

CHOCOLATE OVERNIGHT OATS

1 serving

¾ cup unsweetened dairy free milk

1-2 tablespoon almond butter

1 teaspoon maple syrup

2 teaspoons chia seeds

¼ teaspoon vanilla

½ cup rolled oats

2 tablespoons cocoa powder

Pinch of sea salt

Toppings: Fresh fruit, Struseli, nut, coconut, cacao nibs

1. In a mason jar or small bowl with a lid, add almond milk (or other milk of choice), almond butter, maple syrup (or other sweetener), chia seeds, and vanilla and stir with a spoon to combine and distribute the almond butter evenly.
2. Add oats, cocoa powder, and salt and mix well to incorporate the cocoa powder. Then press down with a spoon to ensure all oats have been moistened and are immersed in almond milk.
3. Cover securely with a lid or seal and set in the refrigerator overnight (or for at least 6 hours) to set/soak.
4. The next day, open and enjoy as is or garnish with desired toppings (see suggestions above).
5. Overnight oats will keep in the refrigerator for 2-3 days. You can heat oats if desired - about 60 seconds in the microwave.

NOATMEAL OVERNIGHT OATS

1 serving

3 Tablespoons coconut flour

2 Tablespoon chia seeds

2 Teaspoon ground flax

1 Cup milk of choice

1 Teaspoon maple syrup

1. Mix the dry ingredients in a bowl or 12 oz glass jar.
2. Add in the coconut milk and maple syrup and stir until the milk absorbs the dry ingredients.
3. Let it sit for a couple of minutes. Stir it again, cover it, and refrigerate overnight.
4. The next day, open and enjoy with desired toppings (see suggestions above).

SCRAMBLED EGGS WITH SPINACH & ROASTED RED PEPPERS

1 serving

2 eggs

1 tablespoon heavy cream or half and half (optional)

¼ cup sliced red bell pepper (jarred is perfectly easy!)

2 handfuls fresh spinach

Salt and pepper

Multigrain Bread

Nut Butter

1. In a small bowl, whisk eggs with cream and salt and pepper to taste. Whisk in peppers.
2. Heat a medium non-stick skillet over medium heat. Add a little butter, avocado or olive oil and melt. Add spinach and season with salt and pepper to wilt - about 1 minute. Remove from the pan and set aside.
3. Melt a little more fat in the pan and add eggs & peppers.
4. Once eggs are almost cooked, throw in the spinach to incorporate.
5. Toast bread and spread with nut butter.
6. Enjoy!

BANANA OAT PANCAKES

4 servings

2 cups rolled oats

2 ripe bananas

$\frac{2}{3}$ -1 cup milk of choice

1 egg

1 teaspoon vanilla extract

2 teaspoons baking powder

1 teaspoon cinnamon

$\frac{1}{4}$ teaspoon sea salt

Coconut oil for greasing skillet

Topping: maple syrup and fresh berries

1. Place the oats in the blender and puree until the oats have turned into a fine flour.
2. Scrape down the edges to loosen up the flour, then add bananas, $\frac{2}{3}$ cup milk, egg, syrup, vanilla, baking powder, cinnamon, and salt.
3. Cover and blend a few seconds to combine, stopping to scrape down the edges, as needed.

Allow mixture to rest while you heat up your skillet. (It will thicken slightly here as the oat flour absorbs some of the liquid.)

4. Heat a skillet over medium heat and grease with a little bit of coconut oil (or butter or ghee).
5. Pour $\frac{1}{4}$ cup of batter per pancake onto the skillet and cook 3-4 minutes, or until bubbles form on the top. Flip pancakes and cook an additional 1-3 minutes, or until golden on the outside and set on the inside. Repeat with remaining batter.

WHOLE GRAIN AVOCADO TOAST WITH EGG

1 serving

1 slice whole grain bread

½ avocado

1 egg

1 teaspoon butter, avocado or olive oil

Salt and pepper or Everything Bagel seasoning (yum)

Optional toppings: sliced tomato, roasted red peppers, cucumber, smoked salmon, crumbled bacon, any leftover cooked veggies, crumbled goat or feta cheese

1. With a fork, smash up the avocado with salt and pepper (reduce the amount if you are using everything bagel seasoning)
2. Heat the fat in a small non-stick skillet over medium high heat.
3. Add the egg and cook to desired done-ness - I like it a little runny still for a saucy texture!
4. Meanwhile, toast the bread.
5. Spread mashed avocado on bread, top with egg and seasoning.

HARVEST MINISTRONE SOUP

6 servings

2 tablespoon avocado or olive oil

1 onion, diced

2 stalks celery, diced

3 cloves garlic, minced

1 red bell pepper, cut in ½ inch pieces

2 large carrots, diced

½ butternut squash, diced

2 cups green beans, cut into 1 inch pieces

1 teaspoon dried oregano

2 teaspoons dried basil

½ teaspoon fennel seeds

½ teaspoon crushed red pepper flakes

1 can crushed tomatoes with juices

2 cans cannellini or kidney beans, drained and rinsed

4 cups baby kale or spinach

8 cups chicken or vegetable broth

Grated parmesan or pecorino cheese (optional)

1. In a large pot, heat oil over medium heat.
2. Add onion, seasoning with salt and pepper, and cook, covered, for about 10 minutes or until softened. Add celery and cook for another 5 minutes until soft. Add garlic and stir for about 30 seconds. *(do not let veggies brown - turn down heat if needed)*.
3. Add bell pepper, carrots and butternut squash, stock and herbs. Season with salt and pepper. Bring to a simmer over medium high heat. *Do not let it boil*. Cook, uncovered, for about 10 minutes. Add green beans and canned beans.
4. Simmer for another 10 minutes or so until the beans are just tender.
5. Add kale or spinach to wilt. Adjust seasoning with salt and pepper.
6. Garnish with optional cheese. This would be yummy with some sourdough bread!
7. Store in refrigerator up to 4 days.

CHICKEN SALAD

4 servings

½ cup mayonnaise (I like avocado oil based mayonnaise)

1–2 tsp. curry powder

½ lime, juiced

pinch of salt, more to taste

2 cups cooked chicken, diced or shredded (you can substitute 2 cans of chickpeas (mash))

½ medium apple with peel, diced

1 celery rib, finely diced

2 Tbsp. red onion, finely diced

¼ cup raisins or halved red grapes

¼ cup dry-roasted cashews, roughly chopped

2–4 Tbsp. fresh cilantro

Optional mix ins: diced avocado, shredded carrots

1. In a large bowl, whisk together the mayonnaise, curry powder and lime juice.
2. Fold in chicken, apple, celery, red onion, raisins or grapes, cashews and cilantro.
3. Season to taste with salt.
4. You can serve with on bread of your choice for a sandwich or over greens for a salad.
5. Store in the refrigerator for up to 4 days.

BRUSSEL SPROUT & ROASTED CAULIFLOWER SALAD WITH CHICKPEAS

4 servings

½ cup extra virgin olive oil
1 small head cauliflower, separated in florets
8 oz. brussel sprouts, sliced thin
2 shallots, thinly sliced
1 tablespoon coarse grain Dijon mustard
2 tablespoons balsamic vinegar
1 can chickpeas, drained and rinsed
¼ cup sliced sundried tomatoes in oil
¼ cup sliced kalamata olives
¼ cup sliced almonds, toasted
4 cups baby arugula
Salt and pepper to taste

Optional add ins: canned salmon, tuna, sardines or mackerel, diced avocado, cherry tomatoes

1. Preheat the oven to 425 degrees.
2. On a sheet pan (line with parchment paper for easier cleanup), toss the cauliflower, brussel sprouts and shallots with 2 tablespoons of the olive oil, salt and pepper to taste
3. Roast vegetables for about 20 minutes or until tender and lightly browned. Remove from the oven. .
4. Meanwhile, whisk together the mustard and balsamic vinegar. Slowly whisk in the remaining olive oil.
5. In a large bowl combine the vegetables, chickpeas, tomatoes, olives, almonds and arugula. Garnish with extra almonds.
6. Store in the refrigerator for up to 3 days.

LENTIL SALAD

Servings 4-6

4 cups cooked lentils, green or brown

1/4 cup olive oil

1/4 cup raw apple cider vinegar

1 tablespoon maple syrup

1 tablespoon stone-ground mustard

2 small cloves garlic , minced

Salt and pepper to taste

1 1/2 cups diced cucumber (1 English cucumber)

1 1/2 cups diced red onion (1 large red onion)

1 1/2 cups diced red bell pepper (1 large bell pepper)

1 cup cherry tomatoes, halved

3 celery stalks , diced

1 cup golden raisins

1 cup sliced almonds

Chopped romaine

Optional add ins: grilled chicken or shrimp, roasted tofu or tempeh, diced avocado, canned salmon

1. In a small bowl, whisk together the cider vinegar, maple syrup and mustard. Slowly whisk in the olive oil to emulsify.
2. Gently combine the lentils, cucumber, red onion, bell pepper, tomatoes, celery, raisin and almonds.
3. Serve over a bed of arugula or chopped romaine.
4. Store salad in the refrigerator for up to 3 days.

ROASTED SWEET POTATO, CARROT AND QUINOA SALAD WITH FETA

4-6 servings

½ cup extra virgin olive oil

1 cup cooked quinoa (can substitute farro or bulgar)

2 medium sweet potatoes, diced

3 large carrots, diced

½ red onion, thinly sliced

4 oz. arugula

3 tablespoons pine nuts or nut of choice

2 tablespoons pumpkin seeds

1 tablespoon chia seeds

¼ cup lemon juice

1 teaspoon Dijon mustard

1 tablespoon apple cider vinegar

1 teaspoon maple syrup

Feta cheese, crumbled

Optional add ins: grilled chicken, shrimp, canned seafood, roasted tofu or tempeh diced avocado,

1. Preheat the oven to 425 degrees.
2. Line a baking sheet with parchment paper (for easier cleanup). Toss potatoes and carrots with 2 tablespoons of olive oil, salt and pepper to taste.
3. Roast in the oven for about 15-20 minutes or until tender. Remove from oven.
4. Whisk together the lemon juice, dijon mustard, cider vinegar and maple syrup. Slowly drizzle in the remaining olive oil and whisk to emulsify.
5. Combine quinoa, vegetables, red onion, nuts, pumpkin, chia seeds and dressing.
6. Serve over arugula with crumbled feta.
7. Store salad in the refrigerator for up to three days.

HONEY BALSAMIC CHICKEN OVER MASHED SWEET POTATOES

6 servings

6 bone-in chicken thighs (or leg/thigh combo)
2 bone-in chicken breasts
1 red bell pepper, sliced
1 yellow bell pepper, sliced
8 oz cremini or baby bella mushrooms, quartered,
28 oz. fire roasted diced tomatoes, drained
3 tablespoons chopped fresh rosemary
4 tablespoons balsamic vinegar
¼ cup olive oil
3 tablespoons honey
4 large sweet potatoes or potato of choice
2 tablespoons butter
Salt and pepper

1. Preheat the oven to 400 degrees.
2. In a large baking dish toss together the peppers, mushrooms, tomatoes, 2 tablespoons of rosemary, balsamic vinegar and 3 tablespoons of olive oil. Season with salt and pepper.
3. Arrange the chicken pieces on top of the veggies. Season all over with salt, pepper and remaining rosemary.
4. Drizzle chicken with honey.
5. Roast uncovered for about 30-40 minutes or until chicken juice run clear - chicken should brown nicely on top - check halfway through cooking to be sure chicken is not browning too quickly (cover with foil if this happens).
6. Meanwhile, peel and dice potatoes. Bring to a simmer in a large pot of salted water.
7. Simmer until tender, about 20 minutes. Drain.
8. Mash potatoes and season with butter, salt and pepper.
9. Serve chicken, veggies and juices over potatoes.
10. Store in the refrigerator up to 4 days.

CHICKEN TIKKA MASALA WITH ROASTED CAULIFLOWER & BRUSSEL SPROUTS OVER BASMATI RICE

4-6 servings

2 pounds boneless skinless chicken thighs or breast, diced (*option to substitute tofu*)
1 large onion, diced
4 cloves garlic, minced
1 inch piece of fresh ginger, peeled, minced
3 tablespoons garam masala
1 tablespoon ground cumin
2 teaspoons ground turmeric
½ teaspoon cayenne pepper
2 teaspoons sea salt
2 cans (14 ounce) full-fat unsweetened coconut milk
28 oz. can crushed fire roasted tomatoes
¼ cup cilantro, chopped
1 large head cauliflower, cut into florets
8 oz. brussel sprouts, sliced into thirds
2 tablespoons butter
4 tablespoons olive oil
Basmati Rice, cook according to package directions

1. In a large skillet, melt 1 tablespoon butter with 1 tablespoon olive oil over medium high heat.
2. Season chicken with salt and pepper. Brown chicken all over in the skillet for about 5 minutes. Remove from the skillet. *If substituting tofu, toss tofu in 2 tablespoons of cornstarch before browning.*
3. Add another tablespoon of butter and olive oil to the skillet. Reduce heat to medium.
4. Add onion and cook until softened, about 15 minutes.
5. Add garlic, and spices. Cook until fragrant, about 30 seconds.
6. Add tomatoes and coconut milk. Bring to a simmer. Cook for about 15 minutes.
7. Add in the chicken and simmer for another 10 minutes or until chicken is cooked.
8. Meanwhile, preheat the oven to 425 degrees. Line a baking sheet with parchment paper Toss cauliflower and brussel sprouts with a tablespoon of oil and salt and pepper to taste.
9. Roast for about 20 minutes or until browned and tender.
10. Serve chicken masala over rice. Garnish with cilantro.

PORK RAGU OVER PASTA

8 servings

3 pounds boneless pork shoulder, cut into 3 pieces
3 tablespoon avocado or olive oil
1 large onion, finely chopped
8 cloves garlic, minced
2 tablespoons tomato paste
½ cup full bodied red wine (Cabernet Sauvignon is good)
4 sprigs thyme or 1 teaspoon dried
2 sprigs rosemary or 2 teaspoons dried
2 bay leaves
28 oz can whole peeled tomatoes
Whole grain pasta of choice (*I like rigatoni with this recipe*)
½ cup grated parmesan or pecorino cheese
Extra virgin olive oil
Fresh parsley

Pork:

1. Preheat the oven to 350 degrees. Season pork with salt and pepper.
2. Heat 1 tablespoon of oil in a large heavy pot over medium/medium high heat. Brown pork on all sides for about 10 minutes. Transfer to a platter. Pour off any pan drippings.
3. Wipe out any burned bits from the pot with a paper towel. Add 1 tablespoon of olive oil and the onions. Reduce heat to medium-low. Stir occasionally until onions are starting to brown and caramelize (you can keep the lid on if the pan seems dry). This should take about 15 minutes. Add garlic (reserving a tablespoon) and stir until fragrant, about 30 seconds.
4. Add tomato paste and cook until slightly darkened, stirring occasionally, about 5 minutes.
5. Add the wine and cook, scraping up any browned bits, until wine is reduced by about half. About 5 minutes.
6. Add the tomatoes, crushing with your hands. Then add herbs. Stir in 2 cups of water. Add pork and any accumulated juices. Season with salt and pepper. Bring to a boil, then reduce heat.
7. Place in the oven and cook until pork is tender and falling apart, about 2 ½ -3 hours.
8. Using two forks, break up into pieces or shred.

9. Cook pasta according to package instructions.
10. Serve pork over pasta with grated parmesan cheese.

ASIAN SHEET PAN SALMON WITH BROCCOLI & QUINOA

4 servings

4 tablespoons toasted sesame oil
2 tablespoons soy sauce or tamari
1 tablespoon rice vinegar
1 tablespoon honey
1 (2 inch) piece ginger, peel and minced
1 garlic clove, minced
1 pound broccoli, cut into florets
2 scallions, sliced
1 tablespoon avocado or olive oil
Sea salt and pepper
4 salmon filets (6 oz each)
½ lime
Toasted sesame seeds (optional)
2 cups cooked quinoa

Optional: if you enjoy spicy, you can add a tablespoon of chili garlic sauce to the glaze

1. Preheat oven to 425 degrees.
2. In a small bowl whisk together the sesame oil, soy sauce or tamari, rice vinegar, honey, ginger and garlic. Set the glaze aside.
3. Place the broccoli florets and scallions (reserve some scallions for garnish) on a baking sheet lined with parchment paper. Drizzle with a tablespoon of avocado or olive oil and remaining sesame oil. Sprinkle with salt and black pepper.
4. Roast for about 5 minutes.
5. Toss broccoli and scallions and move to the edges of the pan.
6. Add salmon filets to the pan. Brush with olive oil and pepper (just a tiny bit of salt as the soy sauce is naturally salty). Brush glaze over the salmon .
7. Return the pan to the oven and roast another 12 minutes or so until the salmon is just cooked.
8. Squeeze lime juice over the salmon and sprinkle with extra scallions and sesame seeds.
9. Serve over quinoa with any extra juices.

BISON CHILI WITH FIXINGS

6 servings

2 tablespoons avocado or extra virgin olive oil
1 pound bison or ground beef (preferably grass fed)
2 red bell peppers, diced
1 large yellow onion, diced
4 garlic cloves, minced
2 tablespoons chili powder
1 tablespoon ground cumin
1 teaspoon cayenne pepper (optional)
1 sweet potato, diced
28 oz can fire roasted crushed tomatoes
2 cans beans (black or kidney), drained and rinsed

Toppings: shredded cheese, sour cream, avocado, scallions, tortilla chips

1. Heat oil in a large pot over medium high heat. Add the meat and saute until it begins to brown, breaking up into pieces, about 5 minutes. Season with salt and pepper.
2. Add the peppers, onion, garlic and spices. Saute for 5 minutes.
3. Add the sweet potato, beans, tomatoes and ½ cup of water. Bring to a boil.
4. Turn heat to low, season with salt and pepper.
5. Simmer, covered, for about 30 minutes or until veggies are tender. Adding more water if needed.
6. Serve with toppings of your choice.