

Recipe Book

This book was written and is dedicated to all my clients. These recipes have created to help your body heal itself, so that you can enjoy more a healthier and happier life! You can make the recipes as written or add or omit things to your liking however these recipes are tried and true and were written so the ingredients detox your body and allow you to start losing weight and healing naturally from the inside out. My hope with this book is that it will inspire more people to take a natural holistic approach to their health and use food as medicine. Happy cooking!

With love and health
Samantha Hubert
Abundant Life Coaching

Breakfast

Hot Brown Rice, Nuts, and Flax
The UltraMetabolism Cookbook
Serves 2- Prep Time: 5 Minutes - Cook Time: 50 Minutes

½ Cup Long-Grain Brown Rice
1 Cup Plain Almond Milk
¼ Teaspoon Ground Nutmeg
Pinch Kosher Salt (optional)
8 Brazil Nuts, shelled and chopped
2 Tablespoon Flaxseed, ground

1. Place the brown rice, almond milk, nutmeg, and salt (if using) in a medium saucepan. Bring to a boil, stirring frequently. Cover pan and reduce the heat to low. Simmer for approximately 45 minutes. Top with chopped Brazil nuts and ground flaxseed.

Turkey Breakfast Sausage
The UltraMetabolism Cookbook
Serves 8 -Prep Time: 20 Minutes - 6 to 8 Minutes

1 lb Ground Turkey
¼ Cup Finely Diced Apple
2 Tablespoons Finely Minced Sage
½ Teaspoon Finely Minced Thyme
3 Tablespoons Extra-Virgin Olive Oil
½ Teaspoon Kosher Salt
½ Teaspoon Freshly Ground Black Pepper

1. In a large bowl, gently mix together the ground turkey, apple, sage, thyme, 2 tablespoon of the olive oil, the sale, and pepper. Form the mixture into eight 4-inch patties, each about ½ inch thick.
2. Heat the remaining 2 Tablespoons for olive oil in a nonstick skillet over medium heat. Cook the patties for 3 to 4 minutes on each side, until firm to the touch.

Peach Quinoa with Flax and Nuts
The UltraMetabolism Cookbook
Serves 2 - Prep Time: 5 Minutes - Cook Time: 25 Minutes

1 Cup Quinoa, Thoroughly Rinsed and Drained
2 Cups Plain Almond Milk
¼ Teaspoon Ground Allspice
Pinch Kosher Salt (optional)
2 Medium Peaches, peeled, pitted, and diced, or 1 ½ Cups Frozen Peaches
2 Tablespoon Flaxseed, ground
2 Tablespoon Chopped Hazelnuts

1. Place the quinoa, almond milk, allspice, salt (if using), and peaches in a medium saucepan. Bring to a boil, stirring frequently. Cover pan and simmer on low heat for approximately 20 minutes, until quinoa is tender. Top with ground flaxseed and chopped hazelnuts.

Chia Seed Pudding
www.eatingbirdfood.com/basic-chia-seed-pudding/

6 Tablespoons Chia Seeds
2 Cups Unsweetened Coconut, Almond, or Cashew Milk
½ Teaspoon Pure Vanilla Extract
Stevia to taste
Blueberries or Strawberries, for toppings.

1. In a bowl or mason jar, mix together chia seeds, milk, stevia, and vanilla. If you're using a mason jar, you can put the lid on and shake the mixture to combine everything.
2. Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds, cover and put the mixture in the fridge to "set up" for 1-2 hours.
3. You can also prep your pudding the night before and let it sit in the fridge overnight if that is easier. When ready to serve, divide the mixture between two bowls, top the pudding with berries and enjoy.

Turkey Apple Breakfast Hash

fedandfulfilled.com

For the Meat:

1 lb Ground Turkey
1 Tablespoon Coconut Oil
½ Teaspoon Dried Thyme
½ Teaspoon Cinnamon
Sea Salt, to Taste

For the Hash:

1 Tablespoon Coconut Oil
1 Large or 2 Small Zucchini
½ Cup Shredded Carrots
2 Cups Cubed Frozen Butternut Squash or Sweet Potato
1 Large Apple, peeled, cored, and chopped
2 Cups Spinach or Greens of Choice
1 Teaspoon Cinnamon
¾ Teaspoon Powdered Ginger
½ Teaspoon Garlic Powder
½ Teaspoon Turmeric
½ Teaspoon Dried Thyme
Sea Salt to Taste

1. Heat a tablespoon of coconut oil in a skillet over medium/high heat. Add ground turkey and cook until browned. Season with cinnamon, thyme, and a pinch of sea salt. Move to plate.
2. Drop remaining coconut oil to the same skillet, add in zucchini, carrots, apple, and frozen squash. Cook for 4-5 minutes, or until veggies have softened.
3. Add in spinach, and stir until wilted.
4. Stir in cooked turkey, seasonings, salt and turn off heat.
5. Enjoy this hash fresh from the skillet or let cool and refrigerate to eat throughout the week. The hash will keep for about 5-6 days in sealed container in the refrigerator.

Avocado Toast

2 Slices Cleanse Approved Rice Bread

1 Medium Sized Avocado, Halved

Olive oil

Sea Salt

1. Toast rice bread to desired texture
2. Lightly brush with Olive oil (optional)
3. Sprinkle with Sea Salt

Almond Butter Toast

2 Slices Cleanse Approved Rice Bread

1-2 Tablespoon(s) Unsweetened Almond Butter

½ Cup Berries

Cinnamon

Chia Seeds

1. Toast rice bread to desired texture
2. Top with almond butter
3. Top with either blueberries, raspberries, or blackberries
4. Sprinkle with cinnamon and chia seeds

Detox Smoothie

- 1 1/2 Cup Unsweetened Coconut or Almond Milk
- 1 Cup Fresh or Frozen Berries (add ice if using fresh berries)
- 1 Tablespoon Almond Butter
- 1 Tablespoon Flax Seeds
- 4-6 Walnuts
- 1/4 Lemon
- 1/2 Tablespoon Cinnamon

1. Blend all ingredients and enjoy!

Sides/ Snacks

Brussels Sprouts + Apples on Skewers
Eating Purely Cookbook
Vegan, gluten-free

1 lb Brussel Sprouts
2 Apples
Olive Oil
Balsamic Glaze
Wooden Kabob Skewers

Preheat Oven to 400 degrees. Cut brussels sprouts in half, discarding outer skin. Cut Apples into 1" pieces. Toss brussels sprouts and apples in a bowl with a drizzle of oil. Put skewers through sprouts and apples. Place on a parchment-line baking sheet and roast in the oven for 30 minutes. Serve with balsamic glaze drizzled on top.

Steamed Artichoke
Eating Purely Cookbook

2 large artichokes
1 lemon, cut in half

Bring a large pot of water to a boil with a half a lemon. Meanwhile, with a sharp knife, slice 1/2" off the top of each artichoke. Cut off the bottom of the stem, and peel the tough outer layer of the stem with a vegetable peeler. Cut off any remaining tough outer leaves. Cut the artichokes in half. Place the artichokes in boiling water and simmer, covered for 30 minutes.

Beet Chips

Eating Purely Cookbook

3 beets (mixed with red and gold)
Himalayan Sea Salt
Olive Oil

Preheat the oven to 350 degrees. Wash beets and remove skin with a peeler. Using a mandolin or sharp knife, cut beets into thin slices. Toss beets with olive oil and salt, placing red beet in a one bowl and golden beets in another so the red color doesn't stain the golden beets. Place thin slices of beets on parchment-lined baking sheet and bake in the oven for 35-45 minutes. Flip beets halfway through cooking. Serve

Grilled Carrots with Herbs

Candida Free Cookbook and Action Plan

1 lb Carrots, Quartered Lengthwise
2 Teaspoon Olive Oil
1 Teaspoon Chopped Fresh Dill
1 Teaspoon Chopped Fresh Thyme
Sea Salt
Freshly Ground Pepper

1. Preheat the grill (or broiler) to medium.
 2. In a large bowl, toss together the carrots, olive oil, dill, and thyme.
 3. Season with sea salt and pepper.
 4. Grill the carrots for about 10 minutes, turning to cook all sides, until they are crisp-tender and lightly charred.
 5. Serve.
- If you do not have a grill, broil the carrots in the oven for 10 minutes, turning them several times to get all sides to cook evenly.

Green Beans
Meals Made Simple
Serves 6 - Prep Time: 10 Minutes - Cook Time: 10 Minutes

1 ½ lb Green Beans, trimmed
1 ½ Tablespoons of Extra Virgin Olive Oil
¾ Teaspoon Fresh Lemon Juice
½ Teaspoon Sea Salt
¼ Teaspoon Cracked Black Pepper

1. Fill a large pot with 1 inch of water and arrange a steamer basket over the top.
2. Place the green beans in the steamer basket and bring the water to a boil. Cover and steam for 5 minutes, until the beans are bright green and crisp-tender.
3. Transfer the beans to a colander to drain. Discard the cooking water and wipe the pot dry. Return the pot to the stove.
4. Add the olive oil, lemon juice, salt, pepper, and beans to the pot. Toss to coat and transfer to a serving plate.

Grilled Sesame Asparagus
Meals Made Simple - Serves 6 - Prep Time: 5 Minutes Plus 10 Minute Marinating Time -
Cook Time: 6 Minutes

1 lb asparagus, trimmed

Marinade:

2 Teaspoon Cold-Pressed Sesame Oil
2 Teaspoon Coconut Aminos
2 Cloves Garlic, Minced
½ Teaspoon Peeled and Minced Fresh Ginger
¾ Teaspoon Sea Salt
¼ Teaspoon Cracked Black Pepper

1. Toss the asparagus with the marinade ingredients in a shallow glass dish and marinate for 10 minutes.
2. Preheat a grill or grill pan to medium heat.
3. Lay the asparagus lengthwise on the grill so they do not fall through the grates and grill, covered, for 3 minutes.
4. Turn the vegetables over and grill for an additional 3 minutes, until tender and cooked through

Cumin-Garlic Summer Squash
Meals Made Simple

Serves 6 to 8 - Prep Time: 10 Minutes - Cook Time: 15 Minutes

- 1 Tablespoon Extra Virgin Olive Oil, Divided
- 2 Cloves Garlic, Minced
- 3 Medium Zucchini, Thinly Sliced
- 3 Medium Yellow Squash, Thinly Sliced
- 1 Teaspoon Ground Cumin
- ½ Teaspoon Sea Salt
- ¼ Teaspoon Cracked Black Pepper

1. Heat 1 ½ teaspoon of the olive oil in a skillet over medium-high heat.
2. Add the garlic and saute for 2 minutes.
3. Add half the zucchini and yellow squash and saute for 5 minutes. Transfer to a plate.
4. Add the remaining 1 ½ teaspoons of olive oil and vegetables to the skillet and saute for 5 minutes. Return the first half of the vegetables to the pan and add the cumin, salt, and pepper. Toss to coat and cook for 2 minutes more.

Grilled Asparagus with Lemon Zest, Garlic, and Parsley
The UltraMetabolism Cookbook

Serves 4 - Prep Time: 15 Minutes - Cook Time: 10 Minutes

- 2 Medium Cloves Garlic, Minced (about 2 teaspoons)
- 2 Teaspoons Finely Minced Parsley
- 1 Teaspoon Grated Lemon Zest
- 2 Tablespoons Extra-Virgin Olive Oil
- 1 lb Asparagus, trimmed and tough stem ends removed
- ½ Teaspoon Kosher Salt
- ½ Teaspoon Freshly Ground Black Pepper

1. In a small bowl, combine the minced garlic, parsley, and lemon zest.
2. Brush a grill pan with 1 tablespoons of olive oil and heat over medium-high heat.
3. Toss the asparagus with the remaining 1 tablespoon olive oil, the salt, and pepper. Grill for about 10 minutes, until golden brown but still crisp-tender. Cook time will vary with the thickness of the asparagus.
4. Transfer to a platter and sprinkle with the garlic, parsley, and lemon zest mixture.

Pan-Browned Brussel Sprouts
The UltraMetabolism Cookbook
Serves 8 - Prep Time: 20 Minutes - Cook Time: 40 to 45 Minutes

2 Tablespoon Extra-Virgin Olive Oil
1 lb Brussels Sprouts, Trimmed and Cut in Half
½ Teaspoon Kosher Salt
¼ Teaspoon Freshly Ground Black Pepper
⅓ Cup Water
½ Teaspoon Lemon Zest

1. Heat the olive oil in a medium skillet over medium-high heat. Add the brussels sprouts, salt, and pepper and cook, stirring occasionally, for 2 or 3 minutes, until they begin to brown.
2. Add the water; cover the pan and cook for about 4 or 5 minutes, until almost done.
3. Remove the lid and turn the heat to high. Cook until brown and no liquid remains.
4. Sprinkle with lemon zest

Simple Steamed Artichokes
The UltraMetabolism Cookbook
- Serves 4 - Prep Time: 10 Minutes - Cook Time: 25 to 30 Minutes

4 Large Artichokes, leaves and stem trimmed, cut surfaces rubbed with fresh lemon
½ Teaspoon Kosher Salt

1. Place the artichokes upside down on a steaming rack over boiling water. Cook for 25 to 30 minutes, or until a leaf pulls out easily from the artichoke and the bottom is tender when pierced with a small knife or fork. Place the cooked artichoke in a bowl of ice water or rinse under cold water to stop the cooking. Transfer to a plate and place upside down to drain.
2. Alternatively, place the artichokes in a pot or deep saute pan large enough to hold them in a single layer. Put 1 inch of boiling water in a the pot with ½ teaspoon salt. Bring to a simmer and cook the artichokes, covered, for 25 to 30 minutes. Proceed as above with the steaming method.
3. Serve cold or at room temperature

Sweet Potato-Carrot Mash
The UltraMetabolism Cookbook
Serves 4 - Prep Time: 15 Minutes - Cook Time: 50 Minutes

4 Medium Sweet Potatoes (about 1 $\frac{3}{4}$ pounds)
1 lb carrots, peeled and cut into 1-inch chunks
2 Tablespoons plus 1 Teaspoon Extra-Virgin Olive Oil
 $\frac{1}{2}$ Teaspoon Kosher Salt
Pinch of Freshly Ground or Grated Nutmeg
Pinch of Freshly Ground Black Pepper

1. Preheat the oven to 425 degrees
2. Pierce the sweet potatoes with a knife in about 3 places.
3. Place the carrots on a baking sheet. Mix with 1 tablespoon of the olive oil and $\frac{1}{4}$ teaspoon of the salt.
4. Place the sweet potatoes and carrots in the oven. Bake until the potatoes and carrots are soft when pierced with a fork, about 40 minutes for the carrots and 50 minutes for the sweet potatoes. Turn carrots once while cooking.
5. When cool enough to handle, peel the sweet potatoes and place them in a the bowl of a good processor with the carrots. Add the olive oil, nutmeg, black pepper, and the remaining $\frac{1}{4}$ teaspoon salt. Process until smooth.

Lemon-Dill Parsnips
Whole 30 Fast & Easy Cookbook
Serves 4 - Prep Time: 20 Minutes - Roast Time: 20 Minutes

2 lbs Parsnips, Peeled and Cut into 3 x $\frac{1}{4}$ inch matchsticks
3 Tablespoons Extra-Virgin Olive Oil
3 Cloves Garlic, Thinly Sliced
 $\frac{1}{2}$ Teaspoon Salt
 $\frac{1}{8}$ Teaspoon Black Pepper
2 Tablespoons Fresh Lemon Juice
2 Teaspoons Snipped Fresh Dill or $\frac{1}{2}$ Teaspoon Dried Dill

1. Preheat the oven to 425 degrees.
2. Combine the parsnips, olive oil, garlic, salt, and pepper in a large bowl and toss to coat. Place the parsnips in an even layer on two baking sheets.
3. Roast, uncovered, stirring twice, until the parsnips are tender and starting to brown, 20 to 30 minutes. Drizzle with lemon juice and sprinkle with the dill; toss to coat and serve.

Italian Roasted Whole Cauliflower
Whole 30 Fast & Easy Cookbook
Serves 4 - Prep Time: 10 Minutes - Roast Time: 1 Hour

1 Medium Head of Cauliflower
½ Cup Water
2 Tablespoons Extra-Virgin Olive Oil
½ Teaspoon Salt
¼ Teaspoon Black Pepper
3 Cloves Garlic, Thinly Sliced
2 Tablespoons Chopped Fresh Basil and/or Parsley
2 Teaspoons Chopped Fresh Oregano

1. Preheat oven to 400 Degrees.
2. Trim the leaves and about 1 inch of the core from the cauliflower, leaving the head intact. Place the cauliflower, stem side down, in an 8x8 inch square baking dish. Add the water to the dish and cover tightly with foil. Roast for 30 minutes.
3. Remove the foil. Brush the cauliflower with the olive oil and sprinkle with the salt and pepper. Insert the garlic slices between the grooves of the cauliflower. Roast the cauliflower, uncovered, until a sharp knife easily pierces through to the core, about 30 minutes longer.
4. In a small bowl, combine the basil and oregano. Cut the cauliflower into wedges, sprinkle with the fresh herbs, and serve.

Fresh Guacamole

4 Large Avocados
½ Cup Chopped Cilantro
1 Lime
1 Tablespoon Finely Chopped Red Onion
Sea Salt
Pepper

1. Half the avocados, remove pit (do not discard pit) and spoon avocado into a medium size bowl and mash avocados until desired consistency.
2. Squeeze half of the lime to start, add more lime juice if needed.
3. Add remaining ingredients.
4. Salt and pepper to taste.
 - Use for a dip with rice crackers, rice cake, or veggies of choice

Brown Rice Cakes and Almond Butter

2 Brown Rice Cakes
1 Tablespoon Almond Butter
Fresh Berries (optional)
Cinnamon (optional)
Chia Seeds (optional)
Stevia (optional)

1. Spread almond butter onto rice cakes
2. Top with your favorite suggested topping

Meals

Ground Turkey & Cabbage Stir Fry

www.recipezazz.com

Serves 2 - PrepTime: 15 Minutes - Cook Time: 15 Minutes

8 Ounces Ground Turkey
6 Ounces of Shredded Cabbage
1 Clove Garlic, Minced
2 Tablespoon Olive Oil
2 Teaspoon Sesame Oil
2 Teaspoon Rice Vinegar
1 Teaspoon Freshly Grated Ginger
Salt, to Taste
Pepper, to Taste

1. Heat olive oil along with 1 teaspoon of the sesame oil in non-stick over medium-high heat.
2. Add the ground turkey, cabbage, garlic, ginger, salt, and pepper and cook until turkey is no longer pink and cabbage just starts to stick to pan.
3. Stir in the remaining sesame oil and rice vinegar, taste and adjust seasoning.
4. Enjoy

Coconut Pad Thai
Candida Free Cookbook and Action Plan
Serves 4/ Prep Time: 20 Mins

For the Sauce:

¼ Cup Unsweetened Coconut Milk
2 Tablespoon Almond Butter*
2 Tablespoon Minced Garlic
1 Tablespoon Chopped Fresh Cilantro
Dash of Sea Salt

For the Vegetables:

4 Cups Shredded Napa Cabbage
2 Large Zucchini, Cut with a Vegetable Peeler into Long Ribbons
2 Large Carrots, Cut with a Vegetable Peeler into Long Ribbons.

To Make the Sauce:

In a small bowl, whisk together the coconut milk, almond butter, garlic, cilantro, and sea salt until well combined. Set aside.

To Make the Vegetables:

1. In a large bowl, whisk together the cabbage, zucchini, and carrots.
2. Add the the sauce and toss with tongs to coat.
3. Serve

*Almond Butter can be made at home in a food processor. Puree the almonds for about 20 minutes, until they become a creamy paste rather than just chopped nuts.

Lemon-Poached Salmon

Candida Free Cookbook and Action Plan

8 Cups Water
½ Cup Freshly Squeezed Lime Juice
1 Cup Chopped Celery Greens
1 Small Carrot, Sliced
2 Teaspoons Chopped Fresh Dill
2 Teaspoons Chopped Fresh Thyme
1 Bay Leaf
¼ Teaspoon Sea Salt
1 Teaspoon Black Peppercorns
4(6-ounce) Salmon Fillets

1. In a large pot set over high heat, combine the water, lemon juice, onion, celery greens, carrots, dill, thyme, bay leaf, sea salt, and peppercorns. Bring to a full boil. Reduce the heat to low and simmer the liquid for 45 minutes.
2. Strain the stock through a sieve into a large skillet set over low heat. Bring to a simmer
3. Add the salmon and cover the skillet. Simmer for 10 minutes, or until the fish is opaque and just cooked through.
4. Remove the poached salmon carefully and serve.

Garlic-Herb Chicken Thighs
Meals Made Simple Cookbook
Serves 6 - Prep Time: 5 Minutes - Cook Time: 25-30 Minutes

Olive Oil

1 lb Brussel Sprouts, trimmed and halved

½ lb Carrots, peeled and cut into 2-inch pieces

Pinch of Sea Salt and Pepper

4 lb Chicken Thighs, bone-in and skin-on

3 Cloves Garlic, Minced

2 Tablespoons Chopped Fresh Parsley

1 Tablespoon Chopped Fresh Sage

1 ½ Teaspoon Sea Salt

1. Preheat oven to 375 degrees. Toss the vegetables with olive oil and sprinkle with a pinch of salt and pepper. Spread the vegetables on rimmed baking sheet.
 2. Trim any excess fat off of the chicken.
 3. In a small bowl, combine olive oil, garlic, parsley, sage, and salt. Rub the mixture all over the chicken.
 4. Place the chicken skin side up on top of the vegetables and roast for 25 to 30 minutes, until the juices run clear. Turn the oven to broil and brown the skin for 2 minutes before serving.
- This dish can be prepared 2 days in advance. Wrap tightly and store in refrigerator.

Creamy Dill Salmon
Meals Made Simple Cookbook
Serves 6 - Prep Time: 10 minutes - Cook Time: 12 to 13 minutes

Fish:

6 (6 ounce) Wild Salmon Fillets, Skin-On, Pin Bones Removed
1 Tablespoon Extra Virgin Olive Oil
Sea Salt and Cracked Black Pepper

Sauce:

2 Tablespoon Extra Virgin Olive Oil, Divided
5 Cloves Garlic, Crushed into a Paste
½ Cup Chicken Stock
3 Tablespoons Full-Fat Coconut Milk
2 Teaspoons Dijon Mustard
2 Teaspoons Fresh Lemon Juice
¼ Cup Chopped Fresh Dill
½ Teaspoon Sea Salt
¼ Teaspoon Cracked Black Pepper

1. Preheat the oven to 400 degrees. Line a rimmed baking sheet with parchment paper.
 2. Rub the salmon fillets with the tablespoon of olive oil, then season on both sides with salt and pepper. Place the fillets skin side down on the prepared baking sheet. Set aside while you begin the sauce
 3. Make the sauce: Melt 1 tablespoon of olive oil in a saucepan over medium-high heat. Saute the garlic until fragrant and lightly browned, about 1 minute.
 4. Pour the chicken stock and bring to a boil. Simmer for 5 minutes, until reduced by half.
 5. Meanwhile, place the salmon in the oven and roast for 6 to 7 minutes, until the fillets flake slightly in the center.
 6. Whisk the remaining 1 Tablespoon of the olive oil, coconut milk, dijon mustard, lemon juice, dill, salt, and pepper into the sauce and simmer on low until the fish is ready.
 7. Remove the skin from the salmon and serve hot with the sauce spooned over the top.
- Use leftover sauce on other fish or chicken recipes

Seared Chicken with Watermelon Spinach Salad
Whole 30 Fast & Easy Cookbook
Serves 2 - Prep Time: 20 Minutes- Cook Time: 30 Minutes

For the Chicken:

2 Boneless, Skinless Chicken Breast (About 6 ounces each)
½ Teaspoon Garlic Powder
½ Teaspoon Salt
½ Teaspoon Black Pepper
2 Tablespoons Extra-Virgin Olive Oil

For the Salad:

4 Cups Baby Spinach
2 Cups Chopped Seedless Watermelon
3 Tablespoons Extra-Virgin Olive Oil
2 Tablespoon Red Wine Vinegar
½ Teaspoon Salt
½ Teaspoon Pepper

1. Make the Chicken: Place the chicken breast between two pieces of plastic wrap and use flat side of a meat mallet to flatten to a ¼ inch thickness. Combine the garlic powder, salt, and pepper in a small bowl. Sprinkle the seasoning over the chicken.
2. Heat the olive oil in a large skillet over medium-high heat. Add the chicken and cook, turning once, until browned and cooked through, about 8 minutes. Place the chicken on a cutting board and let rest for 5 minutes. Thinly slice the chicken.
3. Make the Salad: Combine the spinach and watermelon in a large bowl. Drizzle with the olive oil and vinegar. Sprinkle with the salt and pepper. Toss the salad to coat with dressing.
4. Arrange the salad on two serving plates. Top with the sliced chicken and serve.

Zucchini-Basil Chicken Hash

Whole 30 Fast & Easy

Serves 2 - Prep Time: 20 Minutes - Cook Time: 10 Minutes

2 Tablespoons Coconut Oil
2 Cloves Garlic, Minced
2 Medium Zucchini, trimmed and diced
1 ¼ lbs Boneless, Skinless Chicken thighs, Diced
1 Teaspoon Dried Oregano, Crushed
1 Teaspoon Salt
2 Tablespoons Balsamic Vinegar
¼ Cup Thinly Sliced Fresh Basil

1. Melt the coconut oil in a large skillet over medium heat. Add the garlic and cook, stirring until starting to brown, about 1 minute. Add the zucchini and cook, stirring occasionally, until softened and starting to brown, 4 to 5 minutes
2. Add the chicken, oregano, and salt and cook, stirring occasionally, until chicken is cooked through and starting to brown, 5 to 6 minutes. Gently stir in the vinegar and basil and serve.

Rosemary-Garlic Chicken with Cabbage
Whole 30 Fast & Easy Cookbook
Serves 2 - Prep Time: 20 Minutes - Roast: 35 Minutes

1 Tablespoon Extra-Virgin Olive Oil
1 Tablespoon Finely Chopped Fresh Rosemary
2 Teaspoon Minced Garlic
2 Teaspoons Finely Chopped Fresh Sage
Grated zest of 1 lemon
1 Teaspoon Salt
1 Teaspoon Pepper
2 Bone-In, Skin-On Chicken Breasts (8 to 12 ounces each)
½ Small Green Cabbage, core intact, cut into 4 wedges
4 Teaspoon Fresh Lemon Juice

1. Preheat the oven to 425 degrees.
2. Combine the olive oil, rosemary, garlic, sage, lemon zest, salt, and ½ teaspoon of the black pepper in a small bowl. Rub the seasoning over the chicken and underneath the skin with your fingers.
3. Place the chicken, skin side up, on one side of a large rimmed baking pan. Roast the chicken for 10 minutes
4. Meanwhile, place the cabbage wedges on the other side of the baking pan. Sprinkle with the remaining ½ teaspoon black pepper. Roast until the internal temperature of the chicken is 170 Degrees and the cabbage is tender, about 15 minutes more. Drizzle the chicken and cabbage with the lemon juice and serve.

Lemon-Ginger Salmon and Asparagus
Whole 30 Fast & Easy Cookbook
Serves 4 - Prep Time: 15 Minutes - Roast Time: 20 Minutes

2 Tablespoons Extra-Virgin Olive Oil
1 Tablespoon Fresh Lemon Juice
1 Tablespoon Coconut Aminos
2 Teaspoons Rice Vinegar
2 Teaspoons Minced Fresh Ginger
1 Clove Garlic, Minced
¼ Teaspoon Salt
¼ Teaspoon Black Pepper
1 lb Asparagus, trimmed
4 Skin-On Salmon Fillets (6 ounces each)
4 Thin Slices Lemon
Lemon Wedges (Optional)

1. Preheat the oven to 425 degrees. Line a large rimmed baking pan with parchment paper.
2. In a small bowl, stir together the olive oil, lemon juice, coconut aminos, rice vinegar, ginger, garlic, salt, and pepper.
3. In a large bowl, toss the asparagus with half of the dressing. Arrange the asparagus in a single layer on the pan and roast for 5 minutes.
4. Place the salmon fillets, skin side down, on top of the asparagus. Top each fillet with a lemon slice. Spoon the remaining dressing over the salmon and lemon.
5. Roast the asparagus and salmon for 15 minutes, until the asparagus is just tender browned and the salmon just barely starts to flake when pulled apart with a fork. Serve with lemon wedges, if desired.

Roasted Chicken Thighs with Harvest Vegetables and Apples
Whole 30 Fast & Easy Cookbook
Serves 4 - Prep Time: 15 Minutes - Broil/Roast Time: 30 Minutes

1 ¼ to 1 ½ lb Bone-In Chicken Thighs
¾ Teaspoon Coarse Salt
½ Teaspoon Black Pepper
1 Medium Sweet Potato, Peeled and Cut into 1-Inch Pieces
2 Cups Trimmed and Halved Brussels Sprouts
3 Small Sprigs Fresh Rosemary
2 Tablespoons Extra-Virgin Olive Oil
1 Cup Balsamic Vinegar
2 Medium Cooking Apples, Quartered, Cored, and Chopped

1. Preheat the boiler.
2. Place the chicken thighs, skin side up, on one half of a large rimmed baking pan. Sprinkle with ¼ teaspoon of the salt and ¼ teaspoon of the pepper. Broil 5 to 6 inches from the heat until the skin is lightly browned, 4 to 5 minutes. Remove the pan and place on a wire rack. Set the oven temperature to 425 degrees.
3. Add the sweet potato, Brussels Sprouts, and 2 sprigs of the rosemary to the other half of the baking pan in an even layer. Drizzle with the olive oil and sprinkle with the remaining ½ teaspoon salt and ¼ teaspoon pepper. Toss to coat. Return to the oven and roast, uncovered, for 20 minutes.
4. Meanwhile, in a small saucepan, bring the vinegar just to boiling. Boil gently, uncovered, until the vinegar is reduced to ½ cup, 6 to 8 minutes. Add the remaining sprig of rosemary and cook for 1 minute longer. Remove from the heat; let cool until ready to serve.
5. Add the apples to the vegetables. Roast until the internal temperature of a chicken thigh registers 175 degrees and the vegetables are tender and lightly browned, 5 to 8 minutes.
6. To serve, remove the rosemary sprig from the balsamic sauce and spoon over the chicken.

Asian Turkey and Carrot-Noodle Bowls
Whole 30 Fast & Easy Cookbook
Serves 4 - Prep Time: 15 Minutes - Cook Time: 20 Minutes

For the Pork:

1 lb Ground Turkey
2 Teaspoon Toasted Sesame Oil
2 Teaspoons Minced Fresh Ginger
2 Cloves Garlic, Minced
2 Tablespoon Coconut Aminos

For the Carrots Noodles:

4 Large Carrots, Peeled
1 Tablespoon Olive Oil
½ Teaspoon Salt
Chopped Fresh Cilantro
Lime Wedges

- 1.
2. the Turkey: In a large nonstick skillet, cook the turkey over medium-high heat, breaking it up with a wooden spoon, until browned, about 10 minutes. Transfer to a bowl. Drain any fat from the skillet.
3. Heat the sesame oil in the same skillet over medium heat. Add the ginger and garlic. Cook, stirring, until fragrant, 1 to 2 minutes. Stir in the turkey and coconut aminos and heat through, about 1 minute.
4. Make the carrot noodles: Meanwhile, use a vegetables peeler to cut the carrots lengthwise into long, thin noodles. Heat the olive oil in a large skillet over medium heat. Add the carrot noodles and salt and cook, stirring occasionally, until just tender, 3 to 4 minutes.
5. Serve the turkey mixture on top of the carrot noodles. Top with cilantro and serve with lime wedges.

Cilantro-Lime Chicken
Whole 30 Fast & Easy Cookbook
Serves 4 - Prep Time: 10 Minutes - Slow Cook: 3 Hours Low

1 Lime, Quartered
¼ Cup Roughly Chopped Fresh Cilantro
3 Cloves Garlic, Peeled and Smashed
1 Whole Chicken (3 to 3 ½ lb)
1 Tablespoon Extra-Virgin Olive Oil
1 Teaspoon Grated Lime Zest
1 ½ Teaspoons Fresh Lime Juice
½ Teaspoon Salt
¼ Teaspoon Black Pepper
Chopped Fresh Cilantro (optional)
Lime Wedges (optional)

1. Place the quartered lime, cilantro, and garlic in the cavity of the chicken. In a small bowl, combine the olive oil, lime zest and juice, salt, and pepper. Rub the mixture all over the chicken. Tie the legs together with cotton kitchen string.
2. Place the chicken in the bottom of a 5 to 6 quart slow cooker breast side up. Cover and cook on high for 3 to 4 hours, until the chicken is no longer pink and thermometer registers 170 degrees when inserted into a thigh.
3. Carefully remove the chicken from the slow cooker and place in an overproof 9x13 inch pan. Let the chicken cool for 10 minutes
4. Cut the string and remove and discard the lime, cilantro, and garlic from the cavity. Turn the oven to broil. Brown the chicken under the broiler until the skin is golden brown and crispy, 4 to 5 minutes. Serve with chopped cilantro and lime wedges, if desired.

Chicken with Mashed Sweet Potatoes
Whole 30 Fast & Easy Cookbook

Serves 2 - Prep Time: 20 Minutes - Slow Cook Time: 6 hours low or 3 hours high

1 Cup Canned Coconut Milk
2 Tablespoons Coconut Aminos
1 Tablespoon Minced Fresh Ginger
½ Teaspoon Salt
¼ Teaspoon Black Pepper
1 ½ to 2 lbs Skinless Bone-In Chicken Thighs
1 Bag (12 Ounces) Frozen Sweet Potato Chunks
1 Teaspoon Arrowroot Powder
Chopped Fresh Cilantro

1. In a small bowl, mix together the coconut milk, coconut aminos, ginger, salt, and pepper. Place the chicken in a 4 to 5 quart slow cooker. Pour the coconut milk mixture over the chicken. Cover and cook on low for 6 to 7 hours or on high for 3 to 3 ½ hours.
2. Meanwhile, prepare the sweet potatoes according to package directions. In a large bowl, mash the cooked potatoes with a potato masher to the desired consistency.
3. Place the chicken on a plate and over to keep warm. Pour the cooking liquid from the slow cooker into a small saucepan. In a small bowl, whisk together the arrowroot powder and 2 teaspoons cold water and add to the cooking liquid. Bring to a boil over medium heat, stirring occasionally, then boil for 1 minute, stirring constantly until thickened. Serve the gravy over the chicken and mashed potatoes and sprinkle cilantro.

Balsamic Chicken
Whole 30 Fast & Easy Cookbook
Serves 4 - Prep Time: 10 Minutes - Slow Cooker:3 hours (low)

1 ¼ lbs Boneless, Skinless Chicken Breasts
2 Cloves Garlic, Minced
1 Tablespoon Extra-Virgin Olive Oil
½ Teaspoon Italian Seasoning
¼ Teaspoon Salt
¼ Cup Apple Cider
2 Tablespoon Balsamic Vinegar
2 Tablespoons Chopped Fresh Parsley

1. In 3 ½ to 4 quart slow cooker, combine the chicken, garlic, olive oil, italian seasoning, and salt. Turn the chicken to coat. Pour the cider and vinegar over the chicken. Cover and cook on low for 3 to 4 hours.
2. Transfer the chicken to a serving platter. Strain the cooking liquid. Top the chicken with parsley. Drizzle with additional balsamic vinegar and the cooking liquid and serve.

Cherry Almond Chicken

2 Boneless Skinless Chicken Breast, chopped
1 Medium Shallot, diced
1 Teaspoon Minced Garlic, or Two Garlic Cloves Minced
½ Sea Salt
¼ cup Apple Cider Vinegar
¼ Chicken Broth
1 ¾ Cup Quinoa
2 ½ Cups Water
3 Tablespoons Lemon Juice
2 Tablespoons Olive Oil
¼ Cup Flat Leaf Parsley, chopped
1 Cup Fresh Cherries, pitted and chopped
1 Cup chopped Almonds

1. Placed the chopped chicken, shallots, garlic and salt in a pan with the vinegar and chicken broth and cook until chicken pieces is no longer pink and chicken is cooked.
2. While the chicken is cooking start the quinoa.
3. Place 2 cups of water in a pot and bring to a boil.
4. Add the quinoa, cover and reduce to a simmer, simmer for 15 minutes or until liquid is absorbed.
5. In a bowl whisk together the lemon juice and olive oil.
6. Add the chicken (including the juice from the pan) to the quinoa and mix in the parsley, cherries and almonds.
7. Pour the olive oil and lemon juice mixture over the top. Mix and then serve.

Desserts

Coconut Ice Pops
Candida Free Cookbook and Action Plan

2 Cups Canned Full-Fat Unsweetened Coconut Milk (2-14 ounce cans)
½ Cup Shredded Unsweetened Coconut
2 Tablespoons Stevia
1 Teaspoon Pure Vanilla Extract

1. In a large bowl, whisk the coconut milk to emulsify. IT will be separated when you pour it from the can. Measure out the 2 cups you need, and reserve the rest for another use.
2. Add the coconut, stevia, and vanilla and whisk together until blended.
3. Pour the mixture into 6 ice pop molds.
4. Freeze for about 4 hours, or until firm.

Lime Mousse
Candida Free Cookbook and Action Plan

2 (14 ounce) Cans Full-Fat Unsweetened Coconut Milk, Refrigerated for at least 4 hours
¼ Cup Freshly Squeezed Lime Juice
2 Teaspoon Lime Zest
¼ Cup Stevia

1. Scoop out the thick coconut fat layer at the top into a large bowl. Save the liquid at the bottom of the can for another recipe.
2. With an electric hand mixer, beat the coconut fat for about 10 minutes, or until very thick and fluffy.
3. Add the lime juice, lime zest, and stevia. Beat to combine.
4. Refrigerate for 4 hours.
5. Spoon the mousse into 4 small serving bowls and serve.

Easy Avocado Pudding
Candida Free Cookbook and Action Plan

3 Avocados, Peeled and Pitted
¾ Cup Freshly Squeezed Lime Juice
2 Teaspoon Stevia
1 Teaspoon Pure Vanilla Extract
⅛ Teaspoon Sea Salt

1. In a food processor (or blender), combine the avocados, lime juice, stevia, vanilla, and sea salt. Puree until very smooth and creamy.
2. Scoop the pudding into 4 small dishes and serve.

Baked Fruit
The UltraMetabolism Cookbook
Serves 3 - Prep Time: 10 Minutes - Cook Time: 15 Minutes

Fresh Fruit in Season, such as Apples, Pears, Peaches, Plums, and Apricots
1 Tablespoon Balsamic Vinegar
¼ Teaspoon Ground Cardamom

1. Preheat the oven to 375 Degrees
2. Cut the fruit into 1 to 2 inch cubes. You'll need 4 cups of cubes. Place in a shallow baking dish. Drizzle with the balsamic vinegar and sprinkle with the cardamom. Bake for 15 minutes or until fruit is tender.

Apple Sauce
The UltraMetabolism Cookbook
Serves 4 - Prep Time: 15 Minutes - Cook Time: 40 Minutes

4 Large Apples (about 2 pounds), peeled, cored, and cut into chunks
1 Cup Water
½ Teaspoon Cinnamon
Small Pinch of Allspice
½ Teaspoon Fresh Lemon Juice

1. Place the apples in a large pan with the water. Cover and bring to a boil over medium-high heat. Reduce heat to medium and cook the apples until they are soft, about 20 to 25 minutes.
2. When the apples are cooked, remove only the apples to the bowl of a food processor, fitted with a metal blade, leaving any cooking liquid in the pan.
3. Bring the remain liquid in the pan to a boil over high heat until it reduces to about 1 or 2 tablespoons.
4. Add the reduced liquid from the pan to the food processor along with the cinnamon, allspice, and lemon juice, and process to the desired consistency.