

# WEEK 10

# RECIPES

## BREAKFAST

### Smoked Salmon Omelette

*serves 4*

8 eggs  
¼ cup cream  
2 tablespoons grass-fed butter  
⅓ pound smoked salmon, coarsely shredded  
2 cups arugula  
6 sprigs of chives, finely chopped  
1 cup goat cheese  
Sea salt and pepper to taste

### Roasted Citrus Chia Parfaits

*makes 4 parfaits*

¼ cup chia seeds  
1 cup coconut milk  
½ cup orange juice  
2 tablespoons honey  
1 teaspoon lemon zest  
¾ teaspoon vanilla extract  
2 mandarins  
1 pomelo  
1 tablespoon coconut oil  
1 teaspoon sea salt  
1 teaspoon cinnamon  
8 tablespoons almond butter  
1 cup Sprouted seed granola

- In a large bowl, whisk eggs and cream together.
- Heat a large skillet and melt butter, reduce the heat and add the eggs.
- When the eggs begin to set drop the pieces of salmon, arugula, chives and dollops of goat cheese over the top. Season with salt and pepper.
- Fold half of the omelette over itself and slice into portions when cooked through.

In a medium bowl combine chia seeds, coconut milk, orange juice, honey, lemon zest, and vanilla. Allow to chill overnight. Peel the skin and outer pith off the citrus, then slice into rounds. Place rounds on a greased baking sheet and brush with coconut oil, salt and cinnamon. Roast for 10-12 minutes in a 400 degree oven. In individual cups layer chia pudding with roasted citrus, almond butter and granola. If you are planning on storing before serving, keep granola separate, then top before eating.

# LUNCH

## Mediterranean Sweet Potato

### Bowls

Serves 4

4 medium sweet potatoes, peeled and diced

2 cups of chickpeas, sprouted and cooked

½ tablespoon extra virgin olive oil

½ teaspoon cumin

½ teaspoon coriander,

½ teaspoon cinnamon

½ teaspoon paprika

Juice from 1 lemon, divided

¼ cup tahini

2 sprigs fresh dill, minced

5 cloves of garlic, minced

1 tablespoon water, for thinning

1 large tomato, diced

1 sprig fresh parsley, minced

4 cups spinach

## Beet Salad with Goat

### Cheese

serves 4

3 tablespoons apple cider vinegar

3 tablespoons balsamic vinegar

3 shallots, thinly sliced

⅓ cup extra virgin olive oil

6 medium beets, peeled and diced

6 cups arugula

½ cup walnuts, soaked and roasted

¼ cup dried cherries

2 avocados, peeled, pitted and diced

4 ounces goat cheese, softened

Salt and pepper to taste

- On a greased sheet pan, brush sweet potatoes with coconut oil and salt and roast in a 375 degree oven until tender, about 40 minutes..
- Toss chickpeas with olive oil, cumin, coriander, cinnamon, paprika and ½ the lemon juice and place on a greased baking sheet and roast in the oven until golden brown, about 20 minutes.
- In a small bowl combine tahini, dill, garlic, ½ lemon juice and water if needed, set aside.
- On individual plates lay a bed of spinach tomatoes and parsley topped with sweet potatoes, chickpeas and drizzled with tahini sauce.
- In a large bowl whisk together vinegars, shallots and olive oil. Toss the beets in the dressing and salt to taste. Place beets on a greased baking dish in a 375 degree oven until beets are tender, about 30 minutes. Reserve excess dressing for greens
- In a large bowl toss arugula, walnuts and cherries with reserved dressing and salt to taste.
- On individual plates layer a bed of greens with beets, avocado and cheese.

# DINNER

## Curry Braised Chicken with Veggies

serves 4

4 chicken thighs  
1 tablespoon curry powder  
4 tablespoons coconut oil, divided  
1 small onion, diced  
2 medium carrots, diced  
5 cloves garlic, minced  
2 inch knob of ginger, peeled and finely grated  
1 can diced tomatoes  
1 cup chicken broth  
½ cup coconut milk  
1 bunch cilantro, chopped, divided  
1 cauliflower, riced  
1 cup plain yogurt  
Salt and pepper to taste

## Calamari and Veggie Stir Fry

serves 4

1 pound calamari, sliced  
2 tablespoon coconut oil, divided  
2 tablespoons tamari  
2 inch knob of ginger, peeled and finely grated  
1 tablespoons toasted sesame oil  
6 cloves garlic, minced  
1 small onion, diced  
4 bunches bok choy,  
1 bunch broccolini, chopped  
1 pound snow peas, trimmed  
1 large tomato

Season chicken thighs with curry powder, salt and pepper.

In a large skillet, heat and melt oil. Add chicken and brown each side, about 2 minutes per side.

Add onions, carrots, garlic, ginger, tomatoes, broth and coconut milk to pan and bring to a boil, reduce to low heat and cover until chicken is cooked through, about 25 minutes.

In a saute pan, heat and melt coconut oil, add cauliflower and salt to taste. Cover until tender, about 4 minutes, then stir in cilantro.

Serve Curry over “rice”

- In a small bowl mix together tamari, ginger, sesame oil, and garlic, set aside.
- In a large skillet heat and melt 1 tablespoon of coconut oil and saute squid for 2 minutes and transfer to a plate.
- Add remaining oil to pan with onion, bok choy, broccolini, snow peas and tomato until tender, about 5 minutes. Add sauce to veggies in pan and cook for an additional 1 minute. Combine squid and veggies together