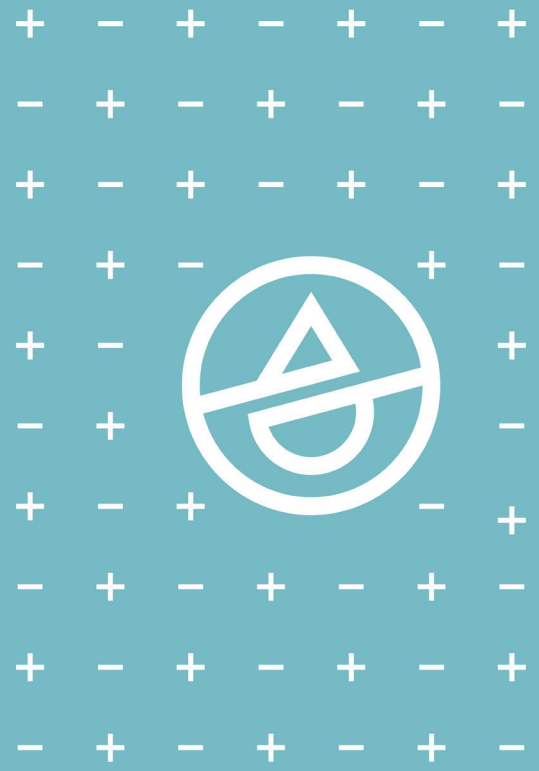


# LIVE LIFE NOURISHED

#alkalignnourish



## Nourish Recipe Book

nourish your body and soul

*Good health starts in the kitchen.*

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# FOOD PHILOSOPHY

Nourish is not something you are “doing” or “not doing.” It’s not about being clean or dirty, or good or bad. You may feel better or worse depending on how you eat, but we want to **remove the guilt** so many of us feel when it comes to food. How you feel is not who you are.

Regardless of how you label yourself when it comes to food (vegetarian, vegan, pescatarian, Paleo, macrobiotic, omnivore, carnivore, junkfoodatarian), we encourage you to:

- Eat real, unprocessed food. Avoid as much processed, packaged food as possible.
- Eat organic, local and seasonal whenever possible. Avoid GMOs (genetically modified organisms).
- Eat quality foods. Not all food with the same name is equal. Modern agricultural practices and the increased load of toxic chemicals in our environment degrade our food supply. Knowing the source of your food and prioritizing quality is a huge step in the right direction.
- Eat enough. Nourish is not a diet nor is it about starving yourself. In order to have a healthy metabolism, you have to feed it. What you feed it matters. Eat enough protein (ie: 1 gram of protein per pound you weigh) and get enough fiber. 25 g for women, 35 g for men. Increased protein and fiber will not only keep your muscles and your GI system happy, it will keep you feeling full so you are less likely to crave sugar and more processed foods.
- Treat life (and Nourish) as a journey, not a destination. Remember that your body is constantly changing. What worked for you yesterday may not work for you tomorrow. Be open to change. Live Present. Leap Forward. And enjoy the ride!

In this book you will find some of our favorite recipes to get you started on your journey. All of the meals here will be free of corn, dairy, gluten, soy and sugar!\*

\*Note: Some recipes have natural sweeteners like maple syrup, honey or fruit. However, we encourage you to monitor your sugar content, even if it’s natural.

# EAT THIS, NOT THAT

You don't necessarily have to give up all the flavors you love. Sometimes you just need to find a different or better version. Here are some Nourish-friendly alternatives for items you may miss when you eliminate.

## **NOT THAT** Milk & half and half

- **EAT THIS!** Non-dairy milk options include almond, cashew, flax and coconut milk. Look for brands that do not contain **carrageenan** or **gums**. Alternate milk brands we love are Forager and Three Trees. Coconut milk is especially creamy and a great substitute for half and half. Coffee creamer can be a really big loss for some coffee lovers, but you can make your own creamers using coconut milk or find a great alternative like Laird Super Foods creamer available in different flavors (thank you Amazon!).

## **NOT THAT** Noodles

- **EAT THIS!** Buy or make zucchini noodles (**zoodles**) and top with your favorite sugar-free pasta sauce. Other awesome alternatives to noodles include **spaghetti squash** and **sweet potato spirals**.

## **NOT THAT** Parmesan cheese

- **EAT THIS!** Sprinkle **nutritional yeast** on pasta sauce or add to pesto or salad. It tastes almost the same! Bragg brand makes a good one.

## **NOT THAT** Soft cheese

- **EAT THIS!** Nut cheese! Check Whole Foods or similar grocers for alternative cheese varieties such as ricotta, mozzarella and even cream cheese made from nuts.

## **NOT THAT** Tortillas & Buns

- **EAT THIS!** Fill a **lettuce** cup with taco meat or add all your fixings to a bed of lettuce. Burgers also work well wrapped in lettuce or as burger bowls. If you really need a tortilla or wrap, check out Siete brand tortillas made from cassava, coconut, almond and/or chia (available at Whole Foods).

## **NOT THAT** Packaged Foods

- **EAT THIS!** Sometimes you can **make a much better version** than what's commercially available. Two favorites protein balls/bars and kale chips. Those recipes found in this book!

# NOURISH MEAL PLANNING GUIDE



Look for this icon for **SIMPLE** tips & hacks!



Look for this icon for **VEGETARIAN** recipes

One of the keys to eating better is planning. It's much easier to choose better foods when they are readily available in your fridge and pantry.

We recommend planning at least 5 days in advance, depending on how often you get groceries. Once you make your plan, make a grocery list right away.



Here are some tips to make **meal planning simple**:

- **Reuse/Re purpose:** Cooking quinoa, sweet potatoes or rice? Double it and use as the base for the next day's meals.
- **Batches:** Cook enough for more than one meal. Then eat the leftovers later in the week or freeze.
- **Leftovers:** Use last night's dinner for breakfast or lunch.
- **Use frozen veggies:** Flash frozen at peak freshness, simple & quick preparation!
- **Purchase prepped:** Buy pre-cut or frozen veggies and fruit.
- **Enjoy eggs:** In a pinch? Make scrambled eggs and eat with whatever fresh fruit or frozen sautéed vegetables you have on hand.
- **Scope your schedule:** What nights do you have time to cook? Which are busy? Plan meals accordingly.

## SAMPLE WEEK

DAY 1	DAY 2	DAY 3
<p><b>BREAKFAST</b> Hardboiled egg Bacon Fruit</p> <p><b>LUNCH</b> Roasted frozen veggies and protein of choice</p> <p><b>DINNER</b> Chicken Lettuce Cups Baked Brown Rice</p>	<p><b>BREAKFAST</b> Eggs and Blueberry Almond Flour Muffin</p> <p><b>LUNCH</b> Salad with leftover chicken from day 1</p> <p><b>DINNER</b> Instant Pot Carnitas</p>	<p><b>BREAKFAST</b> Chia Pudding Banana Muffin Hard boiled Egg</p> <p><b>LUNCH</b> Egg salad with smashed avocado, chopped onion, celery, dill and served in lettuce cups.</p> <p><b>DINNER</b> Grilled Chicken &amp; Vegetables with rice or quinoa</p>
DAY 4	DAY 5	SNACKS & WATER
<p><b>BREAKFAST</b> Sweet potato hash</p> <p><b>LUNCH</b> Jar Salad</p> <p><b>DINNER</b> Oven Fried Chicken</p>	<p><b>BREAKFAST</b> Smoothie Scrambled eggs</p> <p><b>LUNCH</b> Leftover chicken with vegetables &amp; vinaigrette dressing</p> <p><b>DINNER</b> Roasted frozen veggies, rice and chicken</p>	<p> <i>Have snacks readily available to satisfy your sweet tooth and salty cravings as well as an opportunity to get more nutrients throughout your day.</i></p> <p><i>Feeling hungry? Have a smoothie, water, snacks! You should never feel hungry during Nourish. Recognize the difference between a craving and hunger.</i></p> <p><i>See Snacks, Appetizers, Desserts and Drinks for fun recipes to snack and hydrate.</i></p>

## BREAKFAST

*We suggest making breakfast ahead of time and storing batches in the refrigerator. Egg bakes, hash browns, chia pudding and bunless eggs make great fast breakfasts for busy mornings. Prep for breakfast can make a big difference in the success of your day!*

**BREAKFAST TIP:**

Have a favorite breakfast dish that you don't want to eliminate? Make it Nourish friendly! Leave off the cheese, switch dairy milk for almond milk or use gluten free bread. Start simple!

**3 Ingredient Pancakes**

1 banana  
1 eggs  
1 tablespoon nut butter of choice  
optional sprinkle with cinnamon or drizzle with choice of maple syrup honey

In a bowl, mash the banana with a fork. Add egg and nut butter. Mix until combined. Heat a nonstick skillet over medium heat. Add a spoonful of batter and cook for 3-4 minutes, then flip and cook for an additional 3-4 minutes.

**Spinach & Sausage Egg Muffins**

6 Eggs  
1 cup chopped Spinach  
1 small finely chopped onion  
1 pound ground sausage  
Salt and pepper to taste

Preheat oven to 350 degrees. Place ground sausage and cook until brown. Drain and set aside. Whisk the eggs in a bowl with seasoning. Place spinach, onion and sausage in greased muffin tins or cupcake liners. Pour the egg mixture on top, leaving 1/4 inch from the top. Place in oven and bake for 20 minutes, or until a toothpick comes out clean. Use a butter knife to go around edges and pop out the egg cups. Makes 12.

**Egg Frittata**

1 small squash, thinly sliced  
1 small zucchini, thinly sliced  
1 small onion, chopped  
1 medium tomato, sliced  
4 large eggs  
2 tablespoons minced fresh basil  
1 garlic clove, minced  
Salt & pepper to taste

In a microwave-safe bowl, combine the squash, zucchini and onion. Cover and microwave on high for 7-9 minutes or until the vegetables are tender; drain well. **OPTION:** sautee vegetables in ghee until they are tender.

Transfer vegetables to a 9-in. pie plate lightly coated with coconut oil or ghee. Add tomato.

In a large bowl, whisk the eggs, basil, garlic, salt and pepper; pour over the vegetables.

Bake, uncovered, at 375° for 45-50 minutes or until a knife inserted in the center comes out clean. Let stand for 10 minutes before serving.

## Avocado Toast

GF Bread or Sweet Potato Toast  
1/2 Avocado  
Toppings of choice

Toast bread or prepare Sweet potato toast (slice and bake at 400 degrees on parchment paper for 30 minutes).

Slice or smash avocado, place on top of bread and sprinkle with chia seeds, nuts or Everything But The Bagel seasoning.

## Egg & Green Bowl Breakfast Salad

2-3 teaspoons avocado or olive oil  
2-3 eggs  
1/4 cup chopped red onion  
2 -3 cups baby greens, spinach, kale or your favorite green  
1/2 cup roasted cauliflower or roasted sweet potatoes  
1/3 avocado, sliced  
microgreens  
fresh dill  
sea salt and pepper

Heat 2 teaspoons oil in a large skillet over medium heat. Once hot add onion and sauté for about 5 minutes. Add greens and roasted cauliflower and toss to combine. Sprinkle with sea salt. Cook, stirring often, 2 minutes or just until greens begin to wilt.

Transfer veggies to a salad bowl and then crack two eggs into the same pan, adding a little more oil if needed. Cook eggs to desired consistency (I like mine sunny side up) sprinkle with salt and pepper and place on top of sautéed greens. Top bowl with microgreens, fresh dill and sliced avocado. Serve with more salt and pepper and hot sauce if desired.

## Sweet Potato Hash

1 tbsp olive oil  
1 small onion, diced  
2 sweet potatoes, shredded  
2 mild chicken sausages (Italian or chicken apple sausage links), casings removed  
Dried sage  
Salt and pepper

Heat oil in a sauté pan on low to medium heat.

Add diced onion and cook until tender. Let onion cool in the pan until translucent - about 2 minutes.

Stir sausage into onions and cook for about 2 minutes.

Add in the sweet potatoes. They will cook quickly since they are shredded.

Add dried sage to taste.

Continuously stir the mixture to avoid the hash sticking to the pan (although a little caramelization tastes good).

Cool the hash for about 3 minutes.

Check that the sausage is cooked thoroughly. Add salt and pepper to taste. This hash can be served as a side dish at any meal. It also tastes great for breakfast when topped with an over-easy egg.



### **BREAKFAST TIP:**

Cook 2 eggs and serve them on top of last night's leftovers, with roasted veggies or on a bed of spinach.



### Overnight Oats

1C gluten free old-fashioned oats  
 1C non-dairy milk (not soy)  
 1T ground chia seeds or ground flax seeds  
 pinch of salt

Overnight oats are super easy and, like chia pudding, the formula is pretty much the same and then you can add whatever else you like.

Soak 1 cup old-fashioned gluten free oats overnight in 1 cup of your favorite (non-dairy, non-soy) milk. Add a pinch of salt and ground chia seeds or ground flaxseed.

Top with fresh fruit, nuts, and anything else you like. I will sometimes set up a "toppings bar" and put lots of options like cacao nibs, shredded coconut, hemp seed (aka energy ball ingredients) in glass containers and leave them out. That way the whole family can make their own overnight oats. Works great for chia pudding as well.



### Almond Flour Blueberry Muffins

★ FAN FAVORITE!

Makes 6 muffins. Double for 12.

2 cups almond flour  
 2 eggs  
 1/4 cup honey or maple syrup  
 4 tbsp melted butter  
 1 1/2 tbsp apple cider vinegar  
 1/4 tsp baking soda  
 1/2 tsp sea salt  
 1 *tbsp vanilla extract*  
 1 *cup blueberries*

Preheat oven to 350 degrees.

Line a muffin tin with baking cups or coat with coconut oil spray.

Add all ingredients except the blueberries into a large bowl. Mix together until texture thickens and ingredients are combined.

Fold in blueberries.

Fill muffin tins.

Bake 20-25 minutes.



## Chia Pudding

★ FAN FAVORITE!

1/4 cup chia seeds  
 1 cup almond milk  
 Half of a banana  
 1/2 tsp vanilla extract  
 Cinnamon to taste  
*Optional toppings or add-ins: berries, grapes, coconut, nuts, dates, mint, peanut butter, pureed pumpkin*

Place the chia seeds, almond milk and banana in a blender and blend to desired consistency. Blend less if you want some "bite" from the seeds.

Pour the mixture into small glass jars and refrigerate the mixture overnight.

Add desired toppings in the morning and eat!

**Spiced variation:** Instead of cinnamon to taste, add 1 teaspoon each of cardamom, turmeric, saffron and cinnamon. Add pureed pumpkin for the perfect fall treat!



## Peanut Butter Overnight Oats



1 cup old gluten free rolled oats  
 1 cup unsweetened vanilla almond milk  
 1/2 cup plain dairy free yogurt  
 2 Tablespoons peanut butter  
 2 teaspoons maple syrup  
 1 teaspoon chia seeds  
 1/2 teaspoon vanilla  
 pinch of sea salt  
 toppings: blueberries, extra peanut butter and chopped peanuts

Add oats, almond milk, yogurt, peanut butter, maple syrup, chia seeds, vanilla, sea salt into a bowl. Stir well to combine, making sure peanut butter gets evenly dispersed. Divide oat mixture into two containers (I like using mason jars), seal with a lid and place in the fridge overnight. Take one container out of the fridge the next morning and stir the mixture.

Top with a drizzle of peanut butter, blueberries and chopped peanuts. Overnight oats will keep for up to 5 days in the fridge in a sealed container.



## Simple Breakfast Ideas

Cooking is awesome (for some), but it's not realistic for busy people on the go with work, families and schedules to keep. We encourage you to be mindful and enjoy the process of slowing down, but we know life doesn't always align with our intentions. So here are a few simple ideas for fast breakfasts.

### **SMOOTHIES**

Throw in any combination of fruit along with a healthy fat to keep you satiated. Add a tablespoon of chia seeds. Use almond or coconut milk as a mixer. Simple to take it to go! We've added 2 of our favorite smoothies on this page.

### **SLOPPY EGGS OVER ANYTHING**

A pan fried egg with a soft yellow center served over last night's dinner vegetables is especially easy and delicious. Sweet potatoes and onions are a favorite combination of ours.

### **SCRAMBLED MUG EGGS**

Beat 2 eggs in a coffee mug, add a small pat of butter or ghee, some chopped broccoli and heat in the microwave for 45 seconds. Stir, then microwave another 30 seconds. Great for a carpool, on-the-go breakfast (or lunch).

### **ELEMENTAL BARS**

Erin's favorite pre-packaged breakfast or snack option, and honestly, the ONLY bar she will consume. Most have way too much sugar and sugars that sound processed. Elemental uses raw organic honey.

### **ENERGY BALLS**

Make ahead (you'll find this recipe in the 'snacks' section of this book) and store in the freezer.

### **German Chocolate Cake Smoothie**

*Serves 2-4*

3 Large Bananas broken into small pieces and frozen  
 2 Cups Almond Milk  
 1/2 Cup Frozen Cauliflower optional  
 3 Tablespoons Cacao Powder  
 1/2 Teaspoon Almond Extract  
 1/3 Cup Raw, Chopped Pecans plus more for topping  
 2 Tablespoons Unsweetened Shredded Coconut plus more for topping  
 1 Tablespoon Shaved Chocolate optional

Add all of the ingredients to a high-speed blender and blend, pausing to scrape down the sides of the blender as needed. Divide the smoothie between two glasses, top with the pecans, shredded coconut, and chocolate (if desired), and enjoy!

### **Immune Boosting Smoothie**

1 cup orange juice  
 1 frozen banana  
 1 teaspoon fresh or ground ginger  
 1 tablespoon Wedderspoon manuka honey  
 1/2 teaspoon cinnamon  
 1 teaspoon turmeric powder  
 1/4 teaspoon black pepper  
 1/2 cup shredded carrots

Add all of the ingredients to a high-speed blender and blend, pausing to scrape down the sides of the blender as needed. Divide the smoothie between two glasses, top with the pecans, shredded coconut, and chocolate (if desired), and enjoy!

Add all of the ingredients to a high-speed blender, and blend until the smoothie is nice and creamy, about 30-45 seconds. Enjoy immediately!

If you like more creamy texture, try adding 1/4 cup almond milk (or non-dairy milk of choice).

**Breakfast Cookies**

2 Bananas, ripe  
 1 Egg  
 1/2 cup Almond butter  
 1/2 tsp Baking soda  
 2 tsp Cinnamon  
 1/4 cup Enjoy life chocolate chips  
 1/4 tsp Salt  
 1 tsp Vanilla  
 Nuts & Seeds  
 1 cup Coconut, unsweetened

Mix all ingredients together in a large bowl until well mixed.

Drop large tablespoons onto parchment lined baking sheet.

Bake at 350 degrees for 10-12 minutes or until golden brown.

Store in refrigerator up to one week.

**USE FROZEN VEGETABLES**

We are all guilty of buying fresh vegetables with the intention of eating them but they end up going bad before eating them, leading to wasted food and wasted money. Stop the insanity!

Frozen vegetables are one of our favorite kitchen hacks. They are flash frozen at peak freshness, washed, cut and ready for you to steam or sautee.

This makes frozen veggies the perfect way to eat well with minimal effort for breakfast, lunch and dinner.

**Breakfast Sausage Stack**

3 breakfast sausage patties  
 1 avocado, mashed  
 Freshly ground black pepper  
 3 large eggs  
 chives, for garnish  
 Hot sauce & salt, if desired

Cook sausage into patties or heat pre-made sausage patties according to cooking instructions. Remove from heat. Mash avocado onto breakfast sausage and season with salt and pepper if desired.

Spray a medium skillet over medium heat with cooking spray, then spray the inside of a mason jar lid. Place mason jar lid in center of skillet and crack an egg inside. Season with salt and pepper and let cook 3 minutes until whites are set, then remove lid and continue cooking.

Place egg on top of mashed avocado. Garnish with chives and drizzle with your favorite hot sauce.

**Bacon & Egg Cups**

12 pieces of nitrate free bacon  
 12 organic eggs  
 Chives (optional)

Preheat oven to 400 degrees F. Cook bacon on a sheet for 8 minutes in the oven. Cool on a paper towel. You don't want it completely cooked so that it crisps up in the oven with the eggs.

Take a muffin pan and rub the inside with coconut oil to keep the bacon from sticking.

Put the bacon in the muffin pan, lining the sides of the pan with the bacon in a circle. Crack each egg and fill the holes.

Bake for 12-15 minutes. Watch closely.

## LUNCH



Lunch can be a hard one because it's in the middle of a usually busy day. Unless you are eating out or grabbing food to go, we recommend you use leftovers or a select few pre-prepared items in your fridge and assemble from there, vs. cooking from scratch.

**Super Salads!** Salads are simple, but it's also easy to get bored easy or in a salad slump. Use the chart below to choose a base of greens and add 1-2 from each column for a fun and nutritious lunch.

## SALAD COMBINATION CHART

Start with a base (GREENS) and add in a protein with veggies, fruits, grains and nuts.  
Top with Nourish-friendly dressings.

GREENS	PROTEIN	VEGGIES/ FRUIT	GRAINS	NUTS	EXTRAS
Mixed Greens	Turkey	Celery	Brown Rice <i>(see recipe in dinner section)</i>	Almonds	Salsa
Spinach	Eggs	Carrots	Basmati Rice	Hemp Seeds	Guacamole
Arugula	Chicken	Tomatoes	Quinoa	Pumpkin Seeds	Hummus
Baby Kale	Tuna	Onions	Buckwheat	Sunflower Seeds	Spice Blends
Shredded Brussel Sprouts	Steak	Peppers	GF Bread	Walnuts	Nut Cheese
Shredded Broccoli	Salmon	Mushrooms	GF Tortilla <i>(not corn)</i>	Pecans	
Shredded Cabbage	Lentils	Beets			
	Fava Beans	Squash			
	Chia Seeds	Avocado			
	Garbanzo Beans	Dried Berries			
		Apples			
		Pears			
		Figs			

**DRESSINGS:** Make your own! Did you know dressings have added sugar that you don't need? Make your own (see below), or choose a dressing from the grocery store after reading the labels.

DYI:

- Oil (olive is my fave), avocado will work too
- Vinegar (apple cider is my fave)
- Lemon
- Garlic
- Salt and pepper to taste.



### **Kale & Cabbage Pad Thai Salad**

1/2 small head of green cabbage, thinly sliced  
1 bunch of kale, thinly sliced  
1 cup chopped red onion  
1 cup thinly sliced red bell pepper  
2 carrots, peeled and thinly sliced  
1-2 Tablespoons chopped fresh cilantro  
1 15 oz can chickpeas, rinsed and drained

### **Light Pad Thai Dressing**

1/4 cup natural peanut butter  
juice of 2 limes, about 4 Tablespoons  
2 Tablespoons Bragg's Liquid Aminos, or low-sodium tamari  
2 Tablespoons water  
1 Tablespoon maple syrup  
1/2 Tablespoon toasted sesame oil  
1 teaspoon sriracha  
1 teaspoon fresh grated ginger  
1 teaspoon minced garlic

Combine all dressing ingredients in a glass jar. Stir or shake until combined and smooth. It might be hard to stir the peanut butter at first, which is why shaking might be your best bet.

Make sure all your veggies are chopped into bite-size pieces and toss in a large bowl to combine. Add chickpeas and top with dressing. Mix until all ingredients are well coated, serve and enjoy!

## Charred Tahini Cauliflower Recipe

Source: *Bakerita*

1 large head cauliflower, cut into florets  
2 tablespoons avocado oil or other oil of choice  
Salt & Pepper, to taste

### FOR THE HARISSA TAHINI SAUCE

¼ cup tahini  
2 tablespoons fresh lemon juice  
1 clove garlic, very finely chopped  
½ to 1 tablespoon harissa paste, depending on your spice preference  
½ teaspoon sea salt  
¼ teaspoon dried dill, optional, for extra herbiness  
For the garnish  
2 to 3 Medjool dates, pitted and cut into small pieces  
3 tablespoons shelled pistachios, chopped  
2 tablespoons fresh dill, chopped finely  
1–2 tablespoons fresh mint, chopped finely, optional

### FOR THE CAULIFLOWER

Preheat the oven to 450°F. Toss the cauliflower florets with avocado oil, salt, and pepper. Bake for 15 to 20 minutes, or until the cauliflower is golden and just starting to char in a few spots.

While the cauliflower is baking, make the sauce: whisk all of the sauce ingredients together in a bowl, along with 2 to 3 tablespoons of water, or enough to get to a thick but pourable consistency.

When the cauliflower is done, transfer to a bowl and drizzle with half of the dressing, along with the dates and pistachios. Toss gently, and add more dressing to taste. Garnish with fresh dill and mint, and serve immediately! Enjoy. Store any leftovers in an airtight container in the refrigerator.



### SIMPLE LUNCH TIPS:

Prep raw veggies for your lunches.

Nourish-friendly hummus is a great addition to every lunch. Watch for dairy added to some hummus dips. You'll want to avoid those!

Prepare at least one grab and go lunch option during your prep time when an unexpected on-the-go lunch happens.

Have hard boiled eggs on hand.

Dinner leftovers make great lunches the next day.

Heading out to lunch? Scan the menu first to find Nourish-friendly options.

Did you just eat and are feeling cravings and or still hungry? Sometimes dehydration presents itself as hunger and cravings. Have a full glass of water!

## DINNER



We recommend **preparing enough dinner so that you can use the leftovers for breakfast or lunch**. Many dinners can be served with an egg over the top the next morning! This helps reduce the prep time for lunch when the day can get busy and cravings set in.

**Crock Pot Beef Roast**

1-3lb Chuck Roast  
 5 Cloves Whole  
 1 Onion sliced  
 1 tsp ground coriander  
 2 tsp ground cumin  
 1/4 C apple cider vinegar  
 1 1/2 C bone broth  
 2 bay leaves  
 Optional vegetables:  
 3 carrots julienned  
 2 stalks celery julienned  
 5 small red potatoes, skin on, cubed

Brown the roast in ghee in a pan. Place meat and everything in your crock pot. Cook on low heat for 6-8 hours in a crock pot. OR, bake at 350 for 1 1/2 hours. OR follow the instructions for cooking in your Instant Pot.

**DINNER TIPS:**

- Double the rice recipe and have rice leftovers for breakfasts and lunches.
- Consider using a healthy dinner delivery options. See 'Alternatives to Cooking' at the end of this book.
- Use your Instant Pot or slow cooker. It's great if you are gone all day.
- Use Nourish-friendly pre-made sauces. We love Rao's brand! Look for simple ingredients and no sugars added.

**Easy Oven-Baked Brown Rice**

★ FAN FAVORITE!

Makes 2 cups cooked rice; serves 4 as a side dish (we suggest doubling this!)

1 cup short-or medium-grain brown rice or brown basmati, sorted and rinsed. You can use any type of brown rice.  
 2 cups bone or vegetable broth  
 1/2 teaspoon sea salt  
 1 tablespoon unrefined coconut oil

Preheat the oven to 375 degrees.

Bring the stock to a boil in a saucepan. Place the rice on the bottom of the baking dish and make it level. Top the rice with sea salt and coconut oil.

When the stock comes to a boil, pour it over the rice.

Quickly cover the baking dish tightly with a layer of parchment paper and then aluminum foil. Make sure that it's a tight fit. You want the rice to steam, and if it's not tight, the stock will evaporate.

Bake the covered rice on the middle rack for exactly 1 hour. Do not check the rice! Just set your timer and walk away.

Pull the dish out of the oven, remove the parchment and foil, fluff the rice with a fork, and serve it up!

## Spaghetti Squash Bake

1lb Italian sausage  
 1 medium spaghetti squash, halved and seeds removed  
 1 bundle of kale, roughly chopped  
 1 red onion, halved and sliced  
 1 egg  
 1/3 cup chicken broth  
 1 garlic clove, minced  
 1 tablespoon garlic powder  
 1 teaspoon tarragon  
 1 teaspoon salt  
 1/2 teaspoon black pepper  
 1/4 teaspoon ground sage

Cook quinoa according to package directions. Preheat your oven to 400 degrees. Cut your spaghetti squash in half and use a spoon to remove the seeds and excess threads from your squash. Place open side down on a baking sheet and bake for about 20-25 minutes or until you can press into your squash and it gives a bit.

While your squash bakes, heat up a large pot under medium-high heat and add your Italian sausage. Break up with a wooden spoon or spatula. Once your sausage is cooked through, remove with a slotted spoon and put in a bowl.

Keep the extra fat from the meat in the pot, add your minced garlic and add your kale, onions, and chicken broth. Combine and add spices. Cover and let simmer for about 5 minutes. Pull your spaghetti squash out of the oven and dethread with a fork.

Once your kale is wilted and onions have begun to become translucent, remove from heat and add your spaghetti squash as well as your egg to the kale/onion mixture. Mix in cooked Italian sausage and mix together. Place the mixed ingredients into a baking dish (or same pot if it's oven safe) and spread out evenly. Bake 15-20 minutes or until top is slightly browned.

## Turkey and Kale Soup

Source: Williams Sonoma

Serves 4 (I double for leftovers and it freezes well!)

2 tablespoons extra-virgin olive oil  
 5 large shallots, chopped  
 3 medium carrots, peeled and cut into 1/2-inch pieces  
 1 large red bell pepper, cut into 1/2-inch pieces  
 8 oz. (250 g) ground white turkey meat, broken into small chunks  
 1 tablespoons herbes de Provence  
 5C low-sodium chicken broth  
 1 can diced tomatoes, drained  
 1C cooked brown rice  
 1 small bunch kale, center ribs removed, leaves coarsely chopped (4 packed cups)  
 1 teaspoon kosher salt  
 1/2 teaspoon freshly ground pepper  
 1/4 C chopped fresh flat-leaf parsley leaves

In a large pot over medium-high heat, warm the olive oil. Add the shallots, carrots and bell pepper and sauté, stirring frequently, until beginning to brown and soften slightly, 8 to 10 minutes. Add the turkey and stir until the meat turns white and begins to color very slightly around the edges, 5 to 7 minutes. Add the herbes de Provence and stir for 1 minute.

Add the broth, tomatoes and rice and bring to a boil. Stir in the kale and season with 3/4 tsp. of the salt and the pepper. Reduce the heat to medium-low, cover and simmer until the vegetables are tender, about 15 minutes. Season with the remaining 1/4 tsp. salt.

Ladle the soup into bowls. Sprinkle with the parsley and serve. Serves 4.



## Easy Skillet Sausage And White Bean Stew

Source: *Marin Mama Cooks*

1½ tablespoons olive oil  
 4 italian sausage links  
 1 medium yellow onion, thinly sliced  
 4 garlic cloves, finely chopped  
 1 sprig of fresh thyme  
 2 15-ounce cans of cannellini (white kidney) beans, drained and rinsed  
 2 cups chicken broth  
 kosher salt and freshly ground pepper  
 5-ounces baby spinach

Cut your onion in half and then slice each half into thin strips. Chop up your garlic. Drain and rinse your two cans of cannellini beans. Heat ½ tablespoon of oil in a large skillet over medium heat. Add the sausages and cook, turning occasionally, until evenly browned, 8-10 minutes. Transfer the cooked sausages to a plate or cutting board.

Heat the remaining 1 tablespoon oil in the same skillet over medium heat. Add the onion, garlic and thyme sprig. Cook, stirring occasionally, until the onion is softened, 5-8 minutes. Add in the drained and rinsed cannellini beans, the 2 cups broth and cook, crushing a few beans with the back of a spoon to thicken the sauce, until slightly thickened, about 8-10 minutes.

While the sauce is cooking, slice the sausages into thin slices. Season with a bit of salt and pepper. Add in spinach by handfuls and cook until just wilted, about 2 minutes. Fold in the sliced sausages, add water to thin, if desired. I didn't add any water as we like a thicker stew.

Divide the stew among bowls and add some freshly ground pepper to the top, if desired. Serve it alongside some whole-grain or crusty french bread. stirring occasionally.



## Spinach and Sausage Lentil Soup

Source: *Taste of Home*

1 pound bulk spicy pork sausage  
 1 C dried brown lentils, rinsed  
 1 can (15 ounces) cannellini beans, rinsed and drained  
 1 carton (32 ounces) reduced-sodium chicken broth  
 1 C water  
 1 can (14-1/2 ounces) fire-roasted diced tomatoes, undrained  
 6 C fresh spinach (about 4 ounces)

In a Dutch oven, cook and crumble sausage over medium heat until no longer pink, 5-7 minutes; drain.

Stir in lentils, beans, broth and water; bring to a boil. Reduce heat; simmer, covered, until lentils are tender, about 30 minutes. Stir in tomatoes; heat through.

Remove from heat; stir in spinach until wilted.

Freeze option: Freeze cooled soup in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally.

## Baked Lemon Chicken Breasts

Source: Barefoot Contessa & Marin Mama

**NOTE:** You have to plan ahead to make this, as the chicken will need 3-4 hours to brine before baking. You can skip this step, but it truly adds great flavor to the chicken.

### FOR THE BRINE:

4 bone-in or bone-less, skin-on chicken breasts, or thighs  
 3 tablespoons sea salt – *Don't use table salt! Table salt contains iodine, which doesn't work with brining.*  
 1 tablespoon honey  
 1-2 quarts warm/room temp water – you want enough water to cover all the chicken

### LEMON CHICKEN BREASTS

1/4 cup extra virgin olive oil  
 3 tablespoons minced garlic  
 1/3 cup dry white wine – I used a Sauvignon Blanc  
 1 tablespoon grated lemon zest (1-2 lemons)  
 2 tablespoons freshly squeezed lemon juice  
 1 1/2 teaspoons dried oregano  
 1 teaspoon minced fresh thyme leaves  
 1 teaspoon celtic sea salt, plus more to rub on chicken  
 freshly ground pepper  
 3 lemons total (1-2 for zesting plus lemon juice and 1 for cooking with the chicken)

In a large (large enough to hold all the water and chicken) stainless steel or glass bowl, (don't use plastic) whisk together 3 tablespoons sea salt, 1 tablespoon honey and warm water to create a brine.

Place chicken into the brine, cover, and transfer to the refrigerator. Make sure that there is enough water to submerge the chicken, if not, add more water. Let the chicken marinate in the refrigerator for 3-4 hours.

When the chicken is finished brining, preheat your oven to 400 degrees. Take out the chicken and pat each piece of chicken



thoroughly dry with a paper towel, set aside on a clean plate. Drying the chicken will keep your chicken from getting soggy and help to create a crispy skin.

Prep all of your ingredients for the lemon chicken.

Warm 1/4 cup olive oil in a sauté pan over medium-low heat, add minced garlic, and cook for 1 minute until fragrant, but don't allow the garlic to turn brown. Turn off heat and set aside. Add the white wine, lemon zest, lemon juice, oregano, thyme, and 1 teaspoon salt to a large baking dish (I used a 9×12). Stir the ingredients together.

Place the chicken breasts skin side up over the sauce. Brush or rub the chicken breasts with the olive oil and garlic mixture (make sure to use all of the garlic here) and sprinkle them liberally with salt and pepper. Cut the lemon in 8 wedges and tuck it in among the pieces of chicken.

Make sure to pour some of the pan juices over each chicken breast when you are serving it up, as it's amazing, and intensifies the flavor of the chicken. I actually poured all the pan juices into a serving bowl, and we added the sauce to our breasts throughout the meal.

Bake for 30 to 40 minutes, depending on the size of the chicken breasts, until the chicken is done and the skin is lightly browned. If the chicken isn't browned enough, put it under the broiler for 2 minutes. Cover the pan tightly with aluminum foil and allow to rest for 10 minutes



### Chicken Lettuce Wraps

- 1 tablespoon olive oil
- 1 pound ground chicken
- 2 cloves garlic, minced
- 1 onion, diced
- 1/4 cup hoisin sauce
- 2 tablespoons gluten free soy sauce, coconut aminos or tamari
- 1 tablespoon rice wine vinegar
- 1 tablespoon freshly grated ginger
- 1 tablespoon Sriracha, optional
- 1 (8-ounce) can whole water chestnuts, drained and diced
- 2 green onions, thinly sliced

Heat olive oil in a saucepan over medium high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat. Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger and Sriracha until onions have become translucent, about 1-2 minutes.

Stir in chestnuts and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste. for 20 minutes. Remove from oven. Heat oil in skillet over medium heat. Add ginger and garlic, and sauté 1 minute. Add sweet potatoes and broth, cover, and cook 5 minutes. Uncover, increase heat to medium-high, and cook 10 minutes, or until liquid has evaporated. Stir in remaining ingredients.

Mound vegetables, herbs, and tempeh mixture on platter. Let diners fill lettuce leaves with filling and toppings. Serve with bowls of Sauce and peanuts.



### DINNER TIP:

Double the recipe and enjoy the Chicken Lettuce Wraps for lunch or dinner the next day.

### Instant Pot Chicken Tikka Masala

- 2 lbs boneless skinless chicken breast
- 1 small onion, chopped
- 1/2 yellow bell pepper, chopped
- 2 tablespoons butter or ghee for Whole30
- 1 teaspoon cumin
- 1 teaspoon coriander
- 2 teaspoons garam masala
- 1 teaspoon turmeric
- 1/4 teaspoon cayenne pepper (or more to taste)
- 1 1/2 teaspoon sea salt
- 15 oz can diced tomatoes
- 1/2 cup full fat coconut milk
- 3 cloves garlic, minced
- 1 teaspoon grated fresh ginger

Set your Instant Pot to Saute. Add butter, onion, and yellow peppers and cook for 3-4 minutes until veggies start to soften. Add garlic, ginger, spices and salt and cook for an additional 1-2 minutes. Add tomatoes and coconut milk and stir well to combine. Place chicken on top of mixture. Close the lid and set to Poultry (or Manual setting for 15 minutes).

When cycle is complete, remove chicken and shred. Using an immersion hand blender, puree the sauce. Add the chicken back to the sauce and adjust seasoning to taste.



## Tomato Basil Bisque with Italian Meatballs

Source: *Physical Kitchness*

2 tbsp olive oil  
 1 leek stalk, sliced thinly  
 1 tablespoon olive oil  
 1 28-ounce can diced tomatoes  
 1/3 cup fresh chopped basil  
 1/3 cup full-fat coconut milk  
 1 pound ground beef  
 2 teaspoons garlic powder  
 3 teaspoons dried oregano  
 2 teaspoons onion powder  
 1 teaspoon mustard powder  
 1 1/2 teaspoons salt  
 1/2 teaspoon pepper

Preheat oven to 400 degrees  
 Combine the ground beef, garlic powder, dried oregano, onion powder, mustard powder, salt, and pepper. Using a 1/4 measuring cup, scoop the meat mixture then form into a ball.

Place the raw meatballs on a baking sheet and place into the oven to cook for 12-15 minutes  
 While the meatballs are cooking, sauté the sliced leek in olive oil just slightly below medium-high heat for roughly 5 minutes.

Pour the sautéed leeks from the saucepan into a blender, then add the diced tomatoes (with juice), fresh basil, and coconut milk. Blend until you reach the desired consistency (pulsing for a chunkier texture, blending on high for a creamy bisque).

Pour the tomato basil bisque back into the saucepan and turn heat to medium-low, just to warm throughout. Add the honey or agave if desired (this helps cut the acidity a bit – add more sweetener as needed).

Once the meatballs are finished cooking, add to the bisque.

Serve with fresh basil and enjoy!



### Super Simple Sheet Pan Anything!

Meat of your choice, cut into strips. We suggest pounding thick cuts of chicken.

Line a sheet pan with parchment paper. Toss meat with olive oil. Add flavors of your choice. Some options are dijon mustard, crushed garlic, dried or fresh herbs or just salt and pepper.

Add onions, cauliflower, sweet potatoes, garlic cloves, beets, red potatoes, carrots or just about any other vegetable you love to eat roasted!

Place it all on the sheet. Bake at 400 degrees for 15 to 20 minutes or until internal temperature of your meat is at the approved temp for being fully cooking (160 for beef & pork, 165 for poultry). Remove from oven and enjoy right away or as leftovers with a sloppy egg for breakfast!

## Thai Beef Stew

Source: *Against All Grain*

2 tablespoons coconut oil, divided  
 3 pounds beef stew meat, trimmed of fat  
 1 medium yellow onion, thinly sliced  
 2 cloves garlic, minced  
 2 teaspoons peeled and minced fresh ginger  
 1 (13.5-ounce) can full-fat coconut milk  
 1/3 cup tomato paste  
 1/2 cup Thai red curry paste  
 2 tablespoons fish sauce  
 2 teaspoons fresh lime juice  
 2 teaspoons sea salt  
 2 cups broccoli florets  
 2 cups julienned carrots  
 1 cup peeled and julienned jicama\*  
 fresh cilantro, for garnish

Heat 1 tablespoon of the coconut oil in a large skillet over medium-high heat. Working in batches, brown the meat on all sides. Use a slotted spoon to transfer each batch of browned meat directly to the slow cooker, then continue browning. Wipe out the skillet between batches if a lot of liquid has accumulated at the bottom to ensure even browning.

Wipe out the skillet and add the remaining 1 tablespoon of coconut oil. Sauté the onion, garlic, and ginger over medium high heat for 5 minutes.

Pour in the coconut milk and stir continuously to release the browned bits on the bottom of the pan.

Add the tomato paste, curry paste, fish sauce, lime juice, and salt, then pour the mixture over the beef in the slow cooker.

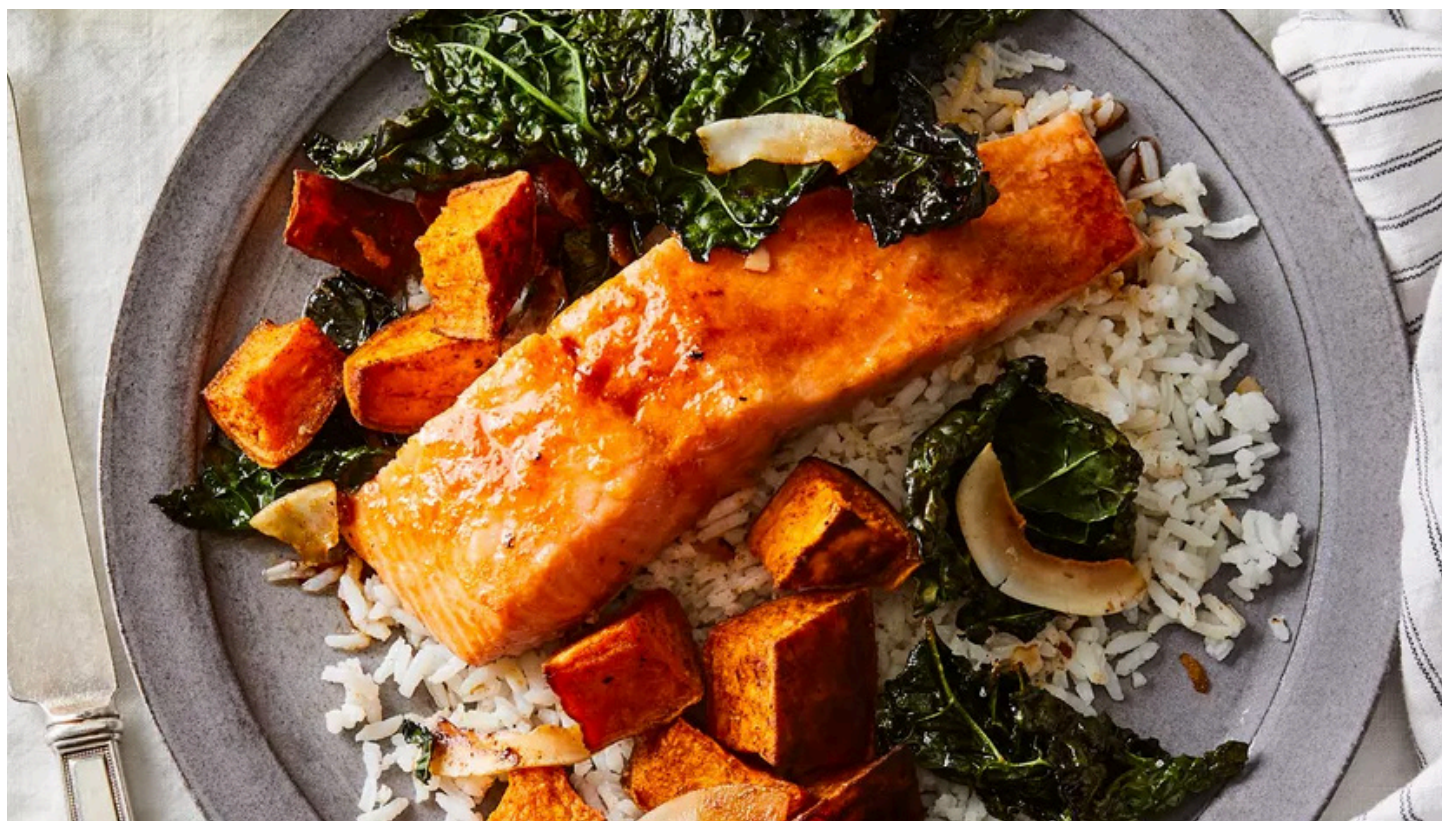
Cook on high for 5 hours or low for 8 hours. Add the broccoli, carrots, and jicama during the last 30 minutes if cooking on high, or the last hour if cooking on low. Serve over the baked brown rice. Top with cilantro.



### SIMPLE TIP:

Do you have a recipe you love but it has cheese in it? Just leave it out or, sprinkle Nutritional Yeast over the top. Find it on Amazon or your local grocery store.





## Crispy Coconut Kale with Roasted Salmon

Source: Food 52

- 1 cup uncooked brown rice
- 1 cup coconut milk
- 1 cup water
- 1/2 teaspoon sea salt
- 1/3 cup coconut oil, melted
- 1 teaspoon toasted sesame oil
- 2 tablespoons coconut aminos (or tamari)
- 1 tablespoon Sriracha
- 3 sweet potatoes, cubed
- 1 teaspoon paprika
- 1 tablespoon coconut oil, melted
- 1 bunch lacinato kale, ribs removed and sliced into strips
- 1 cup unsweetened coconut flakes
- 1 to 1 1/2 pounds salmon, sliced into 4 fillets

Rinse rice in cold water and drain. Place in a saucepan with coconut milk, water, and salt. Bring to a boil and stir. Reduce to the lowest heat, cover, and cook for 15 minutes. Remove from heat and let stand 10 minutes, or until ready to serve.

While the rice is cooking, heat oven to 400° F. In a lidded jar, combine the melted coconut oil, sesame oil, coconut aminos, and Sriracha. Seal the jar and shake vigorously until emulsified.

Place the sweet potatoes on a baking sheet. Drizzle with a tablespoon of melted coconut oil and sprinkle with paprika. Toss to coat. Bake for 30 minutes or until tender. Place kale and coconut flakes on a baking sheet. Drizzle with about 2/3 of the dressing. Toss until well coated. Drizzle salmon with 1 to 2 tablespoons of the remaining dressing. Bake the salmon and coconut kale mixture during the last 15 minutes of the sweet potato's baking time, or until cooked through, being careful not to let the kale burn.

Remove sweet potatoes, salmon, and kale from oven. Serve over fluffed rice with an extra drizzle of dressing. Devour!

## Marinated Kale and Chicken Bowls with Sun-Dried Tomato Sauce

Source: *Pinch of Yum*

### MARINADE:

1/3 cup olive oil  
a few good squeezes of lemon juice (totaling about 3 tablespoons)  
1/2 teaspoon salt

### FOR THE BOWLS:

2 cups uncooked quinoa  
1 bunch kale  
1 avocado  
1 lb. boneless skinless chicken breasts  
sesame seeds or crushed red pepper flakes for topping

### FOR THE SUN DRIED TOMATO SAUCE:

*(double this to have extra for later)*

1 16 ounce jar sun dried tomatoes, drained  
1–2 cloves garlic  
½ teaspoon salt (more to taste – I prefer more like 1 teaspoon)  
juice of one lemon  
½ cup olive oil  
½ cup almonds

**MARINATE:** Whisk the marinade ingredients together. Cut the kale. Marinate the chicken and the kale (separate bags, please!) in the marinade sauce in the fridge. In terms of timing, your best bet is to let the kale go overnight, but the chicken doesn't need quite as long – the lemon juice starts to mess with the texture after a while, so if you can, try for 30 minutes to 2 hours of marinating with the chicken.

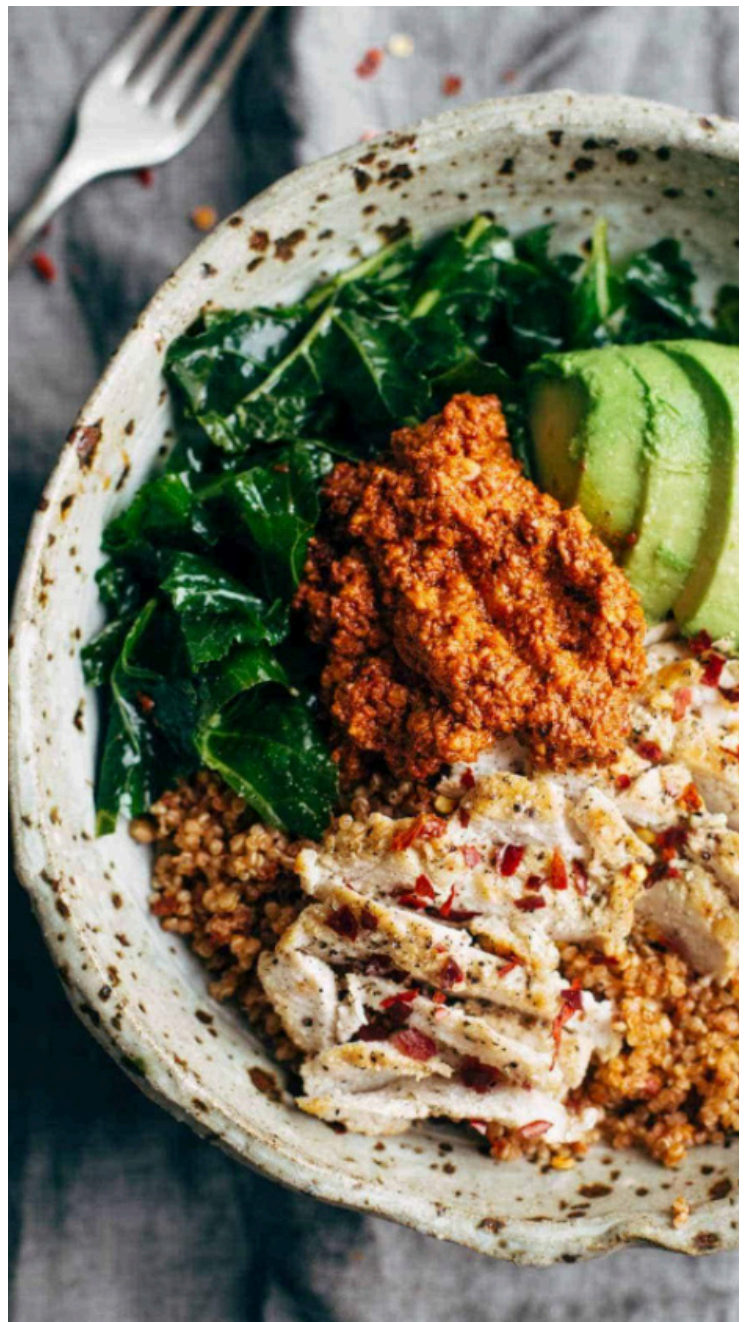
**COOK CHICKEN:** Place a nonstick pan over medium high heat. Add the chicken and saute until golden brown on both sides and cooked through. Let stand a few minutes before cutting.

**QUINOA:** Cook the quinoa according to package directions. When the quinoa is done, stir 1/2 cup of the sauce throughout to

distribute.

**SUN DRIED TOMATO SAUCE:** While the quinoa cooks, make the tomato sauce by pulsing everything together in a food processor (add almonds last to preserve a little bit of crunchiness).

**SERVING:** To serve, fill bowls with quinoa, kale, chicken, avocado, and sun dried tomato sauce. Top with sesame seeds, red pepper flakes, olive oil, or anything else you want because it's a free country and food is delicious!



## Oven Fried Chicken

Source: Cafe Delites

### FOR THE BROCCOLI:

2 broccoli heads , washed and dried, cut into florets

2 tablespoons extra-virgin olive oil

2 teaspoons minced garlic

Salt and pepper

### FOR THE CHICKEN:

6 skinless chicken thighs, bone in\*

Salt and pepper to season

1/2 cup almond flour

1 large egg

2 tablespoons dairy-free milk (almond, oat or coconut)

1 teaspoon garlic powder

3/4 teaspoon salt (or to taste)

1 teaspoon paprika (sweet or smoky)

1 3/4 cups gluten free Panko

1/3 cup vegetable oil

2 tablespoons chopped fresh parsley leaves, to serve

### FOR THE HONEY GARLIC SAUCE:

1/2 cup honey

2 tablespoons coconut aminos

2 tablespoons apple cider vinegar

1 tablespoon minced garlic

2 teaspoons cornstarch mixed with 2 tablespoons water

Preheat oven to 390°F (200°C). Line a baking sheet with baking / parchment paper or spray a nonstick tray with cooking oil spray; set aside.

Add the broccoli to a bowl with the oil, garlic, salt and pepper, mix to combine. Set aside. Season chicken with salt and pepper. Set up a work station with 3 shallow bowls. To one bowl, add the flour and set aside. In the second bowl, whisk together eggs, milk, garlic powder, the 3/4 teaspoon of salt and paprika. In the third bowl, mix the Panko with the vegetable oil (I find it easier to use my hands).

Working one by one, evenly coat the chicken



in the flour, then dip into the egg mixture, then dredge in the Panko mixture, pressing to coat. Place onto prepared baking sheet and repeat with remaining chicken thighs.

Lightly spray each chicken thigh over the top with cooking oil spray (this is optional, but I have found it to crisp the chicken even more). Bake for 25 minutes, remove from the oven and arrange the broccoli next to or around the chicken, and place back into the oven to cook for a further 20 minutes, or until the chicken is cooked through; the crust is crispy and golden brown, and the broccoli is tender-crisp (Note: flip the broccoli after around 10 minutes if you find the tops charring).

While the chicken is in the oven, prepare the Honey Garlic Sauce: In a small saucepan, combine honey soy sauce, vinegar (if using) and garlic. Bring to a simmer over medium heat, and quickly reduce heat to low. Pour the prepared cornstarch mixture into the saucepan and stir through until sauce thickens (about 2 minutes). Set aside and allow to cool.

Garnish chicken with parsley and serve immediately with the honey garlic sauce.





### Instant Pot Crispy Carnitas

Source: *Gimme Some Oven*

1 (4-5 pound) lean boneless pork roast, cut into 2-inch chunks (with excess fat trimmed off)

fine sea salt and freshly-cracked black pepper

1 tablespoon avocado oil or olive oil

1 batch mojo sauce (see below)

Toppings: chopped fresh cilantro, diced white or red onion, and/or fresh salsa

**MOJO SAUCE - Mix Together:**

1 C chicken stock

6 cloves garlic, minced

1/2 cup fresh orange juice

1/4 cup fresh lime juice

1 tablespoon ground cumin

1 teaspoon dried oregano

1 teaspoon fine sea salt

1/2 teaspoon freshly-cracked black pepper

In a medium mixing bowl, whisk together the mojo sauce ingredients until combined. Set aside until ready to use. Season pork chunks on all sides with salt and pepper. Click the "Sauté" setting on the Instant Pot. Add the oil, followed by half of the pork, and sear — turning every 45-60 seconds or so — until the pork is browned on all sides. Transfer pork to a separate clean plate, and repeat with the remaining pork, searing until it has browned on all sides. Press "Cancel" to turn off the heat.

Pour in the mojo sauce, and toss briefly to combine with the pork. Close lid securely and set vent to "Sealing".

Cook on high pressure for 30 minutes, followed by a natural release (about 15 minutes).

Set the oven broiler to high heat.

Remove the lid of the Instant Pot. Shred the pork with two forks. Then transfer it with a slotted spoon to a large baking sheet. Spoon about a third of the leftover juices evenly on top of the pork and toss to combine. Broil for 4-5 minutes, or until the edges of the pork begin browning and crisping up. Remove the baking sheet from the oven, then half of the remaining juices from the Instant Pot evenly over the pork and toss to combine. Broil for an additional 5 minutes to get the meat even more crispy. Remove baking sheet from the oven, then ladle the remaining juices over the pork, and toss to combine.

Sprinkle with chopped fresh cilantro, then serve warm in tacos, burritos, salads, or whatever sounds good to you! Or, refrigerate pork in a sealed container for up to 3 days, or freeze for up to 3 months.

## Slow Cooker White Chicken Chili (Dairy-Free)

Source: *The Real Food Dieticians*

1 ½ lb. boneless, skinless chicken breasts or thighs  
 1 Tbsp. fat  
 1 medium onion, diced  
 1 medium bell pepper, any color; diced  
 1 jalapeno, seeds and membranes removed and finely diced  
 6 cloves garlic, minced  
 2 ½ tsp. ground cumin  
 1 tsp. dried oregano  
 1 Tbsp. chili powder  
 1 tsp. salt, plus more to taste  
 ½ tsp. black pepper  
 1 ½–2 cups organic chicken broth  
 1 (14-ounce) can full-fat coconut milk  
 Juice of ½ lime  
 ½ cup fresh cilantro, chopped  
 Fresh cilantro and lime wedges for garnish, optional  
 1 (14-ounce) can white beans, drained and rinsed



### SLOW COOKER DIRECTIONS

Add the onion, peppers, garlic, and spices (cumin, oregano, chili powder, salt, and black pepper), and beans, if using, to the bottom of a slow cooker. Arrange the chicken on top of the vegetables in a single layer. Add the broth and place the lid on the slow cooker.

Set heat to LOW and cook 5-6 hours or until the chicken is done and the vegetables are tender. Remove the chicken from the slow cooker and shred it with two forks. Return the shredded chicken to the slow cooker. Turn the heat to HIGH. Add the coconut milk, stir and replace the lid. Continue heating for an additional 10-15 minutes or until heated through.

Stir in the lime juice and cilantro. Taste and adjust seasonings as desired. Serve in bowls garnished with chopped cilantro and lime wedges, if desired.

### STOP TOP DIRECTIONS

Place a large saucepan with a lid (or Dutch oven) over medium heat. Add 1 Tbsp. fat of choice and heat until it just starts to shimmer. To the hot oil, add the onions and peppers. Saute 5-6 minutes, stirring occasionally, until onion and peppers start to soften. Add garlic, cumin, oregano, chili powder, salt, pepper, and beans, if using. Continue to cook an additional 30-60 seconds.

Lay the chicken in the pan over the onion and pepper mixture. Add 1 cup of broth and bring it just to a boil. Reduce the heat, cover, and simmer for 12-15 minutes or until chicken is cooked through. Shred the chicken in the pan using two forks or transfer it to a cutting board to shred before returning it to the pan.

Add the remaining 1 cup of broth and coconut milk and return to a simmer. Cover the pan and allow the chili to simmer for an additional 10 minutes. Remove from heat and stir in the lime juice and cilantro. Taste and adjust seasonings as desired. Serve in bowls garnished with chopped parsley and lime wedges, if desired.



### Mina Harissa Chicken Butternut Squash with Mint

Source: *PaleOmg*

4 tablespoons ghee or butter or coconut oil, melted and divided  
 1 small butternut squash, peeled and cut into 1" cubes (about 3 cups worth)  
 1 pound skinless, boneless chicken breasts or thighs, cut into 1" cubes  
 1/2 red onion, diced  
 1/2 teaspoon smoked paprika  
 1/2 teaspoon garlic powder  
 salt and pepper, to taste  
 1 cup Mina Harissa Mild Red Pepper Sauce  
 3 tablespoons finely minced fresh mint  
 avocado, to garnish (optional)

Preheat the oven to 400 degrees.  
 Place cubed butternut squash on a baking sheet and pour 2 tablespoons of ghee or

butter or coconut oil over squash and toss. Sprinkle with a pinch of salt. Place in the oven and bake for 20-25 minutes or until soft. While butternut squash cooks, place a large sauté pan over medium heat and add 2 tablespoons of ghee, butter or coconut oil. Add chicken.

After about 5 minutes, as the chicken loses its pink, add red onion along with smoked paprika, garlic powder, and salt and pepper. Cook until chicken is completely cooked through. Then add cooked butternut squash along with red pepper sauce to the pan and mix well.

Remove from heat, then mix in mint then serve.

## Thai Shrimp Soup

Source: *Paleo Running Momma*

1 (5-ounce) bag fresh baby spinach  
 1 tablespoon olive oil, plus extra for drizzling  
 1 small white onion, peeled and thinly sliced  
 6 cloves garlic, peeled and minced  
 1 teaspoon smoked paprika, plus extra for serving  
 1/2 teaspoon ground cumin  
 2 (15-ounce) cans chickpeas, rinsed and drained\*  
 1/2 cup raisins  
 1/3 cup toasted pine nuts  
 sea salt and freshly-cracked black pepper, to taste

Place the spinach in a colander and rinse with water. Set aside.

Heat oil in a large sauté pan over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until softened. Add in the garlic, paprika, cumin and stir to combine. Cook for 1 more minute, stirring occasionally. Reduce heat to medium. Add the still-wet spinach to the pan, cover with a lid, and wait for 1-2 minutes until the spinach has wilted. Stir in the chickpeas and raisins until combined. Then continue to cook for 1-2 minutes, until the chickpeas are heated through.

Taste and season generously with salt (I used about 1 teaspoon) and black pepper, to taste. Serve warm, garnished with toasted pine nuts, an extra drizzle of olive oil, and a pinch of paprika. Or transfer to a sealed container and refrigerate for up to 3 days.



## Quick Smoky Red Lentil Stew

Source: *The First Mess*

3 tablespoons olive oil  
 2 large carrots, small dice  
 1 medium yellow onion, small dice  
 2 stalks celery, small dice  
 3 cloves of garlic, minced  
 1 tablespoon balsamic vinegar  
 2 tablespoons smoked paprika  
 1/4 teaspoon ground cumin  
 1/4 teaspoon cayenne pepper  
 1 1/4 cups red lentils, rinsed  
 4 cups vegetable stock  
 sea salt and ground black pepper, to taste  
 2 tablespoons fresh lemon juice (from 1/2 a large lemon)  
 chopped fresh herbs for serving (see notes)

In a large pot or deep braiser, heat the olive oil over medium heat. Add the carrots, onion, and celery. Stir and sauté until the onion is translucent, about 5-6 minutes. Add the garlic to the pot and stir until fragrant, about 30 seconds. Then, add the balsamic vinegar, smoked paprika, cumin, cayenne, and lentils. Give everything a big stir.

Add the vegetable stock, salt, and pepper to the pot. Stir and bring the stew up to a simmer. Cover the pot halfway with a lid and let the stew simmer for about 7-10 minutes, depending on your preferred doneness of the lentils. I went the full 10 minutes because I was aiming for a creamier texture. Stir in the lemon juice.

Serve the stew hot with chopped fresh herbs and extra lemon.



## Catalan Chickpeas And Spinach

Source: *Gimme Some Oven*

1 (5-ounce) bag fresh baby spinach  
 1 tablespoon olive oil, plus extra for drizzling  
 1 small white onion, peeled and thinly sliced  
 6 cloves garlic, peeled and minced  
 1 teaspoon smoked paprika, plus extra for serving  
 1/2 teaspoon ground cumin  
 2 (15-ounce) cans chickpeas, rinsed and drained\*  
 1/2 cup raisins  
 1/3 cup toasted pine nuts  
 sea salt and freshly-cracked black pepper, to taste

To make the sauce, whisk together the coconut aminos, nut butter, lime juice, half of the ginger and garlic, 1 tablespoon sesame oil, maple syrup, and at least 1 teaspoon of hot sauce. Taste and adjust if needed.

Place the spinach in a colander and rinse with water. Set aside.

Heat oil in a large sauté pan over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until softened. Add in the garlic, paprika, cumin and stir to combine. Cook for 1 more minute, stirring occasionally.

Reduce heat to medium. Add the still-wet spinach to the pan, cover with a lid, and wait for 1-2 minutes until the spinach has wilted. Stir in the chickpeas and raisins until combined. Then continue to cook for 1-2 minutes, until the chickpeas are heated through.

Taste and season generously with salt (I used about 1 teaspoon) and black pepper, to taste. Serve warm, garnished with toasted pine nuts, an extra drizzle of olive oil, and a pinch of paprika. Or transfer to a sealed container and refrigerate for up to 3 days.



## Stuffed Za'atar Roasted Acorn Squash W/ Pepper-Lemon Tahini Sauce

Source: Dolly and Oatmeal

*Za'atar is an herby spice blend that can be found in many supermarkets in the herb + spice aisle.*

### INGREDIENTS

3 acorn squash, washed and cut in half  
 2 tablespoons za'atar  
 2 cups chickpeas, cooked (or a 15oz can of chickpeas, drained and rinsed)  
 1 medium shallot, diced  
 3 large kale leaves, destemmed and shredded  
 1/2 tablespoon extra virgin olive oil  
 1 teaspoon ground cumin  
 1/8 teaspoon cayenne (optional)  
 1/2 cup quinoa, cooked  
 salt + pepper  
 sesame seeds, for garnish

### PEPPER LEMON TAHINI SAUCE:

pepper-lemon tahini sauce  
 1/4 cup tahini paste  
 1 tablespoon fresh lemon juice  
 1/4 teaspoon freshly ground pepper  
 1 clove garlic, minced  
 sea salt  
 1/4-1/3 water

Preheat oven to 400° and line a rimmed baking sheet with parchment. Place squash cut side up, and brush with olive oil; season with a pinch of salt for each, and evenly sprinkle the za'atar spice. Place in oven and bake until fork-tender; roughly 40-50 minutes. Remove from oven and set aside.

While squash are cooking, heat a 8-10 inch skillet on medium, once hot, add the olive oil and shallot; saute shallot for a few minutes, until translucent and soft. Add the chickpeas, cumin, and cayenne pepper, and a couple pinches of salt; cook for 1 to 2 minutes. Add the kale and cook until a bit wilted, 1 to 2 minutes. Remove from heat and set aside.

In a large mixing bowl, combine the sauteed chickpeas and kale, with the quinoa. Taste for seasoning and adjust if needed.



Stuff each squash half with roughly a 1/2 cup quinoa mix (more or less depending on the size of your acorn squash). Serve warm with a few drizzles of the tahini sauce, and sesame seeds enjoy!

For the tahini sauce:

In a small mixing bowl, combine the tahini, lemon juice, pepper, garlic, a few pinches of salt, and 1/4 cup water. If consistency is too thick, add more water. Taste and adjust. Store in a lidded jar in the refrigerator until ready to use. (If the tahini sauce has thickened while refrigerated, add more water, a few teaspoons at a time, to thin it out.)



### Creamy No-Cream Tomato Soup

Source: *Kale Junkie*

3 tablespoons olive oil  
 1 large onion  
 3 pounds tomatoes I recommend using Roma, Plum, or tomatoes on the vine, and avoiding beefsteak tomatoes, as they have little flavor  
 6 cloves garlic  
 1/2 cup fresh basil  
 1 teaspoon Italian seasoning  
 2 1/2 cups chicken broth  
 1 13 oz can coconut cream If you can't find that, buy 1 can full-fat coconut milk  
 2 teaspoons salt  
 1 teaspoon pepper  
 "Cream" Drizzle  
 coconut cream You will be using some of the coconut cream above  
 1 teaspoon lemon juice  
 1 teaspoon water

Roughly chop the onion, mash the garlic, and set aside.

Clean the tomatoes and cut them into chunks - none of this needs to be perfect, it all ends up in the blender anyway!

In a large pot on the stove, add the olive oil, and turn on the heat to medium-high.

Once the pan is hot, add the onion and saute for about 6 minutes, until the onion starts to get soft.

Add the garlic and saute for another minute. Next, add the tomatoes, basil, Italian seasoning, chicken broth, 1/2 of the can of coconut cream, and salt and pepper.

Bring everything to a boil, then cover. Turn the heat to low and simmer for about 20 minutes.

Remove the cover from the pot. Transfer 3/4 of the mixture to a blender and blend for about one minute until it's nice and smooth. Return the soup back to the pot. Taste the soup and add any additional salt and pepper.

Next, make the drizzle.

To make the drizzle, whisk together the other 1/2 can of coconut cream with the water and lemon juice.

Plate the soup and drizzle the "cream" sauce on top.

Garnish with parsley and enjoy!

## SNACKS , APPETIZERS &amp; DESSERTS

*We get it....snack time and get togethers can be a little more challenging when you are Nourishing. Here are some great snacks to have on hand during your 'witching hour' and some great options for appetizers when you have to bring a dish to parties.*

**Snack Ideas**

Cut up veggies when you are prepping for the week and keep in the fridge so they are there to grab on the go. They're great with guacamole or hummus.

Pack small snack bags of nuts so you have something to take that is portion controlled.

Roll up sliced, roasted turkey or ham. Use just the meat or roll around a fermented dill pickle. Either way, you have an easy and delicious snack! You can also try whole grain mustard or kraut inside your roll.

Try Elemental bars. They are organic, raw, vegan and gluten free.

Alkalign has a robust Pinterest account with a few Nourish Boards for inspiration.

**Erin's Energy Balls**

★ FAN FAVORITE!

1 cup organic peanut butter (no added sugar!)  
 3 T coconut oil  
 1/4 cup honey  
 3T hemp seed  
 3T chia seeds  
 1/2 cup flax seed  
 1/2 cup shredded coconut  
 1 T vanilla  
 1 cup organic brown rice crispies  
 1/2 cup dark chocolate chips

Mix together peanut butter, coconut oil, honey, hemp, chia and flax seed with coconut and vanilla. Then add rice crispies and chocolate chips.

Roll, eat & enjoy! Freeze to keep crispy!

**Erin's Hippy Crispies/Cupcakes**

4 C Organic brown rice crispies  
 1/2 cup hemp seeds  
 3/4 of honey (super sweet but binds the base)  
 2 cups sunbutter (or nut butter)  
 2 cups dark chocolate chips (I use 85% dark)

Combine the honey and sunbutter over low heat in a saucepan on the stovetop until blended/smooth.

Combine rice crispies and hemp seeds in a mixing bowl. Pour honey mix over dry mix and combine.

Transfer to an 8x8 greased pan (I used coconut oil spray) or the cups of a muffin tin.

Heat chocolate in a double boiler.

Pour melted chocolate over the crisps and stick in the fridge.



## ★ FAN FAVORITE!

**Kale Chips**

Kale  
Salt  
Nutritional yeast

Place Kale on a baking sheet. Sprinkle with salt. Bake at 350 degrees for 15 minutes. Remove from oven and mix up. Sprinkle with nutritional yeast and bake for an additional 10 minutes until crispy.

**Apple Cinnamon Sweetness**

Simple and easy dessert that is sure to please on these cool fall nights.

Apples  
Butter or Ghee  
Cinnamon to taste

Peel and cut apples.  
Sauté in ghee. Add cinnamon. Cook until soft and lightly browned on edges.

**Night Out Tip**

Heading out for happy hour or dinner? Eat your vegetables first and don't forget to Nourish your soul. Instead of drinking wine or a cocktail, try a MOCKTAIL! Many bartenders are embracing sober-mindedness and can offer you something fun that is alcohol free. Just be sure to tell them to hold the sugar.

### Cinnamon and Honey Roasted Walnuts

1 cup raw walnut halves  
1 tsp ground cinnamon  
3 tbsp raw honey  
pinch of salt

Preheat oven to 350 F. Line a baking sheet with parchment paper and set aside.

In bowl combine honey, ground cinnamon and salt. Add in walnuts and toss to combine.

Spread nuts in single layer on prepared baking sheet. Bake, stirring occasionally, until toasted, about 10-20 minutes. Let cool completely before serving.



### Green Goddess Dip

1 medium avocado, halved, pitted, and peeled  
½ cup fresh parsley, packed  
¼ cup fresh basil leaves, packed  
2 anchovy fillets, rinsed and dried  
1 clove garlic, chopped  
1 scallion, white and green parts, sliced  
1/8 cup coconut milk  
2 tbsp freshly squeezed lemon juice  
1/8 cup extra virgin olive oil  
salt, black pepper to taste

In a food processor or blender, combine the coconut milk and olive oil with the avocado, parsley, basil, scallion, garlic, lemon juice and anchovies and puree until smooth. Season the dip with salt and pepper and serve immediately with vegetables.

### Baked Sweet Potato Chips

2 organic sweet potatoes  
2 Tbsp olive oil  
1/4 tsp sea salt (optional)

Preheat oven to 250F. Slice sweet potatoes uniformly (skins on or off). Chips that are too thick in parts won't crisp up all the way.

Toss slices in a touch of olive oil to lightly coat, then sprinkle with salt. Lay out in a single layer on a baking sheet on parchment paper and bake for about 2 hours, flipping chips once at halfway point to ensure even cooking.

Remove once crisp and golden brown. Some may feel a little tender in the middle but take them out and let them rest for 10 minutes or so to crisp up before sampling.



### Simple Hummus

★ FAN FAVORITE!

- 1 (16-ounce) can chickpeas
- 3 cloves garlic
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons tahini
- 1/2 teaspoon sea salt

Drain chickpeas over a bowl to reserve the liquid. Rinse chickpeas and set them and the reserved liquid aside.

Place garlic, lemon juice, tahini, pepper, salt, and drained chickpeas in a blender or processor for 30 seconds or until chopped. Scrape down the sides and add reserved chickpea liquid, 1 tablespoon at a time, through the opening in the funnel and process until mixture is smooth. The more liquid you add, the thinner the mixture will be.



### Long Live Hummus!

Hummus of every kind is great for spreading on bread, dipping vegetables or for your favorite gluten free, corn free crackers. Add toppings such as roasted red peppers, chopped olives or pine nuts. Pack individual sized hummus containers and enjoy this anytime snack wherever you go!

### Crispy Roasted Chickpeas With Rosemary And Lemon Zest

- 1 15-ounce can chickpeas, or 1½ cups cooked chickpeas, rinsed, drained and dried
- ¼ teaspoon fine sea salt
- 3 tablespoons extra virgin olive oil
- 4 rosemary sprigs, leaves removed and finely chopped (about 2 tablespoons)
- 1 tablespoon fresh sliced chives
- finely grated zest of 1 lemon (about 1 tablespoon)
- Freshly ground black pepper

Preheat oven to 400. Drain and rinse the chickpeas in a colander, shake colander to get excess water off of chickpeas. Dry the chickpeas as much as possible, by gently (press lightly, so they don't smash) rolling them between two clean towels, or paper towels. Some of the skin may come off, but that's ok.

Once the oven has been preheated, place a large cast-iron skillet in the oven, and heat for 5 minutes.

In a medium bowl toss the chickpeas with the olive oil and sea salt. Pour the chickpeas into the preheated skillet. Roast chickpeas for 15 minutes, stirring every 5 minutes, until golden brown and crunchy. Stir in the rosemary, and bake until you can smell the rosemary, about 3 minutes.

Remove the chickpeas from the oven and toss in the chives, lemon zest and four turns of black pepper. Give the chickpeas a good stir and pour them into a serving bowl. Serve warm, and sprinkle with some coarse sea salt if desired.

Unlike deep-fried chickpeas, oven-roasted chickpeas don't stay as crispy once they cool, so I recommend eating them while they're still warm from the oven for optimal crunchiness. They still taste great once they cool, as they become intensely nutty and addictively chewy.

## DRINKS

*We all know we should be drinking more water throughout the day, but let's be real...it can get really boring. Here are a few fizzy and fun ideas for drinks to help hydrate your body and make you feel like you're indulging in a fancy cocktail (think mocktails)!*



### Hydrate In Style

Infuse water with:

- Strawberry & Mint
- Watermelon & Basil
- Apples
- Oranges & Blueberry
- Cucumber & Mint
- Lemon & Lime
- Kiwi & Watermelon
- Blood oranges  
& Rosemary
- Honeydew & Mint
- Pineapple & Coconut
- Pomegranate

Get a Soda Stream!

In the mood for something fizzy? Make your own soda and add your fruits to your soda. Serve in a fun wine or martini glass for a fun treat to enjoy during dinner. Frozen berries make a great addition to a glass of plain soda water.

Hydration options are not limited to water. Enjoy herbal teas, coconut water and kombucha. Just check the labels so that there is no unnecessary added sugar.

### Everything But The Kitchen Sink Smoothie

Spinach  
Collard Greens  
Micro-Greens  
Collagen Peptides  
Maca Powder  
Celery  
Fresh Lemon Juice  
Fresh Turmeric  
Fresh Ginger  
Half Frozen Banana  
2 Frozen Mango Chunks  
Acai  
Coconut Water and Almond Milk

Add all to blender and enjoy!

### Golden Milk

*from [thewholejourney.com/immune-boosting-golden-milk/](http://thewholejourney.com/immune-boosting-golden-milk/)*

1 1/2 C unsweetened coconut or almond milk  
1 tsp turmeric  
1/2 tsp ginger powder  
1/2 tsp Ceylon cinnamon  
1/8 tsp black pepper  
1 tsp coconut oil  
1 tbsp raw honey  
Pinch of Himalayan sea salt

Combine all ingredients in a small saucepan. Stir while heating, bring to a boil and then turn off heat. Pour into a mug and enjoy!



## ALTERNATIVES TO COOKING

We all lead busy lives and not everyone likes to cook. If cooking isn't in the cards for you, don't worry! You do not necessarily have to cook to eat well. There are some options to get nutritious food on the go, at the office or on your doorstep.

We are fortunate to have access to food delivery services that serve real food; and often organic, gluten free, vegan options.

- SunBasket - [www.trysunbasket.com](http://www.trysunbasket.com)
- Blue Apron - [www.blueapron.com](http://www.blueapron.com)
- Thistle - [www.thistle.co](http://www.thistle.co)
- Methodology - [www.gomethodology.com](http://www.gomethodology.com)
- Green Chef - [www.greenchef.com](http://www.greenchef.com)
- Home Chef - [www.homechef.com](http://www.homechef.com)
- Hello Fresh - [www.hellofresh.com](http://www.hellofresh.com)
- Purple Carrot - [www.purplecarrot.com](http://www.purplecarrot.com)

Note: Food delivery services may be limited by geographic region.

Connect with your fellow Nourishers on our Facebook group to see how others are making things easier in their own lives.

## Live Present. Be Forward. Alkalign Nourish.



Disclaimer – Results will vary, and you should check with your doctor to determine whether Nourish is right for you. Our Coaches are not doctors, dietitians or psychologists. They are your Health Coaches. Nourish is not intended to substitute for the advice, treatment and/or diagnosis of a qualified licensed professional. Trained health coaches may not make any medical diagnosis, claims and/or substitute for your personal physician's care. As your Holistic Health Coaches, they are not providing a second opinion or in any way attempting to alter the treatment plans or therapeutic goals/recommendations of your personal physician. It is their role to partner with you and to provide you with ongoing support and accountability as you create an action plan to meet and maintain your health.

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