

GLOWING SKIN
BEGINS WITHIN



10 DAY "SKIN RESET" PROGRAM



7-Day Omnivore RECIPES

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Apple Crisp Yogurt Bowls

2 servings

20 minutes

Ingredients

- 1 Apple (cored, chopped)
- 1 cup Oats (rolled)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 2 cups Unsweetened Coconut Yogurt

Directions

- 1 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 2 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

Notes

Leftovers, Refrigerate separately in an airtight container for up to three days.

Serving Size, One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

Additional Toppings, Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.



Flaxseed Pudding Parfait

2 servings

35 minutes

Ingredients

1/2 cup Ground Flax Seed
1 tsp Cinnamon
1 cup Unsweetened Almond Milk
1 tbsp Maple Syrup
2 cups Unsweetened Coconut Yogurt
1/2 cup Raspberries
1/4 cup Pecans (crushed)

Directions

- 1 In a bowl, whisk together the ground flaxseed, cinnamon, unsweetened almond milk and maple syrup. Let sit for 30 minutes, up to overnight.
- 2 To make the parfaits, set out glass cups or mason jars. Layer in the coconut yogurt and flaxseed pudding in separate layers.
- 3 Top the parfaits with raspberries and pecans. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Nut-Free, Use pumpkin seeds or hemp seeds instead of pecans.

More Flavor, Add vanilla extract or a variety of berries.



Vanilla Latte Overnight Oats

2 servings

3 hours

Ingredients

3/4 cup Unsweetened Almond Milk
1/2 cup Organic Coffee (cold, strong brewed)
2 tbsps Almond Butter (divided)
1 tbsp Maple Syrup
1/4 tsp Vanilla Extract
3/4 cup Quick Oats
2 tbsps Chia Seeds
2 tsps Cacao Nibs

Directions

- 1 In a mixing bowl whisk together almond milk, cold coffee, half of the almond butter, maple syrup and vanilla extract. Stir in the oats and chia seeds until well combined.
- 2 Cover and refrigerate for at least 3 hours or up to overnight.
- 3 To serve, divide between bowls and top with the remaining almond butter and cacao nibs. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

More Flavor, Add cinnamon or pumpkin spice.

Additional Toppings, Top with shredded coconut, additional chia seeds or hemp seeds.

More Protein, Stir in your favorite protein powder or collagen powder.



Apple Coconut Breakfast Crisp

4 servings

40 minutes

Ingredients

4 Apple (peeled, cored and chopped)
2 tbsps Tapioca Flour (divided)
1 1/2 tps Cinnamon
1 cup Unsweetened Shredded Coconut
2 tbsps Coconut Flour
1/3 cup Coconut Butter (softened)
2 tbsps Maple Syrup
1 tbs Coconut Oil (melted)

Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 In a mixing bowl combine the apples, half of the tapioca flour and the cinnamon. Transfer the apple mixture to a baking dish and bake for 20 minutes until the apples begin to soften.
- 3 Meanwhile, in the same mixing bowl combine the shredded coconut, coconut flour and the remaining tapioca flour. Stir in the coconut butter, maple syrup and coconut oil until a coarse meal forms.
- 4 Remove the apples from the oven and spoon the coconut mixture over top in an even layer. Return to the oven and continue to bake for 15 minutes or until the coconut crumble is golden brown. Enjoy!

Notes

Leftovers, Store leftovers partially covered at room temperature for up to two days or refrigerate in an airtight container for up to five days. Serve warmed or at room temperature.

Serving Dish Size, An 8 x 8-inch baking dish was used for 4 servings.

More Flavor, Add vanilla, nutmeg, allspice or maple syrup to the apple mixture.

Additional Toppings, Top with a dollop of coconut yogurt.

Apples, This recipe was created using McIntosh apples.



Bacon & Heirloom Tomato Frittata

2 servings

30 minutes

Ingredients

5 Egg
1 tbsp Basil Leaves (chopped)
1/8 tsp Sea Salt
4 slices Organic Bacon (chopped)
3/4 cup Red Onion (thinly sliced)
2 Tomato (heirloom, sliced)

Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 In a small bowl, whisk the eggs together and add the basil and sea salt. Set aside.
- 3 Heat a small cast iron pan over medium heat and add the bacon. Cook until the fat renders off, about 5 minutes. Remove the bacon and set aside. Add the onion and cook for 2 to 3 minutes.
- 4 Add the bacon back to the pan along with the eggs. Cook over medium heat for about 4 to 5 minutes, careful not to disturb the setting egg. Add the tomato slices on top and place in the oven to cook for 20 minutes.
- 5 Remove from the oven and garnish with extra basil if desired. Let it cool slightly, serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to two days.

More Flavor, Add minced garlic and/or chili flakes.

No Pork, Use turkey bacon instead.



Chocolate Almond Hemp Seed Porridge

1 serving

10 minutes

Ingredients

1/2 cup Organic Coconut Milk (full fat, from the can)
1/2 cup Water
2 tsps Monk Fruit Sweetener
2 tsps Cocoa Powder
1/4 tsp Vanilla Extract
3 tsps Hemp Seeds
1 1/2 tsps Ground Flax Seed
1 tbsp Chia Seeds
1 tbsp Almond Butter
1 tsp Unsweetened Shredded Coconut
1 tsp Cacao Nibs
1/4 cup Strawberries

Directions

- 1 Heat the coconut milk and water over medium heat. Just before the milk starts to bubble stir in monk fruit sweetener, cocoa powder and vanilla. Whisk until well combined.
- 2 Reduce heat to low and whisk in the hemp seeds, ground flax and chia seeds. Let it simmer while stirring frequently until the porridge has thickened. If the porridge becomes too thick, add a tablespoon of additional water or coconut milk at a time until desired consistency is reached.
- 3 Transfer the porridge to a bowl and stir in the almond butter. Top the porridge with the coconut, cacao nibs and strawberries. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop with additional coconut milk until warmed through. This recipe can also be served chilled.

Serving Size, One serving is approximately 1 1/2 cups of porridge.

Nut-Free, Use sunflower seed or pumpkin seed butter instead of almond butter.

More Flavor, Add ground cinnamon.

Additional Toppings, Top with seeds, chopped nuts or berries.

No Coconut Milk, Use unsweetened almond milk instead.



One Pan Breakfast Hash

2 servings

40 minutes

Ingredients

4 cups Brussels Sprouts (halved)
1/2 cup Red Onion (chopped)
1 tsp Avocado Oil
Sea Salt & Black Pepper (to taste)
5 slices Organic Bacon (chopped)
4 Egg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
- 3 Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

Notes

No Bacon, Use prosciutto, ham or turkey bacon.

More Vegetables, Use additional vegetables such as peppers, potatoes or mushrooms.

More Flavor, Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

Leftovers, Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.



Thai Cauliflower & Sweet Potato Curry

4 servings

35 minutes

Ingredients

1/2 Yellow Onion (chopped)
3 Garlic (clove, minced)
1 tbsp Ginger (fresh, grated or minced)
1/4 cup Water
2 tbsps Thai Red Curry Paste
1 1/2 cups Organic Vegetable Broth
1 cup Organic Coconut Milk (full fat, from the can)
1/2 cup Dry Red Lentils
1 head Cauliflower (small, chopped into florets)
1 Sweet Potato (medium-sized, peeled and cut into cubes)
1/4 cup Cilantro (chopped, optional for garnish)

Directions

- 1 Heat a large pot over medium heat. Add the onion, garlic, ginger and water and cook until the onions are just tender and water has evaporated, about 3 to 5 minutes.
- 2 Add the curry paste and stir to combine with the onion mixture. Stir in the broth and coconut milk. Add in the lentils and cook for 8 to 10 minutes until the lentils are just tender, stirring often.
- 3 Add the cauliflower and sweet potato to the pot. Stir to combine then cover with a lid and reduce the heat to medium-low. Cook for 15 to 20 minutes or until the vegetables are tender, stirring often.
- 4 Season with additional salt if needed and divide between bowls. Top with cilantro, if using, and enjoy.

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Serving Size, One serving is approximately 2 cups of curry.

More Flavor, Stir in lime juice and serve with extra lime wedges and cilantro. For a spicier curry, add more curry paste or serve with hot sauce.

Serve it With, Serve with brown or jasmine rice, quinoa, rice noodles or cauliflower rice.



Brown Rice Noodles & Veggies

2 servings

20 minutes

Ingredients

- 4 ozs Brown Rice Fettuccine
- 2 tbsps Tamari
- 1 1/2 tsps Maple Syrup
- 1 tbsp Lime Juice
- 1 Garlic (clove, minced)
- 1/4 cup Water
- 1/2 Red Bell Pepper (sliced)
- 1/3 cup Frozen Edamame (thawed)
- 2 tbsps Raw Peanuts (chopped)
- 1/4 cup Cilantro (chopped, optional)

Directions

- 1 Cook the pasta according to the directions on the package. Once the pasta is cooked and strained, run cold water over the pasta to prevent from over-cooking. Add back to the pot.
- 2 While the pasta cooks, in a small pot over medium-low heat add the tamari, maple syrup, lime juice, garlic and water. Bring to a low boil. Add the pepper and edamame and cook for 3 to 5 minutes, until cooked through.
- 3 Pour the sauce and edamame mixture over the pasta and toss to combine. Serve with chopped peanuts and cilantro on top. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Nut-Free, Omit the peanuts.

More Flavor, Add chili flakes.

Additional Toppings, Add additional vegetables such as broccoli, snap peas or mushrooms.



Spiced Cauliflower Rice Bowl

2 servings

40 minutes

Ingredients

2/3 cup Brown Rice (dry, uncooked)
1/4 tsp Sea Salt
1/2 head Cauliflower (chopped into florets)
1/4 tsp Turmeric
1/2 tsp Paprika
1/2 tsp Thyme (dried)
2 tbsps Tahini
1 Garlic (clove, minced)
1 tbsp Lemon Juice
1 tbsp Water
1 Avocado (sliced)
1/4 cup Cilantro (chopped)
1 tsp Sesame Seeds (for topping)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to two days.

Additional Toppings, Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

No Brown Rice, Use jasmine rice, cauliflower rice, quinoa or millet instead.



Rainbow Lettuce Wraps with Spicy Mango Dressing

4 servings

15 minutes

Ingredients

- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1 Red Bell Pepper (thinly sliced)
- 1 Carrot (medium, grated)
- 2 stalks Green Onion (thinly sliced)
- 1 Mango (small, chopped)
- 3 tbsps Water
- 2 tbsps Apple Cider Vinegar
- 1 Garlic (clove, small, minced)
- 1/2 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt
- 1 head Romaine Hearts (large leaves separated, washed and dried)
- 2 Avocado (diced)
- 2 tsps Sesame Seeds
- 1/4 cup Cilantro

Directions

- 1 In a large mixing bowl combine the cabbage, bell pepper, carrot and green onions. Toss to combine and set aside.
- 2 Add the mango, water, apple cider vinegar, garlic, red pepper flakes and sea salt to a food processor and blend until smooth.
- 3 To assemble the lettuce wraps, divide the cabbage mixture between the romaine leaves and garnish with avocado, sesame seeds, cilantro and spicy mango dressing. Serve immediately and enjoy!

Notes

Leftovers, Refrigerate veggies, dressing and toppings in separate airtight containers for up to five days. Assemble lettuce wraps just before serving

Serving Size, One serving is approximately two lettuce wraps. Each lettuce wrap is approximately 2/3 cup veggie filling and 2 tablespoons of dressing.

Additional Toppings, For extra crunch add sliced almonds or pumpkin seeds.

More Protein, Add cooked chicken, shrimp or tofu.



Raw Cauliflower Salad

6 servings

25 minutes

Ingredients

- 1 head Cauliflower (sliced into thin pieces)
- 1 cup Radishes (thinly sliced)
- 2 Carrot (thinly sliced)
- 1/4 cup Almond Butter
- 2 tbsps Lime Juice
- 1 Garlic (clove, minced)
- 1/4 cup Water
- 1 1/2 tsps Sesame Oil
- 1 tbsp Tamari
- 1 tsp Coconut Sugar
- 2 stalks Green Onion (chopped)
- 1/4 cup Mint Leaves (chopped)

Directions

- 1 Place the chopped cauliflower, radishes and carrots in a large bowl.
- 2 Add the almond butter, lime juice, garlic, water, sesame oil, tamari and coconut sugar to a blender. Blend until smooth and creamy.
- 3 Toss the sauce with the veggies and coat well. Top with green onion and mint. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Nut-Free, Use sunflower seed butter instead of almond butter.

More Flavor, Add chili flakes or hot sauce.

Additional Toppings, Top with extra chopped almonds, roasted chickpeas, shredded chicken or tofu.



Mason Jar Lentil Salad with Tahini Dressing

1 serving

30 minutes

Ingredients

2 tbsps Tahini
3 tbsps Water
1 1/2 tsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
1/8 tsp Sea Salt
1/2 cup Purple Cabbage (chopped)
1/4 cup Watermelon Radish (sliced thinly)
1/3 cup Lentils (cooked)
3/4 cup Baby Kale

Directions

- 1 Combine the tahini, water, olive oil, lemon juice and sea salt in a bowl. Whisk to combine.
- 2 Add the tahini dressing to a mason jar followed by the chopped cabbage, watermelon radish, lentils, and kale. Seal with a lid.
- 3 When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers, Store in the fridge for up to two days.

More Flavor, Add herbs, chili flakes and/or garlic powder to the lentils.

Additional Toppings, Add hemp seeds or pumpkin seeds.

No Baby Kale, Use baby spinach, arugula or romaine instead.

No Watermelon Radish, Use regular radish instead.

Likes it Sweet, Add a little bit of maple syrup to the tahini dressing.



Curried Chickpea Salad

4 servings

15 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil
1 1/2 tbsps Lime Juice
2 tbsps Curry Powder
1 1/2 tps Maple Syrup
2 cups Chickpeas (cooked)
1 stalk Celery (finely chopped)
1 Apple (small, finely chopped)
1/4 cup Red Onion (chopped)
1/4 cup Dried Unsweetened Cranberries
1/4 cup Cilantro (chopped)
Sea Salt & Black Pepper

Directions

- 1 In a large mixing bowl, whisk together the oil, lime juice, curry powder, and maple syrup.
- 2 Add the chickpeas, celery, apple, onion, cranberries, and cilantro to the mixing bowl with the dressing. Fold everything together. Season with salt and pepper to taste.
- 3 Serve chilled and enjoy!

Notes

Leftovers, Refrigerate in an airtight container up to 4 days.

Serve It With, Enjoy alone or serve over leafy greens like baby spinach, arugula, mixed greens or romaine lettuce.

More Flavor, For best flavor, use a tart apple like a Granny Smith or Macintosh.



Pressure Cooker Thai Chicken & Vegetables

4 servings

40 minutes

Ingredients

- 1 cup Organic Coconut Milk (full fat, from the can)
- 1 cup Organic Chicken Broth
- 2 tbsps Thai Red Curry Paste
- 2 tbsps Coconut Aminos
- 1 tbsp Ginger (fresh, minced)
- 2 Garlic (clove, minced)
- 1 lb Chicken Breast
- 1 Red Bell Pepper (sliced)
- 1/2 Yellow Onion (sliced)
- 1 1/2 cups Green Beans
- 1 cup Kale Leaves (chopped)

Directions

- 1 In the pot of the pressure cooker whisk the coconut milk, chicken broth, red curry paste, coconut aminos, ginger and garlic together. Add the chicken and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
- 3 Turn the pressure cooker to sauté mode. Let the sauce reduce and thicken for 8 to 10 minutes, stirring frequently. Add the bell pepper, onion, green beans and kale to the sauce and cook for 3 to 5 minutes or until the vegetables are just tender.
- 4 Meanwhile, chop the cooked chicken breast. Add the chicken to the pot with the cooked vegetables and stir to combine. Divide between plates and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

More Flavor, Add lime, cilantro or fish sauce. For a spicier dish, use more curry paste or add red pepper flakes or hot sauce. For a sweeter curry, add honey or coconut sugar.

Serve it With, Brown rice, jasmine rice, quinoa, cauliflower rice or naan.

No Chicken Breast, Use chicken thighs instead.

No Green Beans, Use another vegetable like snap peas or broccoli.

No Kale, Use spinach or bok choy instead.



Red Pepper Chicken Thighs

4 servings

1 hour

Ingredients

- 1 Red Bell Pepper (roughly chopped)
- 1 Red Hot Chili Pepper (seeds removed, roughly chopped)
- 1/4 cup Cilantro (chopped)
- 1 tsp Smoked Paprika
- 2 tbsps Lemon Juice
- 2 tps Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt (divided)
- 1 lb Chicken Thighs with Skin
- 4 cups Mini Potatoes (halved)

Directions

- 1 In a food processor or blender, add the red pepper, hot chili pepper, cilantro, smoked paprika, lemon juice, half the olive oil and half the sea salt. Blend until smooth.
- 2 In a large bowl add the chicken thighs along with the sauce and let it marinate on the counter for 20 minutes.
- 3 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the baby potatoes and toss with the remaining olive oil and sea salt. Add the chicken to the pan. Place in the oven and bake for 30 minutes. Broil for an additional 4 to 5 minutes.
- 4 Remove from the oven and let it cool slightly. Top with additional cilantro if desired and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

More Flavor, Let it marinate in the fridge for up to 24 hours.

Additional Toppings, Serve with a side salad or roasted vegetables.

Less Heat, Omit the chili pepper.



Garlicky Beef & Greens

4 servings
20 minutes

Ingredients

1/4 cup Coconut Aminos
4 Garlic (clove, minced)
1 tbsp Ginger (fresh, grated or minced)
1 stalk Green Onion (chopped)
1 lb Extra Lean Ground Beef
4 cups Kale Leaves (finely chopped)
1/4 tsp Sea Salt

Directions

- 1 In a small mixing bowl combine the coconut aminos, garlic, ginger and green onion. Set aside.
- 2 Heat a large skillet over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the cooked beef to a bowl and set aside. Drain any excess drippings from the pan.
- 3 To the same pan add the kale leaves and cook until wilted and tender. Add the cooked beef back to the pan with the kale and season with the salt.
- 4 Add the coconut aminos sauce and stir to combine. Let the sauce bubble and thicken for 1 to 2 minutes. Remove the pan from heat and divide between plates. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving is approximately 1 cup.

More Flavor, Add sesame oil, lime juice, red pepper flakes or a drizzle of honey.

Additional Toppings, Top with sesame seeds or chopped cilantro. Serve over top of cooked rice, quinoa or cauliflower rice.

No Beef, Use ground chicken, turkey or pork instead.

No Coconut Aminos, Use tamari or other soy-based sauce instead.



One Pot Taco Pasta

6 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 4 stalks Green Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1 tsp Cumin (ground)
- 1 tsp Chili Powder
- 1/4 tsp Sea Salt
- 1 Tomato (large, diced)
- 1/2 cup Frozen Corn (thawed)
- 1/2 cup Black Beans (cooked, from the can)
- 1 Red Bell Pepper (diced)
- 2 1/2 cups Organic Chicken Broth
- 1 cup Organic Salsa
- 2 cups Brown Rice Pasta Shells (dry, uncooked)

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 2 Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 3 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 4 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 5 Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

No Ground Beef, Use ground chicken or turkey instead.

Vegan & Vegetarian, Swap the ground meat out for cooked lentils.

Optional Toppings, Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy, Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

No Brown Rice Pasta Shells, Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.



Lemon Cilantro Cod with Peppers

2 servings

35 minutes

Ingredients

3 tbsps Lemon Juice
3 tbsps Avocado Oil (divided)
3/4 cup Cilantro (finely chopped, divided)
1/2 tsp Sea Salt (divided)
2 Cod Fillet
1/2 Red Bell Pepper (sliced)
1/2 Yellow Bell Pepper (sliced)
1 Tomato (diced)

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a zipper-lock bag add the lemon juice, 2/3 of the oil, 2/3 of the cilantro and 1/2 of the sea salt. Add the cod and massage the marinade into the fillets. Marinate them for at least 15 minutes or up to an hour.
- 3 Meanwhile, heat the remaining oil over medium heat. Add the bell peppers and tomato and cook for 8 to 10 minutes or until the peppers are just tender and the tomatoes have released their juices. Stir in the remaining cilantro and season with the remaining salt. Remove from heat.
- 4 Place cod fillets to a baking dish and transfer the peppers mixture on top of the cod fillets. Cover the dish with foil, or a tight-fitting lid, and bake for 18 to 20 minutes or until the fish is cooked through and flakes easily.
- 5 Divide the fish and peppers between plates and season with additional salt if needed. Enjoy!

Notes

Fillet Size, Each cod fillet is equal to 231 grams or 8 ounces.

Leftovers, Refrigerate in an airtight container for up to three days.

More Flavor, Add more herbs like parsley or oregano. Serve with additional lemon wedges.

No Lemon, Use lime instead.

No Cod, Use another white fish, like haddock, instead.



Chicken Shawarma Salad Bowls

4 servings

30 minutes

Ingredients

1 1/4 lbs Chicken Breast (diced into cubes)
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1/2 tsp Cinnamon
1/2 tsp Turmeric
1 tbsp Cumin
2 tbsps Extra Virgin Olive Oil
1/4 cup Tahini
2 tbsps Water
1/2 Lemon (juiced)
8 leaves Romaine (chopped)
2 Tomato (diced)
1 Cucumber (diced)
1/4 cup Parsley (chopped)

Directions

- 1 Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
- 2 Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
- 3 Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
- 4 Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

Notes

Garlic Lover, Serve with hummus or add minced garlic to the tahini dressing.

Leftovers, Store in the fridge for up to three days.

Vegan & Vegetarian, Omit the chicken and used cooked chickpeas instead.



Creamy Spaghetti Squash Casserole

4 servings

1 hour

Ingredients

- 1 Spaghetti Squash (medium)
- 12 ozs Pork Sausage (casings removed)
- 2 Garlic (cloves, minced)
- 1 tbsp Arrowroot Powder
- 1 2/3 cups Organic Coconut Milk (from the can)
- 4 cups Broccoli (chopped into florets)
- 1/8 tsp Sea Salt

Directions

- 1 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for about 30 to 35 minutes, or until cooked through.
- 2 While the squash is cooking, cook the sausages over medium heat on a pan. Break them up with the back of a wooden spoon until crumbled and cooked through (about 6 to 8 minutes). Remove from heat and set aside.
- 3 Using the same pan, add the garlic and saute for one minute, then add the arrowroot flour. Lower the heat to medium-low and add the coconut milk. Whisk until the arrowroot powder is dissolved and mixed in. Let it simmer until it thickens.
- 4 Remove the squash from the oven and use a fork to scrape out the "noodles" and add them to a casserole dish. Top with the sausage, broccoli and sauce and season with sea salt. Bake for 15 to 20 minutes, or until the broccoli is cooked through.
- 5 Remove the casserole from the oven, and divide onto plates. Enjoy!

Notes

No Arrowroot Powder, Use cornstarch, tapioca powder or brown rice flour instead.

Leftovers, Store in an airtight container in the fridge up to three days. Reheat in the oven for 10 to 15 minutes at 350.

Likes it Spicy, Serve with red pepper flakes or hot sauce.