



# Welcome

#### I'm Tricia Nelson

I grew up as a "fat girl" and I hated every minute of it.

But I loved food. I loved to cook it, serve it to others and eat it. Anything having to do with food, you could count me in!

But being fat was miserable for me. I would scrunch up the roll of fat on my tummy in both of my hands and imagine slicing it off; I considered joining the Army when I got old enough because I'd forced to exercise at boot camp (I hated to exercise.) I even fantasized about getting some disease that would enable me to automatically lose weight.

I had all these drastic, desperate thoughts because I was out of control with food.

By age twenty I was 50 pounds overweight. My weight constantly yo-yoed between 20-40 pounds. I knew I couldn't spend the rest of my life going up and down the scale like I had already done several times. Thankfully, I found a solution, one that transcends diet and exercise, and that is the foundation for Heal Your Hunger.

Because I know the pain of being out of control with food and weight, I have devoted my life to helping people move beyond the diet mentality so they can finally get to the heart of why they overeat and how to stop.

The Heal Your Hunger Workshop is a labor of love that I hope will speak to your heart and help you begin to address what you're really hungry for.



# What's Inside

The Heal Your Hunger recipes are not only incredibly tasty, but they contain many health benefits. They are primarily "paleo", soy-free, gluten-free and free from processed carbohydrates and sugars. (And when you purchase organic ingredients, when possible, they will also be organic!)

These recipes emphasize fresh fruits and vegetables, along with antibiotic-free, grass-fed meats. They are packed with good nutrition and will help fight inflammation.

So many products in the Standard American Diet (SAD) have been so processed that many manufacturers actually add vitamins and minerals back into the food. What's the sense in that?

The ingredients in the Heal Your Hunger recipes are all natural and unprocessed and are packed with nourishment—phytonutrients, antioxidants, fiber and healthy fats that will leave you feeling satiated...meaning, they will truly HEAL YOUR HUNGER.

Now you can eat food that's good for you and will also help you feel good about yourself, meals free from pain, shame or guilt.

Because these recipes don't contain processed carbohydrates and sugar, you won't get the sugar spikes that leave you wired and tired, not to mention foggy-brained and storing calories as fat.

And when you purchase these delicious, organic ingredients, you'll be supporting sustainable agriculture and local farms.

The Heal Your Hunger Workshop is designed to help you begin to feed and treat your body with self-love and self-care. Enjoying these Heal Your Hunger recipes is a concrete way to start doing that, right now.

Please invite your friends to join the Heal Your Hunger Workshop so they can also enjoy this wonderful complimentary recipe book, along with over 40 amazing expert interviews.

Ready to Heal Your Hunger? Let's go!

Thank you to all of the amazing people who contributed to this recipe book. You are each beautiful souls doing such important work in the world. I am deeply grateful for your contribution.

And to those who desire to eat in a cleaner, more self-caring way by following these delicious recipes, your efforts will pay you dividends beyond anything you can imagine.

-Tricia Nelson

# Heal Your Hunger Recipes: Soups, Salads, Spreads Sweets and Smoothies from Celebrity Docs, Chefs and Coaches

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Disclaimer: the information contained in this ebook is not intended to treat, diagnose, cure or prevent any disease. All material provided in Heal Your Hunger Recipes is provided for educational purposes only. Always seek the advice of your qualified healthcare provider with any questions or concerns you have regarding your health, and before undertaking any diet, exercise or other health program.

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# Help to Follow Through





# Chickpea Noodle Soup

#### **INGREDIENTS:**

8 cups vegan broth

1 tbsp vegan butter

1 cup finely chopped leeks

½ cup finely chopped scallions

2 cups finely chopped celery

3 minced garlic cloves

½ tsp red pepper

½ tsp dried thyme

1 medium can of chickpeas, drained and rinsed

1 ½ cups frozen corn

2 tbsp nutritional yeast

4 ounces rice noodles

Salt and pepper

#### **INSTRUCTIONS:**

Warm broth in a large pot. Simmer vegetables in vegan butter for ten minutes and add to pot. Add spices, chickpeas, corn and nutritional yeast. Cook for 20 minutes on low heat. Prepare noodles, drain and add to soup just before serving.





#### **Sheree Clark**

Sheree Clark is a healthy living coach, TV show host, inspiring speaker, raw vegan chef, and accomplished author. Sheree has written and presented on topics ranging from raw food 101 to overcoming career burnout. She currently hosts Fork in the Road with Sheree Clark, a weekly TV show, while maintaining a busy private practice coaching private clients one-on-one and in groups on attaining optimal health and creating an authentically fulfilling life. In her personal time, Sheree and her cat Lotus work on their yoga poses.

Fork-Road.com



# Pumpkin Pie Soup | Sheree Clark

#### **INGREDIENTS:**

- 4 cups fresh carrot juice
- 1 cup raw sweet potato, peeled and cubed
- 4 Medjool dates, pitted
- 1 avocado, pitted
- 1 teaspoon pumpkin pie spice
- 1/4 teaspoon cinnamon

#### **INSTRUCTIONS:**

Blend and serve immediately. Will keep approximately two days in the refrigerator. 4 servings. Equipment: Blender

# White Bean, Sunchoke and Kale Stew

#### **INGREDIENTS:**

2 cups White Beans (Flageolet or Great Northern are good choices), sorted, rinsed and soaked overnight \*\*

2 quarts plus 2 cups Pastured Beef Bone Broth

3 cups Kale, washed and coarsely chopped

2 cups Sunchokes, washed and cut into ½" wedges

2 large Portabella Mushrooms, sliced in 1/2" chunks

1 small Yellow Onion, diced

1 ½ teaspoons Rosemary Leaves

½ teaspoon ground Sage Leaf

Salt and Pepper to taste

Fresh, raw Parmesan Cheese, shaved, for topping the finished stew





#### Sarica Cernohous

Sarica Cernohous is a nationally-certified practitioner of Traditional Chinese Medicine and Herbal Medicine, best-selling author of *The Funky Kitchen* and natural wellness strategist through her personalized weight-optimization and lifestyle upgrade program, The LAPIS Method.

You can learn more about her at her website, naturallylivingtoday.com.

NaturallyLivingToday.com

## White Bean, Sunchoke and Kale Stew (continued)

#### **INSTRUCTIONS:**

I like to soak my beans in warm water (105-110 degree Fahrenheit range), with a splash of water kefir to prime the culturing pump. For this recipe of 2 cups of dry beans, place the beans in a glass bowl, cover them with 6-8 cups of warm, chlorine-free water and 2-3 tablespoons of water kefir. Next, cover the bowl and rest it on top of a yogurt maker that has been turned on, or inside a dehydrator set at 105 degrees, to keep the fermentation process very active (if you don't have either of these devices, you can place the bowl inside an ice chest that has two or three large jars filled with hot water). Check periodically to ensure the beans are staying submerged under the water. After 24 hours or so, gentle fermentation is happening, and small sprouts are generally visible from the beans, which should be at least double their original size. Rinse the beans and they are now ready for cooking.

Add the broth and soaked beans to a large stock pot, and set on a medium heat. Once a gentle boil is reached, reduce heat to a mild simmer and add onion, rosemary and sage. Cook for about 20 minutes, then add the remainder of the ingredients and cook for an additional 45 minutes to an hour, until the beans and sunchokes have softened.

Ladle into soup bowls, top with a twist of freshly-ground black pepper and shavings of Parmesan cheese. Store additional stew in a covered glass or ceramic bowl in the refrigerator for up to four days.



# 3 Bean Turkey Chili

#### **INGREDIENTS:**

2 lbs. organic ground turkey

½ cup chopped onions

1 tbsp. garlic powder

2 - 4 oz. cans of diced green chilies

1 - 15 oz. can organic tri-bean blend (drained & rinsed)

1 - 15 oz. can organic black beans (drained & rinsed)

2 - 14.5 oz. cans organic diced tomatoes (do not drain)

1 tbsp. chili powder

2 tbsp. white vinegar

3 tbsp. regular yellow mustard

2 tsp. cumin

1 tsp. salt

1 tbsp. dried or fresh cilantro

#### **INSTRUCTIONS:**

In a large pot add onions and meat, sprinkled with garlic powder and cook until no longer pink (drain)

Next add the green chilies, beans, tomatoes, spices (except cilantro) and stir until combined.

Bring to a boil and then reduce heat to a simmer for about 10 minutes.

Finally, add cilantro.

Serve hot.



## **Christina Grenga**

My faith in Jesus has been a constant in my life. It carried me through years of beating up my body with unhealthy foods and a highly stressful corporate career. It helped me embrace the sudden passing of my brother, Bobby in 2010. And it awakened my passion for using food and healthy lifestyle practices to heal my body. Today, through Grenga Health, I teach Modern Christian Women who are ready to quit dieting for good to get healthy from the inside out by understanding the connection between God, mindset and food.

GrengaHealth.com

# Simple Tom Ka

The Flavor Chef version is called simple because the major ingredients to form the broth for this traditional Thai soup are already made for you in our First signature Chicken Bone broth soup infused with Ginger mint lemon and coconut milk. This broth is about 80 percent bone broth and 20% coconut milk so we will infuse a bit more of everything to create this delectable rich and nutritious soup. This soup is traditionally spicy with fresh chilies to all kinds of hot; here I just use cayenne pepper and optional chili paste so this is very subjective.

#### **INGREDIENTS:**

1 pouch TFC Chicken Coconut bone broth Soup

1 Can Coconut milk or coconut cream, 14 ounces

2 Tbs Coconut oil

8 ounces Mushrooms sliced (cremini, shitake, oyster or choice)

8 ounces cooked chicken meat

1 1 inch piece of ginger root grated

5 scallions rinsed and sliced

1 fresh lime juiced

Kaffir lime leaves whole (if available)

Real Brand Sea salt to taste

Cayenne pepper taste (optional)

Chili paste (optional add to desired heat level)

Finish: add the following:

Fresh basil and fresh cilantro

Baker and olive Harissa oil

Baker and olive Thai mint lemongrass

Balsamic vinegar

(continued)



#### **Chef Lance Roll**

Chef Lance founded The Flavor Chef ® in 2007.

Holding to the principle that food is medicine the Mission and The purpose of The Flavor Chef is: "to help heal the planet one GI tract at a time."

The vision to accomplish this mission is to "Restore and preserve the Art and Craft of producing nutrient dense, nourishing bone broth.

The Flavor Chef proudly brews all of the broths made with the famous locally available Palomar Mountain spring water.

Learn more about The Flavor Chef and America's Original Brothery

BoneBroth.com

# Simple Tom Ka (continued)

#### **INSTRUCTIONS:**

In a 4 quart sauce pot add the coconut oil, sauté the sliced mushrooms until soft Add the cooked chicken meat, the grated ginger, scallions, fresh lime juice, kaffir lime leaves pinch of sea salt and optional cayenne pepper and/or chili paste. Sweat for 3 to 5 minutes on medium heat. Add the coconut broth and Coconut milk bring to brief simmer and turn off. Allow the soup to infuse for 5 minutes and then add fresh cilantro leaves and basil leaves

To serve: add a portion to each bowl and drizzle each with Baker and olive harissa oil and a splash of the Thai mint lemongrass vinegar Chefs note: Serve with rice or noodles to make into a full meal, You can add other cooked vegetables if you want.



# Chef's Breakfast Bone Broth | Chef Lance Roll



#### **INGREDIENTS:**

12 ounce TFC Chicken bone broth (add REAL brand sea salt)

Slice of ginger (use a peeler)

Chopped fresh spinach

Optional: fresh herbs of any kind

2 fresh eggs

Ghee or coconut oil for sauté

Seasonings: for the eggs:

Real salt, garlic, onion and cayenne

#### **INSTRUCTIONS:**

To the Simmering Chicken broth add a thin peeled slice of ginger or 2. A <sup>1</sup>/<sub>3</sub> cup of fresh chopped spinach leaves, and herbs Gently fry 2 eggs soft over easy pasture raised eggs coked in a teaspoon of Ghee seasoned with granulated Garlic, Onion and Cayenne add all of it to the warm broth

**Finish:** Drizzle Baker and Olive Peruvian lime oil and Baker and olive and add a splash Sicilian Lemon Balsamic

**Chefs Note:** Take time to slow down, enjoy this breakfast Bowl, listen to the birds and smell the bone broth, season liberally with Self-care and Love. Sure to go a long way in making your day great!

**Tools:** Sauce pot, sauce pan, sharp knife, Kuhn Rikon Peeler, cutting board, serving bowl

# Chinese Restorative Blood Nourishing Stew

This nutrient rich restorative stew comes from the tradition of making therapeutic medicinal soups and stews with Chinese Tonic herbs. This stew is particularly rich in blood building herbs and foods. Included are Astragalus (Huang Qi) a potent Qi or Vitality Tonic traditionally used in many anti cancer formulas. Huang Qi (Astragalus root) promotes the production of White Blood Cells, part of the army of the immune system and is known as a Qi (Vitality) Tonic. Dang Gui (Angelica sinensis) is a rich root traditionally used to nourish blood. Dang Gui is found in many women's formulas, but is not for the exclusive use of women by any means. The combination of Huang Qi and Dang Gui form a traditional Chinese Herbal Formula called Dang Gui Bu Xue Tang. (Dang Gui Tonify Blood Decoction) This stew is good for the depletion associated with blood loss due to with heavy bleeding or surgery or damage to the bone marrow as in chemotherapy side effects leading to low levels of blood cells. The addition of shitake Mushrooms rich in polysaccharides increases the immune modulating benefits. Although this is traditionally prepared with meat, a vegetarian option is also offered.

#### **INGREDIENTS:**

4 Tablespoons organic olive oil or walnut oil
1 small onion, chopped into 1/2 inch pieces
5 cloves of garlic, peeled and minced
3/4 pound organic hormone free grass fed lamb, beef or bison

(**Vegetarian Alternative**; Omit the meat and use 2 cups of cooked blood nourishing legumes such as aduki beans, lentils, or black beans)

(Continued)



#### Dr. Nalini Chilkov

Dr. Nalini Chilkov is a leading edge authority and pioneer in the field of Integrative Cancer Care, Cancer Prevention and Immune Enhancement. She is the Founder of IntegrativeCancerAnswers. com an online resource for people whose lives have been touched by cancer. Dr. Nalini is the author of the number one best selling book "32 Ways to OutSmart Cancer: How to Create A Body Where Cancer Cannot Thrive".

IntegrativeCancerAnswers.com

## Chinese Restorative Blood Nourishing Stew (continued)

1 ounce or 30 grams of dried Astragalus root (or 2 teaspoons of Astragalus Root extract)

1/4 ounce (5-7 grams) dang gui root (or 1/2 teaspoon Dang Gui Root extract)

2 fresh (thinly sliced) or 4-6 dried shitake mushrooms (broken up into pieces)

1 1 inch piece fresh ginger root (with peel) sliced very thin

4 cups water or organic vegetable broth

1/8 teaspoon sea salt

1/4 pound dark leafy greens such as kale, chard, beet greens or spinach

½ cup chopped parsley leaves

2 tablespoons gluten free traditional soy sauce or tamari or Bragg's Liquid Aminos Chili oil or cayenne pepper to taste (optional)

#### **INSTRUCTIONS:**

Heat 2 Tablespoons of olive or walnut oil in a skillet, add onions and garlic and cook until translucent. Transfer to a large soup pot

Add 2 more Tablespoons olive or walnut oil to the skillet, add lamb, beef or bison, cook over medium high heat until lightly browned on all sides (about 5 minutes)

Skip this step if you are making a vegetarian stew. Instead, prepare 2 cups of cooked lentils, black beans or aduki beans or use precooked organic beans (preferably in cartons, not in cans which are typically lined with BPA, a chemical associated with toxicity)

Place the astragalus root, dang gui and ginger in a piece of cheesecloth and tie loosely (dental floss works well for this) into a bag for easy removal. (I usually just throw all the herbs into the stew and fish them out later. Either method is fine)

Add the herbs to the stew pot with meat, onions and garlic. Add the filtered water or organic vegetable broth and salt. shitake Mushrooms. Bring to a boil and immediately turn down the heat to simmer for 45 minutes.

Add the parsley and leafy greens and simmer until lightly cooked (5 -15 minute only) Remove the herbs.

Add soy sauce, tamari or Braggs Liquid Aminos

Add Chili Oil or Cayenne powder to taste if desired.

This Recipe is modified from Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing and Long Life, by Yuan Wang, Warren Sheir, and Mika Ono

# Ginger Butternut Soup

#### **INGREDIENTS:**

2 C finely chopped onions

1 tbsp olive oil

2 garlic cloves. minced

10 C (2.5 L) filtered water or vegetable stock

7 C (1.75 L) butternut squash, peeled and diced

1 C red split lentils

1 tbsp minced fresh ginger root OR ½ teaspoon powdered ginger root

1 tsp ground cinnamon

1/4 tsp ground nutmeg

3 tbsp tahini

1 tsp sea salt

parsley or watercress (optional)

#### **INSTRUCTIONS:**

In a large soup pot over medium-low heat, cook the onion in the oil about 2 to 3 minutes, until the onions are translucent. Stir in minced garlic, add squash, lentils, and water or stock. Cover and bring to a boil over high heat. Uncover pot and skim o lentil foam with a spoon. Reduce heat and simmer until the squash and lentils are tender, about 40 minutes. Using a blender, food processor or immersion blender, puree the squash mixture along with the spices, tahini and salt. Serve hot, garnished with roasted pumpkin or squash seeds and parsley or watercress, if desired.



## Dr. Christina Bjorndal

Dr. Chris Bjorndal, B.Comm, ND, is one of the only licensed NDs in Canada who is considered an authority in the treatment of mental illnesses such as depression, anxiety, bipolar disorders, eating disorders and ADD/ADHD. A gifted speaker and writer, she has shared her personal story and philosophy of wellness with audiences across North America. Dr. Chris has helped many patients navigate through labels and stigma towards mental, emotional, physical and spiritual wellbeing. Having overcome many challenges in the sphere of mental health, Dr. Chris is especially exceptional about sharing her motivational speeches about how to overcome barriers in life and to encourage others to achieve their full potential. She loves her work and balances it with a full, active lifestyle with her husband and son. She has completed three books on mental health.

NaturalTerrain.com

# Warm and Tangy Soup

This soup base is also delicious served over raw or cooked diced vegetables: broccoli, cauliflower, kale, zucchini, and cabbage. Either steam the diced vegetables or place diced vegetables in a large bowl, sprinkle with salt, and massage well until the vegetables begin to wilt and reduce in size. This process breaks down the cell walls and makes the vegetables not only more digestible, but tastier and tenderer as well.

#### **INGREDIENTS:**

1/4 - 1/2 cup lemon juice

2 cups water or nut milk

1/4 cup coconut butter or 1 avocado (optional for richness)

3 stalks celery

1 cucumber

1 head of romaine heart

1 red bell pepper

4 cups spring mix greens

1 small handful each of baby kale, baby collards and cilantro

1 cup sunflower sprouts

2 scallions

a few chives

1 tiny piece of jalapeño

½-inch piece of ginger

1 ½ cups cauliflower

#### **INSTRUCTIONS:**

Place water, cucumber, and celery in blender and blend until a liquid base results.

Add remaining ingredients slowly.

Adjust water to desired consistency.

Season to taste.



#### Ritamarie Loscalzo

Dr. Ritamarie Loscalzo is passionately committed to transforming exhausted high achievers all over the globe into high energy people who love their lives and live to their full potential. Dr. Ritamarie specializes in using the wisdom of nature married with modern scientific research restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances. Her practitioner training programs empower health and nutrition professionals, including health coaches, physicians, nutritionists, nurses and others to use functional assessments and natural therapeutics to unravel the mystery of their clients' complex health challenges, so they become known as go-to practitioners for true healing and lasting results. Dr. Ritamarie is also certified as living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

DrRitamarie.com

# Leek, Mushroom, Chicken and Parsnip Soup

#### **INGREDIENTS:**

2 chicken thighs, cooked and shredded

3 leeks, green top removed, white part sliced

4 parsnips, peeled, sliced lengthwise and cut into half moons

8-12 crimini mushrooms, thinly sliced

1 yellow onion, sliced

3 garlic cloves, minced

3 tbsp olive oil

1 tsp thyme (fresh if possible)

1 cont. chicken or vegetable stock

½ juiced lemon

 $\frac{1}{2}$  cup parsley, chopped

Salt and pepper to taste

#### **INSTRUCTIONS:**

Heat a thick-bottomed pot over medium-high heat. Add the olive oil. Sauté the onions until translucent, salting lightly. Add the parsnips and leeks. Cook until the parsnips are softened slightly, about five minutes. Add in the mushrooms, salting lightly. Add the garlic and thyme, cooking until fragrant.

Pour in the chicken stock and turn the heat down to medium low, cooking slowly until parsnips are soft. (About twenty to thirty minutes.) Add in the cooked and shredded chicken. Add in the lemon juice and the parsley. Enjoy!



## **Melodee Meyer**

Melodee Meyer, aka Master Mel, is the bestselling author of Black Belt Power and Clean Food Diet – The 21-Day Clean Eating Guide to Lose Weight, Reduce Inflammation, Boost Energy and Look Better Naked.

Her Self Mastery System empowers hungry leaders and passionate entrepreneurs to create the life they want, in a body they love, so they can go out and make the difference they want to see in the world.

Overcoming challenges in her own life including bullying, bulimia, domestic abuse and life as a single mom, Master Mel uses her expertise in martial arts, psychology, health and fitness to work with women and organizations who are ready for the next level of mastery in their lives.

Melodee is a 5th Degree Black Belt Master Instructor recently inducted into the Karate Union Hall of Fame. She is the founder of Self Mastery Bootcamp.

MasterMel.com

# Butternut Squash Soup with Fried Sage



#### **INGREDIENTS:**

- 4 cups ½-inch cubes peeled seeded butternut squash
- 1 1/2 Tablespoons grass fed butter
- 2 Tablespoons extra virgin olive oil (EVOO)
- 2 cups chopped onions
- 1 bunch sage
- 4 sprigs thyme, chopped
- 1 1/2 teaspoons coarse sea salt
- 2 garlic cloves, minced
- 5 cups chicken stock

(continued)



## **Wendy Myers**

Wendy Myers is founder of Liveto110.com and MineralPower.com. She is a detox guru, functional diagnostic nutritionist and NES Bioenergetic Practitioner in Los Angeles, CA. She is the #1 bestselling author of Limitless Energy: How to Detox Toxic Metals that Cause Fatigue. She uses Hair Mineral Analysis and other functional medical tests to design custom Mineral Power programs. This is an individualized metal detox and mineralization program to regain energy and brain function, improve adrenal and thyroid function, and reverse and prevent disease. Passionate about the importance of detox to live a long disease free life, she is a sought after speaker, appearing on countless summits and podcasts. Her body of research can be found on the hundreds of articles and the Live to 110 Podcast on Liveto110.com.

www.Liveto110.com

## Butternut Squash Soup with Fried Sage (continued)

#### **INSTRUCTIONS:**

Melt butter with oil in large pot over medium-high heat. Add onions and sauté until onions are softened, about 5 minutes. Add squash and coarse salt; sauté until squash softens and onions are golden, about 6 minutes. Add garlic; stir 1 minute. Add 5 cups stock; bring to boil. Reduce heat, cover, and simmer until squash is very soft, about 25 minutes. Cool slightly.

Working in batches, puree soup in blender, allowing some texture to remain. Return soup to pot. Thin with stock, if desired. Season with pepper and more salt, if desired.

Add 2 tablespoons of chopped fried sage and the thyme leaves to the warm soup AFTER you blend it in the blender. Otherwise, your soup will turn puke green. Yum. Garnish with 2-3 more fried sage leaves.

#### Fried Sage:

1 bunch fresh sage

 $\frac{1}{4}$  cup extra virgin olive oil

Pinch off leaves from sage. Heat olive oil in a small skillet over medium-high heat until hot.

Fry 6–8 sage leaves at a time until crisp, 2–3 seconds. Transfer with a fork to paper towels.

# Creamy Cauliflower Soup

#### **INGREDIENTS:**

1 medium head of cauliflower

1 large onion, diced

1 -1.5 inch piece of ginger, grated or chopped finely

1 tbl coconut oil or ghee

5 cups of vegetable, chicken stock or bone broth Salt and pepper

#### **INSTRUCTIONS:**

- 1. Break cauliflower into small florets.
- 2. Saute cauliflower, onion and ginger in coconut oil or ghee about 5 minutes, or until the cauliflower begins to soften.
- 3. Add the stock, bring to a boil and simmer until the cauliflower is cooked.
- 4. Process the soup with an immersion blender or transfer in batches to a food processor.
- 5. Add salt and pepper to taste.



#### Dr. Sandra Scheinbaum

Dr. Sandra Scheinbaum is the founder and CEO of the Functional Medicine Coaching Academy, a program established in collaboration with The Institute for Functional Medicine. Dr. Scheinbaum has specialized in blending mind-body medicine with positive psychology and cognitive-behavior therapy for over 40 years. Dr. Scheinbaum is a board-certified senior fellow in biofeedback, certified health coach and registered yoga instructor. She is the author of Functional Medicine Coaching: How to Be Part of the Movement That's Transforming Healthcare, Stop Panic Attacks in 10 Easy Steps and How to Give Clients the Skills to Stop Panic Attacks.

FunctionalMedicineCoaching.org





# SALADS



# Sprout Salad, A Salad With "Legs"

I call this a salad with legs as it has so much longevity and healing power!

#### **INGREDIENTS:**

- Diverse Sprouts (this day I had lentil, broccoli, argulua and garlic, radish and cabbage)
- Other veggies that you find in the fridge: (this day I had parsley, leeks, and I usually like to add red cabbage grated as it has the same beneficial color pigments that blueberries have that tamp down cancer stem cells, especially hormonally driven ones like breast cancer). I usually fit in some fresh as well as dried organic parsley as it contains the flavonoid apigenin, which balances hormones and fights cancer, too.
- Sea salt
- Gluten Free Soy Sauce
- Granulated Garlic
- Fresh limes
- Berkson's Dairy Free Cashew Sour Cream (you need raw organic cashews, fresh limes, dehydrated onion flakes, gluten free soy sauce, granulated garlic and sea salt)

(Continued)



#### Devaki Lindsey Berkson

Berkson is a thought leader in functional medicine, addressing nutrition, hormones, intimacy, with an emphasis on digestion with a career spanning 40 years. Best-selling author of 21 books on health, the environment, hormones and intimacy, she wrote one of the first books on the gut/mind/body link, Healthy Digestion the Natural Way. She is soon launching a textbook for practitioners and smart patients called Nutritional Gastroenterology. She was a hormone scholar at an estrogen think thank at Tulane.

Berkson hosts the Dr. Berkson's Best Health Radio show. She also teaches CEU courses for practitioners, and she just launched her complete online hormone course.

DrLindseyBerkson.com

# Sprout Salad (continued)

#### **INSTRUCTIONS:**

To-dos: Put sprouts in a bowl.

- Grate or dice in other veggies. Grated zucchini is marvelous over this and also grated radishes, but my fridge was bear of these guys today.
- Cashew Sour Cream: Put the cashews in a Vita-mix with water slightly above the nut line.
- Squeeze in limes to taste, I usually use two per cup of cashews, add in 1 tsp. of generous dried onions (if you don't eat those you can do it without it) and add other ingredients and blend till creamy and you do not hear any nuts hit the side of the blender, especially after stopping the blending action).
- Use the cashew sour cream as a salad dressing.

#### **Optional:**

- Add some balsamic.
- Add a tsp. of tomato paste to add lycopenes, more anti-cancer fighters.
- Make Xmas: To add some New Mexican XMAS flavor, meaning adding some "red" and "green" to the food, sprinkle the salad with smoked paprika—if you like smoky flavor— and then grind fresh salt over the salad which brings out this unique flavor even more. SALT is not the "bad" culprit for the heart, even the American Heart Association said, oops, admitted in 2015 that it's not salt, but rather it's about avoiding sugar, to protect heart health. In fact, avoiding salt excessively is bad for the heart. So enjoy sea salt and its many healthy minerals and enhancing flavor personality.

Taking this salad to the next level: I make my own fermented veggies and sometimes I put a Tsp. of those on top of this.



# Mediterranean Quinoa Salad With Roasted Summer Vegetables

This quinoa salad features amazing Mediterranean flavors. It's light and healthy.



#### **INGREDIENTS:**

1/3 cup uncooked quinoa, rinsed (or 1 cup cooked quinoa)

1 small eggplant (about 3/4 pound), diced

1 small zucchini, diced

1 small yellow squash (or another zucchini), diced

3 to 4 tablespoons olive oil, divided

Salt and freshly ground black pepper

1½ to 2 tablespoons lemon juice, to taste (about 1 medium lemon)

1 clove garlic, pressed or minced

½ cup halved grape tomatoes

2 tablespoons chopped fresh basil leaves

2 tablespoons chopped fresh mint leaves

2 tablespoons pine nuts, toasted

Optional for garnish: crumbled feta



## **Christina Grenga**

My faith in Jesus has been a constant in my life. It carried me through years of beating up my body with unhealthy foods and a highly stressful corporate career. It helped me embrace the sudden passing of my brother, Bobby in 2010. And it awakened my passion for using food and healthy lifestyle practices to heal my body. Today, through Grenga Health, I teach Modern Christian Women who are ready to quit dieting for good to get healthy from the inside out by understanding the connection between God, mindset and food.

GrengaHealth.com

# Mediterranean Quinoa Salad With Roasted Summer Vegetables (continued)

#### **INSTRUCTIONS:**

Preheat oven to 425 degrees with racks in the upper and lower thirds of the oven. Line two large, rimmed baking sheets with parchment paper.

Divide the eggplant, zucchini and yellow squash between the two baking sheets. Drizzle with 1 tablespoon olive oil and toss. Add a little more if necessary; you want enough to lightly coat the vegetables. Sprinkle with salt and pepper. Roast until the veggies are softened and beginning to brown, about 20 to 30 minutes. Set the roasted vegetables aside to cool.

To cook the quinoa, combine the uncooked quinoa with  $^2/_3$  cup water in a small saucepan. Bring to boil over medium-high heat, then cover and reduce heat to low. Simmer until the water is absorbed, about 15 minutes, then remove from heat and let the quinoa steam with the lid on for 5 minutes. Remove lid, fluff the quinoa with a fork and set aside.

To toast the pine nuts, cook them in a small skillet over medium heat, stirring frequently, until they're turning lightly golden and fragrant, about 5 to 10 minutes. Be sure to keep an eye on them so they don't burn. Transfer to a bowl to cool.

In a large serving bowl, whisk together the lemon juice and garlic. Slowly pour in the remaining 2 tablespoons of olive oil while whisking constantly to emulsify the mixture. Add the tomatoes, quinoa, basil, mint, roasted vegetables and pine nuts, and gently stir to combine. Season generously with salt, pepper and maybe another squeeze of lemon, to taste. Garnish with crumbled feta, if you'd like. Serve at room temperature.

# Bone Broth Braised Heirloom Carrots with Sweet Onions and Blackberry Ginger Balsamic

As The Flavor Chef we like to use local vegetables organic vegetables as much as possible Here we have farm fresh summer heirloom carrots and locally grown sweet onions! We utilize our beef bone broth here to get a sublime flavor into our carrots and finish with this 18 year old infused balsamic vinegar.

#### **INGREDIENTS:**

2 tbsp. coconut oil for the sauté

1 bunch (2 cup) Local Heirloom carrots scrubbed and sliced thin

(peeled if desired)

2 sweet onions julienne sliced (thin strips)

1 inch Ginger root minced

1 Valencia orange juiced

1 cup TFC beef bone broth (sub chicken bone broth or even water)

Fresh mint (optional)

Real brand Sea salt to taste

Baker and Olive Blackberry ginger Balsamic

Baker and olive Blood orange olive oil

Lots of Love!

(Continued)



#### **Chef Lance Roll**

Chef Lance founded The Flavor Chef ® in 2007.

Holding to the principle that food is medicine the Mission and The purpose of The Flavor Chef is: " to help heal the planet one GI tract at a time."

The vision to accomplish this mission is to "Restore and preserve the Art and Craft of producing nutrient dense, nourishing bone broth.

The Flavor Chef proudly brews all of the broths made with the famous locally available Palomar Mountain spring water.

Learn more about The Flavor Chef and America's Original Brothery

BoneBroth.com

# Bone Broth Braised Heirloom Carrots with Sweet Onions and Blackberry Ginger Balsamic (continued)



#### **INSTRUCTIONS:**

In a 10 inch sauté pan warm the coconut oil, add the juliennes onions, allow to caramelize slightly and add the ginger and the carrots continue to sweat and season with salt, add the juice of the orange, add the beef bone broth or the liquid of choice, allow the liquid to reduce as it steams the carrots till tender, sprinkle in the fresh herbs (optional) and combine for a minute allowing the herbs to gently bloom, drizzle with blackberry ginger balsamic, remove to a serving dish. Drizzle over the Blood orange olive oil Garnish with some more fresh herbs.

Bon appetite

# Mediterranean Quinoa Salad

#### **INGREDIENTS:**

1 cup uncooked quinoa

1 cup halved cherry tomatoes

1 cup diced cucumber

1 cup feta cheese (crumbled)

½ cup sliced kalamata olives

1 tablespoon chopped fresh mint

1 tablespoon chopped parsley

1/4 cup roasted pine nuts

4 tablespoon lemon juice

2 tablespoon olive oil

sea salt

#### **INSTRUCTIONS:**

Cook the quinoa according to the cooking instructions on the package. Let it cool.2-In a large bowl, mix the quinoa, tomatoes, cucumber, feta cheese, black olives, mint.

In a large bowl, mix the quinoa, tomatoes, cucumber, feta cheese, black olives, mint, parsley, and pine nuts together.

Add the lemon and olive oil and toss well. Season to taste with salt.

Enjoy!



#### Dr. Nalini Chilkov

Dr. Nalini Chilkov is a leading edge authority and pioneer in the field of Integrative Cancer Care, Cancer Prevention and Immune Enhancement. She is the Founder of IntegrativeCancerAnswers. com an online resource for people whose lives have been touched by cancer. Dr. Nalini is the author of the number one best selling book "32 Ways to OutSmart Cancer: How to Create A Body Where Cancer Cannot Thrive".

IntegrativeCancerAnswers.com



# Kale Salad with Butternut Squash and Cranberries | Nalini Chilkov

#### **INGREDIENTS:**

- 1 butternut squash, peeled and cut into ½-inch cubes
- 1 bunch kale, stems removed, sliced into bite size pieces (about 4 cups)
- 2 tablespoons dried cranberries
- 2 tablespoons extra virgin olive oil
- 1/4 cup chopped walnuts, toasted
- 1/4 cup crumbled feta cheese (optional)

#### **INSTRUCTIONS:**

In a large skillet, heat olive oil over medium high heat. Add squash and sprinkle with sea salt.

Cook for several minutes, turning gently with a spatula, until golden brown and tender. Remove to a plate and set aside.

In the same skillet, heat remaining tablespoon of olive oil over medium high heat.

Add kale and cook, tossing frequently, until slightly wilted, 2-3 minutes.

Add the cranberries and cook for another minute. Remove from heat.

Mix in a salad bowl, squash, kale and cranberries and gently toss together.

Add toasted walnuts and feta cheese (optional).

# Fennel Slaw | Nalini Chilkov

This fennel slaw recipe is a delicious way to nourish your body.

The extraordinary health effects of fennel include relief from anemia, indigestion, constipation, colic, diarrhea, respiratory disorders, and menstrual disorders.

The dietary fiber in fennel limits cholesterol build-up, absorbs water in the digestive system, and helps eliminate carcinogens from the colon, possibly preventing colon cancer. Several other nutrients play supportive roles, namely manganese, calcium, iron, magnesium, phosphorus, and copper.

Another superfood ingredient in this recipe, lemon extract has been shown in studies to successfully destroy malignant cells in a wide range of cancers, including breast cancer, colon cancer, and lung cancer. Additionally, the studies also show that lemon extract only affects malignant cells, leaving healthy cells unharmed.

Every ingredient in this incredibly simple recipe plays a key role in supporting your health and fighting cancer in the kitchen. Enjoy every bite.

Vegan, Gluten Free, Dairy Free, Vegetarian

Serves 6

#### **INGREDIENTS:**

3 fennel bulbs, sliced very thin crosswise
Juice of 2 lemons
Large pinch sea salt
¼ cup torn mint leaves
¼ cup roughly chopped flat-leaf parsley
2 to 3 tablespoons olive oil

#### **INSTRUCTIONS:**

Stir together all ingredients in a medium bowl. Let sit 30 minutes.

Enjoy this refreshing slaw on the side of your favorite protein!



# Chopped Fennel Salad with Vietnamese Dressing | Nalini Chilkov

A tangy and nutritious fennel salad perfect for summer!

Fennel is crunchy and slightly sweet. It has a white or pale green bulb and beautiful fronds that add a lot of texture to this delicious salad dish.

Fennel contains its own unique combination of phytonutrients—including the flavonoids rutin, quercitin, and various kaempferol glycosides—that give it strong antioxidant benefits.

Fennel also contains an important phytonutrient for fighting cancer: anethole. In animal studies, the anethole in fennel has repeatedly been shown to reduce inflammation and to help prevent the occurrence of cancer.

Plus, the bulb is an excellent source of vitamin C, an important antioxidant for a healthy body. Eat up! Vegetarian, Dairy Free, Gluten Free, Vegan

#### **INGREDIENTS:**

### **Chopped Salad**

1 fennel bulb with fronds

1/4 cup chopped purple and green cabbage

1 small carrot peeled and finely chopped

## Dressing

- 1 teaspoon sesame seeds
- 2 teaspoons sesame oil
- 1 tablespoon rice wine vinegar
- 1 tablespoon sunflower oil
- 1 teaspoon dried mint
- 1/4 to 1/2 teaspoon crushed red pepper flakes
- 2 cloves of minced garlic
- ½ tablespoon thinly sliced scallion

#### **INSTRUCTIONS:**

Combine chopped salad ingredients in a large bowl and set aside.

In a separate bowl, whisk together all of the dressing ingredients. Drizzle over the chopped salad and toss to evenly spread the dressing.

# Roasted Beets and Spinach Salad



#### **INGREDIENTS:**

6 small beets, boiled and quartered

1 fennel bulb, tops cut off and bulb quartered

2 tbsp plus 1/4 cup olive oil

4 C loosely packed baby spinach leaves

1 small avocado, peeled and diced

1 small shallot, minced

Juice of half a lemon

½ tsp sea salt

½ tsp freshly ground pepper

½ C walnut halves, toasted

#### **INSTRUCTIONS:**

Preheat the oven to 450 F. Place the beets and fennel on a baking sheet, drizzle with 2 tbsp of olive oil, and roast in the oven for 15 minutes. Mean- while, combine the spinach and avocado in a mixing bowl. To make the dressing, put the shallot, lemon juice, salt, pepper and the ¼ cup of olive oil in a small food processor and pulse for 1 minute. Toss the dressing with the spinach and avocado and place on two serving plates. Place half the roasted beets and fennel on each plate and sprinkle the walnuts over each serving.

Serves 2



## Dr. Christina Bjorndal

Dr. Chris Bjorndal, B.Comm, ND, is one of the only licensed NDs in Canada who is considered an authority in the treatment of mental illnesses such as depression, anxiety, bipolar disorders, eating disorders and ADD/ADHD. A gifted speaker and writer, she has shared her personal story and philosophy of wellness with audiences across North America. Dr. Chris has helped many patients navigate through labels and stigma towards mental, emotional, physical and spiritual wellbeing. Having overcome many challenges in the sphere of mental health, Dr. Chris is especially exceptional about sharing her motivational speeches about how to overcome barriers in life and to encourage others to achieve their full potential. She loves her work and balances it with a full, active lifestyle with her husband and son. She has completed three books on mental health.

NaturalTerrain.com

# Zucchini Pasta with Mexican Pesto

The inspiration of this recipe was one of my mom's cousins who prepared something similar but using real pasta and including cream. I love the way this recipe came out with all the adaptations made. I have cooked it several times for my family and friends and each time it is a winner. And, it takes very little time. Zucchini and the ingredients in the pesto make a powerful combination to support your health and weight. The pesto is also very filling and will satisfy hunger and help you fight cravings. It has lots of detoxifying power through the garlic, cilantro olive oil and lime juice.

Serves 6

#### **INGREDIENTS:**

1 ½ Cup Stevia

3 oz. Water

13 ½ tsp Chili powder - Tajin

2 tsp. olive oil

4 ½ Sriracha sauce

3 tsp. sea salt

4 ½ cup pecans

#### Pesto:

9 garlic cloves

3 shallots

4 ½ cups cilantro

9 tbsp olive oil

3 oz. fresh lime juice

1 ½ cup pecans

1 ½ tsp. salt

pepper to season

1 ½ lb. zucchini



### Maru Dávila

Maru Dávila is a mom, celebrity nutritionist, healthy chef and best-selling author of "The Mexican Food Diet". She is the creator of the revolutionary Flaca Forever<sup>TM</sup> Program ("Flaca" is a Spanish word for "lean"), a simple and fun 3-step program that helps with lasting weight loss while getting you in the best shape of your life: physically, mentally and emotionally.

Maru was born and raised in Mexico. She emigrated to the United States to pursue her MBA at Harvard Business School. She is also a certified Integrative Nutrition Health Coach, and a frequent writer, speaker and TV guest on weight loss, empowerment, health and wellness topics. She has been featured on NBC, CBS, FOX, among other media.

FlacaForever.com

## Zucchini Pasta with Mexican Pesto (continued)



#### **INSTRUCTIONS:**

Heat the oven to 356 F.

Set up a cooking sheet with parchment paper.

In a small saucepan add the ingredients in this section and stir on low heat for 30 seconds. Turn the heat up to high and cook for 2 minutes. Remove from the heat.

Add the ingredients in this section to the pan and stir well.

Stir the pecans into the blend until they are fully covered. Then spread them out flat in the sheet.

Place cooking sheet in the oven pan and bake for 8 to 9 minutes or until golden brown. Take out and let them cool. When cool, separate them into individual pieces.

#### Pesto:

Add the ingredients in this section into a food processor or a blender. Blend all until smooth.

Season blend with salt and pepper.

If you have the spiralizer, use it with a blade that can make spaghetti-type noodles. There is no need to peel the zucchinis. If you don't have the spiralizer, then use a julienne peeler which will make a pappardelle-type pasta.

Heat a large-size pan on medium heat. When hot, add olive oil and immediately add the zucchini noodles. Cook for 2-3 minutes.

Serve each plate with a large portion of the zucchini noodles, add 1/4 cup of the pesto on top and add a few of the pecans from step 6.

# Arugula Slaw

#### **INGREDIENTS:**

3 cups arugula

1 cup shredded broccoli stems (available as broccoli slaw all pre-shredded)

1 cup shredded cabbage (available as coleslaw all pre-shredded with some carrot)

½ cup broccoli sprouts

½ cup other sprouts

1/4 teaspoon sea salt

½ cup tahini

½ cup water

2 tablespoons lemon juice

1 clove garlic (optional)

½ teaspoon turmeric

½ teaspoon kelp powder

#### **INSTRUCTIONS:**

Chop arugula into bite-sized pieces and place in bowl with broccoli and cabbage.

Sprinkle with salt and massage until arugula is completely wilted and cabbage and broccoli have softened.

Add remaining vegetables and toss well. Allow to sit while preparing the sauce.

Blend all sauce ingredients until smooth, adding extra water if needed. It should be a little on the thick side because the veggies will thin it.

Taste and salt if desired. Add a pinch of cayenne for spice if desired.

Pour as much sauce over veggies as needed to completely coat. Save the rest for use as a salad dressing.



#### Ritamarie Loscalzo

Dr. Ritamarie Loscalzo is passionately committed to transforming exhausted high achievers all over the globe into high energy people who love their lives and live to their full potential. Dr. Ritamarie specializes in using the wisdom of nature married with modern scientific research restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances. Her practitioner training programs empower health and nutrition professionals, including health coaches, physicians, nutritionists, nurses and others to use functional assessments and natural therapeutics to unravel the mystery of their clients' complex health challenges, so they become known as go-to practitioners for true healing and lasting results. Dr. Ritamarie is also certified as living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

DrRitamarie.com

## Tuna Nicoise Salad

Can be made with leftover tuna or canned tuna and is quick and easy if you have boiled eggs leftover from breakfast.

#### **INGREDIENTS:**

Leftover tung or 1 can tung in water

½ cont. cherry tomatoes, halved

1 cup green beans, raw or blanched and sliced in half

2 boiled eggs, peeled and halved

½ cup nicoise olives, chopped

½ bunch chives, chopped

½ bunch parsley, chopped

Lg handful baby kale or preferred green

#### **Dressing:**

1 tbsp capers, chopped

1 juiced lemon

1 tbsp olive oil

1 tbsp Dijon mustard

2 anchovies, minced (optional but high in omega 3's)

1 pinch red pepper flake

Salt and pepper to taste

#### **INSTRUCTIONS:**

In a small bowl combine all dressing ingredients and mix well.

In a large bowl combine all salad ingredients except eggs and then mix in dressing.

Place the salad in a bowl and then top with sliced eggs.



## Melodee Meyer

Melodee Meyer, aka Master Mel, is the bestselling author of Black Belt Power and Clean Food Diet – The 21-Day Clean Eating Guide to Lose Weight, Reduce Inflammation, Boost Energy and Look Better Naked.

Her Self Mastery System empowers hungry leaders and passionate entrepreneurs to create the life they want, in a body they love, so they can go out and make the difference they want to see in the world.

Overcoming challenges in her own life including bullying, bulimia, domestic abuse and life as a single mom, Master Mel uses her expertise in martial arts, psychology, health and fitness to work with women and organizations who are ready for the next level of mastery in their lives.

Melodee is a 5th Degree Black Belt Master Instructor recently inducted into the Karate Union Hall of Fame. She is the founder of Self Mastery Bootcamp.

MasterMel.com

# Curried Chicken Salad | Melodee Meyer

This is a great desk lunch or lunch on the go. It can be made with either leftover chicken or canned chicken and can be eaten straight or made into a lettuce wrap. Apples are a great addition if you choose.

#### **INGREDIENTS:**

1 can organic chicken in water

1 lg carrot, grated

1 stalk celery, chopped into 1/4 inch pieces

1/4 cup walnuts, chopped

1 handful arugula (or kale if you are making it a day ahead, it keeps longer)

½ bunch parsley, chopped

½ juiced lemon

2 tbsp olive oil

1-2 garlic cloves, minced

1 tsp paprika

½ tsp curry powder

Pinch of cayenne if you like it spicy

Salt and pepper to taste

#### **INSTRUCTIONS:**

Drain chicken and place in a bowl. Add the carrots, celery, walnuts, arugula, parsley and garlic. Mix well.

Add the lemon juice, olive oil and all spices. Taste and adjust to your palate. Either eat immediately or place into a container.

# Fennel and Beet Saute with Mustard Vinaigrette



#### **INGREDIENTS:**

- 6 medium beets (red are more nutritious)
- 3 bulbs fennel
- 2 cloves garlic or 1 shallot
- 1 Tablespoon extra virgin olive oil
- 1 teaspoon grass fed butter
- 1/4 teaspoon sea salt
- 1/4 teaspoon fresh ground pepper
- Garnish with fennel fronds

## Mustard Vinaigrette:

- 1 teapsoon organic whole grain Dijon mustard (my favorite is Delouis fils organic French Dijon)
- 2 Tablespoons balsamic vinegar
- 2 Tablespoons extra virgin olive oil

(continued)



## **Wendy Myers**

Wendy Myers is founder of Liveto110.com and MineralPower.com. She is a detox guru, functional diagnostic nutritionist and NES Bioenergetic Practitioner in Los Angeles, CA. She is the #1 bestselling author of Limitless Energy: How to Detox Toxic Metals that Cause Fatigue. She uses Hair Mineral Analysis and other functional medical tests to design custom Mineral Power programs. This is an individualized metal detox and mineralization program to regain energy and brain function, improve adrenal and thyroid function, and reverse and prevent disease. Passionate about the importance of detox to live a long disease free life, she is a sought after speaker, appearing on countless summits and podcasts. Her body of research can be found on the hundreds of articles and the Live to 110 Podcast on Liveto110.com.

Liveto110.com

## Fennel and Beet Saute with Mustard Vinaigrette (continued)

#### **INSTRUCTIONS:**

Cut up your fennel into bit size wedges. Mince your garlic or shallots. Be sure to let it sit for 10 minutes after mincing to maximize nutrient release in the garlic.

First, you need to boil your beets to tenderize them. I find it just as easy to fill a small sauce pan with water and add the beets. Make sure the water covers the beets. Cover and cook on medium low heat for approximately 20 minutes until tender but still firm. Remember, these will be finished in a saute pan, so make sure they are tender, but a bit underdone – you don't want them falling apart.

Once the beets are done, remove from the pan and let cool until you can handle them. The peel will slide right off. Use gloves or your hands will turn red. Then cut the beets in bite size wedges.

In a saute pan, add the olive oil and butter and bring to medium high heat. Add the beets and fennel and saute until carmelized, about 5-10 minutes until fork tender. That is why you didn't cook the beets all the way in the water. You don't want them falling apart. The last minute add in the vinaigrette (they don't need to mixed prior to adding them to the dish) and heat until warm.

Garnish with a fennel fronds and serve.





## **Almond Hummus**

This simple almond hummus is rich in antioxidants, warding off diseases like cancer.

Almonds are the star in this recipe and they are a fantastic source of antioxidants.

Antioxidants of course help to protect against oxidative stress, which can damage molecules in cells and contribute to aging and diseases like cancer.

Almonds are also among the world's best sources of vitamin E. Several studies have linked higher vitamin E intake with lower rates of heart disease, cancer and Alzheimer's disease.

The tahini in this recipe is packed with calcium. In fact many people believe that tahini has a higher concentration of calcium than any other food. Studies have shown that high calcium intake was associated with a reduced overall cancer risk, especially amongst women.

Finally, we can't forget to mention that additional health benefits from the tasty lemon juice in this hummus. Lemon contains flavonoids, which are composites with antioxidant and cancer fighting properties.

Try this yummy hummus with your favorite whole grain, organic crackers, slices of fresh bell peppers, or with toasted tortilla strips!

Dairy Free, Gluten Free, Vegetarian, Vegan

#### **INGREDIENTS:**

2 1/4 cups raw almonds

1/4 cup gluten-free tahini (read the label, some brands toast their sesame seeds with flour)

2 cloves garlic

1 ½ tablespoons sage leaves, chopped

3/4 teaspoon freshly ground pepper

1/4 cup plus 2 tablespoons olive oil

Juice of 3 lemons

3/4 teaspoon sea salt



## Dr. Nalini Chilkov

Dr. Nalini Chilkov is a leading edge authority and pioneer in the field of Integrative Cancer Care, Cancer Prevention and Immune Enhancement. She is the Founder of IntegrativeCancerAnswers. com an online resource for people whose lives have been touched by cancer. Dr. Nalini is the author of the number one best selling book "32 Ways to OutSmart Cancer: How to Create A Body Where Cancer Cannot Thrive".

IntegrativeCancerAnswers.com

## Almond Hummus (continued)



#### **INSTRUCTIONS:**

Cover almonds with water in a medium bowl, and let soak at least 12 hours or overnight.

Drain and rinse soaked almonds and process until finely chopped in a food processor fitted with the blade attachment.

Add remaining ingredients and 1/4 cup water and purée, adding more water until smooth and creamy.

Taste and adjust seasonings to taste.

This almond hummus is a lot more than just a dip. Use it like miso to mix into salad dressings, as a crispable crust for casseroles, and even as a substitute for pizza sauce!

# Magic Guacamole

Guacamole is a very healthy and satisfying snack. It can also be a great side dish. Make sure you skip the chips. Healthier choices to have with guacamole are fresh vegetables, particularly celery, bell peppers, zucchini, cucumber, or jicama. This recipe is very special to me. It was adapted from one of my mom's recipes. My mom is a well-known chef in Mexico City whose touch in the kitchen is magical.

#### **INGREDIENTS:**

- 3 Garlic
- 3 Roma tomato organic
- 3 tbsp. Onion
- 3/4 cup Cilantro fresh
- 34 Serrano chile
- 3 Avocado
- 6 Lime
- 1 tsp. Sea salt
- 1/4 tsp. Turmeric powder
- 1/4 tsp. Celery powder
- 1/4 tsp. Garlic powder

#### **INSTRUCTIONS:**

In a small pan, roast garlic on both sides. When it is roasted, chop it and set aside.

Chop the ingredients in this section.

Peel the avocado and place in a medium bowl. Use a potato smasher to smash the avocado.

Combine first 6 ingredients

Add ingredients on step 2. Taste for season.

Serve with veggies (celery, zucchini, carrots, radishes, jicama, cucumbers).

Divide equally among plates.



### Maru Dávila

Maru Dávila is a mom, celebrity nutritionist, healthy chef and best-selling author of "The Mexican Food Diet". She is the creator of the revolutionary Flaca Forever<sup>TM</sup> Program ("Flaca" is a Spanish word for "lean"), a simple and fun 3-step program that helps with lasting weight loss while getting you in the best shape of your life: physically, mentally and emotionally.

Maru was born and raised in Mexico. She emigrated to the United States to pursue her MBA at Harvard Business School. She is also a certified Integrative Nutrition Health Coach, and a frequent writer, speaker and TV guest on weight loss, empowerment, health and wellness topics. She has been featured on NBC, CBS, FOX, among other media.

FlacaForever.com

# White Bean Dip | 10 Minutes to Healthy Yum Nalini Chilkov

#### **INGREDIENTS:**

½ cup extra virgin organic olive oil

- 1-2 fresh garlic cloves, peeled and minced
- 2 cans white beans (Canellini, Great Northern White), drained
- 1 teaspoon ground cumin
- 2 tablespoons chopped parsley or cilantro
- 1 teaspoons sea salt or himalayan or celtic salt to taste
- 1 teaspoon ground pepper (preferably white or pink peppercorns)
- <sup>1</sup>/<sub>8</sub> teaspoon cayenne or chipotle pepper
- 1/4 cup fresh squeezed lemon juice



#### **INSTRUCTIONS:**

Place all of the ingredients into a food processor or blender until smoothie.

Add a little extra oil or lemon juice if its too thick.

Store in a glass container in the refrigerator. Can be made ahead and will keep for several days.

#### Variations:

Toast sliced garlic in a little olive oil before blending

Add sun dried tomatoes, fresh sage or basil leaves, fresh green onions or chives

Makes approximately six half cup servings

# Dairy Free Lemon Pistachio Pesto

**Equipment:** High speed blender or mini-smoothie blender (such as The Nutribullet)

#### **INGREDIENTS:**

- 2-3 cloves garlic peeled
- 1 Cup shelled pistachio nut meats
- 2 Cups basil leaves (1 large box)
- ½ Cup Extra Virgin Olive Oil
- ½ teaspoon sea salt (or to taste)
- 2 lemons juiced

#### **INSTRUCTIONS:**

The key to great dairy free pesto is in the garlic and the sea salt. Parmesan cheese is a common ingredient in pesto and lends it a salty flavor.

Serve with tortilla chips, rice crackers, tomato slices, on quinoa pasta, eggs or with carrots.





## **Meg Haworth**

As a survivor of sex abuse, drowning, being struck by lightning, and healing over a dozen illnesses including fibromyalgia, Dr. Meg knows what it is like to overcome life's biggest challenges and has helped thousands of others do the same over the last two decades. She is the founder of Lightning Women; Overcoming the Effects of Victimization, a movement for women who suffered sexual and physical abuse as children and now have a chronic illness. She offers total wellness solutions including her Whole Person Integration Technique, multiple books in cooking & personal development, a podcast series, online programs and private wellness coaching.

MegHaworth.com

## Cilantro Guacamole with Pomegranate Seeds Nalini Chilkov

I cannot imagine life without avocados. I grew up with 3 avocado trees in our backyard. Guacamole is made from avocados, one of the most nourishing cancer fighting foods along with the surprise of color and anti-oxidant filled pomegranate seeds. There are at least 20 reasons to eat avocados. Avocados are rich in Vitamins A and E and healthy monounsaturated fats as well as a great source of glutathione which can protect your DNA genetic material from damage. Pomegranates are high in cancer fighting super cell protective phytochemicals such as punicalgins that promote breast and prostate health as well an normal inflammation function and hormone metabolism.



#### **INGREDIENTS:**

- 2 ripe avocados (cut in half, flesh scooped out)
- 2 tablespoons finely sliced red onions or green scallions
- 1 tablespoon finely chopped fresh cilantro (coriander) leaves
- 1 tablespoon fresh lime or lemon juice
- ½ teaspoon sea salt
- cayenne or chipotle chili powder to taste (a pinch to  $\frac{1}{4}$  tsp depending upon how spicy you like it)
- 3 tablespoons fresh pomegranate seeds.
- Of course you can make this fantastic guacamole even if you don't have fresh pomegranate seeds.

(Continued)

## Cilantro Guacamole with Pomegranate Seeds (continued)

#### **INSTRUCTIONS:**

Cover almonds with water in a medium bowl, and let soak at least 12 hours or overnight.

Drain and rinse soaked almonds and process until finely chopped in a food processor fitted with the blade attachment.

Add remaining ingredients and 1/4 cup water and purée, adding more water until smooth and creamy.

Taste and adjust seasonings to taste.

This almond hummus is a lot more than just a dip. Use it like miso to mix into salad dressings, as a crispable crust for casseroles, and even as a substitute for pizza sauce!

#### Serving Suggestion:

Although most people think of eating guacamole with corn or tortilla chips, I prefer to use sticks of fresh jicama, carrots, celery and thick slices of red, green and yellow bell peppers to scoop up the thick spread. I also like to put a dollop on top of an arugula or fresh green salad.

#### Variations:

Add 1 tablespoon freshly ground mint (mint contains essential oils that enhance digestion)

Top with toasted organic pumpkin seeds (rich in Zinc)

Add ¼ cup diced ripe tomatoes (rich in cancer fighting lycopene)

Use tangerine or orange juice in place of lemon or lime juice

Add 1 tablespoon finely chopped epazote leaves (a pungent green from Mexico often found in farmer's markets and latin groceries)

Add 2 teaspoons chopped olives (rich in vitamins and healthy monounsaturated fats)

This will store in a glass covered container for up to 3 days. If the surface starts to brown, add a little lemon or lime juice before serving.

Makes one cup (I often make a double recipe! One cup is never enough!!)



# Jalapeño Hummus

This is a flavorful and not very spicy hummus. It is a great snack that will keep you satisfied for a long time. If you eat with

a variety of veggies, you will be getting a large dose of nutrients. Garbanzo beans, or chickpeas, will provide you with a large amount of fiber, iron, folate, protein, and a variety of important minerals such as phosphorus, copper and manganese.

#### **INGREDIENTS:**

12 Garlic clove

9 Jalapeño pepper

3/4 cup Cilantro - fresh

45 oz. Garbanzo beans or chickpeas - canned

1 cup Tahini paste

¾ cup Lime

6 tsp. Olive oil - Extra Virgin

1 ½ tsp. Cumin

1 ½ tsp. Sea salt

#### **INSTRUCTIONS:**

Roast the garlic, then chop.

Remove the seeds from the Jalapeño, then chop. Chop cilantro.

Place all the ingredients from this section and those from steps 1-3 into a food processor or blender.

Process or blend until smooth. Taste and then you can add more chile, lemon or salt to taste.

Serve with a variety of vegetables such as carrots, jicama, cucumber, radish, zucchini.

Serving size if you want to lose weight is 1 cup.

Serves 6



### Maru Dávila

Maru Dávila is a mom, celebrity nutritionist, healthy chef and best-selling author of "The Mexican Food Diet". She is the creator of the revolutionary Flaca Forever<sup>TM</sup> Program ("Flaca" is a Spanish word for "lean"), a simple and fun 3-step program that helps with lasting weight loss while getting you in the best shape of your life: physically, mentally and emotionally.

Maru was born and raised in Mexico. She emigrated to the United States to pursue her MBA at Harvard Business School. She is also a certified Integrative Nutrition Health Coach, and a frequent writer, speaker and TV guest on weight loss, empowerment, health and wellness topics. She has been featured on NBC, CBS, FOX, among other media.

FlacaForever.com

# Mint-Cilantro Pesto | Nalini Chilkov

#### **INGREDIENTS:**

- 1 bunch fresh cilantro, rinse, pat dry
- 2 tablespoons fresh mint leaves, rinse, chop
- 3 tablespoons extra virgin olive oil
- 1 ½ tablespoons fresh garlic, minced
- 1 tablespoon fresh lemon or lime juice

Pinch of cayenne or chili powder (optional)

#### **INSTRUCTIONS:**

Combine all pesto ingredients in a blender or food processor. Blend until smooth.



# Spicy Moroccan Chermoula Sauce | Nalini Chilkov

Chermoula is a distinctive Moroccan paste or thick sauce made of garlic and Mediterranean spices. Chermoula is used to marinate all types of fish. It can also be used to give depth to vegetable dishes. There are many varieties of chermoula. All you need is a blender or food processe r(even a mortar and pestle will do) and fresh ingredients. Feel free to experiment and come up with your own variations depending upon what you have in the kitchen. Chermoula is rich in protective anti-cancer and heart healthy phytochemicals and sulphur rich garlic which not only supports detoxification, but also promotes the growth of healthy friendly bacteria in the intestines, essential to normal immunity, hormone clearance and healthy cholesterol levels.



Vegan, Dairy Free, Gluten Free

#### **INGREDIENTS:**

- 2 cloves fresh garlic
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon chili flakes (or ½ teapsoon ground cayenne pepper)
- 1 teaspoon sweet paprika
- 2 Tablespoons finely chopped preserved lemon peel (if you cannot find this, you can substitute fresh lemon peel, preferably from a thin skinned Meyer Lemon.. organic of course)
- <sup>2</sup>/<sub>3</sub> cup extra virgin olive oil
- ½ tsp sea salt

#### **INSTRUCTIONS:**

To make this chermoula, mix together in a small bowl or food processor the garlic, cumin, coriander, chili, paprika, lemon, two-thirds of the olive oil, and ½ teaspoon salt to form a thick paste. Add more olive oil to achieve desired consistency.

adapted from the cookbook Jerusalem, by Yotam Ottalenghi

### Hot Spicy Chermoula by Claudia Roden:

1 large bunch, <sup>2</sup>/<sub>3</sub> cup Cilantro (Fresh Coriander) chopped

# Spicy Savory Tahini Dip or Sauce | Nalini Chilkov

Sesame butter, or tahini, is commonly used in Middle Eastern and Mediterranean cuisines. This savory recipe is a tasty and healthy way to spice up vegetable dishes or serve as a dip.

Sesame seeds are rich in antioxidant and heart healthy phytosterols, healthy oils, super antioxidant Vitamin E, fiber, and cancer-fighting sesame lignans that have been linked to lower rates of some breast cancers.

Garlic is also one of the great cancer-fighting and heart healthy superfoods. The fibers in garlic are known as prebiotics and support for the vital bacteria in your intestines required for healthy digestion. These bacteria are an essential part of our immune system.

Vegan, gluten free, dairy free

#### **INGREDIENTS:**

½ cup raw sesame butter (tahini)

1/4 cup almond butter (make sure it is unsweetened)

½ cup unsweetened almond milk

1/4 cup filtered water

3 tablespoons fresh lemon juice

4 cloves minced garlic

½ teaspoon sea salt

1 teaspoon smokey paprika

½ teaspoon ground cumin

¼ teaspoon cayenne pepper

#### **INSTRUCTIONS:**

Simply blend until smooth and creamy.

Adjust for greater thickness to serve as a dip for vegetables or a spread for crackers. Make a thinner preparation to utilize as a sauce for warm vegetable dishes.



## Pecan Paté

#### **INGREDIENTS:**

3 cups raw pecans soaked overnight

3 cloves garlic

1/4 cup lemon juice

1/4 cup fresh cilantro

½ teaspoon sea salt

#### **INSTRUCTIONS:**

Put all ingredients (except cilantro) in a food processor with the "S" blade.

Blend until smooth.

Chop and add the cilantro as you use the paté.

# Spinach Dip

#### **INGREDIENTS:**

3 cups spinach

1 medium avocado

½ tablespoon lemon juice

½ teaspoon Celtic, Himalayan, or pink sea salt

#### **INSTRUCTIONS:**

Place all ingredients in food processor.

Process until smooth.





### Ritamarie Loscalzo

Dr. Ritamarie Loscalzo is passionately committed to transforming exhausted high achievers all over the globe into high energy people who love their lives and live to their full potential. Dr. Ritamarie specializes in using the wisdom of nature married with modern scientific research restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances. Her practitioner training programs empower health and nutrition professionals, including health coaches, physicians, nutritionists, nurses and others to use functional assessments and natural therapeutics to unravel the mystery of their clients' complex health challenges, so they become known as go-to practitioners for true healing and lasting results. Dr. Ritamarie is also certified as living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

DrRitamarie.com

# "Refried Beans" Spread | Ritamarie Loscalzo

#### **INGREDIENTS:**

2 cups sunflower seeds, soaked 6 hours or overnight

1 cup cauliflower florets

1 cup sundried tomatoes, soaked to soften

2 tablespoons Mexican seasoning or chili powder

1/4 teaspoon cayenne pepper (or more to taste)

1 teaspoon sea salt

#### **INSTRUCTIONS:**

Pulse-chop the cauliflower and sunflower seeds in a food processor.

Add the remaining ingredients and pulse-chop until smooth and creamy.

Adjust seasonings to taste.

**Personal Note:** Process or chop the ingredients less for more of a side dish.

# Sour 'Cream' and Onion Dip | Ritamarie Loscalzo

#### **INGREDIENTS:**

½ cup cashews or macadamia nuts, or a combination

½ cup pine nuts (or additional macadamia and cashew nuts)

1/4 cup lemon juice, or more for a more 'sour' cream

 $\frac{1}{4}$  -  $\frac{1}{2}$  cup water

1/4 teaspoon Himalayan salt, or other whole, unrefined salt

1 cup onions, minced or 1 teaspoons dried granulated onions

#### INSTRUCTIONS:

Place nuts in blender and grind to powder on high speed. If nuts are soaked, or if you are using a Vitamix or other high speed blender, skip this step.

Add 1/4 cup of water, salt, and lemon juice.

Blend on high speed for several minutes. Mixture should be thick and creamy.

Adjust amount of water to achieve desired consistency. You can add more lemon if a more sour cream is desired.

Stir in onions.







# SMOOTHIES



# Mojo Fuel Line of Lean and Healthy Vanilla Shakes

#### **INGREDIENTS:**

½ cup frozen wild blueberries

1 tablespoon of ground Chia seeds

1 tablespoon of flax seeds

1 cup of unsweetened almond milk ice

1 scoop of vanilla protein powder

#### **INSTRUCTIONS:**

Put all ingredients in blender and blend until smooth





## **Debi Silber**

Debi Silber, MS, RD, WHC, FDN, President and CEO of Lifestyle Fitness, Inc. is a recognized health, empowerment and personal development expert. She's a speaker, coach and author of the Amazon #1 Bestselling book: The Unshakable Woman: 4 Steps to Rebuilding Your Body, Mind and Life After a Life Crisis, The Unshakable Woman-The Workbook (a companion guide), as well as others. Debi's led several to achieve their ultimate body, mind, image and lifestyle; inspiring them to transform into their best selves. Debi has contributed to FOX, CBS, The Dr. Oz show, TEDx, The Huffington Post, Shape, Self, Health, Working Mother, Forbes, Psychology Today, WebMD, Yahoo Shine, Ladies Home Journal, Woman's World and Glamour, among others. She's created a multi-pronged approach that helps others prevent or heal from a life crisis so they become their physical, mental, emotional and spiritual best

DebiSilber.com

# Dr. Cass Basic (and Yummy) Smoothie Start

#### **INGREDIENTS:**

1 cup liquid: filtered water; almond, rice, or soy milk or diluted 100% juice ( $\frac{1}{4}$  c. juice +  $\frac{3}{4}$  c. water)

1-2 scoops (about 20 grams) of your favorite protein powder: whey, rice, pea, egg white, organic soy, or hemp

½-1 cup of no-sugar-added fresh or frozen fruit.

If using fresh fruit, add ice cubes to make it slushy and cold. I like berries best for their antioxidant benefit, especially blueberries that are great for brain health For quality fat content: 1 Tb. ground or milled flax

seed or flax oil

1 Tb MCT, or coconut oil

1 Tb nut butter, optional: organic natural peanut, almond, cashew, sesame, or sunflower seed butter

#### **INSTRUCTIONS:**

Put all ingredients in blender and blend until smooth





## **Hyla Cass**

Hyla Cass, MD is a physician, psychiatrist and frequently quoted expert in the area of natural approaches to mental and physical health. She combines the best of leadingedge natural medicine with the modern science in her clinical practice, writings, lectures, and nationwide media appearances-on radio, TV (including The Dr. Oz Show. The View. & E-Entertainment), and in various local and national publications, including the Huffington Post. She helps individuals withdraw from psychiatric medications and substances of abuse, or to avoid medication altogether, through the use of specific natural supplements. She has created a unique, high quality line of nutritional supplements, and is the author of several popular books including Supplement Your Prescription, Natural Highs, 8 Weeks to Vibrant Health, and The Addicted Brain and How to Break Free.

CassMD.com

# Superfood Anxiety Busting Chocolate Smoothie

#### **INGREDIENTS:**

- 4 frozen bananas
- 2 handfuls fresh greens
- 2 tbsp raw cacao
- 1 tsp barley grass powder (optional, great for nourishing the nervous system)
- 2 tbsp hemp seeds (optional, good source of protein and omega fats)
- 1 cup milk (almond, rice, cow, goat)
- 1-2 cups water, depending on how thick you want your smoothie
- 1 tbsp maple syrup (I don't use this, but you may want a little sweetness)

#### **INSTRUCTIONS:**

Blend and enjoy!

If you want to boost this smoothie with protein, a scoop of Vega chocolate plant based protein is a great addition





## **Megan Buer**

Megan Buer is the founder of Harmony Restored, focused on helping individuals heal from the stress that is at the root of their physical and emotional pain. Megan is a certified Emotion Code Practitioner, author of two books on healing, a reiki healer, and mom to 3. After suffering from years with anxiety, panic disorder, chronic stress, food intolerances, adrenal fatigue, and an auto-immune disease, she went on a journey to health – after 10 years of research she finally identified the unique tools she needed to naturally heal herself. Megan discovered that healing the mind and body is much easier than we believe.

Megan shares her healing work privately with one-on-one clients, and also empowers women on a global scale through her proprietary healing system called Rooted In Health. Megan is passionate about helping women create radiant health, effortless joy, and lasting energy, so they can fully participate in their life again.

Harmony-Restored.com

# Post-Workout Green Smoothie (Paleo Approved)

#### **INGREDIENTS:**

1 banana, peeled and sliced

1-inch piece of fresh ginger, peeled

2 handfuls fresh baby spinach

1 cup frozen pineapple chunks

½ cup coconut water

½ cup unsweetened almond milk

1 Tablespoon chia seeds

#### **INSTRUCTIONS:**

Add all ingredients to a blender. Pulse until smooth. Serve immediately, sprinkled with extra chia seeds on top, if desired.

(If the smoothie is too thick, you can add in more coconut water to thin it out. Or if it is too thin, you can add in a handful of ice.) I like my smoothie thicker, so it has a more desert like consistency.





## **Christina Grenga**

My faith in Jesus has been a constant in my life. It carried me through years of beating up my body with unhealthy foods and a highly stressful corporate career. It helped me embrace the sudden passing of my brother, Bobby in 2010. And it awakened my passion for using food and healthy lifestyle practices to heal my body. Today, through Grenga Health, I teach Modern Christian Women who are ready to quit dieting for good to get healthy from the inside out by understanding the connection between God, mindset and food.

GrengaHealth.com

## Healthy Estrogen Detox Smoothie

#### **INGREDIENTS:**

2 cups chopped kale

½ cup cilantro

1 cucumber (chopped)

1 pear (chopped)

1 lemon (peeled)

1 avocado (peeled and pit removed)

1 pinch of cayenne pepper

2 cups of filtered water

Blend and Enjoy!

(Makes 3 servings.)

#### **INSTRUCTIONS:**

Put all ingredients in blender and blend until smooth





#### **Jessica Drummond**

Jessica Drummond, MPT, CCN, CHC, the Founder and CEO of the Integrative Women's Health Institute is passionate about caring for and empowering women who struggle with women's and pelvic health conditions. She is equally passionate about educating and supporting clinicians in confidently and safely using integrative tools to transform women's and pelvic healthcare.

Having over a decade of experience as a women's and pelvic physical therapist plus owning a private women's health clinical nutrition and coaching practice gives her a unique perspective on the integrative, conservative options for pelvic pain management.

Jessica was educated at the University of Virginia, Emory University, The Institute of Integrative Nutrition, and Duke Integrative Medicine. She is currently a doctoral student in clinical nutrition at Maryland University of Integrative Health.

IntegrativeWomens HealthInstitute.com

# Healthy Estrogen Smoothie for Vaginal Dryness and Painful Sex | Jessica Drummond

#### **INGREDIENTS:**

1 cup spinach or other leafy greens

½ avocado

2 Tbsp flaxseeds

1 cup frozen berries

1-2 Tbsp sunflower, almond, or cashew butter

2 cups of unsweetened vanilla almond, coconut, or hemp milk

\*To make this a complete breakfast smoothie add 1-2 scoops of this high quality protein powder.



#### **INSTRUCTIONS:**

Blend in a high speed blender. Garnish with pomegranate seeds! Enjoy! (Serves 2)

# Have a Healthy Holiday Smoothie | Jessica Drummond

This is a holiday recipe that I hope that you won't need. But, sometimes we all overdo it, push a bit too hard, eat a bit too much holiday sugar, sit next to the coughing guy on the plane, or end up on the receiving end of our kid's snotty sneeze. This recipe is for you!

The travel, stress, and sugar that come with the holidays sometimes bring along a cold or flu virus. This smoothie is pretty, but strong. It's full of medicinal food that is antibacterial, antiviral, and full of antioxidants. It will strengthen your immune system, allowing you to more easily fight off that holiday virus or infection.

(The taste takes some getting used to, but you will feel better!)

#### **INGREDIENTS:**

½ organic apple

4 large leaves of kale

½ avocado

1-3 cloves of raw garlic (the more the merrier!)

2 stalks of celery (or 1/2 cucumber)

1 thumb sized chunk of fresh ginger, peeled

2-3 cups of water

1 lemon, peeled

pinch of cayenne pepper



#### **INSTRUCTIONS:**

Blend in a high speed blender (such as a Vitamix), and enjoy!

\*Add the pinch of cayenne to the top for a festive touch!

# Delicious Collagen Smoothies for Postpartum Moms | Jessica Drummond

To make it easier for prenatal and postpartum women who don't always have time to cook a bison burger or bake some sausage for breakfast, I recommend specific protein powders smoothies as supplements to their nutrient dense nutrition program.

#### **INGREDIENTS:**

1 cup frozen berries or peaches

 $\frac{1}{2}$  – 1 whole avocado

½ green banana

1 tsp cinnamon

1 serving of collagen protein powder

2-3 cups of unsweetened almond milk

#### **INSTRUCTIONS:**

Blend and enjoy!





## Green Tea Avocado Smoothie

#### **INGREDIENTS:**

1/2-1 teaspoon green tea matcha powder (contains caffeine – use less if you're sensitive to caffeine!)

1 cup almond milk

½ small avocado

1 scoop vegan pea or rice protein or whey vanilla protein powder

2 ice cubes

#### **INSTRUCTIONS:**

Blend all ingredients until smooth.

Pour your healthy and delicious smoothie into a tall glass and enjoy!

#### Variations & Additions:

flax or chia seeds
a few soaked dates
fresh mint leaves
fresh spinach leaves
organic berries, fresh or frozen
organic mango, fresh or frozen
use coconut milk instead of almond milk



### Dr. Nalini Chilkov

Dr. Nalini Chilkov is a leading edge authority and pioneer in the field of Integrative Cancer Care, Cancer Prevention and Immune Enhancement. She is the Founder of IntegrativeCancerAnswers. com an online resource for people whose lives have been touched by cancer. Dr. Nalini is the author of the number one best selling book "32 Ways to OutSmart Cancer: How to Create A Body Where Cancer Cannot Thrive".

IntegrativeCancerAnswers.com

# Magic Piña Colada Smoothie

#### **INGREDIENTS:**

½ Frozen Banana

1 cup Frozen Cubed Pineapple

8 oz Milk unsweetened

2 tbsp. Flaca Get Lean™ All-in-one Shake- Vanilla (plant-based, dairy free, gluten free, non-GMO, soy free, sugar free)

1 tbsp. Coconut Butter1 tsp. Vanilla Extract

½ - 1 cup Ice Cubes (optional)

#### **INSTRUCTIONS:**





### Maru Dávila

Maru Dávila is a mom, celebrity nutritionist, healthy chef and best-selling author of "The Mexican Food Diet". She is the creator of the revolutionary Flaca Forever<sup>TM</sup> Program ("Flaca" is a Spanish word for "lean"), a simple and fun 3-step program that helps with lasting weight loss while getting you in the best shape of your life: physically, mentally and emotionally.

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FlacaForever.com

# My Favorite Green Smoothie

Easy recipe and super tasty. If you hate cilantro (gene variation) just leave it out. It's fine both ways.

#### **INGREDIENTS:**

Washed organic baby spinach leaves – large handful

Washed organic cilantro – about 1/2 cup

Golden Kiwi - peeled

Large naval orange, peeled

2 tsp Barlean's flax oil –

½ tsp Reishi powder –

Stevia – to taste

1 cup ice

1 cup water

#### **INSTRUCTIONS:**

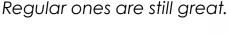
Add all ingredients except flax oil in blender Blend on high power for 2 minutes

Add flax oil

Blend few more seconds

Enjoy!

This is an easy way to get your kids to have some greens with you. Golden Kiwi's are especially high in their polyphenols.





### **Alan Christianson**

Dr. Alan Christianson (Dr. C) is a New York Times bestselling author of The Adrenal Reset Diet and a Phoenix-based Naturopathic Medical Doctor (NMD) who specializes in natural endocrinology with a focus on thyroid disorders.

Dr. C's gift for figuring out what really works has helped hundreds of thousands of people reverse thyroid disease, lose weight, cure diabetes, and regain energy.

**DrChristianson.com** 

# Zero Sugar Cacao Morning Smoothie

#### **INGREDIENTS:**

½ an avocado

1 teaspoon ground flax meal

2 teaspoons hemp powder

1 teaspoon chia powder

3 teaspoons raw cacao powder

1/8 teaspoon organic stevia (to taste)

1/4 teaspoon ground cinnamon

1 dash cayenne pepper

1 handful raw spinach or power greens (optional)

4 cups organic almond milk (unsweetened with no carrageenan)

#### **INSTRUCTIONS:**

Place all ingredients in a Vitamix, Blendtec or other blender. Blend until smooth. This should serve about 3 people. I tend to have a big smoothie in the morning and another in the afternoon as a snack.

Not all avocados are the same size so you may have to adjust this recipe up or down based on how creamy you like it. Avocados, ground flax, and chia powder both make your smoothie thicker. You can also add ice to this if you like yours cold. You may want to adjust the almond milk if you use ice. Add Almond butter for extra protein.

Try, taste, tweak and make it your own! Enjoy!!!



## **Meg Haworth**

As a survivor of sex abuse, drowning, being struck by lightning, and healing over a dozen illnesses including fibromyalgia, Dr. Meg knows what it is like to overcome life's biggest challenges and has helped thousands of others do the same over the last two decades. She is the founder of Lightning Women; Overcoming the Effects of Victimization, a movement for women who suffered sexual and physical abuse as children and now have a chronic illness. She offers total wellness solutions including her Whole Person Integration Technique, multiple books in cooking & personal development, a podcast series, online programs and private wellness coaching.

MegHaworth.com



# Creamy Pumpkin Smoothie

#### **INGREDIENTS:**

8 oz. of unsweetened cashew, almond, coconut milk  $\frac{1}{2}$  C. of unsweetened canned pumpkin

1 Scoop of protein powder (Whey, Rice, Pea, ,Hemp or Bone broth powder)

Dash of cinnamon

A dash of powdered or liquid stevia ½ an apple (Optional - for additional sweetness and fiber)

A few ice cubes if you prefer it cold

#### **INSTRUCTIONS:**

Blend ingredients in a blender and Enjoy!



#### **Tricia Nelson**

Tricia Nelson lost fifty pounds by identifying and healing the underlying causes of her emotional eating. Tricia has spent nearly thirty years researching the hidden causes of the addictive personality. Tricia is an Emotional Eating Expert and author of the #1 bestselling book, *Heal Your Hunger*, 7 Simple Steps to End Emotional Eating Now. She is also the host of the popular podcast,

The Heal Your Hunger Show. A highly regarded speaker and coach, Tricia has been featured on NBC, CBS, KTLA, FOX and Discovery Health.

HealYourHunger.com

# Creamy Hazelnut Smoothie | Tricia Nelson

#### **INGREDIENTS:**

- 1 C. water
- 1 tbs. maca powder
- 1 scoop vanilla-flavored protein powder
- 1 Tbs MCT oil (Bulletproof, Onnit (creamy vanilla) and other brands)
- 1 organic zucchini
- 1 handful of organic spinach
- 1 dropper hazelnut flavored Sweet Leaf Stevia
- 3 ice cubes

#### **INSTRUCTIONS:**

Blend in a Nutribullet or Vitamix and enjoy!



# Sexy Goddess Hormone Balancing Smoothie

#### **INGREDIENTS:**

1 scoop Vanilla Plant-Based Protein Powder

1 cup fresh spinach

3-4 fresh or frozen medium strawberries (or about ½ cup)

1 Tbsp. Flax Oil or Flax Seeds/Meal

1 tsp. Maca powder

1 Tbsp. Chia seeds

Small handful (7-8) unsalted, raw almonds or walnuts

1 cup filtered water

Splash of unsweetened almond (or hemp) milk (optional) Ice (optional)



#### **INSTRUCTIONS:**

Place liquid in blender first.
Add the rest of the ingredients.
Blend together on high speed
until smooth. Add additional
water for desired thickness.



#### Jenn Cronin

And I'm passionate about giving you the tools to achieve optimal health through real, balanced nutrition, finding the right, delicate balance of all those crazy hormones making you crazy, how to use food as your first medicine, and learn to prioritize life's demands, putting yourself at the top of the list! It's time that you reclaimed your health and your vivacity for life! You deserve it and the important people in your life will thank you for it!

Let's face it. Life is complicated. Between juggling careers, parenting, marriages, finances, and relationships in a highly technical and judgmental world, life can be challenging and downright overwhelming! But... it doesn't have to be. Finding your way back to your source, to a simpler life, getting grounded and getting real, will make your health flourish and keep you young!

Aging is inevitable, so let's get busy living it to the fullest!

DrJenCronin.com

# Energy Supercharger

#### **INGREDIENTS:**

Coconut Water - 8 oz (or more)

Coconut Milk - 4 oz or more (Can Substitute: Almond, Hemp, Cashew Milke)

1-2 heaping TBL Cacao Powder (organic)

1/4 - 1/2 tsp Raw Organic Vanilla Bean Powder

1/4-1/2 tsp Cinnamon (ground)

Heaping ½ tsp Cordyceps Mushroom Powder (organic)

Heaping ½ tsp Reishi Mushroom Powder (organic)

½ -1 TBL Raw Grassfed Butter or Coconut Oil

#### **Optional Additions:**

A Large Handful of Greens - Arugula is my personal fav! (Kale, Spinach, Swiss Chard)

1/4 cup of organic Blueberries (or other berries of your choice. Use frozen if you want a thicker consistency

#### **INSTRUCTIONS:**

Put Liquids into Blender
Add all other ingredients
Blend on lowest setting for a few seconds and gradually increase to Liquify



## **Debora Wayne**

Debora Wayne, founder of "The Pain Free Living Program<sup>TM</sup>," is an internationally known energy healer and pain-release specialist whose expertise is helping people to rapidly find and remove the hidden causes for Chronic Pain, Chronic Fatigue, Depression and Anxiety, Trauma, struggles with food, weight, emotional eating, addictions, and more.

Debora is the #1 Bestselling Author of Why Do I Still Hurt? - Rapid Relief for Chronic Pain, Depression, Anxiety, and More.

PainFreeLivingProgram.com





## Chocolate Truffles

#### **INGREDIENTS:**

2 tbsp coconut oil

3 tbsp coconut butter or coconut manna

2 tbsp almond butter or tahini

1/4 tsp pure vanilla extract

2 tbsp raw cacao powder

Few drops of stevia, (can try different flavors, I like peppermint for these)

1 tbsp cacao nibs. 2 tbsp coconut shreds

#### **INSTRUCTIONS:**

Place all ingredients into a bowl and combine until smooth. Mix thoroughly. Mixture will be soft, so place in freezer for about 10 minutes or until you can form 1-inch balls with your hands. Roll each ball in coconut shreds or cacao nibs. Set truffles on pretty plate and serve! Serve chilled.





## **Kerry Tepedino**

Kerry Tepedino is an internationally recognized Holistic Health Practitioner, Certified Counselor of Nutrition, and Craniosacral Therapist. She is also the founder and host of the widely acclaimed Global Health Summit, bringing together world renowned masters of health and mindset, causing transformation in thousands worldwide. Kerry's personal experience of recovering from an eating disorder and low self esteem led her to master holistic living and create a peaceful mindset, which she now helps others master.

KerryTepedino.com

# Vegan Chocolate Avocado Pudding

A vegan chocolate treat that makes all your dessert guilt slip away!

Full of antioxidants, cocoa fights inflammation, helping ward off cancer development.

Cocoa also helps to prevent memory decline and improve brain health by increasing blood flow, while supporting cardiovascular health.

Creamy texture is not all that avocado brings to this dessert. Avocado is loaded with heart-healthy monounsaturated fats, contains more potassium than bananas, and may reduce the side effects of chemotherapy!

Vegan, Vegetarian, Dairy Free, Gluten Free

#### **INGREDIENTS:**

- 2 medium size ripe avocados
- 2 tablespoons coconut oil
- 1/3 cup maple syrup
- 3 Medjool dates, pitted, soaked in warm water for 15 minutes and chopped
- $\frac{1}{2}$  cup raw cocoa powder
- 2 tablespoons vanilla extract
- $\frac{1}{2}$  1 cup unsweetened coconut milk (depending upon whether you like your pudding thick or thin)

(continued)



## Dr. Nalini Chilkov

Dr. Nalini Chilkov is a leading edge authority and pioneer in the field of Integrative Cancer Care, Cancer Prevention and Immune Enhancement. She is the Founder of IntegrativeCancerAnswers. com an online resource for people whose lives have been touched by cancer. Dr. Nalini is the author of the number one best selling book "32 Ways to OutSmart Cancer: How to Create A Body Where Cancer Cannot Thrive".

IntegrativeCancerAnswers.com

## Vegan Chocolate Avocado Pudding (continued)



#### **INSTRUCTIONS:**

Combine coconut oil, chopped dates, maple syrup (or honey), vanilla, avocados, cocoa powder, and half of the coconut milk into a blender or food processor.

Blend 2-3 minutes until smooth.

Pour in additional coconut milk slowly until the pudding is the consistency you desire. (The pudding will thicken after chilling in the refrigerator.)

Spoon the pudding into ramekins, small bowls, or small mason jars. Cover and chill in the refrigerator until ready to serve.

**Optional:** Top with sliced bananas & whipped coconut cream, orange zest, or toasted coconut before serving.

# Vegan Chocolate Strawberry Truffles | Nalini Chilkov

Add a little romance to the table with these bite-size Gluten-Free Vegan Chocolate Strawberry Truffles.

The walnuts in this luscious truffles recipe may help reduce not only the risk of prostate cancer, but breast cancer, too.

Walnuts contain several unique and powerful antioxidants and phytosterols available in only a few commonly eaten foods.

Dates are rich in dietary fiber, antioxidants and the essential minerals potassium and magnesium. Don't feel guilty about this choice of sweets. A diet that regularly includes nutrient-dense foods like dates may help decrease your risk of developing many chronic diseases.

The stars of this recipe, strawberries contain powerful antioxidants that work against free radicals, inhibiting tumor growth and decreasing inflammation in the body.

When these beneficial ingredients come together they form a delicious cancer-fighting dessert.

Dairy Free, Gluten Free, Vegan, Vegetarian

#### **INGREDIENTS:**

3 cups walnuts

1 cup of soaked and pitted dates (soak until soft in filtered water)

5 strawberries

6 tablespoons cacao powder

Topping Suggestions:

Shredded organic unsweetened coconut

Cinnamon

Chopped nuts

#### **INSTRUCTIONS:**

Place all ingredients into a bowl and combine until Blend walnuts in food processor.

Add in dates and strawberries.

Add cacao and continue to blend until all mixed well.

Remove mixture to a bowl and place in the freezer for about 30 minutes to firm up.

Remove from freezer and roll into truffle-sized balls. Roll in your topping of choice.

# Raw Cacao Pudding

#### **INGREDIENTS:**

2 avocados

1/4 Cup raw cacao powder

1/8 teaspoon organic stevia (to taste)

1/4 Cup almond milk

Raw Honey to taste

#### **INSTRUCTIONS:**

Place all ingredients in a Vitamix, Blendtec or other blender. Blend until smooth. You may want to adjust the sweeteners to your taste. I find that this recipe can be done with just stevia but the honey makes it more flavorful. You can also adjust the almond milk if you want it creamier. You may also want to add more cacao for a richer chocolate flavor. To make a delicious chocolate mousse, use canned coconut milk instead of almond milk.

Not all avocados are the same size so you may have to adjust this recipe up or down based on how creamy you like it. Add almond butter, nuts and berries and serve it in a martini glass to dress it up!

Place all ingredients into a bowl and combine until smooth. Mix thoroughly. Mixture will be soft, so place in freezer for about 10 minutes or until you can form 1-inch balls with your hands. Roll each ball in coconut shreds or cacao nibs. Set truffles on pretty plate and serve! Serve chilled.



## **Meg Haworth**

As a survivor of sex abuse, drowning, being struck by lightning, and healing over a dozen illnesses including fibromyalgia, Dr. Meg knows what it is like to overcome life's biggest challenges and has helped thousands of others do the same over the last two decades. She is the founder of Lightning Women; Overcoming the Effects of Victimization, a movement for women who suffered sexual and physical abuse as children and now have a chronic illness. She offers total wellness solutions including her Whole Person Integration Technique, multiple books in cooking & personal development, a podcast series, online programs and private wellness coaching.

MegHaworth.com

# Mint Chocolate Chip Ice Cream

#### **INGREDIENTS:**

2 large, ripe avocados

1 (13-ounce) can full fat coconut milk

3 drops mint-flavored liquid stevia

½ cup fresh mint leaves

1/4 cut MCT oil

1 cup cacao nibs

#### **INSTRUCTIONS:**

Scoop the avocado flesh into a food processor.

Add all the other ingredients, except the cacao nibs, and blend until smooth.

Transfer to an ice-cream maker and process as instructed by the manufacturer. Then, add the cacao nibs. If you don't have an ice-cream maker, transfer to a bowl after blending in the food processor, then stir in cacao nibs and place in the freezer until well chilled.

Serves 4





## Joe Tatta

Dr. Joe Tatta is a transformational pain expert, the #1 best selling author of Heal Your Pain Now; The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life and the host of The Healing Pain Podcast.

His podcast and website are a community where patients and practitioners can discover integrative strategies for healing pain naturally.

As a doctor of physical therapy, board certified nutrition specialist and functional medicine practitioner he specializes in treating persistent pain caused by musculoskeletal, metabolic, autoimmune and emotional trauma.

His mission is to create a new paradigm around treating persistent pain and reverse our global pain epidemic. He is currently in private practice and also provides Online Health Consulting to help people achieve a pain-free life free from chronic disease.

Dr.JoeTatta.com

# Almond Butter Treats | Joe Tatta



#### **INGREDIENTS:**

1 cup almond butter

½ cup coconut oil, melted

2 tablespoons ghee, melted

½ cup shredded unsweetened coconut

½ cup coconut flour

2 teaspoons ground cinnamon

1 teaspoon stevia powder

#### **INSTRUCTIONS:**

Place all the ingredients in a food processor and process until combined.

Roll into bite-size balls and place on a rimmed baking sheet in a single layer. Place in a freezer for 1 to 2 hours.

Continue to store in the freezer until ready to eat.

Makes 12 treats

# Healthy Holiday Cookies: Low-Glycemic, Gluten-Free

#### **INGREDIENTS:**

1 cup pecans

½ cup almonds, soaked overnight, rinsed and drained

1 cup unsweetened dried coconut

1 tablespoon Chia Gel

2 teaspoons vanilla extract

2 teaspoons cinnamon

1 pinch sea salt

10 - 15 drops Sweet Leaf Whole Leaf Stevia Concentrate, to taste

#### **INSTRUCTIONS:**

Process pecans, almonds, coconut, and Chia Gel with salt and spices in food processor until they are completely chopped. Mixture should be a little coarse and should hold together. If needed, add 1 or 2 tablespoons of water.

Roll or press dough onto non-stick sheets and use cookie cutters to make into desired shapes.

Place in freezer until they are firm.





#### Ritamarie Loscalzo

Dr. Ritamarie Loscalzo is passionately committed to transforming exhausted high achievers all over the globe into high energy people who love their lives and live to their full potential. Dr. Ritamarie specializes in using the wisdom of nature married with modern scientific research restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances. Her practitioner training programs empower health and nutrition professionals, including health coaches, physicians, nutritionists, nurses and others to use functional assessments and natural therapeutics to unravel the mystery of their clients' complex health challenges, so they become known as go-to practitioners for true healing and lasting results. Dr. Ritamarie is also certified as living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

DrRitamarie.com

# Chocolate Energy Bites

#### **INGREDIENTS:**

2 cups hazelnuts

1 cup Medjool dates

3 tablespoons of cacao powder

1 teaspoon vanilla extract

1-2 tablespoons water

Stevia to taste

Dash of Himalayan salt

#### **INSTRUCTIONS:**

Place hazelnuts in a food processor and blend until it becomes a meal

Add in the remainder of ingredients and process on high for 1-2 minutes

Check the consistency of the mixture. Depending on the consistency of the dates you may need 1-2 teaspoons of water so it is soft enough to roll into balls.

Scoop out a tablespoon of dough and roll between hands to make a ball.

Serving Size: 30 medium size balls



#### Shana Ekedal

Frequency alchemist and author, Shana Ekedal is a trailblazer in the area of mind, body, and spirit wellness. She has transformed the lives of women around the world including public figures by helping them to heal their bodies, effect positive change in their businesses and to have great impact and influence in the world. Shana is the host of Be Well Live, a show dedicated to empowering people to live authentically and The Soul Frequency Show podcast dedicated to helping people raise their vibrational frequency. Her guests include NYT bestselling authors, celebrities, and holistically minded visionaries.

Shana holds a Bachelor of Science in Interpersonal Communication and her formal training includes nutritional science, psychology, and energetic healing. She has been published in the Journal of Nonverbal Communication and is a featured contributor for Awareness Magazine. She was awarded the James I. Brown Award from the Institute for Study of Intrapersonal Processes. Her first book will be released to the public in 2018.

ShanaEkedal.com

# Pumpkin Seed Balls

#### **INGREDIENTS:**

½ c almond, cashew or sunflower seed butter

½ c pumpkin seed butter

3-4 T coconut nectar or yacon syrup

1 c organic flax and pumpkin seed, raw & ground (1:1 ratio) or 1 c organic sesame & sunflower seed, raw and ground (1:1 ratio)

½ c shredded coconut, unsweetened

½ c puffed quinoa (optional)

Spices of your choice to taste: ground cinnamon, cocoa powder, ground nutmeg, ginger powder, ginger, cardamom, pure vanilla extract, etc.

#### **INSTRUCTIONS:**

In a small mixing bowl, add nut/seed butter and coconut nectar and stir well. Add spices of your choice or leave it plain and enjoy the Preheat oven to 4000 F.

Add seeds and stir to combine.

Gradually, add the shredded coconut, and cereal and stir until evenly distributed.

Use your hands to scoop up mixture and form into balls.

Place in a glass container and store in the freezer for best texture.

Enjoy!





#### **Keesha Ewers**

Dr. Keesha Ewers, ARNP, PhD, is an integrative medicine expert, Doctor of Sexology, Psychotherapist, trained shaman, and the founder and medical director of the Academy for Integrative Medicine Health Coach Certification Program.

Dr. Keesha knows the impact of trauma first hand. She was diagnosed with rheumatoid arthritis—an incurable disease according to Western medicine—at the age of 30. She discovered how to reverse autoimmunity using her Freedom Framework® Method, which she has now used with thousands of her own patients and teaches to her health coach students in her online certification program.

Dr. Keesha is a popular speaker and best-selling author of Solving the Autoimmune Puzzle: The Woman's Guide to Reclaiming Emotional Freedom and Vibrant Health.

DrKeesha.com

## Lime Tart

#### **INGREDIENTS:**

#### Crust-

½ cup almonds, not soaked

1 cup unsweetened organic shredded coconut

1/3 cup coconut oil

Pinch of sea salt

## Filling-

2 avocados

3/4 cup fresh lime juice

1-2 tsp of Organic Traditions Stevia

1/2 tsp pure vanilla extract

1/8 tsp sea salt

1/2 cup coconut oil

1 tbsp. ground chia seeds

Raspberries to garnish

(continued)





## **Shonda Holt**

Shonda left a 25-year nursing career to start Nourishing Everyday. She has been there and done it. She burned herself out, gained weight and had debilitating brain fog. She had what felt like every lab test known and was always told "everything's normal". She knew something was wrong and never gave up. A doctor finally suggested she do some functional lab testing to really figure out what was going on. She learned from those tests and more research that she was insulin resistant, hyppthyroid as well as burned out. Knowing this changed not only her health but also the future of her career. She lost 30+ lbs and gained energy she never thought she would see again. She left her corporate nursing job to show people what is missing so they can have control of their health by addressing the underlying root cause using a functional medicine approach.

NourishingEveryday.com

## Lime Tart (continued)

#### **INSTRUCTIONS:**

- 1. For the crust. Place the almonds in a food processor or blender and process until ground like crumbs. Add in the coconut, coconut oil and the pinch of sea salt, and combine.
- 2. Press the crust evenly into a 10-inch pie plate to about ¼ inch thick or to your liking. (I line mine with plastic wrap as it can be difficult to remove from the pie pan. I also love using a pie pan that has a removable bottom.)
- 3. For the filling. Place all the filling ingredients, except the coconut oil and ground chia seeds in a blender and blend on high until completely smooth.
- 4. Add the coconut oil and the ground chia seeds and blend on a lower speed just to combine.
- 5. Pour the filling over the crust and chill in the fridge uncovered for at least an hour.
- 6. To serve, garnish with shredded coconut, fresh raspberries and coconut whip cream.





# Cauliflower Rice Recipe

This recipe provides a delicate sweetness of cooked cauliflower, onion, and red bell pepper, which is my strategy to help with nighttime sugar cravings. Adding sweet foods at dinner satisfies my sweet tooth. I also like the high fiber content, which your body uses to get rid of excess estrogen.

#### **INGREDIENTS:**

1 head of organic cauliflower

2 tablespoons of coconut or olive oil

½ a yellow onion diced

1 red bell pepper diced

1 ½ tsp. salt divided

#### **INSTRUCTIONS:**

Start with 1 head of organic cauliflower, washed and patted dry. Cut out the core and chop into large chunks.

Place the chunks into a food processor fitted with an S-blade, and pulse 20-25 times, until cut into tiny pieces, but not mushy. You can also shred on a box grater.

Set a large skillet over medium-high heat and add 2 tablespoons of coconut or olive oil. Dice 1/2 a yellow onion and red bell pepper, and saute with 1 teaspoon of salt until the onions begin to brown.

Scoop the shredded cauliflower into the pan, and stir well. Cook for 5 minutes, adding another  $\frac{1}{2}$  teaspoon of salt. Stir well, and cover, turning heat to low, and cook for 5 minutes more.

Turn off the heat and allow to steam for 2 minutes before serving hot.

Share with your loved ones, and save the rest for leftovers – reheating is a snap! Just add to a pan with 2-3 tablespoons of water, stir, cover, and heat over medium for 5 minutes or until heated through.



## **Alex Jamieson**

As the best-selling author of Women, Food & Desire, co-creator and co-star of the Oscar-nominated documentary Super Size Me, Alex Jamieson is the creator of Her Rules Radio, offering thought-provoking interviews on wellness, cravings, sexuality, and more.

AlexanddraJamieson.com

# Dr. Veronica's Spiritual Balancing Tea

#### **INGREDIENTS:**

- 1 tablespoon organic cranberry juice concentrate
- 1 tablespoon tart cherry juice concentrate
- 1 tablespoon organic lemon or lime juice
- 1 tablespoon of organic Apple Cider Vinegar
- 4 teaspoons of loose leaf gunpowder green tea
- 1 teaspoon of organic minced ginger

Dried Hibiscus leaves; Organic stevia (optional to taste)

4-5 cups filtered purified water

Place the cranberry juice concentrate, tart cherry juice, lemon or lime juice directly into the bottom of the tea pot.

#### **INSTRUCTIONS:**



Place in the pot the tea strainer. In the tea strainer place the gunpowder green tea, a few dried hibiscus leaves and the minced ginger. Boil the purified water. Allow the water to cool for 5 minutes. Pour 4 cups of the slightly cooled boiled water into

the teapot. Allow the tea and other ingredients to steep for at least 15 minutes. Drink and enjoy.

Share with your loved ones, and save the rest for leftovers – reheating is a snap! Just add to a pan with 2-3 tablespoons of water, stir, cover, and heat over medium for 5 minutes or until heated through.



#### **Veronica Anderson**

Dr. Veronica Anderson is an MD, Functional Medicine practitioner, Homeopath. and Medical Intuitive. As a national speaker and designer of the Functional Fix and Rejuvenation Journey programs, she helps people who feel like their doctors have failed them. She advocates sciencebased natural, holistic, and complementary treatments to address the root cause of disease. Dr. Veronica is a highly-sought guest on national television and syndicated radio and hosts her own radio show. Wellness for the REAL World. Dr. Veronica is also a 3-time #1 International Best Selling author.

DrVeronica.com

# Crusted Lemon Chicken Strips



#### **INGREDIENTS:**

5-6 TBSP. Ground flax or flax seeds

5-6 TBSP. Hemp seeds

4 TBSP. Uncooked Quinoa (optional, will just add extra crunch)

1/4 cup chopped Hazelnuts (can substitute almonds or walnuts)

1 tsp.Italian seasoning spice

2 lemons, zested and then will squeeze juice at the end Pink salt and Pepper

3 eggs (can substitute with the coconut oil if you do not eat eggs in this step)

2 whole chicken breasts, cut into 1.5 inch strips (You can substitute legs as well)

Coconut oil

Coconut oil

Food processor (mini, full or Nutribullet)

(continued)



## **Jenn Cronin**

And I'm passionate about giving you the tools to achieve optimal health through real, balanced nutrition, finding the right, delicate balance of all those crazy hormones making you crazy, how to use food as your first medicine, and learn to prioritize life's demands, putting yourself at the top of the list! It's time that you reclaimed your health and your vivacity for life! You deserve it and the important people in your life will thank you for it!

Let's face it. Life is complicated. Between juggling careers, parenting, marriages, finances, and relationships in a highly technical and judgmental world, life can be challenging and downright overwhelming! But... it doesn't have to be. Finding your way back to your source, to a simpler life, getting grounded and getting real, will make your health flourish and keep you young!

Aging is inevitable, so let's get busy living it to the fullest!

DrJenCronin.com

## Crusted Lemon Chicken Strips (continued)

#### **INSTRUCTIONS:**

In food processor put hemp seeds, quinoa, nuts and flax seeds or meal. Pulse until all meal consistency. Add spices and lemon zest (save 1 tsp. for later). Lightly pulse to mix. Transfer this mixture to glass bowl or rectangular pyrex dish that is big enough to toss chicken breast pieces in to coat with 'breading'

Add 3 eggs to another bowl and whisk.

Dip chicken pieces in egg wash first (on all sides) and then place in meal mixture dish and cover both sides of chicken liberally. If you cannot eat eggs then use a light coating of coconut oil to dried chicken strips (blot dry with paper towel before coating so that 'breading' will stick.

Heat iron skillet or regular skillet on Medium heat with 3 Tbsp. coconut oil (can use olive oil if you prefer). Add coated pieces of chicken. You do not want the pan too hot or the crust will start to get too done and burn before chicken cooks all the way through. Brown on each side and check the center of chicken to make sure it is cooked thoroughly. When finished cooking, turn off heat, add juice of 1 lemon over chicken (according to taste. My kids love it with lots of lemon.) Also add the remaining lemon zest over top.

# Carrot and Ginger Muffins



#### **INGREDIENTS:**

1 1/4 cup almond meal

2 tbsp coconut flour

1/2 tsp. baking soda

2 tsp. cinnamon

2 tsp. vanilla

4 tsp. fresh ginger

2 eggs

1/3 cup coconut oil

1 tbsp. honey

1/2 cup grated carrot

#### **INSTRUCTIONS:**

Pre heat oven to 350 F

In a bowl mix all the ingredients except the carrots and allow to rest for 5 minutes

Grease the muffin tray

Add in the carrots

Bake for 30-40 minutes



## **Marta Taylor**

Marta Taylor is a biohacker and the founder of Living Limitlessly, a website dedicated to hacking your life to achieve health, happiness and abundance.

Aging is inevitable, so let's get busy living it to the fullest!

LivingLimitlessly.com

# Perfect Pumpkin Pancakes

#### **INGREDIENTS:**

4 eggs

<sup>2</sup>/<sub>3</sub> can of pumpkin (WF brand...non-organic)

½ teaspoon baking powder

1/4 teaspoon salt

2 tablespoon coconut flour

2 tablespoons coconut oil

Dash of cinnamon

Vanilla-flavored Stevia (or plain stevia)

Crushed walnuts (optional)

#### **INSTRUCTIONS:**

Mix everything but only 1 tablespoon of coconut oil together

Use the other tablespoon of coconut oil to grease the pan

Eat with or without syrup (moist enough to eat without)

Serves 2



#### **Tricia Nelson**

Tricia Nelson lost fifty pounds by identifying and healing the underlying causes of her emotional eating. Tricia has spent nearly thirty years researching the hidden causes of the addictive personality. Tricia is an Emotional Eating Expert and author of the #1 bestselling book, *Heal Your Hunger*, 7 Simple Steps to End Emotional Eating Now. She is also the host of the popular podcast,

The Heal Your Hunger Show. A highly regarded speaker and coach, Tricia has been featured on NBC, CBS, KTLA, FOX and Discovery Health.

HealYourHunger.com

# Krunchy Kale Krisps

#### **INGREDIENTS:**

- 2 bunches curly green kale, or dinosaur (Lacinato) kale
- $\frac{1}{2}$  1 teaspoon whole, unrefined sea salt
- 2 3 tablespoons lemon juice or raw apple cider vinegar or coconut aminos
- $\frac{1}{2}$  1 tablespoon organic cold pressed olive oil (optional)
- 1 2 cloves garlic (optional)

#### Spice Mix for Spicy Kale Krisps:

- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon onion powder
- 1 pinch of cayenne or chipotle chili powder

## Spice Mix for Italian Kale Krisps:

- 1 teaspoon garlic powder
- 1 tablespoon dried basil
- 1 tablespoon Italian seasoning
- a few sprigs of fresh rosemary and oregano





## Ritamarie Loscalzo

Dr. Ritamarie Loscalzo is passionately committed to transforming exhausted high achievers all over the globe into high energy people who love their lives and live to their full potential. Dr. Ritamarie specializes in using the wisdom of nature married with modern scientific research restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances. Her practitioner training programs empower health and nutrition professionals, including health coaches, physicians, nutritionists, nurses and others to use functional assessments and natural therapeutics to unravel the mystery of their clients' complex health challenges, so they become known as go-to practitioners for true healing and lasting results. Dr. Ritamarie is also certified as living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

DrRitamarie.com

## Krunchy Kale Krisps (continued)

#### **INSTRUCTIONS:**

Wash kale and spin in salad spinner to dry. Place in large mixing bowl.

Add salt and lemon juice and massage gently with your hands.

Adjust salt and lemon to taste.

Add spices, garlic (optional) and olive oil (optional), and lightly massage until the oil and spices are evenly dispersed.

Place onto two dehydrator trays outfitted with the grid sheets.

Place in dehydrator 4 - 6 hours at 115°F. Allow to cool completely before adding remaining ingredients.

Place in an airtight container. Store at room temperature.

## Cauliflower Pizza Crust & Pie

#### **INGREDIENTS:**

1 head cauliflower, chopped

2 eggs

1t dried oregano

1 t dried basil

1 t garlic, minced

1/4 c almond flour

Sea salt, to taste

Ground black pepper, to taste

Desired pizza toppings



Preheat your oven to 400°F.

Mince the cauliflower in a food processor or blender.

Steam the minced cauliflower for 5 minutes or until slightly tender. Drain, cool and dry on paper towels.

Once cool and dry, mix the steamed cauliflower, whisked eggs, oregano, dried basil, garlic, almond flour, together with salt and pepper to taste.

Spread the cauliflower mixture into a pizza pan and bake for 15-20 minutes.

Make the pizza pie: Spread the cooked crust with marinara sauce and any topping you desire. Try sun dried tomatoes, fresh basil leaves, steamed broccoli, spinach, goat cheese crumbles, marinated artichoke hearts, kalamata olives, sliced tomatoes, sliced onions, roasted garlic, or anything else you can think of. Make another 10 minutes, or until toppings are cooked.



#### **Keesha Ewers**

Dr. Keesha Ewers, ARNP, PhD, is an integrative medicine expert, Doctor of Sexology, Psychotherapist, trained shaman, and the founder and medical director of the Academy for Integrative Medicine Health Coach Certification Program.

Dr. Keesha knows the impact of trauma first hand. She was diagnosed with rheumatoid arthritis—an incurable disease according to Western medicine—at the age of 30. She discovered how to reverse autoimmunity using her Freedom Framework® Method, which she has now used with thousands of her own patients and teaches to her health coach students in her online certification program.

Dr. Keesha is a popular speaker and best-selling author of Solving the Autoimmune Puzzle: The Woman's Guide to Reclaiming Emotional Freedom and Vibrant Health.

DrKeesha.com

# Kale and Sundried Tomato Frittata | Keesha Ewers

#### **INGREDIENTS:**

4 c chopped kale

Sea salt, to taste

1/4 c onion minced

1 t garlic, minced

1 t extra virgin olive oil

8 large eggs

1/3 c almond milk

2 t oregano

12 basil leaves finely chopped

½ t red pepper flakes

Fresh ground pepper. To taste

3/4 c sundried tomatoes, chopped

4 oz. goat cheese, crumbled

Garnish options: fresh cilantro, sliced avocado, hot sauce

#### **INSTRUCTIONS:**

Preheat oven to 400° F.

In a large pan, saute kale, salt, onion, garlic and olive oil over medium heat until the kale is cooked down and the onions are clear. Remove from heat.

In a large bowl whisk the eggs, milk, and seasoning until mixed completely.

Add the kale mixture to the bowl and combine.

Pour into greased glass baking dish. Top with chopped sundried tomatoes and goat crumbles, if desired.

Bake 30-40 minutes until middle is set.

Cool for 10 minutes and serve with chopped fresh cilantro, sliced avocado, and hot sauce, if desired.



# **Buffalo Wings & Sauce**

#### **INGREDIENTS:**

2 ½ lbs Chicken Wings - ¼ Cup Coconut Oil, melted 1 Cup Buffalo Sauce \*

#### **INSTRUCTIONS:**

Preheat oven to 325 F.

Melt coconut oil and mix with buffalo sauce. 3. Pour over wings, toss to coat.

Bake at 325 F for 50-60 minutes.

#### **BUFFALO SAUCE**

#### **INGREDIENTS:**

10 Fresno Chilies
1½Cup Yellow Onion, chopped
3 Cloves Garlic, chopped
½ Tsp Herb Mix\*
½ Tsp Coconut Oil - 3 cups Water

1 Cup Apple Cider Vinegar



#### **Thaddeus Gala**

After bringing his mom from disability to the vibrant 70 year old she is today, Dr. Gala has dedicated his life to helping people naturally reverse chronic disease. Through successful habit formation, Dr. Gala has helped thousands overcome the most difficult of health issues.

He is the CEO and Founder of Complete Care Health Centers.

DrThadGala.com

## Buffalo Wings and Sauce (continued)

#### **INSTRUCTIONS:**

Remove stems from chilies and slice.

Sauté onion, garlic, peppers in  $\frac{1}{2}$  tsp of coconut oil for 3 minutes on high heat.

Add 2 cups of water and cook on high, stirring occasionally for 10-15 minutes.

Add an additional cup of water. Turn heat to medium and continue to cook until all the water has evaporated and the peppers are soft.

Sauté onion, garlic, peppers in  $\frac{1}{2}$  tsp of coconut oil for 3 minutes on high heat.

In a high-speed blender or food processor, blend the sautéed peppers, onions, and garlic. Add herb mix and slowly add in apple cider vinegar. Blend until smooth.

\*Herb Mix... a great salt substitute, mix equal amounts to fill a pint jar: Costco or Mrs. Dash

no salt seasoning, granulated garlic, granulated onion, Italian herb blend.

# Zucchini Cucumber Chips | Thaddeus Gala

You will need a dehydrator for this recipe

#### **INGREDIENTS:**

Equal Amounts Cucumbers and Zucchinis Herb Mix\*

#### **INSTRUCTIONS:**

Wash Cucumbers and Zucchinis, but do not peel. Slice each a little less that 1/2" thick. Thicker pieces make bigger, stronger chips and take longer to dry.

Sprinkle with herb mix and place in a single layer in dehydrator.

Dehydrate until very crisp. (Depending on your dehydrator it could take 24 hours to get them really crunchy.) Store in a sealable container. These will last several months. Great to make a lot of these when garden harvest is in full bloom and your friends are happy to give away their extra zucchinis.

\*Herb Mix... a great salt substitute, mix equal amounts to fill a pint jar: Costco or Mrs. Dash no salt seasoning, granulated garlic, granulated onion, Italian herb blend. Feel free to change up the spices to personal taste, some suggestions: chili powder, cumin, etc. This addition adds a nice spicier flavor to the chips.



# Apple Chia Breakfast

#### **INGREDIENTS:**

1/4 recipe Chia Gel

1 green apple, finely diced

 $^{1}/_{8}$  –  $^{1}/_{4}$  cup almonds, soaked and chopped (alternatives wal-nuts, brazil nuts)

1/4 cup lemon juice

½ teaspoon cinnamon

1/4 teaspoon almond extract or other essential oil or flavor of you choosing

Stevia if desired for extra sweet-ness

#### **INSTRUCTIONS:**

- 1. Put Chia Gel in a bowl.
- 2. Add apples, almonds, lemon juice almond ex-tract and cinnamon. Stir until well combined.
- Add water or nut mild and thin to desired consistency or top with optional sauce.
- Check sweetness and add stevia if desired.

#### **Toppings:**

- Coconut flakes
   Flax seeds
- Hemp seeds
   Pumpkin seeds
- Nut milk
   Coconut milk

#### **Optional Blueberry Cream Sauce:**

- 1 tablespoon Coconut Cream
- 1/2 tablespoon flax oil
- 1/2 cup blueberries
- Sauce for Chia pudding



#### **Shonda Holt**

Shonda left a 25-year nursing career to start Nourishing Everyday. She has been there and done it. She burned herself out, gained weight and had debilitating brain fog. She had what felt like every lab test known and was always told "everything's normal". She knew something was wrong and never gave up. A doctor finally suggested she do some functional lab testing to really figure out what was going on. She learned from those tests and more research that she was insulin resistant, hyppthyroid as well as burned out. Knowing this changed not only her health but also the future of her career. She lost 30+ lbs and gained energy she never thought she would see again. She left her corporate nursing job to show people what is missing so they can have control of their health by addressing the underlying root cause using a functional medicine approach.

NourishingEveryday.com



So if looking through these recipes has made you HUNGRY for delicious, healthy food, that's a good thing! Enjoy!

If you think you might need or want support to follow through with healthy habits and positive choices (rather than falling into old patterns of "unclean" or downright destructive eating) there's help available.

You will hear from many guest experts who may do work that speaks to you. They will offer bonuses that you can take advantage of and that will help you learn more.

I also invite you to get support by joining the **Heal Your Hunger Workshop Facebook Group**. Just search the group on Facebook and request to join. Once you're in the group, be sure to say "hi". Let us support you as you watch the guest interviews, take action on the worksheets and start your healing journey.

Additionally, I want to offer you **3 complimentary videos** that will help you identify and heal **trouble spots that often trigger hunger**:

- People Pleasing
- Worry
- Sabotage

To access these free videos, go to book.healyourhunger.com/ty

Here's to your good health!

