

Week 3

Breakfast

Curry sweet potato and beet skillet with poached eggs

Makes 4 servings

- 1 medium yellow onion, minced
- 1 tablespoon coconut oil
- 2 medium sweet potatoes, diced
- 2 beets, diced
- 1 cup chicken broth
- 1 tablespoon curry powder
- 8 eggs, poached
- Salt to taste

1. In a large skillet heat coconut oil and cook onions until lightly translucent, about 1 minute.
2. Add chicken broth, sweet potato, beets and curry powder to skillet and cook covered, stirring occasionally until sweet potatoes and beets are tender, about 7 minutes.
3. Topp with eggs, enjoy.

Coconut chai spiced chia pudding

Makes 4 ½ cup servings

- ½ cup chia seeds
- 2 cups coconut milk*
- 1 tablespoon chai spice blend
- 1 scoop grass-fed collagen powder**
- Toppings***

1. In a medium bowl mix chia seeds, coconut milk, chai spice and collagen powder. Allow to chill for at least 2 hours in the refrigerator.
2. Optional step for a smoother consistency blend all ingredients in a blender before chilling.

*I like to use full fat coconut milk but if you prefer a less rich version, you can use light coconut milk, add coconut water or substitute with any other dairy or non-dairy milk.

**collagen powder increases the protein content and is optional

***You can top with fresh fruit, nuts, chocolate shavings or substitute other spices and flavors.

Lunch

Sprouted buckwheat salad with dried cranberries, almonds, fresh and pickled seasonal vegetables

Serves 4-6

- 1 cup buckwheat, sprouted, cooked and cooled
- ⅓ cup dried cranberries
- ¼ cup almonds, crushed
- ½ cup pickled beets or cauliflower
- 2 carrots, grated
- 4 watermelon radishes
- 2 cups arugula
- 2 tablespoons extra virgin olive oil
- 1 tablespoon apple cider vinegar

1. In a large bowl combine buckwheat, cranberries, almonds, pickled vegetables, carrots, radishes, and arugula.
2. Drizzle with oil and vinegar.

Sweet and spicy sausage spaghetti squash boats

Makes 4 servings

- 1 medium onion, diced
- 1 tablespoon grass-fed butter
- 2 sweet italian sausages, chopped
- 2 spicy italian sausages, chopped
- 2 medium spaghetti squash
- 6 cloves of garlic, crushed
- 2 cups chicken broth
- 8 oz cremini mushrooms
- 1 eggplant diced
- ½ cup mozzarella cheese, shredded
- 2 tablespoons basil, thinly sliced
- Salt and pepper to taste

1. Preheat oven to 350 degrees, Half the spaghetti squash lengthwise and remove seeds. Place it face down on a baking sheet and roast until flesh is tender, about 45 minutes.
2. In a large pan heat butter and add onions, cook until translucent, about 1 minute.
3. Add sausage, chicken broth, mushrooms and eggplant to pan on medium heat until sausage is cooked through, about 8 minutes.
4. Scrape flesh from squash shells and toss with garlic and sausage vegetable mixture and return to shells, top with cheese and return to oven and allow cheese to lightly brown, about 3 minutes.
5. Top with basil and fresh pepper.

Dinner

Roasted Chicken Vegetable Soup with shredded kale and yogurt sauce topping

Makes 6 servings

- 1 tablespoon grass-fed butter
- 1 large yellow onion, minced
- 4 chicken legs
- 2 tablespoons coconut oil
- 3 quarts of water
- 3 medium celery stalks, chopped
- 4 medium carrots, diced
- 2 medium wax potatoes, diced
- 1 tablespoon fresh or dried oregano
- 8 cloves of garlic, minced
- 12 kale leaves, shredded
- 2 tablespoons apple cider vinegar
- 1 cup yogurt
- 2 tablespoons za'atar
- Two 2 teaspoons salt, separated
- pepper to taste

1. Rub chicken legs with coconut oil and salt and place in a 350 degree oven until cooked through, about 30-35 minutes.
2. In a large pot, melt butter and saute onions until lightly translucent, about 1 minute.
3. Add water and salt to pot, when water boils add carrots, potatoes and celery and simmer until potatoes are cooked through, about 14 minutes, then remove from heat.
4. Shred chicken and add to pot with oregano and garlic.
5. Toss kale with vinegar.
6. Mix za'atar with yogurt.
7. Serve soup over kale and topped with yogurt sauce.

Cajun Spice and Lime Shrimp Stir Fry

Serves 4

- 1 pound large shrimp, peeled and deveined
- 1 tablespoon cajun seasoning
- 1 tablespoon grass-fed butter
- 1 yellow onion, minced
- 1 bunch asparagus, cut into pieces
- 2 red peppers, seeded and thinly sliced
- 1 pound snow peas
- Juice and zest of 1 lime
- 1 teaspoon salt

- pepper to taste
1. In a medium bowl, toss shrimp with cajun spice and salt.
 2. In a large skillet, melt butter and saute onion until translucent, about 1 minute.
 3. Add shrimp and cook for 3 minutes.
 4. Add asparagus, peppers and snow peas and saute until cooked through, about 3 minutes.
 5. Remove from heat and add lime juice and zest.