

Breakfast

Stewed savory lentils with cumin and warming spices

Serves about four $\frac{3}{4}$ cup servings

- 2 cups dry lentils
 - 1 onion, finely chopped
 - 2 carrots, diced
 - 2 celery stalks, finely chopped
 - 5 cloves of garlic, crushed
 - $\frac{1}{2}$ tablespoon cumin,
 - 1 teaspoon turmeric
 - 1 teaspoon coriander
 - 2 quarts chicken broth
 - 1 teaspoon coconut oil
 - Salt and pepper to taste
1. In a large bowl cover lentils with 1 quart of water and allow to soak for at least 8 hours then strain.
 2. In a medium pot heat coconut oil and saute onions until translucent, add broth and bring to a boil. Add lentils and return to a quick boil, then reduce heat to a simmer for 10 minutes.
 3. Stir in carrots, celery, cumin, turmeric and garlic and return to simmer until carrots are tender about 3-5 minutes.
 4. Enjoy with a poached egg and finely chopped cilantro.

Avocado toast topped with arugula and poached eggs

Makes 4 slices of toast

- 4 slices of sprouted whole grain bread, toasted
 - 2 ripe avocados, crushed
 - 2 ounces of arugula
 - 4 eggs, poached
 - 1 tablespoon apple cider vinegar
 - 1 tablespoon extra virgin olive oil
 - 2 tablespoons sliced almonds
 - Salt and pepper to taste
1. Schmear avocado on toast.
 2. Toss arugula with apple cider vinegar and cover toast.
 3. Top with egg, a drizzle of olive oil, and sliced almonds.

Lunch

Herbed bean salad with romaine lettuce or endives

Makes about 12 lettuce cups

- ½ cup kidney beans, sprouted, cooked and chilled
 - ½ cup garbanzo beans, sprouted, cooked and chilled
 - 1 small fennel bulb, finely chopped
 - ½ tablespoon apple cider vinegar
 - ½ tablespoon balsamic vinegar
 - 2 teaspoons herb de provence
 - 1 tablespoon extra virgin olive oil
 - 1 head of lettuce or 3 heads of endives
 - Coarse sea salt, pepper, to taste
1. In a large bowl combine beans, fennel, vinegars, herb de provence and olive oil and allow to marinate for 15 minutes.
 2. Separate lettuce or endive leaves and fill with bean salad. Top with coarse sea salt and pepper.

Chicken salad with celery, kohlrabi, cabbage and curry roasted sunflower seeds with a greek yogurt lime dressing

Makes about 4-6 servings

- 4 cups roasted chicken, coarsely chopped
 - 1 kohlrabi, finely chopped
 - 1/4 purple cabbage, finely chopped
 - 2 celery stalks, finely chopped
 - ½ cup greek yogurt
 - Juice from 1 small lime
 - 2 tablespoons olive oil
 - 1 cup sunflower seeds, sprouted
 - 1 tablespoon curry powder
 - ¼ teaspoon sea salt
1. In a large bowl combine chicken, kohlrabi, cabbage, celery, yogurt, lime juice and olive oil.
 2. In a small bowl combine sunflower seeds with curry powder and sea salt. Evenly spread sunflower seeds on a baking sheet and place in a 350 degree oven until crispy about 12-15 minutes.
 3. Serve chicken salad topped with crispy sunflower seeds and side of sprouted grain crackers

Dinner

Ginger Beef mushroom stew with sweet potatoes

Makes about 4 servings

- 1 pound of grass-fed chuck roast
- 1 pound of beef knuckles or marrow bones
- 1 small onion, finely chopped
- 3 medium sweet potatoes or yams, diced
- 4 oz cremini mushrooms, coarsely chopped
- 4 oz shiitake mushrooms, coarsely chopped
- 2 inch knob of ginger, peeled and finely grated
- 6 garlic cloves
- 8 leaves of dino kale, thinly sliced
- 1 tablespoon of grass-fed butter
- 1 tablespoon of salt
- pepper to taste

1. In a 6 quart pressure cooker*, heat the butter and sear the outside of the chuck roast.
2. Add the beef bones and salt to pressure cooker and cover with 4 quarts of water, allow to cook under pressure for about 1 hour..
3. Release pressure, remove bones from broth and shred meat and return to broth.
4. Add onions, sweet potato and mushrooms to broth and allow to simmer until sweet potato is tender, about 7 minutes.
5. Remove from heat, add garlic and ginger and allow to sit covered for 5 minutes.
6. Serve over shredded kale.

*If you don't have a pressure cooker you can substitute a slow cooker or pot on the stove, allowing the bones and meat to cook on medium heat for a minimum of 6 hours.

Stir fried seasonal vegetables with snow peas and chickpeas

Makes about 4 servings

- 2 cups chickpeas, sprouted and cooked
- 2 medium zucchinis, diced
- 3 cups snow peas, trimmed
- 3 carrots, diced
- 4 scallions, finely chopped
- ½ cup cashews
- 1 tablespoon grass-fed butter
- 4 cups spinach, coarsely chopped
- Zest and juice of 1 lemon

- 2 scoops of grass-fed collagen powder
- 8 oz water
- Salt and pepper to taste

1. In a small bowl combine collagen, water and lemon juice and zest, side aside
2. In a large pan, melt butter and cook carrots, cashews and chickpeas until the outside begins to brown.
3. Add zucchini, snow peas and scallions and cook until tender.
4. Reduce heat, add spinach and toss with lemon collagen mixture.
5. Enjoy with fresh cracked pepper.