregano and cilantro, as desired, and pulse briefly, just until the herbs are finely chopped.
- Transfer parsley mixture to a separate bowl.
- Add the olive oil, red wine vinegar and lime juice and stir. (Adding the liquids outside of the blender gives the chimichurri the correct texture. You don't want the herbs to be completely pureed, just finely chopped). Season with salt and red pepper flakes to taste

Easy Cauliflower Mashed Potatoes

Prep Time: 10 mins

Total Time: 25 mins

Servings: 4

Ingredients:

- 1 head of cauliflower
- salt to taste
- 2-3 roasted garlic cloves (not fresh) or 2 teaspoons minced garlic in a jar
- 1 oz cream cheese
- 1 tablespoon heavy whipping cream
- 2 tablespoons butter
- 1/4 cup shredded parmesan cheese I prefer to use parmesan reggiano
- pepper to taste
- 1 teaspoon chives fresh or dried

Directions:

- Cut the cauliflower into smaller pieces. Do not cut the stems.
- Add the cauliflower to a large pot of water. Use enough water to cover the top of the cauliflower. I used about 2 cups and a medium-sized pot. Boil the water. Add salt to taste.
- Then cover the pot and simmer for 6-8 minutes or until the cauliflower is soft. I used a fork to poke and test when done.
- Remove the cauliflower from the pot, drain the water. Dry the cauliflower completely. I used paper towels.

- Add the cauliflower to a food processor or **high-powered blender**.
- Next add the garlic, cream cheese, heavy whipping cream, butter, cheese, and pepper to taste.
- Blend until the mixture becomes creamy. You may have to remove the lid and stir the mixture and blend again a couple of times, to get it fully mixed and creamy. You can also use an immersion blender.
- Serve the cauliflower mashed potatoes with chives.

Steamed Swiss Chard

Total Time: 15 mins

Servings: 6

Ingredients:

- 1 organic red swiss chard
- 2 garlic, minced
- 1 Tsp Olive Oil
- 1/3 cup(s) Reduced Sodium Chicken Broth
- 1/8 Tsp Iodized Salt
- 1/8 Tsp Black Pepper

Directions:

- Rinse chard and trim stems and discard
- Coarsely chop chard,
- Chop garlic finely to mince.
- Heat oil in a large skillet over medium heat.
- Sauté garlic 30-60 seconds or until fragrant.
- Add chicken broth and bring to a simmer.
- Add chard, cover and cook 2-3 minutes, stirring occasionally.
- Season to taste with salt and pepper. Serve while hot and enjoy!

Keto Bread Rolls (Sweet as Honey)

This recipe for keto bread balls is the best you will ever have. These keto bread rolls are fluffy and taste like the holiday rolls your grandma used to make!

psyllium husk is known to have positive effects on heart health and cholesterol levels. Studies have also shown that psyllium husk fiber is safe, well-tolerated and improves glycemic control for people with diabetes. Unlike stimulant laxatives, psyllium is gentle and not addictive.

Prep Time: 10 min

Total Time: 50 min

Servings: 6 rolls

Ingredients:

- 1 ¼ cup almond flour
- ¼ cup coconut flour
- ¼ cup + 3 Tbsp whole psyllium husk
- ½ tsp salt (any unrefined salt)
- 2 tsp baking powder or 1 tsp baking soda
- 2 tsp apple cider vinegar
- 1 Tbsp extra virgin olive oil
- 1 cup hot water (think hot bath temperature like 104 degrees Fahrenheit)
- 2 Tbsp sesame seeds (optional)

Directions:

- Preheat the oven to 375°F (180°C) Lay a baking tray with parchment paper. Set aside.
- In a large mixing bowl add all the dry ingredients first: almond flour, coconut flour, whole psyllium husk, baking powder, and salt. Stir to combine.
- Add apple cider vinegar, olive oil, and stir in the hot water. Combine for 1 minute with a spatula, the water will absorb gradually, drying out the mixture to create the bread dough. It should stay a bit soft and sticky, that is normal, but you should be able to form a ball with your hand. If not, add slightly more husk 1 teaspoon at a time. You want the ball to hold together, it's OK if it's moist. Don't add more than 1 tablespoon of husk.
- Set aside 10 min to let the fiber absorb the liquid. The dough should be elastic, soft, and easy to divide into 6 small balls.
- Roll each small ball between your hands and place them one by one on the baking tray. No need to leave more than half a thumb between each bread as they won't expand while baking.
- With a pastry brush, brush the top of each bread ball with a bit of tap water.
- Sprinkle some sesame seeds on top of each bread - optional but delicious!
- Bake for 40-45 min at 180°C (375°F). I recommend you place the tray at the very BOTTOM of the oven for 30 min then swap to the TOP level of the oven for 10-15 extra minutes. If you love your bread crusty, turn onto grill mode for an extra 5 minutes after 40-45 minutes of baking time. Watch them closely to prevent the top from burning - if you use the grill method.
- Fully cool down on a cooling rack.
- Slice halfway and enjoy it like a bread roll with butter, ghee, nut butter, etc.

- Store in the pantry for 5-6 days. You could wrap it in a towel to keep them fresh and rewarm them sliced in my toaster to add some crispiness. You can also freeze the bread and double the recipe to make more of it ahead.

Notes:

- Psyllium husk: Don't use Metamucil fiber supplements in this recipe. It's not the same product as whole psyllium husk fiber. Metamucil is a husk powder that's not suitable for baking keto bread. It will turn it dry, purple, or blue.
- If you want to not fiddle with moving it around in the oven, and just keep it in the middle rack, you may do so - but the baking time may be longer. This is a fairly forgiving recipe that, if overbaked, may have a thicker crust and less chance of outright burning.

Creamy Carrot Soup

Prep time: 5 mins

Total time: 10 mins

Ingredients:

- 1 tbsp Extra Virgin Olive Oil (optional)
- 4 Cups Bone Broth
- 8 Medium Carrots
- 2 tbsp. Fresh Ginger
- 12-inch Piece Lemongrass, pounded
- ½ cup of leeks
- 1 tsp Sea Salt

Directions:

- In a medium saucepan over medium heat warm the olive oil and saute the leeks with a pinch of sea salt for about 5 mins or until soft and translucent.
- Add the broth, carrots, ginger, lemongrass and salt. Increase the heat to high, and bring the mixture to a boil. Reduce heat to high, and bring the mixture to a boil. Reduce heat to medium low and simmer for 15 to 20 mins.
- Transfer the soup to a blender, and blast on high for 30 to 60 sec until the mixture is smooth and creamy.

**Change it up: Would you like more of an onion or garlic flavor in this soup? You can use ½ cup of leeks or asafoetida as a substitute.

Butternut Squash Soup

Prep time: 15 mins

Total time: 35 mins

Ingredients:

- 1–2 tbsp coconut oil
- 3 cups butternut squash (or about one large squash), chopped
- 1/4 cup apple, diced
- 2 large leeks, chopped
- 3 cups chicken broth
- 2 tsp dried sage
- 1 tsp ground cinnamon
- 1/2 tsp turmeric (optional)
- 1 tsp salt
- 2–3 fresh green onions, chopped
- 1/4 cup full fat coconut milk (optional, sub additional broth)

Directions:

- Using a large pot on medium heat add the coconut oil to melt. Pour in the butternut squash and sauté in the oil for 6-8 minutes or until slightly softened.
- Add the leeks and apple and lightly sauté for 2-3 minutes.
- Pour in the bone broth, and seasonings (reserving the green onion). Stir to combine.
- Bring to a low simmer on medium heat for 15-20 minutes or until butternut squash is soft. Allow to cool for 10-15 minutes.

- Either use an immersion blender, or a high speed blender to blend the soup until smooth.
- Stir in the coconut milk and serve topped with fresh green onion



Snacks



Cinnamon Butter Bites

Total Time: 1 hr 10 minutes

Ingredients:

- 1 pound pastured butter (can sub ghee OR coconut oil/manna/butter OR any combination)
- 1-2 tbsp raw honey (start with 1 tbsp, and taste before adding more)
- 1 tbsp cinnamon
- 1 tsp vanilla extract
- Sea salt, to taste (especially if using unsalted butter)

Directions:

- Allow butter to slightly soften.
- Add all ingredients to the bowl. Blend together using a hand mixer until well incorporated and slightly “whipped”. Can also use a food processor for this step.
- Spoon butter mixture into silicone molds (a piping bag helps with this step!). Alternatively, you can line a baking sheet with parchment paper and then spoon dollops of butter mixture onto the paper.
- Freeze for an hour or two, then remove from parchment paper or molds and store in a freezer-safe container.
- Enjoy a bite for dessert, or add a bite to your coffee and blend to make it “bulletproof”!

Matcha and Coconut Fat Bombs

Total Time: 1 hr

Ingredients:

For the truffles:

- 1 cup firm coconut oil (refrigerate if necessary)
- 1 cup creamy coconut butter
- ½ cup full-fat coconut milk, refrigerated overnight
- ½ tsp matcha green tea powder
- ¼ tsp cinnamon
- ¼ tsp sea salt
- 1 tsp vanilla extract

For the coating:

- 1 cup dried unsweetened shredded coconut
- 1 tbsp matcha green tea powder

Directions:

- Add all ingredients listed under “truffles” to a good sized mixing bowl.
Reminder: your milk does have to be firm when you use it so make sure that the can cools overnight
- Mix on high speed with a hand mixer, until light and fluffy, then send to the refrigerator to firm up for about an hour.
- While the “truffle” mixture is firming up, combine the shredded coconut and matcha powder together in a fairly large mixing bowl. Set aside.
- Form the cold “truffle” mixture into 32 little balls. A small ice cream scoop helps with this step.

- Roll the balls quickly between the palms of your hands to shape them into perfect little spheres, then drop each ball into the coconut/matcha mixture and roll them until completely coated.
- Transfer your finished fat bombs to an airtight container and keep refrigerated for up to 2 weeks.
- These can be eaten straight out of the fridge, but they are even better when you let them sit at room temp for 10-15 minutes prior to eating.



Amanda's Strawberries 'n Cream Protein Patties

Prep time: 5 mins

Total Time: 10 mins

Servings: 6

Ingredients:

- 1 cup coconut butter, softened
- ¼ cup coconut oil, softened
- 1 tsp vanilla extract
- 1 scoop Bulletproof vanilla protein powder (or other collagen-based vanilla protein powder)
- ½ cup dried unsweetened shredded coconut
- ½ cup chia seeds
- 1 tsp pink sea salt
- 1-2 tsp freeze-dried organic strawberries, ground into powder (can sub another berry)

Directions:

- Add all ingredients to a bowl and mix with spoon/spatula to incorporate well. Let sit for a few minutes to allow chia seeds to “gel”.
- Using your hands, form mixture into equal-sized balls or patties and lay out on a parchment-lined baking dish.
- Once hardened in the fridge or freezer, transfer to a storage container.
- Freeze or refrigerate to store.

Prosciutto Melon Wrap-Ups

Total Time: 10 mins

Ingredients:

- 1/2 medium cantaloupe(s) or honeydew melon, seeded
- 1 package(s) ham, prosciutto, sliced (4 oz.)
- 2 tablespoon(s) mint, fresh chopped
- 1 package(s) toothpicks (optional)

Directions:

- Carefully slice cantaloupe into 1 inch wedges. Remove and discard the rinds.
- Wrap each cantaloupe slice with prosciutto. Secure with a toothpick if needed.
- Garnish with fresh mint and serve chilled or at room temperature.



Endive Salmon Poppers

Total time: 10 mins

Ingredients:

- 1 head(s) endive
- 4 ounce(s) salmon, smoked
- 1/2 medium onion(s), red minced
- 1/2 medium avocado(s) sliced
- 1/4 teaspoon(s) sea salt (optional)
- 1/8 teaspoon(s) black pepper freshly ground
- 1 tablespoon(s) olive oil

Directions:

- Wash and separate endive leaves.
- Top with smoked salmon, red onion and avocado.

- Sprinkle it with sea salt and freshly ground black pepper to taste, and drizzle with olive oil.

Links to EPIC-Approved Snacks

Meat sticks/jerky

- Epic bars/sticks - <https://epicprovisions.com/>
- Nick's sticks - <https://www.nicks-sticks.com/>
- Wild Zora bars - <https://wildzora.com/collections/bars>

Nut/Seeds

Nut/seed butter packets (made from on-plan/allowed nuts/seeds)

- Go Raw brand sprouted seeds - <https://www.goraw.com/shop/sprouted-seeds/>
- SuperSeedz - <https://www.superseedz.com/>

Chips

- Terra Plantain chips (cooked in coconut oil) - watch portion size and serving amount - <http://www.terrachips.com/chips/product/plantains/>
- Dang coconut chips - watch portion size and serving amount - <https://dangfoods.com/collections/dang-toasted-coconut-chips/products/original-recipe-coconut-chips>
- Made In Nature coconut chips - watch portion size and serving amount - <https://www.madeinnature.com/collections/coconut-chips>
- Siete brand - <https://sietefoods.com/collections/tortilla-chips>
- Flackers - <https://flackers.com/collections/all>

- SeaSnax - usually I do not recommend processed foods, but sea vegetables are usually a very healthy addition to the diet -

http://www.seasnax.com/SeaSnax-Sheets_c_1.html

General Whole Food Ideas

- Fresh veggies
- Fresh berries
- Freeze-dried berries & veggies
- Organic deli meat, no preservatives
- Wholly Avocado' individual packets - <https://www.eatwholly.com/>
- Whole avocados