



LINDGREN

Functional Nutrition



FAMILY NUTRITION



Nutrition



FAMILY
NUTRITION

TABLE OF CONTENTS

SECTIONS

01

The Importance of Family Nutrition

Pages 6-7

02

Breakfast

Pages 9-23

03

Lunch & Dinner

Pages 24-67

04

Salads

Pages 68-74

05

Snacks & Drinks

Pages 74-88

06

GB Fitness

88-94

HABITS OF HEALTHY FAMILIES

HABITS OF HEALTHY FAMILIES

As parents, we are responsible for our children's health and wellness which begins with what they eat. Children will eat what is available to them and is good to set them up early in life with healthy eating habits. In doing so, you are helping to create life-long habits that will serve them well. Surrounding yourself and your family with healthy choices creates an environment that promotes better choices and instills a healthy relationship with food.

Small changes lead to big differences and impact your family's overall health. Eating more fruits and vegetables, watching portion size, choosing healthier snacks, and consuming less sugar, processed foods, and saturated fats while eating together as a family will make significant strides in helping your family create and maintain lifelong health and healthy habits.

FRUITS & VEGETABLES

Children should eat five fruits and vegetables each day. This includes fresh, frozen, and canned fruits and vegetables. It is important to read labels to ensure there are no additives and that fruit is canned in its own natural juices and not fructose corn syrup. Offering your children fresh fruits and vegetables such as carrot sticks for snacks is a much healthier choice over processed snacks with no nutritional value.

REDUCE FAT & SUGAR

Reducing fat and sugar intake in your family's diet is often as simple as making a few healthy swaps. When choosing snack items, choose low or non-fat milk, yogurt, and cheese. Select lean cuts of meat like skinless chicken or ground chicken and turkey for items such as burgers or in pasta sauces. How you prepare the food your family eats is just as important. Choose to bake, broil, or grill food items rather than to fry. Substitute a healthy fat such as extra virgin olive oil instead of adding butter. Switch from processed cereals that are high in sugar to things like overnight oats and fruit that are low in sugar but are satiating and help to stabilize glucose levels and are easy to prepare the night before for busy mornings. Choose fresh fruit for dessert over cookies, cakes, and other packaged treats.

HYDRATION

Hydration is important for growing bodies, especially ones who are active with sports and activities. Drinking adequate water is important and eliminate drinks that are high in sugar such as soda, juices made from concentrate that have added sugar, and many of the sports drinks. Choose water, fresh fruits juices that are 100% juice, and consider electrolyte powder packets such as Superieur Electrolytes that hydrate using sea minerals and is Keto Friendly, Non-GMO, sugar-free and a healthy alternative to sports drinks. (Superieur Electrolyte Powders are available in several flavors at Lindgren Functional Medicine.)

HABITS OF HEALTHY FAMILIES

HABITS OF HEALTHY FAMILIES

SNACKS

Reduce the number of snacks your family eats and serve them as specified times like after school or after soccer practice. This helps create better habits while also ensuring they have left room for a nutritious meal. Make healthy snacks easily accessible and have containers with items like prepared carrot sticks and grapes. Create a healthy dip using yogurt or non-fat ricotta for dunking carrots and celery sticks to help encourage eating more vegetables. It is okay to have treats for special occasions like birthdays. Teach your children how to differentiate between snacks that require special permission and are for special occasions and those that can be eaten freely such as fruit and/or carrots sticks as example.

PORTION SIZE

One of the best ways you can set your children up for success for healthier eating is to focus on appropriate portion sizes. Children are smaller and should be given smaller portions. Use smaller plates for children and don't force a child to clean their plate when they are full. The average portion size for an adult should be about the size of the palm of your hand. The same is true for a child but should be their size of their own palm. Begin with smaller portions. If the child wants more, have them ask for seconds. When serving healthy foods, you want them asking for more.

FAMILY TIME

Family meals should be a time that focuses on family enjoying food and one another. This is a time to share your meal as well as your day. Mealtime offers quality family time and deepens the bond within a family. This offers the opportunity to both model and encourage good behavior at the table and encourage table manners that they will carry into adulthood. Lives are busy and sometimes sit-down family meals every night aren't possible. Ensure you have healthy meals ready to assemble or are pre-cooked and can be eaten at the table and not on the run. It is important to have regularly scheduled meal and snack times for digestion as well as for the child to learn a healthy structure for eating. Eating on the go happens, just make sure that regular family sit down meals happen more often.



GROCERY SHOPPING: A FAMILY AFFAIR

GROCERY SHOPPING: A FAMILY AFFAIR

GROCERY SHOPPING

One of the best exercises you can do to help ensure healthy eating and choices as a family is to include everyone in the shopping and choices of food items. The grocery store is an excellent way to help children learn and understand the importance of meal planning and choosing healthy foods but offers them an opportunity to be involved in the decision-making of those items they will be eating helping to guide them with making good choices along the way. For older children, food shopping is an opportunity to teach meal planning, budgeting, and reading labels to distinguish items with hidden fats and sugars as example. Grocery shopping offers lots of learning opportunities and can help older children understand costs and spending and better prepares them for the future when they are on their own. Shopping for groceries doesn't have to be a chore. Look at it as family time with health and educational benefits.

FOOD PREPARATION

Include your family in the food preparation process. Work together with meal planning and preparing items for those meals. Spend time prepping fruits and vegetables for snacks. Little one can help with washing items or pulling grapes off of stems and older children can help with some of the other meal prep. Pre-teens and teens can help with the cooking and help them to learn skills to prepare them for leaving the nest. Who knows, they may even surprise you with dinner one evening! Giving children tasks involves them in the process and teaches them responsibility in the kitchen as well. A kitchen has dangers and the best way to safeguard children is to educate them of those dangers and teach them proper kitchen safety.



01

THE IMPORTANCE OF FAMILY NUTRITION



02

BREAKFAST



BREAKFAST

BANANA PANCAKES

INGREDIENTS

3/4 cup Egg Whites

1 Small Banana

Optional Ingredients-vanilla, cinnamon, pumpkin pie spice

Mash your banana, once it's mashed add in your egg whites and stir to combine, once combined you can add in your optional ingredients.

Grease your pan with cooking spray. Pour mixture into the pan and then turn on the heat to medium. (*Be careful not to turn it up too high or your pancake will char before it has set*). Let pancake set while the pan and pancake heat up. After about 5 minutes (*when the pancake is almost set*), spray with cooking oil spray and flip.

If you mess up flipping, no worries-it happens. This also taste good even messy!

Topping options-Banana Slices, a little nut butter, a drizzle of honey or maple syrup!

Enjoy!



BREAKFAST

LOW FAT BREAKFAST COOKIES

INGREDIENTS

1-1/2 cups Rolled Oats
1/2 cup Whole Wheat Flour
1/2 cup All-purpose Flour
1/2 cup Light Brown Sugar
1-1/2 tsp Wheat Germ
1/2 tsp Baking Powder
1/2 tsp Baking Soda
1/4 tsp Salt
1 Ripe Banana, Mashed
1/4 cup Unsweetened Applesauce
2 Egg Whites
1 tsp Vanilla Extract
1/2 cup chocolate chips

DIRECTIONS

Preheat oven to 350 degrees and line a baking sheet with baking paper.

Combine oats, whole wheat flour, all-purpose flour, brown sugar, wheat germ, baking powder, baking soda, and salt in a large bowl. Add banana, applesauce, egg whites, and vanilla extract. Combine all ingredients until mixed well and fold chocolate chips into the batter. Using a spoon and spatular, drop about 1 tablespoon at a time onto the prepared baking sheet.

Bake for 12 minutes until golden brown. Allow to cool for five minutes on the pan before removing and placing on a cooling rack.



BREAKFAST

PINEAPPLE PANCAKES

INGREDIENTS

1-1/2 cups All-purpose Flour
1 tsp Baking Powder
1/2 tsp Baking Soda
1/4 tsp Salt
1-1/2 cups Coconut Milk
1 Banana, Mashed
2 Eggs
1 tbsp Grapeseed Oil
1/2 cup Crushed Pineapple

PINEAPPLE TOPPING

1/2 cup Brown Sugar
1/4 cup Butter
1 (8 oz) can Pineapple Tidbits, Drained Reserving the Juice

INSTRUCTIONS

Mix flour, baking powder, baking soda, and salt together in a bowl. Add coconut milk, eggs, and oil stirring well to combine. Fold in pineapple and mashed banana until combined but not over-mixed.

Melt brown sugar and butter together in a saucepan over medium heat adding the pineapple tidbits and 1 tablespoon reserved pineapple juice. Bring to a boil then reduce heat and simmer 3-5 minutes until the mixture is slightly thickened.

Preheat a griddle to 325 degrees. Pour 1/4 cup scoops of batter onto the hot griddle and cook approximately 3 minutes until bubbles form.

Flip and cook until the pancake sets which should take approximately 3-5 minutes.

Top pancakes with the pineapple topping and serve!



PINEAPPLE PANCAKES

CINNAMON ROLLS

INGREDIENTS

DOUGH

2 – 2-1/2 cups Whole Wheat Flour
2-1/4 tsp Dry Quick Rise Yeast (*Red Star*)
2 tsp Baking Powder
1/2 tsp Salt
3/4 cup Warm Milk (*100 degrees F*)
1/2 tbsp Unsalted Butter, Melted
1 tbsp Coconut Sugar

FILLING

5 tbsp Coconut Sugar
2 tsp Ground Cinnamon
1/8 tsp Black Pepper (*Enhances the flavor of the Cinnamon*)
1/2 tbsp Unsalted Butter, Melted

INSTRUCTIONS

Preheat the oven to 350 degrees and lightly coat a 9" round cake pan or 8" square baking dish with melted butter.

DOUGH

Mix together 1 cup of flour, yeast, baking powder, and salt in a bowl and set aside. In a large bowl, stir together the milk, butter, and sugar and mix well. Slowly mix in the flour mixture and continue mixing adding only a couple of tablespoons at a time being careful not to overwork the dough. The dough will begin to pull away from the sides of the bowl and won't be sticky.

Prepare a surface on the counter and coat well with flour. Gently turn the dough out of the bowl into the counter and begin to knead the dough for approximately 3-4 minutes. (*Knead by bringing the outside edges of the dough into the center of the dough pushing it into itself. To test if the dough is ready, it should spring back most of the way if you press your finger into the dough.*) Set aside to rest.

BREAKFAST

CINNAMON ROLLS

CONTINUED...

On a clean, well-floured surface, roll the dough out into a 16x10" rectangle.

Brush with the 1/2 tablespoon melted butter allowing for a border of approximately 1" along the sides and sprinkle this same area with the cinnamon sugar.

Gently roll the dough into a log and pinch the end to the log to seal. You may want to brush with a little water to help it to stick.

Slice the log into a dozen slices using a sharp knife and place in your prepared pan. Bake for 18-20 minutes or until the filling bubbles and the sides start to feel firm.

Allow to cool for five minutes before serving.



BREAKFAST

CRUSTLESS QUICHE

INGREDIENTS

6 Eggs
1 cup Milk Alternative (coconut, almond, etc.)
Salt & Pepper To Taste
1 cup Optional Ingredients **

INSTRUCTIONS

Preheat your oven to 350 degrees F.

In a large bowl whisk together the milk, egg, salt & pepper.

Stir in any additional ingredients.

Pour the egg mixture into a 9-inch pie pan, and bake uncovered for about 45 minutes. Or until the center is set, and not jiggly.

Store any leftovers in an airtight dish in the refrigerator.

** Optional Add-in's-Be creative to your taste!

Green Onions
Broccoli
Spinach
Onions
Garlic
Chives
Asparagus
Tomatoes
Any type of meat you desire

(This I recommend with how meat makes you feel good in the morning. Pictured is with a little fresh salmon.)



BREAKFAST

MORNING OATS

INGREDIENTS

3-1/2 cups Plain or Vanilla Almond Milk
1/4 tsp Salt
2 cups Rolled Oats (Not Quick Oats)
1/4 cup Pure Maple Sugar
1/3 cup Sweetened Coconut Flakes
1/3 cup Chopped Walnuts (Optional)
1/3 cup Dried Cranberries (Optional)
1/3 Cup Apples, Chopped
1/3 Sultanas or Raisins

INSTRUCTIONS

Pour milk and salt into a saucepan, and bring to a boil. Stir in the oats and maple syrup. Return to a boil, then reduce heat to low. Cook for 5 minutes or until oats are soft. Stir coconut and let stand until it reaches your desired thickness.

Spoon into serving bowls and top with dried cranberries, walnuts, sultanas or raisins and chopped apples.

Serve & Enjoy!



BREAKFAST

EGG BURRITO

INGREDIENTS

Egg Burrito
1 Egg White Tortilla
1/2 Avocado Sliced
2 tbsp Refried Beans
1 tbsp Salsa
Diced Green or Red Pepper
Sprinkle of Dairy-Free cheese

INSTRUCTIONS

Warm your egg tortilla, spread the center with refried beans and a sprinkle of cheese.

Microwave for 15-30 seconds, place avocado slices on top with a little salsa, roll up, and enjoy!



BREAKFAST

QUINOA BREAKFAST BOWL

INGREDIENTS

Quinoa (*Follow cooking instructions on the package.*)

1-2 Eggs

Bacon or sausage

Dairy-Free Cheese

Salt & Pepper To Taste

INSTRUCTIONS

Cook quinoa following instruction on the package. Once quinoa is cooking, start cooking you'r bacon or sausage.

Once your quinoa is finished, scoop it into a bowl and top with your meat and dairy-free cheese. Cook one or two eggs to your liking. (*I prefer easy-over-sunny-side so my yolk can run over my food*) and place on top of bowl.

Season and enjoy!

This dish can be made ahead of time too. On weekends, I cook a big batch of quinoa and warm up a bowl at a time then add my eggs and precooked meat to the top and enjoy!



BREAKFAST

CHIA SEED PUDDING

INGREDIENTS

2 cups Coconut Milk
1/2 cup Chia Seeds
1/4 cup Berry Of Your Choice
(strawberry, blueberries, black berries, raspberries)
1/2 teaspoon Vanilla Extract
1/2 cup Maple Syrup or Local Honey

INSTRUCTIONS

Add chia seeds to a container you can close with a lid, add coconut milk, fruit, extract, and sweetener. Stir until incorporated and place lid on. Place in the refrigerator overnight for breakfast.



CREAMY AVOCADO EGG BAKE

Avocado egg is the perfect breakfast. Baked avocado is so creamy! This dish is also substantial enough for a meatless dinner.

INGREDIENTS

1 large Haas Avocado, Ripe But Firm (*not very soft*)
2 eggs, Smaller The Better
1/2 tsp Diamond Crystal Kosher Salt-Divided
1/4 tsp Freshly Ground Black Pepper, Divided
1/4 tsp Red Pepper Flakes
1 tbsp Chopped Parsley

INSTRUCTIONS

Preheat oven to 450 degrees F.

Line a baking dish with foil for easy cleanup. Look for a small baking dish that would allow the avocado halves to stand upright.

Cut the avocado in half lengthwise and remove the pit. Using a spoon, scoop out a little of the flesh of each avocado half. (*You want it to be large enough to accommodate a medium egg.*)

Season the avocado halves with half of the kosher salt and black pepper then place them in the prepared baking dish.

Break each egg into a small bowl and carefully slide the yolk, and as much as will fit from the white, into the center of each avocado half.

Bake until the whites are set, about 15 minutes. If the egg yolks have developed a thin crust while baking, you can remove it carefully with a small sharp knife.

Season the avocado egg with the remaining kosher salt, freshly ground black pepper, and red pepper flakes, and garnish with chopped parsley.

Serve immediately.



BREAKFAST

KEFIR & COLLAGEN SMOOTHIE

INGREDIENTS

- 1-1/2 cups Frozen Berries (*mixed or your choice*)
- 1 cup Plain Kefir
- 1/2 Banana
- 2 scoops Collagen Powder

INSTRUCTIONS

Place all ingredients in a blender or smoothie cup and blend until smooth.

Enjoy!



BREAKFAST

EGG CUPS

INGREDIENTS

1 cup Diced Red Pepper (*I find this to equal 1 red pepper*)
1 cup Diced Green Pepper
1 cup Dice Yellow Onion (*You can use white if that's what you have.*)
2 cups Packed Baby Spinach Roughly Chopped
1 cup Mushrooms Disced
2 Minced Garlic Cloves
Salt To Taste
4 Large Eggs
4 Large Egg Whites
** Optional Toppings-*hot sauce, chives, dairy free sour cream*

Once the vegetables are chopped, this comes together very quickly!

Preheat oven to 350 degrees F and generously grease a standard non-stick 12-slot muffin tin with cooking spray. Set aside.

In a large non-stick cooking pan, cook red pepper, green pepper, and onion in oil until the peppers have softened. Add in spinach, mushrooms, and garlic and continue cooking for 2 minutes. Season with salt, then set aside.

Whisk together eggs until smooth, then stir in the cooked vegetables.

Pour the egg/veggie mixture evenly into the prepared muffin pan, then bake until the eggs have cooked through.

These are easily kept in the refrigerator for heat and eat breakfasts. You can also freeze them on a single sheet pan in the freezer until frozen and then place in a gallon zip lock bag!



03

LUNCH/DINNER



STUFFED ZUCCHINI BOATS

INGREDIENTS

- 4 Zucchini's
- 1 Jar of Your Favorite Marinara
- 1 Pound Lean (98%) Ground Turkey Meat
- Shredded or Thinly Sliced Almond Cheese

Wash your zucchini's and cut them right down the middle lengthwise. Take out a spoon and scoop out the middle/flesh. Put flesh aside in a small bowl. Once they are all cut and flesh scooped out, line them up in a baking pan.

Preheat your oven to 400. Begin frying your ground turkey in a skillet until all pink is gone, chopping as it cooks into small pieces. Once the turkey is fully cooked, add your marinara sauce to the ground turkey and stir until combined and slightly warm.

Take your baking pan lined with zucchini's and scoop the turkey and marinara mixture into the "boats". Once they are full, sprinkle or line the top with your almond cheese. Cover them with aluminum foil and place in the oven for 25 mins or until the zucchini's are fork tender. Enjoy!

These store in the fridge for 5 days safely. To reheat you can microwave them until warm or re-bake in the oven until warm.



STUFFED SHELLS

INGREDIENTS

10 oz box Frozen Chopped Spinach, Defrosted & Drained (*Squeeze out excess liquid*)
12 oz Pkg Jumbo Pasta Shells
15 oz Ricotta Cheese, Part-Skim
1-1/2 cups Cottage Cheese
1-1/2 cups Mozzarella, Grated & Divided
1/2 cup Parmesan Cheese, Grated
1/2 tsp Salt
1/4 tsp Pepper
1 jar Marinara Sauce or Spaghetti Sauce (*look for organic, no artificial preservatives*)
Chopped Fresh Basil

INSTRUCTIONS

Preheat oven to 350 degrees.

Bring a large pot of water with salt to a boil and add the jumbo pasta shells. Cook according to package directions for al dente. (*Do not overcook as they will have troubles holding their shape when you stuff them.*) Drain and place on a clean towel to cool. (*Separate them so they don't stick together.*)

In a bowl stir together the ricotta, cottage cheese, half of the grated mozzarella, Parmesan, salt, and pepper and combine. Gently fold in the spinach.

Using approximately 2 tablespoons of filling, begin stuffing the shells and place into your 9X13 baking dish. Pour your marinara or spaghetti sauce over the top and cover with aluminum foil. Cover and bake for 18-20 minutes. Uncover, add the remaining mozzarella and bake until golden, approximately 5-7 minutes.

Serve with chopped fresh basil and enjoy!



PORK CHOPS & MUSHROOMS

INGREDIENTS

4 Bone-in Pork Chops, Trimmed
Salt & Pepper To Taste
3 tbsp Extra Virgin Olive Oil (EVOO)
1/3 cup Shallots, Minced
8 oz Sliced Mushrooms
1/2 cup Dry White Wine
1/4 cup Half-and-Half
2 tbsp Capers, Green Peppercorns

DIRECTIONS

Season the pork chops with salt and pepper. Heat 1 tbsp oil in a large skillet (preferably cast iron) then reduce the heat to medium adding 2 pork chops. Cook, turning once, until cooked through for approximately 5 to 7 minutes. Remove to a plate and cover with foil. Repeat with another 1 tbsp oil and the remaining chops.

Add the remaining oil to the pan along with shallots, mushrooms. Cook for 3-4 minutes until the mushrooms have browned. Add wine and deglaze the pan, stirring up any browned bits and simmer until the liquid is mostly evaporated. Stir in half-and-half and capers and cook until the sauce begins to bubble.

Serve the pork chops with the sauce and enjoy!



SWEET POTAOE WEDGES

INGREDIENTS

- 4 Sweet Potatoes, Peeled & Cut Into Wedges
- 2 tbsp Olive Oil
- 4 tbsp Brown Sugar or Turbinado
- 1 tsp Ground Cumin
- 1 tsp Ground Chili Pepper

INSTRUCTIONS

Preheat the oven to 350 degrees and prepare a baking sheet with baking paper and lightly oil.

Place potatoes into a bowl and drizzle with oil and set aside. In a separate bowl, Mix brown sugar, cumin, and chili pepper together in a small bowl with a fork. Sprinkle mixture over potatoes to coat. Lay out wedges on the prepared baking sheet.

Bake in the preheated oven for 10 minutes. Remove from the oven turning the potatoes and increasing the heat to 400 degrees F. Cook for another 20 minutes or until fork tender. *(If you choose to cut the sweet potatoes into small strips, you simply adjust the baking time once you have returned the potatoes to the oven and increased the heat.)*

Sweet potato wedges make an excellent snack or side dish. Enjoy!



ROASTED CURRY CAULIFLOWER

INGREDIENTS

1 Small Sliced Into Steaks
1/4 cup Extra Virgin Olive Oil
1 tsp Curry Powder
1 tsp Ground Cumin
1/2 tsp Garlic Powder
1 tsp Brown Sugar
Salt & Pepper To Taste
Sesame Seeds (*Optional*)

INSTRUCTIONS

Preheat oven to 400 degrees. Prepare a baking sheet with baking paper.

Whisk olive oil, curry powder, ground cumin, brown sugar, garlic, salt, and pepper together in a bowl. Brush mixture on cauliflower steaks liberally on both sides. Sprinkle with sesame seeds for a little crunch and texture. (*Optional*)

Roast until browned and caramelized, about 30 minutes.



SWEET & SPICY CARROTS

INGREDIENTS

- 1 tbsp Grass-fed Butter, Melted
- 1 tbsp Honey
- 1 tsp Grated Orange Zest
- 1/4 Tsp Ginger
- 1/2 Carrots
- 1 tbsp Orange Juice
- Salt & Pepper To Taste

INSTRUCTIONS

Preheat oven to 400 degrees F. Line a baking sheet with a baking paper and lightly oil.

Combine butter, honey, orange zest, and ginger in a bowl. Remove 1 tablespoon of the sauce to a separate bowl and set aside. Add carrots to the remaining sauce and toss until all are well coated. Transfer carrots to the prepared baking sheet.

Roast carrots until they are fork tender, tossing every 5-7 minutes. Total cooking time should be between for approximately minutes depending on the diameter of the carrots. Mix orange juice with reserved honey-butter sauce and toss with carrots until well combined. Season with salt and pepper and serve!

Roasted carrots make an excellent side dish served with either roasted chicken or pork. Enjoy!



ITALIAN PEAS

INGREDIENTS

- 2 tbsp Extra Virgin Olive Oil (EVOO)
- 1 Sweet Onion, Chopped
- 2 Cloves Garlic, Minced
- 16 oz Package Frozen Green Peas, Thawed
- 1/2 cup Chicken Stock (*Optional or Use Water*)
- 1 tsp Italian Seasoning
- Salt & Pepper To Taste

INSTRUCTIONS

Heat olive oil in a skillet over medium heat. Stir in onions and garlic and saute for 1 minutes until the onions have become translucent. Stir in peas, chicken stock, and Italian seasoning cover and allow to simmer until they are tender approximately 5 minutes. Season with salt and pepper to taste.



HASSELBACK POTATOES

INGREDIENTS

4 Baking Potatoes
2 tbsp Butter, Melted
Salt & Pepper To Taste
2 tbsp Romano Cheese, Finely Grated
1 tbsp Seasoned Panko (or Seasoned Dry Breadcrumbs)

INSTRUCTIONS

Preheat the oven to 425 degrees. Peel potatoes and place in a bowl of ice water to prevent browning.

One at a time, dry potatoes and place between two chopsticks or knives. (*These will help prevent you from cutting all the way through keeping the potato intact. See next step.*) Using a sharp knife, slice potato crosswise at 1/8-inch intervals, cutting until the knife touches the chopsticks.

Arrange potatoes cut-side up in a shallow baking dish or small roasting pan and drizzle with 1/2 of the melted butter. Season with salt and pepper.

Bake for 35 to 40 minutes. Remove from oven and drizzle remaining butter and sprinkle Romano cheese and bread crumbs on top. Season with a little more salt and pepper and bake approximately 20 minutes until they have begun to brown.



COWBOY CAVIAR

INGREDIENTS

- 1/2 cup Extra Virgin Olive Oil (EVOO)
- 1/4 cup Avocado Oil
- 1/4 cup Apple Cider Vinegar (ACV)
- 1/4 cup Coconut Sugar (*Healthier alternative to white processed sugar*)
- 1 (14 oz) can Black Beans, Rinsed
- 1 (11 oz) can Corn, Drained (*Frozen or Leftover Grilled Corn*)
- 1 Clove Garlic, Minced
- 1 Red Onion, Minced
- 1 Green Pepper, Chopped
- 1 Red Bell Pepper, Chopped
- 1/2 cup Cilantro, Chopped (*Optional*)
- Salt & Pepper To Taste

INSTRUCTIONS

Combine olive oil, vegetable oil, cider vinegar, and coconut sugar in a saucepan; bring to a boil, remove from heat, and cool to room temperature.

Stir black beans, corn, onions, green and red bell pepper, garlic, and cilantro together in a large bowl. Pour cooled oil mixture over bean mixture and toss to coat. Salt and pepper to taste. Cover the bowl with plastic wrap and refrigerate, stirring occasionally, for 24 hours. Drain excess dressing before serving.

Cowboy Caviar is great served as a snack or with grilled chicken or chicken tacos. Be creative!



GREEN BEAN ALMONDINE

INGREDIENTS

- 1 lb Fresh Green Beans, Rinsed & Trimmed
- 1 tbsp Grass-Fed Butter
- 1 tbsp Extra Virgin Olive Oil (EVOO)
- 1/4 cup Almonds, Sliced
- 1/2 Lemon For Juice

INSTRUCTIONS

Place green beans in a steamer over 1-inch boiling water. Cover and cook until tender but still firm, about 10 minutes and drain. (*If you do not have a steamer, par boil the beans for 7-10 minutes over medium heat until fork tender and drain.*)

Melt butter in a skillet over medium heat and sauté almonds until lightly browned. Stir in green beans and toss to thoroughly coat the beans. Squeeze lemon juice the beans just before serving. Enjoy!



MASHED SWEET POTATOES

INGREDIENTS

6 Sweet Potatoes, peeled and cubed
3/4 cup Milk
2 tbsp Grass-Fed Butter
1/2 tsp Ground Ginger
1/2 tsp Black Pepper
1/4 tsp Nutmeg
1/2 cup Maple Syrup
Walnuts or Pecans (*Options Topping*)

INSTRUCTIONS

Bring a large pot of salted water to a boil. Once the water is boiling, add sweet potatoes and cook for 20-30 minutes until tender fork tender.

Using an electric mixer on low to blend potatoes, slowly adding milk. Use more or less to achieve desired texture. Add butter, ginger, pepper, nutmeg, and maple syrup to taste. Blend until smooth. Serve warm.



ROASTED PARMESAN ASPARAGUS

INGREDIENTS

1 bunch Asparagus, Thin & Trimmed
3 tbsp Extra Virgin Olive Oil
1-1/2 tbsp Parmesan, Grated
1 Clove Garlic, Minced
1 tsp Sea Salt
1/2 Ground Black Pepper
1 tbsp Lemon Juice
1 Lemon Sliced Thinly

INSTRUCTIONS

Preheat an oven to 425 degrees. Prepare a baking pan with a baking sheet and lightly oil. Place the asparagus and the lemon slices on the baking pan and spread out evenly. (They should not be overlapping.)

In a small bowl add the olive oil, garlic, lemon juice, salt, and pepper and mix well. Drizzle this mixture evenly over the asparagus. Sprinkle with Parmesan cheese.

Bake for 12 to 15 minutes until the asparagus is fork tender. (Cooking time will depend on the thickness of the asparagus. When selecting asparagus, choose those that are thin and bright green. The larger asparagus tend to be woody and tough.)



ROASTED TOMATOES

INGREDIENTS

4 cups Grape Tomatoes
4 Cloves Garlic, Sliced
Fresh Basil Leaves
Fresh Thyme
2 tbsp Olive Oil
Salt & Pepper To Taste

INSTRUCTIONS

Preheat an oven to 450 degrees. Place a piece of aluminum foil over a baking sheet. *(The tomatoes will create a lot of juice that can burn and stick to your pan and is difficult to clean. Use a pan with a rim and make sure the foil covers over the edges for easier clean-up.)*

Place the tomatoes, basil, thyme, and garlic into a mixing bowl and drizzle with olive oil. Toss until evenly coated. Season to taste with salt and pepper. Spread the tomatoes evenly on your prepared pan.

Bake the tomatoes for 20-25 minutes until the skins pop and they begin to brown.

The tomatoes will caramelize and have a sweet, rich flavor. Serve over chicken or fish, as a side, or over pasta if you can resist eating most of them before they come out of the oven!



ROASTED TOMATOES WITH LOW-FAT RICOTTA



HARVEST SKILLET

INGREDIENTS

- 3/4 lb. Bacon
- 3/4 lb Broccoli Florets
- 2 Parsnips
- 2 Apples
- 1 Onion
- 1 tbsp Dried Sage
- 1/2 tsp Salt

Cut bacon into 1-inch pieces. Add to a skillet and cook over medium heat for 12 minutes, or until golden, stirring a few times. When cooked, use a slotted spatula to transfer to a plate lined with a paper towel, reserving the bacon fat in the skillet.

While the bacon is cooking, cut the broccoli florets into 1/2 inch pieces. Peel and dice the parsnips into 1/4 inch pieces. Core and chop the apples. Chop the onion.

Add the broccoli, parsnips, apples, onion, sage, and salt to the skillet. Cover and cook over medium heat, stirring a few times until tender about 12 minutes. Add the bacon back to the skillet and mix well.

Check the seasoning and adjust to taste.

Divide mixture into 4 containers and store in the refrigerator.



MEXICAN-STYLE CORN

INGREDIENTS

- 4 Ears Corn, Shucked
- 2 tbsp Grass Fed Butter, Melted
- 1/4 cup Low-Fat Mayonnaise
- 1/2 cup Cotija Cheese, Grated
- 4 Lime Wedges (Optional)

INSTRUCTIONS

Preheat an outdoor grill for medium-high heat.

Grill corn until hot and lightly charred all over for 7 to 10 minutes. Turning to ensure all sides are cooked well. (Cooking time will depend on the temperature of the grill but better to roast on lower heat than risk burning on higher heat.)

Brush the ears in melted butter, then brush evenly with mayonnaise. Sprinkle with Cotija cheese and serve with a lime wedge.



ROASTED BRUSSELS SPROUTS

INGREDIENTS

1 lb Brussel Sprouts, Trimmed & Cut In Half
2 tbsp Extra Virgin Olive Oil
1 tsp Garlic Powder
1/4 cup Parmesan Cheese, Grated
1 tbsp Balsamic Vinegar
Salt & Pepper To Taste

DIRECTIONS

Preheat the oven to 400 degrees. Prepare a baking sheet with baking paper.

Mix olive oil, garlic powder, black pepper, and salt. Add Brussels sprouts and toss coating evenly.

Roast for 30 minutes, tossing every ten minutes or so until crispy and fork-tender.

Remove from oven and drizzle balsamic vinegar and sprinkle with Parmesan over the Brussels sprouts. Continue roasting another five minutes and they are ready to serve.

Roasted Brussels are an excellent side dish to serve with pork and chicken. Enjoy!



ROASTED CABBAGE

INGREDIENTS

- 2 tbsp Extra Virgin Olive Oil
- 1/2 Head Green Cabbage, Quartered (*Red Cabbage Can Be Substituted*)
- 1 Pinch Red Pepper Flakes (*Optional*)
- Salt & Pepper To Taste
- 2 Lemon Halves

INSTRUCTIONS

Preheat the oven to 450 degrees. Prepare a baking sheet with baking paper.

Brush both sides of each cabbage wedge with olive oil and sprinkle garlic powder, pepper flakes, salt, and pepper over each wedge and place on a baking sheet.

Roast for 15 minutes flipping the cabbage and continue roasting until browned areas and roast for another 15 minutes.

Squeeze lemon wedge over each wedge and serve. Enjoy!



YELLOW SQUASH & ZUCCHINI CASSEROLE

INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil (EVOO)
- 1 tsp Grass-Fed Butter
- 1 Small Sweet Onion (*Vidalia*), Sliced
- 2 Cloves Garlic, Minced
- 1/2 tbsp Italian Seasoning
- 2 Eggs
- 2-3 Yellow Squash, Peeled & Sliced (*Depends on their size*)
- 1 Large Zucchini, Peeled & Sliced
(*You want to try for an equal amount of the two squash totally approximately 4 cups*)
- 1 tsp Sea Salt
- 1/2 tsp Ground Black Pepper
- 1 cup Colby-Monterey Jack Cheese, Shredded & Divided
- 1/2 cup Low-Fat Sour Cream

INSTRUCTIONS

Preheat oven to 400 degrees F. Prepare a casserole dish by lightly coating with oil or non-stick spray.

Heat olive oil and butter in a skillet over medium-high heat, stir onion and garlic in the hot oil-butter mixture until softened, about 3 minutes. Add squash, Italian seasoning, salt, and pepper and stir to combine. Cover skillet and cook, stirring occasionally, until squash is softened, about 5 minutes. Transfer squash mixture to a large bowl.

Whisk together sour cream and eggs. Add 1/2 cup Colby-Monterey Jack cheese and combine well. Add to squash mixture and gently fold the mixture until ingredients are well combined.

Bake until casserole for 25-30 minutes until is golden brown and bubbling. (*This is for a 9" X 13" pan. For one that is smaller in diameter and deeper, increase time to 40-45.*)



EASY LASAGNA

INGREDIENTS

12 oz Ground Chicken
1 Yellow or Sweet Vidalia Onion, Chopped
2 Cloves Garlic, Minced
1 (15 ounce) can No-Salt-Added Tomato Sauce
1 (6 ounce) can No-Salt-Added Tomato Paste
1/2 cup Dry Red Wine, Cooking Wine
1 tsp Italian Seasoning
1 tsp Black Pepper
1/4 tsp Sea Salt
9 Lasagna Noodles
1 egg, Beaten
1 (15 ounce) container, Light Ricotta Cheese
1 cup Part-Skim Mozzarella Cheese, Shredded
1/4 cup Parmesan Cheese, Grated
1/4 Fresh Italian Flat Leaf Parsley, Minced

INSTRUCTIONS

Preheat oven to 375 degrees F.

SAUCE

For sauce, cook ground chicken, onion, and garlic in a large saucepan over medium-high heat until meat is brown and onions are tender. (*You won't have fat to drain off as you would with beef.*) Stir in tomato sauce, tomato paste, wine, Italian seasoning, and pepper. Bring to a boil then reduce heat. Cover and simmer for 15 minutes, stirring occasionally.

NOODLES

Cook lasagna noodles according to package directions. Drain the noodles, rinse with cold water, and set aside.

Lightly coat a 9" X 13" rectangular baking dish with cooking spray. In a small bowl, stir together the egg, parsley, and ricotta cheese.

ASSEMBLE THE LASAGNA

Spread a thin layer of sauce on the bottom of the pan and begin layering. Layer three noodles, spread with one-third of the cheese filling, top with one-third of the sauce, and one-third of the mozzarella cheese. Repeat layers twice. Sprinkle the top with Parmesan cheese.

Bake lasagna covered with aluminum foil for 20 minutes. Uncover and bake another 5-10 minutes until the sauce begins to bubble around the edges and the cheese has turned golden.

Allow to rest for 20 minutes prior to serving. Serve with a fresh salad with a little olive oil and balsamic vinegar. Enjoy!



SHEET PAN FAJITAS

INGREDIENTS

1 lb Chicken Breast, Boneless & Skinless
2 tbsp Extra Virgin olive Oil
1 tbsp Chili Powder
2 tsp Ground Cumin
1 tbsp Garlic Powder
3/4 tsp Salt
1 Red Bell Pepper, Sliced
1 Yellow Pepper, Sliced
2 cups Sliced Onion, Red or Vidalia
1 Lime, Cut into four wedges
Flour Tortillas, Whole Wheat or Carb Counter

TO SERVE

Lime Wedges, Avocado, Salsa, Pico de Gallo, Cilantro, Low-fat Sour Cream, Low Fat Monterrey or Sharp Cheddar Cheeses

INSTRUCTIONS

Preheat oven to 400 degrees. Line a baking sheet with baking paper and spray with olive oil.

Cut chicken breasts in half then cut into strips. Combine spices and salt in a bowl. Add the chicken and toss to coat evenly. Add the onions and bell peppers and stir.

Transfer all items to the prepared baking sheet and spread evenly so items are in a single layer and are not overlapping one another. Roast on the middle rack for 15 minutes until the chicken is nearly cooked then turn the oven to broil and cook for another five minutes until the vegetables and chicken begin to brown. Remove from oven and squeeze juice from lime wedges over the chicken and vegetable mixture.

Serve with warmed tortillas and dress as you wish!



ROASTED PORK TENDERLOIN & VEGETABLES

INGREDIENTS

FOR THE PORK LOIN

3 Lb Pork Loin
1 tbsp Olive Oil

FOR THE SPICE RUB

1 tsp Sweet Paprika
1 tsp Garlic Powder
1/2 tsp Onion Powder
1/2 tsp Dried Thyme
1/2 tsp Dried or Fresh Rosemary (*Fresh offers rich flavor*)
Salt & Pepper to Taste

FOR THE VEGETABLES

2 tbsp Extra Virgin Olive Oil
Vegetables of Your Choosing
(Carrots, Tomatoes, Broccoli, Cauliflower, Green Onions)

INSTRUCTIONS

Preheat oven to 375 °F.

Line a baking sheet with baking paper or aluminum foil and set aside. Dry the pork loin with paper towels by patting gently.

In a small bowl combine paprika, garlic powder, onion powder, thyme, rosemary, salt, and pepper.

Brush the loin with the extra virgin olive oil ad rub liberally with the spice mix being careful to coat well.

Heat olive oil over medium heat in a large skillet or roaster and searing the pork loin until browned on all sides. This should take approximately about 3 to 5 minutes per side.

Transfer pork loin to the prepared baking sheet. (*Be sure to place the fat side up.*) Roast for 25 minutes. Remove from oven. Lightly coat your vegetables with olive oil and season. Add to the sheet pan with your pork mixing the vegetables around the pork loin. Cover with a piece of aluminum foil and lightly tent. Cook the loin and vegetables for another 25 to 30 minutes. (*Flip the vegetables over after 15 minutes and continue baking.*)

It is important that the center of the tenderloin reach 145 degrees.

Remove baking sheet from oven and loosely cover meat and veggies with foil; let rest 10 minutes. Cut the pork in slices and serve with veggies.



ROASTED PORK TENDERLOIN
& ROASTED VEGETABLES

CHICKEN ENCHILADAS

INGREDIENTS

- 1-28 oz Crushed Tomatoes
- 2 tbsp Ground Cumin
- 1 tsp Ground Chipotle Chili Powder
- 1/4 tsp Salt & Pepper
- 8 Corn Tortillas, Cut into four wedges
- 1 can Black Beans, Rinsed & Drained
- 1 cup Chicken Breast, Chopped/Shredded
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Onion, Red or Vidalia Chopped
- 1 cup Red/Orange Pepper
- 1-1/2 cups Shredded Mexican Cheese

INSTRUCTIONS

Preheat oven to 350 degrees. In a skillet, heat olive oil on medium heat until hot. Saute the onions and peppers until they have softened and the onions have become translucent.

Stir tomatoes, cumin, chili powder, pepper, and salt together in a medium bowl. Oil a 9"X13" casserole dish with cooking spray. Place 1/2 cup of the tomato sauce into the bottom of the prepared dish and arrange 1/3 of the tortilla wedges over the tomato sauce. Top with half of the beans, half of the chicken, and half of the pepper mixture. Top off with 1 cup sauce and 1/2 cup cheese. Repeat this layering process a second time sprinkling the top with the remaining cheese.

Bake for 45 minutes until the cheese is golden and bubbling. Allow to sit for five minutes to set before serving. Enjoy!



BAKED PORK CHOPS & POTATOES

INGREDIENTS

SAUCE

1 tsp Worcestershire Sauce
2 tbsp Ketchup
1 tbsp Soy Sauce
2 tbsp Brown Sugar (*Turbinado*)
1 tbsp Olive Oil
1 Clove Garlic, Minced
2 tsp Apple Cider Vinegar (ACV)

CHOPS

4 pork chops
1-1/2 lb Baby Potatoes
1 tbsp Olive Oil
Salt & pepper

INSTRUCTIONS

Preheat oven to 425 degrees.

If your potatoes are small enough you can leave them whole. If you have larger potatoes slice them in half and toss in oil and sprinkle with salt and pepper. Scatter on baking tray.

Bake the potatoes for approximately 15 minutes while you prepare your pork chops.

PORK

Combine all ingredients for the sauce in a medium bowl. Slather the pork chops on both sides saving some of the sauce for basting.

Remove the tray of potatoes from the oven and toss them over on the sheet and move to the edge to make room for the pork chops. Place pork on the pan and place back into the oven for an additional 15-20 minutes.

Remove the tray from the oven and brush or spoon more sauce on the pork chops. Place under the broiler about 8" from the heat source and broil for 5-7 minutes. Keeping an eye on them to prevent them from burning. Flip the pork adding the remainder of the sauce and place under the broiler for 3-4 minutes. The chops should be caramelized and the edges darkened but not burned.

Remove from the oven and allow to rest for five minutes before serving. To keep warm, it is good to tent the pork with a piece of aluminum foil.

Serve the pork chops with the roasted potatoes and add a fresh salad or other steamed vegetables to top off your meal! Enjoy!



BAKED CHICKEN BREAST

INGREDIENTS

1 Chicken Breast (Preferably organic, free-range)

INSTRUCTIONS

First Pre-heat your oven to 450 degrees.

(This seems high, but with chicken breast, higher and shorter helps to prevent drying them out.)

Wash and season your chicken breast how you would like.

SUGGESTED SEASONINGS

Italian Seasoning, plain salt & pepper, turmeric, garlic, chili powder

Be as creative as you would like-to your taste preference.

Grease the baking pan with oil or butter.

Place your chicken breast on the greased sheet and cover with aluminum foil and place in the oven.

Set you timer for 15 mins and check your chicken with a meat thermometer it should read 165 for safety.



ROASTED CHICKEN

Preheat your oven to 350 degrees.

Wash and pat dry your chicken and place in a roaster pan.

Season the chicken inside and out with salt and pepper-massaging all the way around.

Use garlic and butter to rub inside the bird cavity, leaving the remaining inside.

Bake chicken uncovered in the preheated oven until no longer pink at the bone and the juices run clear, about 1 hour and 15 minutes.

An instant-read thermometer inserted into the thickest part of the thigh, near the bone, should read 180 degrees F. (82 degrees C)

Remove from heat and baste with melted margarine and drippings.

Cover with aluminum foil and allow to rest about 30 minutes before serving.



Once your chicken has cooled and you've eaten dinner, remove the remaining meat off the bones and store in a glass container for upcoming recipes.

Take the bones of your chicken and either freeze them in a gallon bag or let's make some bone broth! This takes some time, but it is super easy and has amazing benefits for your digestion and your body!

BONE BROTH

INGREDIENTS

- 2 1/2 lbs. of Chicken Bones or 1 Chicken Carcass
- 1 Tbsp Apple Cider Vinegar (ACV)
- 1 tsp Salt
- 1 Medium Onion, Peeled & Halved
- 2 Ribs/Sticks Celery Stalks (*cut into thirds, with leaves attached*)
- 2 Medium Carrots, Peeled & Halved
- 2 smashed garlic cloves
- 1 Bay Leaf (*optional, but nice*)

INSTRUCTIONS

Filtered Water (stockpot: 16 cups, 6Qt Slow Cooker: 12 cups, Instant Pot: 10-11 cups)
I prefer filtered water but this depends on how you feel about your faucet water-use what you feel best with.

Place everything in a slow cooker on low heat and forget it for 15 hours! Once it's done you should have a rich in color and nourishment broth!

Strain everything out and bottle it up. I use mason jars; they work the best.
Keep refrigerated.

Pull out to drink through out the day or use in other recipes or you can make a delicious soup. Enjoy!



EGGPLANT PARMESAN

INGREDIENTS

2-1 lb Eggplants, Trimmed & Cut crossways into rounds
2 tbsp Extra Virgin Olive Oil (EVOO)
1 cup Onion, Chopped
2 Cloves Garlic, Minced
1 (28 oz) can No-Salt-Added Crushed Tomatoes
1/4 cup Dry Red Wine or Cooking Wine
2 tsp Italian Seasoning
1-1/4 cups Part-Skim Mozzarella, Shredded
1/2 cup Parmesan Cheese, Grated
Salt & Pepper to Taste
Fresh Basil, Sliced Thinly

INSTRUCTIONS

Preheat oven to 400 degrees and prepare two baking sheets with baking papers. Lightly oil. Arrange eggplant slices on the prepared pans sprinkling them each with salt and pepper to taste. Roast for 20-25 minutes.

Heat oil in a large skillet over medium heat adding chopped onion and garlic cooking until they have softened and become translucent. Add tomatoes, wine, Italian seasoning, and a dash of salt and pepper to taste. Stirring occasionally, bring the sauce to a simmer then reduce the heat for approximately 15 minutes until the sauce has thickened.

Spread 1 cup of the sauce in the bottom of a 9" X13" baking dish. Arrange half the eggplant slices on the sauce and top with 1 cup sauce. Sprinkle with half the mozzarella and half of the Parmesan cheeses. Repeat with the remaining ingredients so you have two layers.

Bake 25 minutes or until the cheese has turned a golden brown in spots and the sauce around the edges is bubbling. Allow the pan to cool for 15 minutes before serving.

Garnish with fresh basil and serve with a fresh salad. Enjoy!



FISH TACOS

INGREDIENTS

1 tbsp Avocado Oil
2 tsp No-Salt Added Mexican Seasoning/Taco Blend
1/2 tsp Salt
1 lb Flaky Mild White Fish (*Tilapia, Cod, Mahi Mahi, Roughy, Barramundi*)
1 Avocado
1/2 cup Pico de Gallo
1 cup Shredded Red Cabbage
8 Corn Tortillas

FISH TACO SAUCE

1/2 cup Low-Fat Mayo
1/2 cup Low-fat Sour Cream
1 tbsp Lime Juice
1 tsp Sriracha/Tabasco/Green Chili Sauce works well if you don't like it spicy
1 tsp Clove Garlic, Minced
Pinch of Salt

INSTRUCTIONS

Preheat oven to 400 degrees and line a baking sheet with a baking paper and lightly oil.

In a small mixing bowl, combine all ingredients for the sauce, mix well and set aside.

FISH

Stir oil, seasoning blend, and salt together in a medium bowl. Slice fish into approximately 16-18 thin pieces. Toss and coat transferring to the prepared baking sheet. Bake on the center rack for 10 minutes or until the fish flakes easily. (*Cooking time will depend on the thickness of the fish. Make sure fish is cooked all the way through and reaches 145 degrees.*)

Once the fish has cooked you are ready to assemble your tacos. Fold your tortilla, add one or two pieces of fish, 2 thin slices of avocado, 1 tbsp of Pico de Gallo, a little shredded cabbage, and top with fish taco sauce and serve!



BETTER THAN MAC & CHEESE

INGREDIENTS

1-1/2 15 oz cans Organic Pumpkin
2 Thyme
4 Garlic Cloves
1-1/2 cans, 13.5 oz can Coconut Milk
3 Tbsp Organic Miso Paste
4 cups Gluten-free Pasta Shells or Penne, Cooked & Drained
Olive oil cooking spray

TOPPING

1/2 cup Panko Bread Crumbs
2 Tbsp Nutritional Yeast
1 Tbsp Granulated Garlic Powder
1/4 tsp Sea Salt
1/2 cup Finely Chopped Parsley

Preheat the oven to 375°F and lightly coat a 9×13-inch pan with olive oil cooking spray.

In a large stockpot, combine the pumpkin, garlic cloves, thyme, salt, and coconut milk.

Cook over medium heat, uncovered, stirring occasionally, about 30 minutes.

Mix the mixture with an immersion blender adding in miso paste and purée until all velvety smooth.

Meanwhile, cook the pasta in salted water until al dente. Rinse and drain very well.

Spread out the pasta in the prepared pan pouring the pumpkin mixture over the pasta the fold in nutritional yeast and mix well. Cover with aluminum foil and bake for approximately 30 minutes.

Meanwhile, in a small bowl, combine the ingredients for the topping.

Remove the Better Than Mac & Cheese from the oven and sprinkle the top with the breadcrumb topping. Broil for a couple of minutes until golden brown.

Serve immediately and enjoy. This is a family favorite!

LUNCH/DINNER



BETTER THAN
MAC & CHEESE

LINDGREN FUNCTIONAL NUTRITION

PULLED PORK WITH PINEAPPLE SLAW

SLOW COOKER RECIPE

INGREDIENTS

1-1/2 lbs Boneless, Skinless Chicken Breasts (2)
1/2 cup All-purpose Flour
1 Large Egg
1 tbsp Water
1/2 cup Bread Crumbs (*Italian Seasoned or add your own*)
1/4 cup Parmesan Cheese, Grated
1/2 tsp Salt
1/2 tsp Black Pepper
3/4 cup Marinara Sauce
1 cup Mozzarella Cheese, Shredded (*Part-Skim*)
Chopped Fresh Basil For Serving

INSTRUCTIONS

Preheat oven to 425° F. Grease a baking sheet or baking dish with cooking spray or oil. Filet the chicken breasts slicing in half horizontally to create 4 thin chicken cutlets. (*Check your grocery store as some sell thin cutlets already sliced and ready to use.*)

Place each cutlet between two pieces of cellophane and pound with a tenderizing mallet or use your rolling pin.

PREPARE BREADING

Use 3 shallow pie plates or shallow dishes. One with the flour, one with your breadcrumbs (with Italian seasoning if you are adding), Parmesan, salt, and pepper, and the last one with the egg and water whisked until well combined.

Coat your chicken in the order as follows:

Flour - Egg Mixture - Breadcrumbs

Place on your prepared baking dish and bake for 13-15 minutes or until the center of the chicken reaches 145 degrees. Spoon the marinara over each of the chicken breasts and sprinkle with the mozzarella.

Return the pan to the oven and continue baking another 5-8 minutes until the center of the chicken reaches 165 degrees.

Serve this dish with pasta and marinara sauce or steamed/roasted broccoli. Top with chopped basil for more flavor.



PULLED PORK WITH PINEAPPLE SLAW

SLOW COOKER RECIPE

INGREDIENTS

3 pound Pork Shoulder (*bone-in or boneless*)
1/2 cup Chicken Broth
1/2 cup Balsamic Vinegar
1/4 Coconut Aminos
1/8 tsp Salt & Pepper Each

COLESLAW

1-2 bags of Coleslaw Cabbage (*or 1 bag coleslaw and 1 bag shredded purple cabbage*)
1 tbsp Apple cider vinegar
1 tbsp Avocado Oil (*or olive oil*)
Strained Plain Yogurt (*about 1/4 cup*)-Use enough to make creamy

SALSA

2 cups Fresh Pineapple, Diced
1/4 cup Red Onion & Red/Orange Pepper Each-Finely Chopped
1/4 cup Fresh Cilantro, Minced (*if desired*)
1 Jalapeno Pepper, Seeded & Minced
Juice of 1 Lime
1/8 teaspoon of salt

Place pork in the slow cooker and season with salt, pepper, coconut aminos, chicken broth, and balsamic vinegar.

Cover and cook on low for approximately 8 hours or until pork pulls apart easily. Shred.

PINEAPPLE SALSA

Place diced pineapple, chopped red onion and pepper in a bowl and combine. Season with salt, add lime juice, and minced Jalapeno pepper. (*Add cilantro if you wish.*)

In a separate bowl, mix cabbage, oil, vinegar, yogurt, and combine.

Refrigerate an hour prior to serving to let the flavors combine.

Top pulled pork with coleslaw and pineapple salsa and serve! Try over a bed of romaine lettuce or on a gluten-free bun.



CHICKEN PAD THAI

INGREDIENTS

1/4cup Coconut Aminos
1 tbsp Maple Syrup
2 tbsp Fresh Ground Organic Peanut Butter
Rice Noodles Cooked According To Package
11bsp Sesame Oil
1 Clove Garlic Crushed
1/4 cup Lime Juice
2 Chicken Breasts, Cubed
2 Eggs, Whisked
2 tsp Minced Ginger
1 Minced Chili Pepper
1 Shredded Carrot
½ cup Chopped Spring Onion
1 cup Coriander Leaves (*Cilantro*) - Optional To Taste

INSTRUCTIONS

Whisk together coconut aminos, lime juice, maple syrup, and peanut butter.

Prepare rice noodles as per packet instructions.

In a large skillet or wok on medium heat, heat the crushed garlic in sesame oil and add the cubed chicken along with the minced chili pepper and ginger. Stir-fry until the chicken is cooked all the way through. This should take about ten minutes depending on the size of the cubes.

Remove skillet or wok from the heat and add the whisked eggs. Toss gently. The heat from the mixture will cook the egg. Place this mixture in a large bowl.

Add the chicken and egg mixture, shredded carrots, and cooked rice noodles. Toss to combine.

If you want to serve this in the traditional Thai manner, top with a tbsp crushed peanuts, bean sprouts, chopped coriander, and a wedge of lime. Enjoy!



CHICKEN MEATBALLS WITH HERB SAUCE

INGREDIENTS

Olive Oil Spray
1 tbsp Extra Virgin Olive Oil (EVOO)
1/2 Red Onion, Minced
2 Garlic Cloves, Minced
1 Pound Ground Chicken
1/4 cup Chopped Fresh Parsley
1 tbsp Dijon Mustard
3/4 tsp Kosher Salt
1/2 tsp Fresh Ground Pepper
1/2 tsp Paprika

SAUCE

One 14-ounce Can of Coconut Milk
1 cup Chopped Fresh Parsley, Divided
4 Chopped Green Onions
1 Garlic Clove, Peeled & Minced
Zest & Juice of 1 Lemon
Sea Salt & Ground Pepper
Crushed Red Pepper Flakes (for serving)

INSTRUCTIONS

Preheat the oven to 375°F. Line a baking sheet with aluminum foil and spray it with olive oil.

In a skillet, heat the olive oil over medium heat and sauté onions until translucent. Add the garlic.

Cool onion garlic mixture slightly and stir in the chicken, parsley, and mustard. Add a dash of salt and pepper. Begin making the chicken balls forming the mixture into small balls and transfer to the prepared baking sheet. Bake the meatballs until fully cooked for approximately 18-20 minutes. Meat should reach the 165F in temperature.

SAUCE

Combine the coconut milk, parsley, scallions, garlic, lemon zest, and lemon juice in a blender until smooth. Add salt and pepper to taste.



SPANIKOPITA

INGREDIENTS

1 Bag of Organic Spinach Leaves, Chopped with Stems Removed
2 tbsp Extra Virgin Olive Oil (EVOO)
Extra Virgin Olive Oil (EVOO)-(for greasing pastry)
2 cups Leeks, Roughly Chopped (*Only the greens*)
1 cup Green Onions, Chopped
1 4oz. Container of Crumbled Feta Cheese
2 Eggs, Beaten
2 tbsp Minced Garlic
4 tbsp Dill, Chopped
1 tbsp Mint Leaves, Chopped
Zest of 1 Lemon
1/2 tsp Nutmeg
2 tbsp Grated Parmesan Cheese
12 sheets of Phyllo Pastry (*about 18 sheets*)
Black Sesame Seeds (optional)

INSTRUCTIONS

Preheat the oven to 400F. Grease the 9 X 13" glass pan with oil.

Place the olive oil, leek, and spring onion greens in a medium sized pan and on low to medium heat. Cook until softened and place in a bowl. Add spinach, leek & spring onion greens, feta, herbs, eggs, lemon zest, and nutmeg into a bowl and mix well.

Line rimmed baking sheet with parchment paper and brush lightly with extra virgin olive oil.

Don't let the phyllo dry-out: This is a very important step that should not be overlooked. Keep the phyllo dough covered with a damp kitchen towel while working with the phyllo sheets.

- Layer 1 = **10 Phyllo Sheets:** Lay 1 phyllo sheet on the oiled parchment. Brush the sheet thoroughly with oil. Repeat with 9 more phyllo sheets, brushing each one with oil. You should have a total of 10 layers of Phyllo.
- Layer 2 = **Spinach Mixture:** Spread the spinach mixture evenly over the phyllo, leaving about 1/4 -inch border on all sides.
- Layer 3 = **8 Phyllo Sheets:** Cover the spinach mixture with a sheet of phyllo, brush it with oil and sprinkle it with about 2 tablespoons of Parmesan cheese. Repeat with 5 more phyllo sheets brushing each one with oil and sprinkling with Parmesan. Lay two more layers, brushing each with oil (don't sprinkle any cheese on the last 2 layers).

Score Top: Working from the center outward, use the palms of your hands to gently compress the layers and press out any air pockets. Using a sharp knife, score the spanakopita through the top 3 layers of phyllo into 24 equal pieces. *Top with black sesame if desired.*

Bake: Bake for about 20 to 25 minutes or until the phyllo is golden and crisp. Remove from the oven and allow it to cool for about 10 minutes (or up to 2 hours).

Enjoy!



SPANIKOPITA

THAI CHICKEN CURRY

SLOW COOKER RECIPE

INGREDIENTS

2 cups Chicken Stock
4 tbsp Thai Thai Red Curry Paste
1 Coconut Aminos
1 tablespoon Coconut Sugar (*You can sweeten with maple syrup too.*)
1 tablespoon Minced Ginger
1 tablespoon Fish Sauce
3 Cloves Garlic, Minced
1 lb. Chicken Breast Cut Into Small Pieces
1 small Butternut Squash Cut Into 1" Cubes
1 Medium Sweet Vidalia Onion, Chopped
1-2 Chili Peppers (*Use less or more depending on the amount of heat you like.*)
14 ounce Can Coconut Milk

**** Optional-Cilantro, Chili Pepper, & Lime To Serve**

INSTRUCTIONS

Place all the ingredients, except *for the coconut milk* into your slow cooker and stir together well. Set your crockpot to cook on high for 4 hours.

After 4 hours, stir in the coconut milk and let it sit while you prepare the rice, cauliflower rice, or quinoa to serve.

Top with a little cilantro, lime, and, if you like it extra spicy, some chopped chili peppers.

Enjoy!



CASHEW DIP

INGREDIENTS

- 1/2 cup coconut milk
- 1 cup Raw Cashews
- 2 tbsp Lemon Juice
- 1 tsp Extra Virgin Olive Oil (EVOO)

OPTIONAL CHILI TOPPING

- 1 Minced Red Chili Pepper
- 1 Garlic Clove, Crushed
- 1 tsp Apple Cider Vinegar (ACV)
- 2 tbsp Local Honey (I prefer Kasper Apiary)

INSTRUCTIONS

Place cashews in a bowl and cover with cold water. Set aside for 4 hours to soak.

Drain cashews and transfer to the bowl of a food processor. Add the coconut milk and lemon juice. Pulse until the mixture is smooth and has a creamy consistency.

CHILI TOPPING

In a frying pan on medium heat, add the chili pepper and garlic and cook for a minute or two. Add the honey and apple cider vinegar and mix. Season to your taste.

Place the cashew mixture in a bowl and swirl the chili pepper mixture over the top of the cashew cream.

Serve with Seed Crackers or Sweet Potato Wedges.



04

SALADS



SALADS

CREAMY CUCUMBER SALAD

INGREDIENTS

- 1 Cucumber
- 1/2 Greek Yogurt
- 1/2 cup Fresh Chives & Dill
- 2 Tbsp Apple Cider Vinegar

INSTRUCTIONS

Chop the chives and dill adding them to the yogurt and apple cider vinegar.

Thinly slice the cucumber, add to the bowl with the yogurt mixture, and stir.

Refrigerate until ready to serve.



TACO SALAD

INGREDIENTS

4 Tortilla Chips
2 tsp Extra Virgin Olive Oil, Divided
3/4 tsp Kosher Salt, Divided
1/2 tsp Black Pepper, Divided
1 lb 93% Lean Ground Turkey
2 Cloves Garlic Minced (*or thru a garlic press*)
1 tbsp Chili Powder
1 head Romaine Lettuce Roughly Chopped
1 can Low-Sodium Black Beans
1 can Mexican-style Corn (11 ounces), Drained
1 tsp Ground Cumin
1/2 tsp Garlic Powder
2 cups Cherry Tomatoes, Halved
1 medium Ripe Avocado, Peeled, Pitted, & Ripe
1 cup Loosely Packed Chopped Fresh Cilantro
1/4 cup Diced Green Onions

SALSA YOGURT DRESSING

1/4 cup Salsa (*store-bought or homemade*)
1/4 cup Non-fat Plain Cashew Yogurt or Any Dairy-free Version You Prefer

INSTRUCTIONS

In a large, nonstick skillet, heat 1 teaspoon olive oil over medium-high. Add turkey, chili powder, cumin, garlic powder, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Break up the meat and stir with a spoon until it is cooked through; about 5 minutes.

In a small bowl, stir together the salsa and yogurt to make the dressing.

Place the romaine in a large serving bowl. Top with 1/4 cup of the salsa-yogurt mixture, the turkey, black beans, corn, tomatoes, avocado, cilantro, cheese, and green onions. Toss lightly to combine, then sprinkle the tortilla strips over the top. Serve immediately with remaining salsa-yogurt dressing as desired.

PLAN AHEAD OPTIONS

Store the cooked ground turkey in the refrigerator for up to 4 days, the corn and black beans in a separate container for up to 4 days, the dressing in a container for up to 4 days, and the chopped tomatoes in a container for up to 3 days. Washed, chopped lettuce can also be stored in the crisper drawer for 2 to 3 days. Warm the turkey and assemble the salad just before serving.

STORAGE

Once assembled and dressed, the salad is best eaten within a few hours of serving. However, the deconstructed elements of this salad may be stored separately in airtight containers for 2-4 days in the fridge.

SALADS



TACO SALAD IS A
QUICK & HEALTHY MEAL

SALADS

GRILLED NECTARINE & CHICKEN SALAD

INGREDIENTS

2 Chicken Breast Fillets Without Skin
Salt & Pepper to Taste (For Grilled Chicken)
1/2 tsp Black Pepper
1 Bunch Watercress (Optional)
Romaine Lettuce
Extra Virgin Olive Oil (EVOO)
2 Bunches Asparagus (Trim the woody ends.)
2 Fresh Nectarine, Pit & Slice into Wedges

DRESSING-Citrus Vinaigrette

1/2 cup Orange Juice
1/2 tsp Ground Paprika
1-1/2 tbsp Extra Virgin Olive Oil (EVOO)
2 tbsp Apple Cider Vinegar
1 tbsp Local Honey
1 tsp Wholegrain Mustard

INSTRUCTIONS

Heat a barbecue grill or chargrill on medium-high. Place the chicken in a bowl. Sprinkle salt and pepper. Drizzle with 2 teaspoons of oil. Season with paprika and toss to coat.

Cook chicken on grill for 4 mins each side or until cooked through. Inside temperature should reach 165 F. Transfer to a plate and cover with foil. Set aside for 5 mins to rest. Thinly slice.

Grill the asparagus turning for 2 mins or until tender. Transfer to a plate.

Lightly brush the nectarine with a little oil. Cook on grill for 1 min each side or until lightly charred.

DRESSING

Whisk the vinegar, mustard, honey, orange juice, and remaining oil in a bowl. Add pepper to taste.

Arrange greens on a plate and top with asparagus, nectarine, and chicken then drizzle with the dressing. Enjoy!

- *Romaine is great grilled as well. Simply cut the stalk in half, lightly brush with oil and char the leafs lightly on medium heat. You'll have a warm salad with a smoky flavor which balances nicely with the light, citrusy dressing.*



SALADS

VERY BERRY SUMMER SALAD

INGREDIENTS

2 cups Spring Mix Salad Greens
1/2 cup Blueberries
5 Large sliced Strawberries
5 Red Raspberries

DRESSING-Creamy Kefir Salad Dressing

1/2 cup Kefir, Plain Flavor
2 tbsp Ground Mustard
2 tsp Honey
1 1/2 tbsp Water
1/2 tsp Apple Cider Vinegar
1/4 tsp Minced Garlic
Pinch of Salt & Pepper to Taste
A Pinch of Oregano or Thyme

DIRECTIONS

In a bowl or jar combine all dressing ingredients together. Mix well and chill. or use right away.

Place spring greens on a plate and sprinkle with berries. Drizzle with dressing and serve.

You can add a few walnuts and/or a a tablespoon of crumbled goat cheese if you would like.





SALAD DRESSINGS

SALAD DRESSINGS

SALAD DRESSINGS

CITRUS VINAIGRETTE

1/2 cup Orange Juice
1/2 tsp Ground Paprika
1-1/2 tbsp Extra Virgin Olive Oil (EVOO)
2 tbsp Apple Cider Vinegar (ACV)
1 tbsp Local Honey
1 tsp Wholegrain Mustard

GUT HEALTHY RANCH

1 cup Plain Greek Yogurt
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
1/2 tsp Dill Powder
1 tbsp Fresh Chives, Minced
Dash of Cayenne Pepper & Salt, To Taste

CREAMY KEFIR SALAD DRESSING

1/2 cup Kefir, Plain Flavor
2 tbsp Ground Mustard
2 tsp Honey
1-1/2 tbsp Water
1/2 tsp Apple Cider Vinegar (ACV)
1/4 tsp Minced Garlic
Pinch of Salt & Pepper to Taste
A Pinch of Oregano or Thyme

GINGER & TURMERIC VINAIGRETTE

1/4 cup Extra Virgin Olive Oil (EVOO)
2 tbsp Apple Cider Vinegar (ACV)
1 tsp Turmeric
1/2 tsp Ground Ginger
1 tsp Honey
1 tsp Garlic
Salt & Pepper, To Taste

SESAME & GINGER DRESSING

1 tbsp Extra Virgin Olive Oil (EVOO)
1 tbsp Sesame Oil
1 tbsp Coconut Aminos
1 tbsp Maple Syrup
1 tbsp Rice Vinegar
1 Clove Garlic, Minced
1 tsp Fresh Ground Ginger
1/4 tsp Pepper

CREAMY HONEY MUSTARD

1/2 cup Kefir
1/2 tbsp Extra Virgin Olive Oil (EVOO)
1/3 cup Dijon Mustard
1-1/2 tbsp Water
1/2 tsp Apple Cider Vinegar (ACV)
1/3 cup Honey
Salt & Pepper, To Taste



05

SNACKS & DRINKS



SNACKS

HUMMUS

INGREDIENTS

2 (15 oz) cans Garbanzo Beans, Strained
1/2 cup Tahini
1/4 cup Lemon Juice
1 tsp Grated Lemon Zest, Minced
2 Cloves Garlic, Minced
Dash of Cayenne Pepper *(To Taste)*
Salt & Pepper To Taste

INSTRUCTIONS

Place garbanzo beans, tahini, lemon juice, lemon zest, garlic, and cayenne in the bowl of a food processor. Blend until smooth, adding water if the mixture is too thick.

Season to taste with salt and pepper. Serve as a snack with apples, pears, pita wedges, carrot or celery sticks, bell pepper slices or crackers. Enjoy!



SNACKS

KALE CHIPS

INGREDIENTS

1 bunch Kale
1 tbsp Extra Virgin Olive Oil (EVOO)
1/8 cup Parmesan Cheese
1 tsp Flaked Sea Salt
Black Pepper To Taste

INSTRUCTIONS

Preheat oven to 300 degrees F. Line a rimmed baking sheet with baking paper paper.

With a knife or kitchen shears carefully remove kale leaves from the thick stems and tear into bite size pieces.

Wash and thoroughly dry kale with a salad spinner or lay on clean kitchen towels and allow to dry for about one hour. (You may need to pat them dry with another towel.) Drizzle kale leaves with olive oil and toss to coat evenly. Spread out kale in an even layer on the baking sheet without overlapping and sprinkle with salt, pepper, and fresh Parmesan Cheese to taste.

Bake 25-30 minutes until the edges begin to brown. Be careful not to overcook where the edges burn.



SNACKS

ROASTED CHICKPEAS

INGREDIENTS

1 lb Dried Chickpeas (*Garbanzo Beans*)
2 tbsp Extra Virgin Olive Oil
Sea Salt To Taste

INSTRUCTIONS

Preheat oven to 400 degrees.

Place chickpeas into a large bowl and cover with several inches of cool water. Allow to sit for 8 hours or overnight. Drain chickpeas and dry them well by patting with an absorbent towel.

Toss chickpeas, olive oil, and salt together in a bowl until evenly coated. Spread chickpeas in single layer on a baking sheet.

Roast in the oven for approximately 40 minutes, stirring every 8 minutes, until chickpeas are browned and crisp. Cool completely.



SNACKS

PEANUT BUTTER DIP

INGREDIENTS

1 (5 oz) Container Vanilla Greek-style Yogurt
2 tbsp Organic Peanut Butter
2 tbsp Honey (*Warmed*)
1/8 tsp Ground Cinnamon
Dash of Ground Ginger

INGREDIENTS

Mix yogurt, peanut butter, honey, and cinnamon in a bowl until well blended.

Can be eaten right away or kept for up to five days.



SNACKS

HONEY NUTTER COCOA COCONUT BALLS

INGREDIENTS

16 Graham Crackers
1 cup Crunchy Organic Peanut Butter
2/3 cup Honey
1/2 cup Non-fat Dry Powdered Milk
1 tsp Cocoa Powder
1 cup Desiccated Coconut
1/8 tsp Ground Cinnamon
Dash of Ground Ginger

INSTRUCTIONS

Place graham crackers in a gallon Zip-loc bag and use a rolling pin to crush or use a food processor.

Combine graham cracker crumbs, peanut butter, cocoa, honey, ginger, cinnamon, and powdered milk in a large mixing bowl. Mix well.

Make small balls with mixture and place on wax paper. Roll balls in dessicated coconut.

Keep in a air-tight container up to five days.



PEANUT BUTTER & OAT COOKIES

INGREDIENTS

1/4 cup Creamy Peanut Butter
1/4 cup Unsweetened Apple Sauce
1 tsp Vanilla Extract
1/2 tbsp Cinnamon, Ground
1/4 tsp Ginger
1/8 tsp Salt
1/8 tsp Black Pepper (*Enhances the Flavor of the Cinnamon & Ginger*)
1/4 cup Pure Maple Syrup
5 tbsp Milk (*Substitute Unsweetened Almond Milk*)
1 cup Instant Oats
3/4 cup oat Flour
1 tsp Baking Powder

INSTRUCTIONS

In a medium bowl, stir together the peanut butter and applesauce until smooth and creamy. Stir in the vanilla, cinnamon, ginger, black pepper, and salt until fully incorporated. Stir in the maple syrup and almond milk.

Pour the oats, oat flour into the bowl, and baking powder into a mixing bowl and mix well. Gently fold in the wet ingredients mixing as you add to fully incorporate.

Chill the cookie dough for 30 minutes.

Preheat the oven to 325°F and line a baking sheet.

Using a spoon and spatula, drop the cookie dough into a dozen cookies on the baking sheet and flatten. They should be no more than 1/2" thickness.

Bake for 8-10 minutes and cool directly on the baking pan for 10-15 minutes before transferring to a wire rack to cool completely.



SNACKS

APPLE DIP

INGREDIENTS

1 (8 oz) package Low-Fat Cream Cheese
1 4oz Container of Vanilla Yogurt
2 tsp Brown Sugar
1 tbsp Vanilla Extract

INSTRUCTIONS

Stir together the cream cheese, brown sugar, and vanilla extract until the sugar has dissolved, and the mixture is smooth.

Experiment with different flavors of yogurt for variation.



SNACKS

3-INGREDIENT COOKIES

INGREDIENTS

2 Ripe Bananas
1/2 cup Oats
1/4 Chocolate Chips

INSTRUCTIONS

Preheat oven to 350 degrees. Prepare baking pan with a baking sheet.

Mash bananas in a bowl with a fork until no lumps remain then stir in oats and chocolate chips.

Scoop small portions of batter onto prepared baking pan.

Bake for 15 minutes until golden brown. Cool for 2 to 5 minutes per serving.



PINEAPPLE WHIP

INGREDIENTS

1 cup heavy whipping cream
6 fluid oz Pineapple Juice
1/3 cup Coconut Sugar
1 tsp Fresh Lemon Juice

INSTRUCTIONS

Whisk cream, pineapple juice, and coconut sugar in a bowl until sugar is dissolved. Stir in lemon juice. Refrigerate until well chilled for at least 6 hours.

Transfer pineapple mixture to an ice cream maker and process according to manufacturer's instructions.



CHOCOLATE HUMMUS

INGREDIENTS

1/4 cup Milk Chocolate Chips
1 (15 oz) can Garbanzo Beans, Drained & Rinsed
1/2 cup Unsweetened Cocoa Powder
2 tbsp Maple Syrup or To Taste
1 tsp Vanilla Extract
1/2 tsp Salt
2 tbsp Almond Milk

INSTRUCTIONS

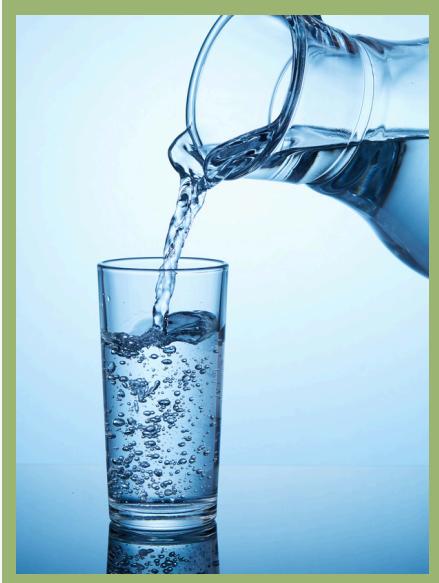
Place chocolate chips in a microwave-safe bowl and heat in the microwave until melted, 1 to 3 minutes. (*Watch carefully so the chocolate doesn't burn. Best to stir well every minute or so.*)

Combine melted chocolate chips, garbanzo beans, cocoa powder, maple syrup, vanilla extract, and salt in the bowl of a food processor and combine. Add almond milk 1 tablespoon at a time while blending to desired smoothness. Add a little more maple to adjust to your taste.

Allow to chill at least one hour before serving. Serve with fruit and enjoy!



HABITS TO IMPROVE YOUR HEALTH



HYDRATION

It is important for you to drink plenty of water to stay hydrated throughout the day. Proper hydration will help to flush out toxins and waste softening stool for easy elimination. Stimulating digestion helps to =balance the good bacteria in your gut.

TIPS FOR STAYING HYDRATED

- Make your water bottle your newest accessory and carry it with you everywhere.
- Infuse your water with fruit, cucumber, mint, or some zest from a lemon/lime.
- Set a reminder on your Smart Watch or phone to remind you to drink.
- Try to drink filtered water where possible. Tap water can be contaminated with lead or other substances that harm the gut microbiome.

LISTEN TO YOUR BODY

- If you are thirsty, your body is already dehydrated. Prevent this from occurring.
- Dark urine colors indicate you are not properly hydrated. Light colored urine means you are properly hydrated.

EXERCISE

Exercise works to get your blood flowing and directs blood towards your muscles and digestive system. This helps to create stronger intestinal contractions getting your food moving aiding in proper waste elimination preventing constipation.

Exercises such as swimming, cycling, and jogging are especially good for digestion mobility however, low-intensity exercise such as yoga, pilates or a long walk are also effective. Whatever means of exercise you choose, it is most important to remain active.



SLEEP

Maintaining a regular sleep schedule is important to the health of your gut. The microbiome in your gut has a circadian rhythm just you do. Eating and sleeping patterns influence your microbiome affecting both the composition and abundance of microflora in your gut. They fluctuate along with your eating and sleeping patterns. This is why your gut can feel a bit off if you are experiencing jetlag. A consistent wake/sleep schedule as well as a sufficient amount and quality sleep can go a long way to ensuring a healthy gut.

HABITS TO IMPROVE GUT HEALTH



FIBER & PLANT-BASED DIET

What you put into your gut has a great deal to do with the health of it. Plant-based foods are high in fiber and are anti-inflammatory. Best of all, they are loaded with prebiotic and/or probiotics. Plant-based foods are easy for your digestive system to process and help to boost the number of healthy bacteria in your gut as well as the diversity. All of this is needed for good gut health.

The majority of plant-based foods are high in water concentration and are an added bonus to helping you remain hydrated. Foods such as celery, tomatoes, watermelon, kiwis, apples, pears, and strawberries are just an example of the many fruits and vegetables that can help to keep you hydrated. Try these in a smoothie to maximize their benefits.

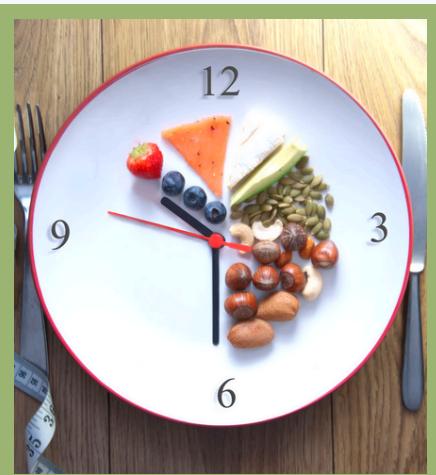


DESTRESS

When you experience stress, your body triggers hormones such as adrenaline and cortisol which put your body into fight-or-flight diverting your blood to your digestive system. Your digestive system is lined with 4000 sq/ft. lining (*the size of a tennis court*) and measures only one cell thick. Over time when you are consistently stressed the repeated diversion of blood from your digestive tract causes this thin lining to become porous and allow for food particles to leak into your bloodstream resulting in Leaky Gut. Chronic or long-term stress impedes the development of healthy gut bacteria.

Tips For Stress Relief:

- **Find Your Calm**-hot bath, cup of tea, short nap
- **Reflection**-meditate, journal, pray
- **Find Joy**-hobby, movie, volunteering or anything that brings you joy
- **Build Your Tribe**-surround yourself with positivity and friends and family who support you



INTERMITTENT FASTING

Intermittent fasting (IF) refers to an eating pattern where you are eating during a certain window of time rather than restricting calories or eating less. Intermittent fasting allows your digestive system a time frame where it can rest. By fasting for a set pattern you are allowing your gut a respite from constant digestion. This allows the gut an opportunity to work to restore itself and begin improving your overall composition of gut flora.

HOW TO FAST

16/8 - You eat during an 8-hour window and fast for the remaining 16 hours. You are not to consume anything except for water/herbal tea unsweetened during these hours.

CREATING EVERYDAY GUT HEALTH HABITS

- Go organic whenever possible
- Eliminate alcohol
- Eliminate gluten
- Only use antibiotics when critical
- Eliminate conventional dairy
- Enjoy bone broth on a frequent basis
- Eliminate foods that aggravate your gut
- Add liberal amounts of coconut oil to your diet
- Reduce or eliminate sugar in your diet
- Reduce toxic stress
- Eliminate toxic foods
- Limit amount of soy in your diet
- Go on LDN-Low Dose Naltrexone
- Use a quality probiotic
- Feed your body prebiotics
- Add Hydrochloric acid (HCL)
- Drink lemon water
- Consume 25+ grams of fiber daily
- Fill your diet with wild-caught fish
- Get quality sufficient sleep daily
- Add fresh ginger to your diet liberally
- Add turmeric to as many foods as possible
- Drink a lot of unsweetened tea
- Use a quality digestive enzyme
- Take L-glutamine daily
- Find creative creative ways to add collagen & gelatin to diet
- Adhere to your gut health diet
- Keep your appointments with your healthcare practitioner

GUT HEALTH IS VITAL FOR OVERALL HEALTH.

FOR BETTER DIGESTION, IMMUNITY, CLARITY,
HORMONE BALANCE, THYROID FUNCTION,
MENTAL CLARITY, IMPROVED MOOD, AND
AN ABUNDANCE OF ENERGY ...

CREATE A HEALTHY GUT!





LINDGREN FUNCTIONAL NUTRITION