

WEEK 12

RECIPES

BREAKFAST

Bacon Broccoli Frittata

makes 9 squares

6 eggs, beaten
1/2 cup of milk
3 pieces of bacon, finely chopped
1 head of broccoli, finely chopped
1/2 pound of spinach, coarsely chopped
2 cups of raw cheddar cheese, shredded

Banana Bread

makes 1 loaf

3 large ripe bananas
4 large eggs
2 teaspoon pure vanilla extract
1/4 cup softened coconut oil
1 3/4 cups blanched almond flour
1/2 cup arrowroot powder
1 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon cinnamon
1/4 teaspoon sea salt

- Saute bacon until slightly translucent.
 - Add broccoli to pan with bacon until broccoli appears bright green, about 3 minutes. Remove from heat and add spinach.
 - Spoon bacon, broccoli and spinach into greased 9 inch baking tray
 - Beat eggs with milk and cover bacon, broccoli and spinach mixture
 - Bake at 350 degrees for 25 minutes
 - Sprinkle cheese over eggs and return to broiler for 1 minute to allow cheese to crisp
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- In a large bowl, mash the bananas and add the eggs, vanilla and coconut oil, until well combined.
In a medium whisk together almond flour, arrowroot powder, baking soda, baking powder, cinnamon and sea salt.
Slowly stir the dry mixture by hand into the wet until smooth.
Transfer batter to a greased loaf pan and bake in the preheated oven at 350 degrees until cooked through, about 50-60 minutes. Allow to cool completely in the loaf pan resting on a wire rack, slice and serve. Enjoy!

LUNCH

TSweet Potato Bowls

Serves 4

- 4 large sweet potatoes
- 1 tablespoon coconut oil, softened
- 2 cups black beans, sprouted and cooked
- 1 ½ cups grated cheddar cheese
- 2 medium zucchinis, diced
- 1 onion, diced
- 2 Sprigs fresh oregano, minced
- 1 tablespoon cumin
- 1 teaspoon black pepper
- 4 sprigs cilantro, minced
- 1 cup sour cream
- 2 avocados, sliced

Pierce the sweet potatoes with a fork 3 times, then coat with coconut oil and place on a baking sheet and roast in a 400 degree oven until cooked through, about 40 minutes.

In a large skillet heat coconut oil and saute onions until translucent about 1 minute. Add zucchini with oregano, cumin and pepper stirring occasionally until veggies are tender, about 5 minutes.

In a small pot, heat the beans.

When sweet potatoes are done, slice in half lengthwise and carefully slice the flesh into squares while leaving the skin intact. Layer with beans, veggies and cheese then place in hot broiler until cheese melts, about 3 minutes.

Top with cilantro, sour cream and avocados.

Nicoise salad with Seared Salmon

serves 6

1 pound small wax potatoes, halved

8 eggs, boiled

½ pound green beans, trimmed

2 pounds fresh tuna

2 tablespoons extra virgin olive oil

6 cups spring salad mix

1 pint cherry tomatoes, halved

1 cup nicoise olives

12 anchovy fillets

3 tablespoons capers

8 chives, chopped

4 garlic cloves, minced

1 teaspoon Dijon mustard

3 tablespoons apple cider vinegar

Juice of ½ lemon

4 sprigs fresh parsley, chopped

2 sprigs fresh tarragon, minced

Sea salt and pepper to taste

In a large pot, cover the potatoes with water and a pinch of salt, then simmer for 12 minutes. Add eggs to the water and a steamer basket with the green beans on top of the simmering water until tender, about 5 minutes.

Remove the green beans and continue cooking until the potatoes are tender.

Then transfer eggs, potatoes and green beans to an ice bath for 1 minute.

Peel and slice eggs, then set aside.

Rub the tuna with olive oil and season with salt and pepper. In a large skillet over medium heat, sear the tuna on each side, 2 minutes per side. Transfer to a cutting board and slice.

In a small bowl whisk together garlic, mustard, vinegar, lemon juice, parsley, tarragon, olive oil, salt and pepper.

In a large bowl toss greens, potatoes, green beans, olives, tomatoes, anchovies, capers, and chives with dressing then top with sliced eggs and tuna.

DINNER

Thai Curry Mussels with Greens and "Rice"

serves 6

2 pounds of mussels
2 tablespoon coconut oil, divided
1 tablespoon yellow Thai curry paste
½ cup coconut milk
1 bunch mustard greens,
6 bunch baby bok choy, halved lengthwise
1 head of cauliflower, riced
8 sprigs fresh cilantro, chopped

Southwest Chicken Cups

Serves 4

1 cup sour cream
Juice from 1 lime
1 teaspoon cumin
1 teaspoon oregano
1 head of butter lettuce, leaves pulled off
3 cups shredded chicken
1 large tomato, diced
2 avocados, sliced
3 cups spinach
2 cups black beans, sprouted and cooked
Salt and pepper to taste

In a large pot, heat and melt coconut oil over medium heat, add curry paste until fragrant, about 1 minute. Stir in coconut milk.

Add the mussels, reduce heat, cover and simmer until mussels open, about 5-8 minutes.

In a separate pot bring 1 inch of water to a boil, place bok choy and mustard greens in a steamer basket and steam until tender, about 5 minutes.

In a large skillet, heat and melt coconut oil, add cauliflower and cook until tender, about 3-5 minutes.

Serve mussels over greens and "rice" topped with cilantro.

- In a medium bowl, whisk together sour cream, lime juice, cumin and oregano, season with salt and pepper.
- Spoon the sour cream sauce onto lettuce leaves then top with chicken, tomato, avocado, spinach and black beans.