



14-day

*Hormonal Reset*

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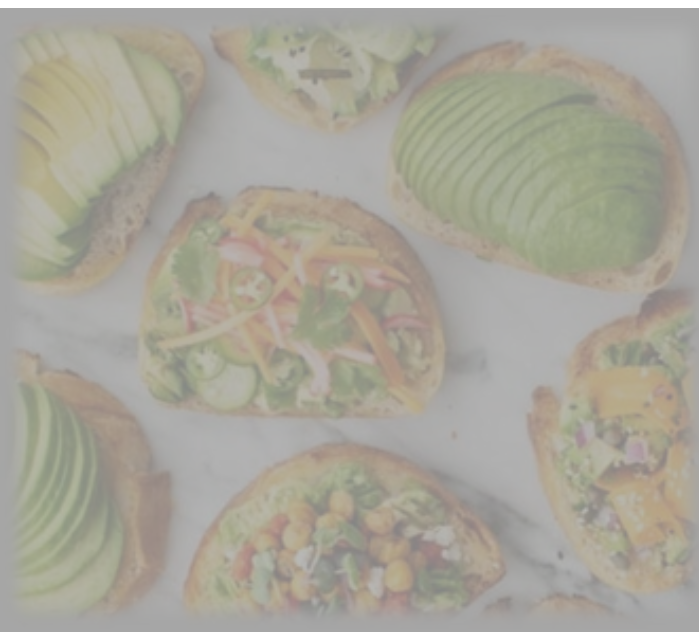
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*Breakfast*

*Lunch*

*Dinner*





# Welcome To

## 14-day Fertility Reset

Many women unknowingly experience hormonal imbalance.

### A FEW SYMPTOMS OF HORMONAL IMBALANCE



Body Aches & Pain



Anxiety



Lumpy/Tender  
Breasts



Celulite & Hip  
Fat



Hot Flashes



Irregular/Heavy  
Period



Depression



Hair Loss



Dry Skin/Acne



Insomnia



Bloating



Indigestion

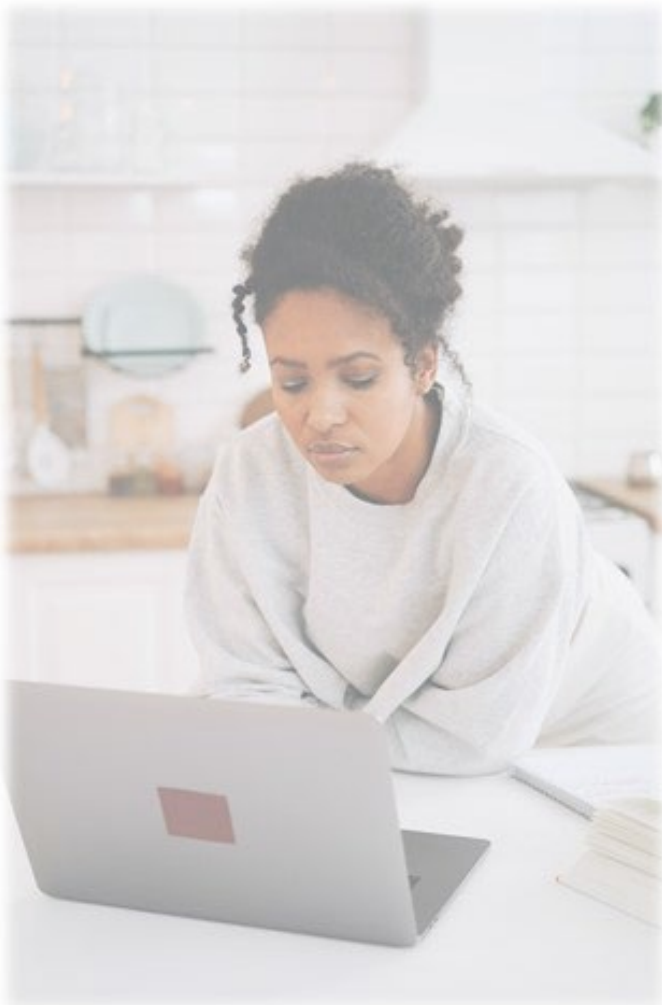
# Hormonal Balance Through Food

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Even if you have one of the symptoms listed, you will find this meal plan beneficial. Keep in mind that hormonal imbalances are not “normal”, nor should they be a part of our lives as women. In most cases it is possible to reverse these symptoms.

Although I am not a dietitian nor a nutritionists, you may find that the recipes in this meal plan can possibly help your body find balance. Food is an essential component in helping to reset and reverse hormonal imbalances in order to help achieve a more optimistically fertile life.

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## THE ROLE OF OUR HORMONES

Hormones are extremely important. They help control practically every physiological process in your body, such as:

- Metabolism
- Immune system
- Menstrual cycle
- Reproduction

Keeping hormones in balance is essential to having a well functioning body and in living a healthy life. The foods that are part of your diet are instrumental to the balance and possible restoration of your hormones.

## OUR GOAL

The main idea behind this 14 Day Hormonal Reset is to give you the information, inspiration, and ideas that will influence you for the rest of your life.

Our goal is for you to *learn from* this meal plan, instead of having to rely on it.

We hope that you will understand which foods are the best for your overall health, and how crucial a balanced & nutrient-dense diet is.

## HOW THIS PLAN CAN HELP

Whether or not you experience some or most of the symptoms of hormonal imbalance, the recipes and foods in this meal plan are designed to help:

### **Weight /Metabolism**

Possibly Lower your body's inflammation and reduce stubborn fat.

### **Mental Focus/Clarity**

Possibly help clarity of mind, to help you feel happier and healthier.

### **Energy**

Possibly Restore your natural energy, helping you to meet the days challenges.

### **Hair & Skin**

Possibly smooth and even out the skin on your face and body and generate hair growth and thickness.

A close-up, top-down view of a white ceramic bowl filled with oatmeal. The oatmeal is topped with a generous amount of dark brown chia seeds, several fresh blueberries, and a pile of golden-brown, chunky coconut flakes. The background is a soft, out-of-focus light gray.

1

GETTING

*Started*

# FERTILITY DISRUPTORS

## A Modified List

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The foods listed down below tend to trigger an inflammatory response for some, which can disrupt your fertility journey. Since every woman is different, considering eliminating these foods at least for awhile, possibly up to 6 to 12 week to see how you feel.

### CONSIDER AVOIDING:

*Meat and Dairy:* conventionally grown (avoid foods with synthetic pesticides, herbicides, antibiotics, growth hormones,)

*Coffee and caffeine:* reduce or stop

*Processed foods:* packaged with additives & preservatives, including protein powders (whey, pea, rice etc)

*Process Oils:* sunflower Oil, canola Oil, vegetable Oil

*Gluten:* breads, pastas, cookies, muffins

*Dairy:* milk, yogurt, cheese, butter

*For some:* Corn, eggs, grains

*Soy products*

Also, check food labels for ingredients to avoid.

# FOODS TO EMBRACE

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## A LIST OF SUPERFOODS

These foods are filled with nutrients that are meant to heal and nourish your body.

SUPERFOODS INCLUDE:

### **TURMERIC**

Anti-inflammatory, helps GI health, boosts immune system, helps brain health, supports cardiovascular system, detoxes the liver



### **SULFUR-RICH FOODS**

Support liver detoxification, clear "dirty" estrogens, antiinflammatory (quercetin), antibacterial



### **BROCCOLI SPROUTS**

Supports breast health, liver detoxing, detoxifying, immune boosting, rich in sulfurs, anti-inflammatory, anticarcinogenic



### **CACAO**

High in magnesium, highly alkalizing, 20x more antioxidants than blueberries, also a good source of protein, calcium, carotene, thiamin, riboflavin



### **POMEGRANATES**

Gut healing, anti-inflammatory, estrogen balancing, anticarcinogenic, rich in antioxidants, high in good fats



# FOODS TO EMBRACE

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## **SALMON**

Sugar balancing, food for the brain and breasts, nutrient dense, detoxifying, high in fiber, rich in iodine and magnesium, rich in B vitamins



## **MACA**

Contains phytoestrogens, can help peri- and menopause, can help with infertility, energy, sex drive, PMS relief, adrenal nourishment, hit or miss with some women



## **COLLAGEN**

Gut healing, estrogen boosting, estrogen detoxifying, high in good fats, rich in zinc, rich in omega-3 fatty acids



## **BERRIES**

Low glycemic index (won't elevate your blood sugar), high in antioxidants, good source of fiber, highly anti-inflammatory, anthocyanins



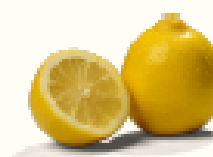
## **FLAXSEED**

Gut healing, estrogen boosting, estrogen detoxifying, high in good fats, rich in zinc, rich in omega-3 fatty acids



## **LEMONS & LEMON ZEST**

Contains d-limonene—a potent liver detoxifier, highly alkalizing, stimulates stomach acid production



# FOODS TO EMBRACE

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## SEAWEED

Food for the brain & breasts, nutrient dense, detoxifying, high in fiber, rich in iodine and magnesium, rich in B vitamins



## THYME

Contains phytoestrogens, can help peri- and menopause, can help with infertility, energy, sex drive, PMS relief, adrenal nourishment, hit or miss with some women



## FERMENTED FOODS

Gut healing, anti-inflammatory, rich in good bacteria, immune boosting



## BEETS

Detoxes the liver, anti-inflammatory, helps GI health, boosts immune system, helps brain health, supports cardiovascular system



## GINGER, CAYENNE, BLACK PEPPER

Has gingerols, capsaicin, and piperine, compounds that boost metabolism





# RECIPE GUIDE – WHAT TO KNOW

Each recipe avoids the foods that may inflame your body. Most recipes include some (if not many) of the superfoods that will boost your health and balance your hormones. However, *there is not a single recipe that you must follow exactly*. So, feel free to add as many different superfoods to your meals as you'd like.

Next, each recipe serves two people. You will want to adjust the recipe servings as appropriate.

Finally, there is no calorie counts in this meal plan. The goal here is to eat intuitively to fuel your body. Between meals, feel free to choose healthy snacks. Simply, just listen to your body.

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If able, be vigilant and keep track of the way your body responds to different foods. During the first week of this meal plan, we advise that you stick to the recipes as best you can and avoid eating the foods listed on the “Foods to Avoid” list. Keep track of:

Bloating  
Digestive cycles  
Energy levels

After the first week, if you'd like slowly incorporate corn, eggs, and grains back into your diet. This will help you to determine how your body responds to these foods. Your goal is to discover and eliminate inflammatory foods from your diet with the aim of balancing your hormones. After the 14-days, you are encouraged to continue a lifestyle with rich superfoods and to avoid processed and inflammatory foods.



2

TIME TO

*Prepare*

# WEEK

## I

### MEAL PLAN

#### DAY 1

---

Lemon Water &  
Coconut Yogurt  
BREAKFAST

Mango & Black Bean  
Salad  
LUNCH

Honey Lime Shrimp  
with[DR] & Bone  
Broth before bed  
DINNER

#### DAY 2

---

Lemon Water &  
Avocado Toast  
BREAKFAST

Honey Lime Shrimp  
[L/O] with COV  
LUNCH

Baked Lemon Garlic  
Salmon [DR] & Bone  
Broth before bed  
DINNER

#### WORD CODE

L/O: LEFT OVERS (ANY)

NR: NO RECIPE

DR: DOUBLE THE  
RECIPE

COV: YOUR CHOICE OF  
VEGGIES

PB: PREPARE BEFORE

#### DAY 3

---

Lemon Water &  
Coconut Yogurt  
BREAKFAST

Baked Lemon Garlic  
Salmon [L/O] with  
COV  
LUNCH

Maki Sushi & Bone  
Broth  
DINNER

#### DAY 4

---

Lemon Water & Nut  
Butter, Honey &  
Banana Toast  
BREAKFAST

Power Green Stir Fry  
LUNCH

Honey Lime Chicken  
[DR] & Bone Broth  
DINNER

#### DAY 5

---

Lemon Water &  
Avocado Toast  
BREAKFAST

Honey Lime Chicken  
[L/O] with COV  
LUNCH

Roasted Sweet Potato  
& Kale Salad & Bone  
Broth  
DINNER

#### DAY 6

---

Lemon Water & Chia  
Pudding [PB]  
BREAKFAST

Mango & Black Bean  
Salad  
LUNCH

Turkey & Wild Rice  
Soup [DR] & Bone  
Broth  
DINNER

#### DAY 7

---

Lemon Water &  
Coconut Yogurt  
BREAKFAST

Green Goddess  
Sandwich  
LUNCH

Turkey & Wild Rice  
Soup [L/O] & Bone  
Broth  
DINNER

# WEEK

2

## MEAL PLAN

### WORD CODE

L/O: LEFT OVERS (ANY)

NR: NO RECIPE

DR: DOUBLE THE  
RECIPE

COV: YOUR CHOICE OF  
VEGGIES

PB: PREPARE BEFORE

### DAY 8

---

Lemon Water &  
Avocado Toast  
BREAKFAST

Creamy Cauliflower  
Soup [DR]  
LUNCH

Baked Lemon Garlic  
Salmon with COV &  
Bone Broth  
DINNER

### DAY 9

---

Lemon Water & Nut  
Butter, Honey &  
Banana Toast  
BREAKFAST

Creamy Cauliflower  
Soup [L/O]  
LUNCH

Spicy Salmon Poke  
Bowl [DR] & Bone  
Broth  
DINNER

### DAY 10

---

Lemon Water &  
Coconut Yogurt  
BREAKFAST

Spicy Salmon Poke  
Bowl [L/O]  
LUNCH

Roasted Sweet Potato  
& Kale Salad with  
Wild Rice [NR]  
DINNER

### DAY 11

---

Lemon Water & Chia  
Pudding [PB]  
BREAKFAST

Power Green Stir Fry  
LUNCH

Honey Lime Chicken  
[DR] & Bone Broth  
DINNER

### DAY 12

---

Lemon Water &  
Avocado Toast  
BREAKFAST

Detox Salad with  
Wild Rice [NR]  
LUNCH

Honey Lime Chicken  
[L/O] & Bone Broth  
DINNER

### DAY 13

---

Lemon Water & Chia  
Pudding [PB]  
BREAKFAST

Red Thai Curry with  
Sweet Potato [DR]  
LUNCH

Creamy Cauliflower  
Soup & Bone Broth  
DINNER

### DAY 14

---

Lemon Water & Chia  
Pudding [L/O]  
BREAKFAST

Green Goddess  
Sandwich  
LUNCH

Red Thai Curry with  
Sweet Potato & Bone  
Broth  
DINNER



A woman with long brown hair, wearing a light pink long-sleeved shirt and a green apron, is seen from the side, preparing a salad. She is using a silver fork to mix a glass bowl of salad that contains green leafy vegetables, cherry tomatoes, and cucumber. The bowl sits on a wooden cutting board. In the background, there is a white countertop with a glass of orange juice, a small bowl of fried food, and a small bowl of blueberries. A vase with pink flowers is also visible. The scene is brightly lit, suggesting a sunny day.

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GET READY

*To Cook*

# BACK TO BASICS

## BEFORE THE DAY'S MEALS

Each day, you will want to wake up to your warm lemon water and at the close of the day rest up with your cup of bone broth.

### ***In the morning: Warm Lemon Water***

*Add 2 tablespoons freshly squeezed lemon juice to 8 to 16 ounces of warm water. Lime juice or apple cider vinegar can also be used.*

### ***In the evening: Bone Broth***

*Sip 1 to 2 cups of broth per day with a dash of coconut milk, freshly grated ginger, lemon juice, and sea salt.*





# BREAKFAST





# BREAKFAST SWEETS



**Prep**  
5 Min



**Cook Time**  
5 Min



**Servings**  
x



**Level**  
Moderate

## Ingredients

*1-2 tablespoons nut butter*

*1 banana*

*2 slices of gluten-free bread*

*1 tablespoon organic honey*

## Directions

### *Nut Butter, Honey, & Banana Toast*

Toast two slices of gluten-free bread of choice. While the bread is toasting, cut thin slices of a banana to top. Once toast is ready, add nut butter, banana, and top with a drizzle of organic honey.



## Directions

### *Coconut Yogurt*

Scoop out yogurt in a bowl. Add a serving of collagen powder, and top with berries, honey, nut seeds, and hemp seeds.



## Ingredients

*1 tablespoon of hemp seeds*

*Handful of mixed berries*

*1 tablespoon of organic honey*

*Toasted or raw nut seeds (your choice)*

*1 serving of Collagen Powder*

*1 cup of coconut yogurt*



# BREAKFAST SWEETS



**Prep**  
5 Min



**Cook Time**  
5 Min



**Servings**  
x



**Level**  
Moderate

## Ingredients

- *¼ cup chia seeds*
- *1½ cups cashew milk, almond milk, or coconut milk*
- *1 tablespoon organic honey, more for serving*
- *¼ teaspoon cinnamon*
- *pinch of sea salt*
- *½ tablespoon Meyer lemon juice or orange juice, optional*
- *lemon zest or a few drops of lemon oil, optional*
- *seasonal fruit and/or chopped nuts, for topping*

## Directions

### *Chia Pudding*

In a large jar or bowl, stir together the chia seeds, milk, organic honey, cinnamon, salt, lemon juice, and lemon zest, if using.

Chill covered for 30 minutes, then stir again, incorporating the chia seeds that have sunk to the bottom. Chill for about 6 hours, or overnight, until the chia pudding is thick. If it gets too thick, stir in a little more milk to reach your desired consistency.

To serve, scoop chia pudding into bowls and top with fruit, nuts, and maple syrup, as desired.

## Directions

### *Avocado Toast*

Halve the avocado vertically and remove the pit. Use a small knife to dice the avocado flesh while it's still inside the skin. Season the flesh with a squeeze of lemon juice and sprinkle it with sea salt.

Scoop the diced avocado flesh out of the skin and onto the toasted bread. Mash the avocado with the back of a fork and top with your desired toppings.

## Ingredients

- *1 ripe avocado*
- *Lemon, for squeezing*
- *Sea salt*
- *2 to 4 slices toasted bread*
- *Desired toppings*

# LUNCH





## Directions


In a large skillet, melt the oil over medium-high heat. Add the onion and red pepper and cook, stirring occasionally, until they begin to soften, about 2 to 3 minutes. Add the garlic and ginger and cook until they become fragrant, about 30 seconds. Add the curry paste and cook, stirring, for another 30 seconds. Stir in the coconut milk, vegetable broth, peanut butter, and coconut aminos. Mix the sauce until it is smooth and bring it to a simmer. Reduce the heat to medium and add the sweet potatoes and chickpeas. Cook, covered, stirring occasionally, until the sweet potatoes are tender, about 10 to 12 minutes. Stir in the kale and lime juice.

Serve immediately topped with the cilantro or store in the refrigerator for up to 5 days.

# RED THAI CURRY WITH SWEET POTATO

## Ingredients

- 1 tbsp coconut oil
- 1 yellow onion, sliced
- 1 red bell pepper, sliced
- 2 garlic cloves, minced
- 1 tsp grated fresh ginger
- 1/4 cup red curry paste
- 1 19-oz can light coconut milk
- 1 cup vegetable broth
- 1/4 cup smooth natural peanut butter
- 2 tbsp coconut aminos
- 2 medium sweet potatoes, peeled and diced
- 1 19-oz can chickpeas, drained and rinsed
- 2 cups chopped green kale
- 1/2 lime, juice
- 1/4 cup fresh cilantro leaves

 **Prep**  
5 Mins

 **Cook Time**  
15 Mins

 **Servings**  
2

 **Level**  
Easy





## Directions

In a large skillet, heat the oil over medium-high heat. Add the turkey, and cook, breaking it up with the side of a spoon, until it is no longer pink, about 5 minutes.

Add the green onion, garlic, and ginger. Cook, stirring, until they become fragrant, about 1 minute.

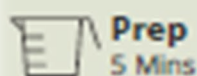
Stir in the kale slaw mix and coconut aminos. Cook, stirring occasionally, until the greens are bright green and begin to soften, about 2 to 3 minutes.

Serve immediately or store in the refrigerator for up to 3 days.

# POWER GREENS STIR FRY

## Ingredients

- 1 tbsp olive oil
- 1 lb ground turkey
- 3 green onions, sliced
- 1 garlic clove, minced
- 1 tsp grated fresh ginger
- 4 cups kale slaw mix
- 2 tbsp coconut aminos



**Prep**  
5 Mins



**Cook Time**  
10 Mins



**Servings**  
2



**Level**  
Easy





## Directions

In a small bowl, mash the avocado. Mix in the parsley, basil, chives, and lemon juice.

Season the mashed avocado with salt and pepper to taste.

Spread the mixture over 2 slices of the bread. Add a layer of the sliced cucumbers, arugula, and sprouts. Top with the remaining slices of bread.

Serve immediately.

# GREEN GODDESS SANDWICH

## Ingredients

- 1 avocado*
- 1 tbsp chopped fresh parsley*
- 1 tbsp chopped fresh basil*
- 1 tbsp chopped fresh chives*
- 1/2 lemon, juice*
- 1/4 English cucumber, thinly sliced*
- 1/2 cup arugula*
- 1/4 cup broccoli sprouts*
- 4 slices Gluten Free bread*
- Salt and pepper to taste*



**Prep**  
5 Mins



**Cook Time**  
0 Mins



**Servings**  
2



**Level**  
Easy



# MANGO AND BLACK BEAN SALAD



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## Directions

In a large bowl, mix together the black beans, mangoes, avocado, bell pepper, red onion, jalapeño, and lime juice.

Serve immediately topped with the fresh cilantro.



**Prep**  
10 Min



**Cook Time**  
0 Min



**Servings**  
2



**Level**  
Easy

## Ingredients

- 1 15-oz can black beans, drained and rinsed*
- 1 mango, diced*
- 1/2 avocado, diced*
- 1/2 red bell pepper, diced*
- 1/4 red onion, finely diced*
- 1/4 jalapeño pepper, seeded and minced*
- 1 lime, juice*
- 1/8 cup chopped fresh cilantro*



# CREAMY CAULIFLOWER SOUP



**Prep**  
10 Mins



**Cook Time**  
25 Mins



**Servings**  
2



**Level**  
Easy

## Ingredients

*4 cups chopped cauliflower*

*1 tablespoon ghee*

*1 white onion, chopped*

*5 garlic cloves, chopped*

*1 tablespoon fresh thyme or 1 teaspoon  
dried thyme*

*1 cup full-fat coconut milk*

*1½ cups Bone Broth or store-bought chicken  
or vegetable broth*

*¼ cup coconut aminos*

*Coconut Yogurt for serving (optional)*

*Raw pumpkin seeds and hemp seeds, for  
serving (optional)*

*Cilantro for serving*

## Direction

In a medium pot, combine all of the ingredients and bring to a boil. Reduce the heat to low, cover, and simmer for 15 minutes.

Remove from the heat and allow to cool, uncovered, for 10 to 15 minutes.

Transfer the soup to a high-speed blender and blend until silky smooth, 1 to 2 minutes. Alternatively, use a handheld immersion blender to puree the soup directly in the pot until smooth.

Ladle the soup into bowls and serve with dollops of coconut yogurt. Sprinkle with pumpkin seeds and hemp seeds and serve with a simple salad and gluten free bread, if desired



## Directions

In a small bowl, whisk together the olive oil, lemon juice, honey, ginger, salt, and pepper.

In a large bowl, combine the kale, red cabbage, Brussels sprouts, broccoli florets, parsley, and dressing. Toss well.

Serve immediately topped with slivered almonds or store in the refrigerator for up to 4 days.

# DETOX SALAD

## Ingredients

- 1/4 cup olive oil
- 1 lemon, juice
- 2 tbsp organic raw honey
- 1 tsp grated fresh ginger
- Salt and pepper to taste
- 4 cups green kale, finely chopped
- 2 cups shredded red cabbage
- 2 cups shredded Brussels sprouts
- 2 cups broccoli florets, finely chopped
- 1/2 cup chopped fresh parsley
- 1/4 cup slivered almonds



**Prep**  
10 Mins



**Cook Time**  
0 Mins



**Servings**  
2



**Level**  
Easy





# DINNER



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## Directions

In a small bowl, whisk together the honey, lime zest, lime juice, coconut aminos, ginger, and garlic. Set it aside.

In a large nonstick skillet, heat the oil over medium-high heat. Add the shrimp and season it with salt and pepper to taste. Cook, stirring occasionally, until the shrimp is pink and opaque, about 3 to 4 minutes. Pour the sauce into the skillet and continue to cook, stirring, until the sauce reduces and coats the shrimp, about 3 to 4 minutes.

Serve the shrimp immediately topped with the cilantro or store in the refrigerator for up to 3 days.



**Prep**  
5 Min



**Cook Time**  
10 Min



**Servings**  
2



**Level**  
Moderate

## Ingredients

*1/4 cup organic raw honey*

*1 lime, zest and juice*

*2 tbsp coconut aminos*

*1 tsp grated fresh ginger*

*1 garlic clove, minced*

*1 tbsp coconut oil*

*1 lb peeled shrimp*

*2 tbsp chopped fresh cilantro*

*Salt and pepper to taste*

# HONEY LIME SHRIMP



# TURKEY & WILD RICE SOUP



**Prep**  
10 min



**Cook Time**  
40 Mins



**Servings**  
8



**Level**  
Easy

## Ingredients

*2 tbsp olive oil*

*1 yellow onion, diced*

*4 carrots, peeled and diced*

*2 celery ribs, sliced*

*2 cups sliced mushrooms*

*2 garlic cloves, minced*

*3 cups shredded cooked turkey*

*8 cups chicken broth*

*1 bay leaf*

*1 tbsp fresh thyme leaves*

*1 cup long grain and wild rice*

*1 tbsp chopped fresh parsley*

*Salt and pepper to taste*

## Direction

In a large Dutch oven, heat the olive oil. Add the onion, celery, carrots and mushrooms. Season with salt and pepper to taste and cook, stirring occasionally, until they soften, about 4 to 5 minutes.

Add the garlic, thyme and bay leaf and cook until fragrant, about 30 seconds. Add the rice and cook for another minute. Stir in the turkey and broth.

Bring the mixture to a boil and reduce the heat to a simmer. Cook until the rice is cooked through, about 30 to 35 minutes. Stir in the parsley.

Serve immediately or store in the refrigerator for up to 3 days.





# BAKED LEMON GARLIC SALMON

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## Directions

Preheat the oven to 400°F. Line a baking sheet with a generous overhang of aluminum foil.

Arrange the lemon slices on the baking sheet and place the salmon on top. Drizzle the melted butter over the salmon and sprinkle with the garlic.

Season with salt and pepper to taste. Fold the aluminum foil over the salmon to create an airtight pouch. Bake the salmon until it is cooked through, about 10 to 15 minutes.

Serve immediately topped with the parsley or store in the refrigerator for up to 3 days.



**Prep**  
10 Min



**Cook Time**  
15 Min



**Servings**  
2



**Level**  
Easy

## Ingredients

*1 lb side fresh salmon*

*2 lemons, sliced*

*2 tbsp melted butter*

*2 garlic cloves, minced*

*2 tbsp chopped fresh parsley*

*Salt and pepper to taste*

# ROASTED SWEET POTATO & KALE SALAD



**Prep**  
10 min



**Cook Time**  
30 Mins



**Servings**  
2



**Level**  
Easy

## Ingredients

*1 sweet potato, peeled and diced*  
*1 tsp olive oil*  
*2 tbsp avocado oil*  
*2 tbsp apple cider vinegar*  
*1 tsp honey*  
*1 tsp Dijon mustard*  
*2 cups chopped green kale*  
*1 cup shredded red cabbage*  
*1/2 cup cooked quinoa*  
*2 tbsp slivered almonds*  
*1/2 avocado, sliced*  
*Salt and pepper to taste*

## Direction

Preheat the oven to 375°F.

Toss the sweet potato with the olive oil, salt, and pepper. Bake until it is tender and lightly golden, about 30 minutes.

While the sweet potato is cooking, in a small bowl, whisk together the avocado oil, apple cider vinegar, honey, and Dijon mustard. Season with salt and pepper to taste.

In a large bowl, toss together the kale, red cabbage, quinoa, and the dressing. Serve the salad immediately topped with the sweet potato, slivered almonds, and avocado.



# HONEY LIME CHICKEN



**Prep**  
5 Min



**Cook Time**  
20 Min



**Servings**  
2



**Level**  
Moderate

## Ingredients

*4 chicken drumsticks*

*2/3 tbsp coconut oil*

*2 limes, juice*

*1/3 cup coconut aminos*

*1/3 cup organic raw honey*

*1 1/3 garlic cloves, minced*

*2/3 tsp grated fresh ginger*

*Salt and pepper to taste*

## Directions

Season the chicken with salt and pepper.

Heat the oil in a skillet over medium-high heat. Add the chicken and cook until it is golden brown on all sides, 8 to 10 minutes. Remove the chicken from the skillet and set it aside.

Reduce the heat, and in the same skillet, add the coconut aminos, organic raw honey, lime juice, garlic, and ginger. Stir well and return the chicken to the pan. Continue to cook the chicken, covered, until it reaches an internal temperature of 165°F, 8 to 10 minutes. Flip the chicken a few times while cooking to coat it in the sauce.

Serve immediately with fresh cilantro and lime wedges or store it in the refrigerator for up to 3 days.



# MAKI SUSHI



**Prep**  
1 hr



**Cook Time**  
20 Mins



**Servings**  
2



**Level**  
Moderate

## Ingredients

### **Roasted Shiitakes**

6 ounces shiitake mushrooms

1 tablespoon extra-virgin olive oil

1 tablespoon tamari

*Carrot ginger dipping sauce*

1/5 cup chopped roasted carrots, about 1/4  
cup raw carrots

1/5 to 1/5 cup water

1/4 cup extra-virgin olive oil

2 tablespoons rice vinegar

2 teaspoons minced ginger

1/4 teaspoon sea salt

### **Sushi rice**

1 cup short grain brown rice, rinsed well

2 cups water\*

1 teaspoon extra-virgin olive oil

2 tablespoons rice vinegar

1 tablespoon cane sugar

1 teaspoon sea salt

### **For the rolls**

3 nori sheets

1 cup thinly sliced red cabbage

3 long thin strips of cucumber

1/5 avocado, sliced into strips

Sesame seeds, for sprinkling

Tamari, for serving

Pickled ginger, optional, for serving

## Direction

Prepare the roasted shiitakes: Preheat the oven to 400°F and line a large and small baking sheet with parchment paper. Toss the shiitake mushrooms with the olive oil and tamari and toss to coat. Spread in an even layer on the large baking sheet. Roast for 25 to 30 minutes or until browned around the edges. On the second sheet, roast the carrots for the dipping sauce.

Make the carrot ginger dipping sauce: In a blender, combine the roasted carrots, water, olive oil, rice vinegar, ginger, and salt and blend until creamy. Chill until ready to use and set aside the shiitakes until you're ready to roll.

Make the sushi rice: In a medium saucepan, combine the rice, water, and olive oil and bring to a boil. Cover, reduce the heat, and simmer for 45 minutes. Remove the rice from heat and let sit, covered, for 10 more minutes. Fluff with a fork and fold in the rice vinegar, sugar, and salt. Cover until ready to use.

Assemble the maki sushi rolls. Place a small bowl of water and a kitchen towel near your work area as your hands will get sticky. Place one nori sheet, glossy side down, onto a bamboo mat and press a handful of rice onto the lower two-thirds of the sheet. At the bottom of the rice place your toppings. Don't overfill or it will be more difficult to roll. Use the bamboo mat to tuck and roll the nori.

Once rolled, use the bamboo mat to gently press and shape the roll. Place the roll to the side, cut side down. Repeat with remaining rolls. Use a sharp chef's knife to cut the sushi. Wipe the knife clean with a damp towel between cuts.

Sprinkle with sesame seeds. Serve with the dipping sauce, tamari, and pickled ginger, if desired.





# SPICY SALMON POKE BOWL



**Prep**  
30 min



**Cook Time**  
0



**Servings**  
2



**Level**  
Easy

## Ingredients

*1/2 cup rice vinegar*  
*2 tsp coconut aminos*  
*2 tsp olive oil*  
*1 tsp grated fresh ginger*  
*2 sushi grade salmon fillets (4oz)*  
*1/2 English cucumber, sliced*  
*1/2 cup water*  
*2 tsp organic honey*  
*1/2 tsp red pepper flakes \*optional*  
*1 1/2 cups cooked wild rice*  
*1/2 cup seaweed salad*  
*4 radishes, sliced*  
*2 tbsp pickled ginger*  
*2 green onions, sliced*  
*1/4 tsp black sesame seeds*

## Direction

In a small bowl, whisk together 1 tablespoon of the rice vinegar, the coconut aminos, olive oil, sriracha, and ginger.

Pour the mixture over the salmon and allow it to marinate in the refrigerator for 15 minutes.

In another small bowl, whisk together the water, the remaining rice vinegar, the honey, and the red pepper flakes.

Pour the mixture over the cucumbers and allow them to sit for 15 minutes in the refrigerator.

When ready to serve, add the rice to a serving bowl. Top the rice with the seaweed salad, pickled cucumbers, radish slices, marinated salmon, and pickled ginger.

Serve immediately topped with the green onion and sesame seeds.





# DESSERT



## Directions

Place the nuts in an airtight container and freeze overnight. Break the chocolate into small pieces and place it in a heatproof bowl, such as a Pyrex bowl, or a double boiler. For a makeshift double boiler: In a small saucepan over medium-high heat, heat 2 cups water. Set the heatproof bowl inside the saucepan, uncovered, making sure the bottom of the bowl does not touch the water. Add the coconut oil to the chocolate, stirring occasionally, until the chocolate has completely melted, 5 to 10 minutes.


Remove the chocolate mixture from the heat and set aside to cool for 10 minutes. Remove the nuts from the freezer and add them to the chocolate sauce. Chilling the nuts allows for a thicker coating of chocolate. Pour the nuts and chocolate onto a baking sheet lined with parchment paper. Use a spatula to spread the mixture into a single layer. Chill the coated nuts in the refrigerator for about 20 minutes. Remove and break the chocolate into pieces. Sprinkle with sea salt (optional). Store in an airtight container in the refrigerator.

## Ingredients

*2 cups nuts (your choice)*

*6 ounces 70% or higher dark chocolate*

*1 tablespoon coconut oil*

 **Prep**  
20 Mins

 **Cook Time**  
20 Mins

 **Servings**  
x

 **Level**  
Easy

# CHOCOLATE COVERED NUTS





# HEMP HALVAH BITES



Prep  
40 Mins



Cook Time  
0 Mins



Servings  
24 squares



Level  
Easy

## Ingredients

*2 cups walnuts, finely chopped*

*1 cup tahini (sesame paste)*

*½ cup hemp seeds*

*½ cup raw honey*

*½ cup sesame seeds*

*2 tablespoons ground cinnamon*

*2 teaspoon pure vanilla extract*

*½ teaspoon sea salt*

## Direction

Line an 8 x 12-inch baking pan with parchment paper. In a medium bowl, combine all of the ingredients and stir well with a wooden spoon, or use your hands.

Transfer the mixture to the prepared baking sheet and chill in the freezer for 1 hour.

To remove, gently tug the sides of the parchment paper and lift the halvah out of the pan and onto a cutting board.

Cut into 24 squares. Store in the refrigerator in an airtight container for up to 3 weeks, or in the freezer for up to 2 months.



# FUDGY CHOCOLATE BEET TRUFFLES





## Ingredients

- 1 small beet (4 1/2 – 5 ounces, or 125-140g), cooked and then peeled\*
- 12 Medjool dates (about 6 ounces, or 170g), pitted
- 1 teaspoon vanilla extract
- 1/2 teaspoon sea salt, plus more to taste
- 6 tablespoons (30 grams) raw cacao powder, divided
- 1/4 cup (22g) oat flour\*\* (sub an equal amount of coconut flour for a Paleo version)
- 3 ounces (85g) of good-quality, dairy-free dark chocolate\*\*\*
- Optional ingredients for coating the truffles: unsweetened shredded coconut, raw cacao powder, flaky sea salt, raw cacao nibs, dried rose buds, beetroot powder, hemp seeds, chopped nuts, etc.

 **Prep**  
30 Mins

 **Cook Time**  
0 Mins

 **Servings**  
x

 **Level**  
Easy

## Directions

If you're making your own oat flour, take slightly more than 1/4 cup of rolled oats (22 grams) and add it to a food processor. Blitz until the oats have turned into a fine powder. Transfer to a bowl and set aside. If you're using store-bought oat flour, skip this step.

If you are not using a high powered food processor and/or if your dates are quite dry and not sticky, soak the dates in hot water for a few minutes to soften. Drain and squeeze out the excess water really well.

Chop your steamed or roasted beet. Add the beets, dates, vanilla extract, salt, and 1/4 cup or 4 tablespoons of the cacao powder (or 20g) to a food processor. Process until the ingredients are well combined and starting to come together as a sticky paste.

Add the remaining 2 tablespoons of cacao powder (or 10g) and the oat flour to the food processor. Blend again until the ingredients are well combined and a dough has formed. Taste and add more salt, as desired. The dough will be quite sticky at this point.

Transfer the dough to a bowl and cover. Freeze for at least 1-2 hours. This step is essential, so don't skip it.

Line a baking sheet with parchment paper. Melt the dark chocolate in a large bowl, using either a double boiler method, or in the microwave in 30-second intervals. Allow to cool for 5 minutes.

Remove the truffle dough from the freezer. Using a rounded tablespoon or mini ice cream scooper, scoop the truffle dough and roll into evenly-sized balls. Transfer the balls to the baking sheet.

I highly recommend wearing food-safe gloves while rolling the balls because the dough is sticky and beets tend to stain, so your hands will get really messy if you roll them with your bare hands.

Using a slotted spoon or similar utensil, dip one truffle at a time into the melted dark chocolate, and coat it all over. Transfer back to the baking sheet and sprinkle with the toppings of your choice. Work quickly, as the melted chocolate will set pretty quickly and your toppings won't stick once the chocolate has set. Repeat with each truffle.

You can serve them immediately, but I prefer to return them to the freezer for 15-30 minutes to set. Store leftovers in an airtight container in the freezer (they don't need to be defrosted).

*Thank You*

