



**HEATHER
CAREY** MS

Healthy Midlife Reset (Fall)
Week 2

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Hi There!

Welcome to week 2! I'm excited to continue this journey with you.

As you know, enclosed in this packet is your meal plan and shopping list. We are continuing our focus on eating real, whole foods that are unprocessed and so good for you.

Midlife Mentions

The meals and recipes are a good balance of nutrients and variety of foods that are health supportive, specifically for midlife women. There is some more emphasis this week on foods specifically for hormone balance and digestion. Flaxseeds and pumpkin, are two notable foods which are high in phytoestrogens. Yogurt is a living food that is so beneficial to help "feed your gut. In turn, this helps your immune system and stress levels. And of course a focus on seasonal eating and staying in harmony with the Fall season. This way we honor our natural rhythms to keep our bodies calm and lower stress.

Remember, eating a diet high in vegetables and fruits, seeds, nuts, healthy fats, plant based proteins and whole grains contributes to an anti-inflammatory state of being in our bodies that is good for all health conditions, including weight.

Same as last week, each day is approximately 1500-1600 calories, which is an average for most women. That said, we are not here to starve, suffer or be in a diet mindset. Post Summer eating might mean that these calories don't feel like enough. Continue paying attention to your feelings around food and your physical hunger versus emotional hunger. For right now, continue to enjoy the process of cooking and trying new foods. Stay in a beginners mind and let go of any judgement.

The meal plan, the calories, the list - they are all a guide for you to follow. Understandably life gets in the way. However, if you shop and start getting prepared this weekend you will be well ahead of the game. I imagine you will be very happy when you know you have snacks and meals ready to go.

So, let's get started on Week 2! Keep this guide on your computer or print it - totally up to you. Just be sure to print the shopping list to take with you to the grocery store.

Meal Plan Notes

You can see that some of the pictures in the meal plan are shaded. This is to indicate that you will be making one recipe and using the rest as leftovers. The shaded days are the leftover days. In the world of meal planning and healthy eating, leftovers can save you a lot of time in the kitchen.

Shopping Notes

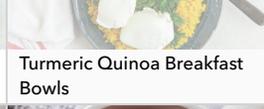
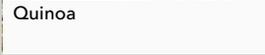
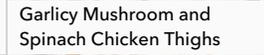
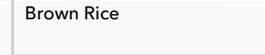
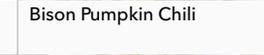
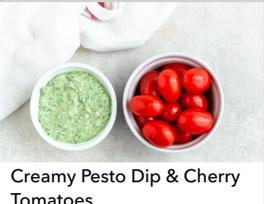
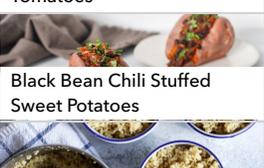
Be sure to go through the recipes and make note of serving sizes. The size of your family, if you live alone, and/or you

definitely want extras or leftovers, make sure you are making enough food. You can always double the recipes, or cut them in half. Consider also that many of the recipes can be made and the extra frozen. Another meal planning win!

Cooking Tips

Be sure to read the recipes before you start cooking! Know what you need to do beforehand (such as make a whole grain) so cooking is easy and streamlined.

Cant wait to hear about week 2! Heather

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Berry & Flax Baked Oatmeal	 Berry & Flax Baked Oatmeal	 Turmeric Quinoa Breakfast Bowls	 Turmeric Quinoa Breakfast Bowls	 Pumpkin Breakfast Cookies	 Pumpkin Breakfast Cookies	 Kale, Feta & Egg Burrito
	 Greek Yogurt	 Greek Yogurt	 Butternut Squash Smoothie	 Butternut Squash Smoothie	 Butternut Squash Smoothie	 Butternut Squash Smoothie	
Snack 1	 Raspberries		 Raspberries	 Raspberries			 Raspberries
Lunch	 Radicchio & Kale Chopped Salad	 Black Bean Chili Stuffed Sweet Potatoes	 Ginger Cilantro Salmon Burgers	 Garlicy Mushroom and Spinach Chicken Thighs	 Coconut Curried Shrimp with Broccoli	 Bison Pumpkin Chili	 Seared Cod & Lemony White Beans
	 Quinoa	 Roasted Broccoli	 Brown Rice	 Bison Pumpkin Chili	 Seared Cod & Lemony White Beans	 Edamame & Soba Noodle Bowl	
Snack 2	 Creamy Pesto Dip & Cherry Tomatoes	 Arugula Parsley Pesto	 Arugula Parsley Pesto				 Apple Crumble Bites
Dinner	 Black Bean Chili Stuffed Sweet Potatoes	 Ginger Cilantro Salmon Burgers	 Coconut Curried Shrimp with Broccoli	 Bison Pumpkin Chili	 Seared Cod & Lemony White Beans	 Edamame & Soba Noodle Bowl	
	 Quinoa	 Roasted Broccoli	 Brown Rice	 Bison Pumpkin Chili	 Seared Cod & Lemony White Beans	 Edamame & Soba Noodle Bowl	
Snack 3	 Dark Chocolate Square	 Dark Chocolate Black Bean Brownies	 Dark Chocolate Black Bean Brownies	 Dark Chocolate Black Bean Brownies		 Dark Chocolate Black Bean Brownies	

Fruits

- 2 Apple
- 2 Banana
- 4 cups Raspberries
- 4 Lemons
- 3 Limes

Breakfast

- 2 tbsps Almond Butter
- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 2 tbsps Chia Seeds
- 3 tbsps Chili Powder
- 1 1/3 tbsps Cinnamon
- 1 1/4 tbsps Coarse Salt
- 1 1/3 tbsps Cumin
- 2 tbsps Curry Powder
- 1/2 tsp Garlic Powder
- 3/4 cup Ground Flax Seed
- 1 1/2 tbsps Hemp Seeds
- 1 tsp Nutmeg
- 1 tsp Oregano
- 1 tsp Paprika
- 1/2 cup Pumpkin Seeds
- 1/4 cup Sliced Almonds
- 1/2 cup Sunflower Seeds
- 1/2 tsp Turmeric
- 1/3 cup Walnuts

Frozen

- 1 Brown Rice Tortilla
- 1 cup Cauliflower Rice
- 1 1/2 cups Frozen Berries
- 2 cups Frozen Butternut Squash
- 2 cups Frozen Cauliflower
- 2 cups Frozen Edamame

Vegetables

- 6 cups Arugula
- 8 cups Baby Spinach
- 3 Carrot
- 4 cups Cherry Tomatoes
- 4 cups Coleslaw Mix
- 12 Cremini Mushrooms
- 7 cups Kale Leaves
- 1 head Radicchio
- 4 Sweet Potato
- 1 tbsp Thyme
- 1 Yellow Bell Pepper
- 4 Yellow Onion
- 3 heads Broccoli
- 2 bunches Cilantro
- 1 head Garlic
- 1 large knob Ginger
- 1 bunch Parsley
- 2 heads Romaine

Boxed & Canned

- 3/4 cup Brown Rice
- 8 ozs Buckwheat Soba Noodles
- 1 1/2 cups Chicken Broth
- 1 1/2 cups Quinoa
- 1/3 cup Salsa
- 3 15-ounce cans Black Beans
- 2 Cans Coconut Milk
- 1 15-ounce Fire Roasted Diced Tomatoes
- 1 15-ounce Can Crushed Tomatoes
- 1 15-ounce Can White Beans

Baking

- 2 tpsps Baking Powder
- 5 ozs Dark Chocolate
- 3 1/4 cups Oats
- 1/4 cup Organic Brown Sugar
- 1 cup Pitted Dates
- 1/2 cup Raw Honey
- 3/4 cup Unsweetened Cocoa Powder
- 2 tpsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 lb Chicken Thighs With Skin
- 4 Cod Fillet
- 2 tbsps Feta Cheese
- 1 lb Ground Bison
- 1/2 cup Parmigiano Reggiano
- 1 lb Salmon Fillet
- 1 1/2 lbs Shrimp

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1/2 cup Coconut Oil
- 1/2 tsp Dijon Mustard
- 1/3 cup Pitted Kalamata Olives
- 2 tbsps Rice Vinegar
- 2 tbsps Tamari
- 1 cup Extra Virgin Olive Oil
- 3 tablespoons Sesame Oil
- 2 tablespoons Low Sodium Soy Sauce

Cold

- 12 Egg
- 2 cups Oat Milk
- 1 1/8 cups Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk

1 15-ounce Can Pureed Pumpkin



Berry & Flax Baked Oatmeal

6 servings
50 minutes

Ingredients

- 1 Banana (small, mashed)
- 2 cups Oat Milk (or unsweetened almond milk)
- 1/4 cup Maple Syrup
- 2 cups Oats (quick or rolled)
- 1/3 cup Ground Flax Seed
- 1 tsp Cinnamon
- 1 tsp Vanilla Extract
- 1 1/2 cups Frozen Berries

Directions

- 1 Preheat the oven to 350°F.
- 2 In a mixing bowl combine the mashed banana, oat milk, and maple syrup. Stir in the oats, flaxseed, cinnamon and vanilla. Fold in the berries.
- 3 Transfer to an 8x8 baking dish and bake for 40 to 45 minutes or until the oatmeal is spongy to the touch in the center and a toothpick comes out clean.
- 4 Let the baked oatmeal cool slightly before slicing and serving.

Notes

Culinary Pharmacy - Oats: Oats are very high in a type of fiber called beta-glucan, which helps to lower LDL cholesterol. Fiber is also very filling without adding any extra calories.

Leftovers: Refrigerate in an airtight container for up to four days or freeze for up to three months. To reheat, place in the microwave for about 2 minutes.

Berries: Feel free to use berries of choice. They can also be fresh.



Greek Yogurt

1 serving
5 minutes

Ingredients

1/2 cup Plain Greek Yogurt

Directions

- 1 Scoop into a bowl and enjoy!

Notes

Toppings: Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

Dairy-Free: Use coconut, almond or cashew yogurt instead.



Turmeric Quinoa Breakfast Bowls

2 servings

20 minutes

Ingredients

1/2 cup Quinoa (dry)
1/2 tsp Turmeric
1/2 tsp Coarse Salt
1 tsp Ginger (fresh, grated or minced)
1 cup Cauliflower Rice (from frozen)
2 cups Kale Leaves (finely chopped)
1 tbsp Lime Juice (divided)
1 tbsp Apple Cider Vinegar
4 Egg

Directions

- 1 Add the quinoa, turmeric, salt, ginger, and half of the lime juice to a pot. Cook the quinoa according to package directions. Once finished cooking, stir in the remaining lime juice. Add in the cauliflower rice and kale into the pot and toss together until the kale has wilted.
- 2 Meanwhile, bring a second pot of water to a rolling boil and add the vinegar with a sprinkle of salt. Bring down to a simmer and carefully add your eggs into the water, working in batches if needed so you don't overcrowd the pot. Cook for three to four minutes or until cooked to your liking and then use a slotted spoon to carefully remove the eggs from the water. Place them on a plate lined with a paper towel to soak up any excess liquid.
- 3 To serve, divide the quinoa between bowls and top with the poached eggs. Season with additional salt if needed.

Notes

Culinary Pharmacy - Quinoa: While quinoa is considered a whole grain in the food world, it is also very high in protein and has all the essential amino acids, making it a complete protein.

No Apple Cider Vinegar: Use white vinegar instead.

No Kale: Use spinach or another leafy green instead.



Pumpkin Breakfast Cookies

8 servings
45 minutes

Ingredients

1 1/4 cups Oats (quick or rolled)
1 1/2 tbsps Hemp Seeds
2 tsps Cinnamon
1 tsp Nutmeg
1/4 tsp Sea Salt
1 1/2 tsps Baking Powder
1/2 cup Pumpkin Seeds
1/2 cup Sunflower Seeds
1 cup Pitted Dates (chopped)
1 Egg
3/4 cup Pureed Pumpkin
1/4 cup Raw Honey
1 tbsp Coconut Oil (melted)
1 Carrot (grated)

Directions

- 1 Preheat oven to 350°F and line a baking sheet with parchment paper.
- 2 Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
- 3 Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
- 4 Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
- 5 Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
- 6 Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

Notes

Culinary Pharmacy - Seeds: Seeds such as pumpkin or sunflower are full of beneficial fats and fiber. They fill you up and nourish your brain function.

Storage: Store in the freezer in a zip-loc bag up to 1 month.



Butternut Squash Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1 cup Frozen Cauliflower
- 4 leaves Romaine (roughly chopped)
- 1 cup Frozen Butternut Squash
- 1/2 Banana
- 1/8 tsp Cinnamon
- 1 tbsp Chia Seeds
- 1 tsp Maple Syrup
- 1 tbsp Almond Butter

Directions

- 1 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Frozen Butternut Squash: Use fresh, cooked squash or canned.



Kale, Feta & Egg Burrito

1 serving
15 minutes

Ingredients

2 tsps Extra Virgin Olive Oil (divided)
2 cups Kale Leaves (tough stems removed, chopped)
2 Egg (whisked)
Sea Salt & Black Pepper (to taste)
2 tbsps Feta Cheese (crumbled)
1 Brown Rice Tortilla (large)
1/3 cup Salsa

Directions

- 1 Heat half the oil in a pan or skillet over medium heat. Cook the kale until tender, about three minutes. Set aside.
- 2 Heat the remaining oil in the same pan. Add the eggs and move them around with a spatula continuously, until fluffy and barely set, about two minutes. Stir in the kale, salt, and pepper.
- 3 Arrange the eggs and kale down the middle of the tortilla. Top with feta and salsa. Fold into a wrap and enjoy!



Raspberries

1 serving
3 minutes

Ingredients

1 cup Raspberries

Directions

- 1 Wash berries and enjoy!

Notes

Tip: Do not wash until ready to eat, as washed berries spoil more quickly.



Radicchio & Kale Chopped Salad

1 serving

20 minutes

Ingredients

- 2 Egg
- 3 cups Kale Leaves (stem removed, finely chopped)
- 2 tbsps Lemon Juice (from 1 lemon, divided)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 head Radicchio (small, cored and sliced)
- 1/2 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1 cup Cherry Tomatoes (halved)
- 1 Carrot (small, grated or sliced)
- 1 tbsp Walnuts (chopped)

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat and keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Drain the hot water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and slice the egg and set aside.
- 2 Meanwhile, place the kale in a large mixing bowl and add 1/2 teaspoon of salt, 1 tablespoon of lemon juice, and 1 teaspoon of the oil. Massage the kale for about a minute until wilted and tender. Mix in the radicchio to coat as well.
- 3 In a small bowl combine the remaining lemon juice and oil with the Dijon mustard. Season with salt and pepper to taste.
- 4 Divide the kale mixture between plates or bowls and top with the tomatoes, carrots, walnuts, and chopped egg. Drizzle the dressing over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Make it Vegan: Omit the egg and top with chickpeas, lentils, or marinated tofu instead.



Creamy Pesto Dip & Cherry Tomatoes

1 serving
5 minutes

Ingredients

- 2 tbsps Plain Greek Yogurt
- 2 tbsps Pesto (use the Arugula Parsley Pesto)
- 1 cup Cherry Tomatoes (sliced)

Directions

- 1 In a small bowl combine the yogurt and pesto. Serve with the cherry tomatoes.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Pesto: You will be using the Arugula Parsley Pesto with this recipe or you can use store-bought pesto.

No Cherry Tomatoes?: Use bell pepper, cucumber, carrots or celery instead.



Arugula Parsley Pesto

10 servings

15 minutes

Ingredients

1 cup Parsley (stems removed, washed and dried)
1 cup Arugula (packed, washed and dried)
1 Garlic Clove (peeled)
1/4 cup Walnuts
1/2 cup Parmigiano Reggiano
1/2 tsp Coarse Salt
3 tbsps Lemon Juice (1 lemon)
1/2 cup Extra Virgin Olive Oil

Directions

- 1 Add the parsley, arugula, garlic, walnuts, parmesan cheese, salt, and lemon juice to a food processor.
- 2 With the food processor running, slowly stream in the olive oil. Continue to blend for 30 seconds until the pesto is smooth and emulsified, pausing to scrape down the sides as needed. Season with additional salt or lemon juice to taste, if needed.

Notes

Culinary Pharmacy - Fresh Herbs: Herbs not only make your food taste great, they are so good for you! Full of anti-inflammatory and anticancer properties, all herbs provide a plethora of benefits. Use them liberally in your cooking.

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is equal to 2 tablespoons of pesto.



Apple Crumble Bites

4 servings

35 minutes

Ingredients

- 1/2 cup Canned Coconut Milk
- 1/2 cup Ground Flax Seed
- 1 tsp Cinnamon
- 2 Apple (medium; cored and sliced into 1/2-inch wedges)

Directions

- 1 Preheat the oven to 350°F and line a baking sheet with parchment paper.
- 2 Add the coconut milk to a bowl. Add the flax and cinnamon to a second bowl and stir to combine.
- 3 Place the apple wedges into the coconut milk, in batches if needed, and toss to evenly coat the apples. One apple wedge at a time, press each side into the flax mixture. Gently tap off the excess flax coated then transfer to the prepared baking sheet. Repeat with remaining apple wedges.
- 4 Bake for 20 to 24 minutes carefully flipping halfway through or until the apples are tender. Let the apple wedges cool slightly on the pan before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Enjoy cold or reheat in the oven until just warmed through.

Serving Size: One serving is approximately 6 to 8 wedges, or half of an apple.

More Flavor: Add vanilla extract to the coconut milk. Add nutmeg or allspice to the flax mixture.

Serve it With: Drizzle of honey or yogurt for dipping.

Apple: Gala apples were used to create this recipe.



Black Bean Chili Stuffed Sweet Potatoes

4 servings

1 hour

Ingredients

- 4 Sweet Potato (medium)
- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (peeled and diced)
- 1 Yellow Bell Pepper (chopped)
- 1/2 tsp Coarse Salt
- 2 Garlic (clove, minced)
- 1 tbsp Chili Powder
- 1 tsp Oregano
- 1 tsp Cumin
- 1 3/4 cups Black Beans (15-ounce can drained and rinsed)
- 1 3/4 cups Fire Roasted Diced Tomatoes (15-ounce can, drained)
- 1/3 cup Water
- 1 bunch Cilantro (small, chopped)

Directions

- 1 Preheat the oven to 400°F and line a baking sheet with parchment paper. Poke a few fork holes in the sweet potatoes and place on the baking sheet. Bake for 45 to 50 minutes until cooked through.
- 2 While the potatoes cook, in a medium-sized pot over medium heat, add the olive oil. Add the onion and bell pepper with the salt and sauté for 5 minutes, or until soft. Add the garlic and cook for 1 minute more. Then add the chili powder, oregano and cumin. Stir to combine. Reduce the heat to low, and add the black beans, tomatoes and water and cook for 5 more minutes.
- 3 Remove the sweet potatoes from the oven. Slice each one down the center and stuff with the black bean chili. Top with cilantro.

Notes

Culinary Pharmacy - Sweet Potatoes: Sweet potatoes are high in filling fiber and vitamins A, C, and E - great for immune function and brain health.

Leftovers: Refrigerate in an airtight container for up to four days.

Additional Toppings: Top with avocado, grated cheese, sour cream or hot sauce.



Quinoa

6 servings

15 minutes

Ingredients

1 cup Quinoa (uncooked)

2 cups Water

1/2 tsp Coarse Salt

Directions

1

Combine quinoa and water together in a saucepan with a sprinkle of salt. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Turn off heat and allow to sit, covered for another 5 minutes. Remove lid and fluff with a fork.

Notes

Serving Size: A serving size of quinoa is 1/2 cup.

Notes on Whole Grains: Contrary to popular diet belief, whole grains have a number of health benefits, including heart health and brain function. Make sure your grains are **WHOLE** - quinoa, brown rice, farro, etc. - and be mindful of the portion size.



Ginger Cilantro Salmon Burgers

4 servings

30 minutes

Ingredients

- 1 lb Salmon Fillet (skinless, cut into 1/2-inch chunks)
- 1/2 cup Cilantro (1 small bunch, finely chopped)
- 2 tbsps Ginger (peeled and finely grated)
- 1 1/3 tbsps Low Sodium Soy Sauce (or low sodium tamari)
- 2 tsps Sesame Oil
- 1 Lime (zested and juiced)
- 2 tbsps Extra Virgin Olive Oil

Directions

- 1 Add the salmon to the bowl of a food processor (including the blade) and place in the freezer for 15 minutes.
- 2 Meanwhile, in a large mixing bowl combine the cilantro, ginger, soy sauce, sesame oil and lime zest and juice. Set aside.
- 3 Remove the food processor bowl from the freezer. Pulse the salmon 4 to 5 times until finely chopped but not a puree. Fold the chopped salmon into the cilantro and ginger mixture.
- 4 Form the mixture into patties. If it is too wet, refrigerate for 20 minutes to stiffen before forming into patties.
- 5 Heat the olive oil in a large saute pan over medium-high heat. Cook the salmon burgers for 4 to 5 minutes per side, or until cooked through and firm to the touch. Serve immediately.

Notes

Leftovers: Refrigerate in an airtight container for up to 2 days.

Serve it With: Leafy greens, such as romaine to make a wrap and topped with extra lime juice, chopped cilantro, and a dollop of pesto.

Using Canned Salmon: You can use 1 pound of canned salmon in this recipe, instead of fresh. Be sure to drain the salmon before using it.



Roasted Broccoli

4 servings

35 minutes

Ingredients

6 cups Broccoli (cut into florets)
2 tbsps Extra Virgin Olive Oil
1/2 tsp Garlic Powder
1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F.
- 2 Arrange the broccoli florets on a rimmed baking sheet and season with olive oil, garlic powder and sea salt. Toss well. Roast in the oven for 25 to 30 minutes or until broccoli is tender. Toss at the halfway point.
- 3 Remove from the oven and divide between plates. Enjoy!

Notes

Storage: Refrigerate in an airtight container for up to 3 days.

No Garlic Powder: Use freshly ground black pepper, cumin, smoked paprika or onion powder instead.



Garlicy Mushroom and Spinach Chicken Thighs

4 servings

40 minutes

Ingredients

- 1 lb Chicken Thighs With Skin
- 1 tbsp Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 12 Cremini Mushrooms (sliced)
- 5 Garlic (cloves, smashed and roughly chopped)
- 3/4 cup Chicken Broth
- 1 tbsp Lemon Juice
- 8 cups Baby Spinach

Directions

- 1 Preheat the oven to 425°F. Pat the chicken dry with a paper towel. Rub 1 teaspoon of the oil on the skin side of the chicken and season with salt and pepper.
- 2 Heat a skillet over medium-low heat and once hot, add the chicken skin-side down. Cook for five minutes. Increase the heat to medium and continue cooking skin side down for eight minutes, until browned, flip and cook for two minutes. Transfer to a plate skin side up and set aside, leaving the oil from the chicken in the skillet.
- 3 Add the rest of the olive oil into the pan. Toss the mushrooms in the skillet and cook undisturbed for three minutes, over medium heat. Lower the heat to medium-low and add in the garlic and toss to combine. Cook for two to three more minutes.
- 4 Pour in the chicken broth and lemon juice and stir to release any browned bits on the skillet. Place the chicken on top and transfer to the oven and cook for 17 to 20 minutes, until the chicken is cooked through.
- 5 Remove the chicken and set aside. Return the skillet to medium heat and whisk until bubbling and the sauce has thickened, about two minutes. Add the spinach to the skillet in batches and cook until wilted, about one to two minutes.
- 6 Divide the chicken and vegetables onto plates, drizzling the sauce over everything.

Notes

Culinary Pharmacy - Mushrooms: Mushrooms have been officially called a superfood, for good reason. Selenium is an antioxidant that helps protect your immune system and mushrooms are full of this nutrient, along with high amounts of fiber and other

phytonutrients.

Leftovers: Refrigerate in an airtight container for up to three days.



Coconut Curried Shrimp with Broccoli

4 servings

25 minutes

Ingredients

- 2 tbsps Coconut Oil
- 2 Yellow Onion (medium, chopped)
- 4 Garlic (clove, minced)
- 2 tbsps Ginger (minced or grated)
- 2 tbsps Curry Powder
- 1/2 tsp Sea Salt
- 2 cups Canned Coconut Milk
- 8 cups Broccoli (cut into florets)
- 1 1/2 lbs Shrimp (raw, deveined, peeled and tails removed)
- 1 Lime (optional)

Directions

- 1 Heat the coconut oil over medium heat. Add the onion and cook for three to five minutes or until the onion has softened. Add the garlic, ginger, and curry powder and cook for another minute. Stir in the coconut milk.
- 2 Bring the sauce to simmer then add the broccoli. Cook for five to seven minutes or until the broccoli is fork tender.
- 3 Add in the shrimp and cook for two to three minutes more until the shrimp are opaque and cooked through.
- 4 Remove the pot from the heat and stir in the lime juice (if using) and season with additional salt if needed. Divide between plates or bowls and enjoy!

Notes

Culinary Pharmacy - Spices: Spices are the best kept secret of the nutrition world! Not only do they change the flavor profile of the food we cook, they are full on anti-inflammatory and anticancer properties.

Leftovers: Refrigerate in an airtight container for up to three days.

Serve it With: Cauliflower rice, brown rice, jasmine rice, or quinoa.



Brown Rice

4 servings
45 minutes

Ingredients

3/4 cup Brown Rice (uncooked)
1 1/2 cups Water

Directions

1

Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



Bison Pumpkin Chili

4 servings
30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Ground Bison (or lean ground beef or turkey)
- 1 Yellow Onion (diced)
- 3 Garlic (cloves, minced)
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1 tsp Paprika
- 1 3/4 cups Crushed Tomatoes (1 15-ounce can)
- 1 cup Pureed Pumpkin
- 1 cup Water
- 1 1/2 tpsps Maple Syrup
- 1 tsp Coarse Salt
- 4 cups Coleslaw Mix

Directions

- 1 Heat olive oil in a large skillet over medium-high heat. Add the ground bison, onion and garlic, and saute for about 5 to 7 minutes, or until the meat is cooked through. Drain off the fat.
- 2 Add the chili powder, cumin and paprika. Stir about 1 minute, until fragrant. Add crushed tomatoes, pumpkin, water, maple syrup and salt. Let simmer about 10 minutes.
- 3 Divide coleslaw into bowls. Top with chili.

Notes

Optional Toppings: Garnish with toasted tortillas, chopped green onion, avocado, jalapeno slices, cheddar cheese or greek yogurt.

No Bison: Use extra lean ground beef, chicken, turkey, lamb or venison.

Leftovers: Refrigerate in an air-tight container for 3 to 5 days or freeze up to 2 months.



Seared Cod & Lemony White Beans

4 servings
20 minutes

Ingredients

- 4 Cod Fillet (4 5-ounce pieces)
- 1/2 tsp Coarse Salt
- 2 tbsps Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 tbsp Thyme (fresh, minced)
- 2 cups Cherry Tomatoes (halved)
- 3/4 cup Chicken Broth
- 1 3/4 cups White Navy Beans (1 15-ounce can, drained and rinsed)
- 5 cups Arugula
- 2 tbsps Lemon Juice
- 1/3 cup Pitted Kalamata Olives

Directions

- 1 Season the cod with sea salt and preheat a skillet over medium heat. Add the olive oil to the pan then add the cod. Cook for 4 minutes per side, until cooked through. Remove from the pan and set aside.
- 2 In the same pan, reduce the heat to medium-low and add the garlic with the rest of the salt. Cook for one minute, then add the thyme and cherry tomatoes. Cook for 2 to 3 minutes. Add the chicken broth and beans and let it simmer for 3 to 5 minutes. Add the arugula, lemon juice and olives and stir until the arugula is wilted.
- 3 Divide the bean and vegetable mix between plates and top with the cod. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

No Arugula: Use spinach or kale instead.



Edamame & Soba Noodle Bowl

4 servings
15 minutes

Ingredients

8 ozs Buckwheat Soba Noodles (dry, uncooked)
2 cups Frozen Edamame
2 tbsps Sesame Oil
2 tbsps Tamari (or low sodium soy sauce)
2 tbsps Rice Vinegar
1 tbsp Maple Syrup
1 tsp Ginger (fresh, minced)
1 Carrot (medium, sliced)
1/2 cup Cilantro (chopped)

Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the edamame. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the sesame oil, tamari, rice vinegar, maple syrup, and ginger in a bowl.
- 3 Place the soba noodles and edamame into a large bowl with the carrots. Add the dressing and toss well to combine. Divide into bowls and top with cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Spice it Up: Add sriracha to the dressing.

Additional Toppings: Top with sesame seeds or chopped peanuts.



Dark Chocolate Square

1 serving

1 minute

Ingredients

1 oz Dark Chocolate (at least 70% cacao)

Directions

- 1 Break apart chocolate into a 1-ounce piece and serve with berries if desired.

Notes

The Truth About Chocolate: Chocolate is loaded with antioxidants, but it needs to be at least 70% dark chocolate or higher for the full benefits.



Dark Chocolate Black Bean Brownies

9 servings

40 minutes

Ingredients

2 cups Black Beans (1 15-ounce can, drained and rinsed)
3 Egg
1/4 cup Coconut Oil
1 tsp Vanilla Extract
1/4 tsp Coarse Salt
3/4 cup Unsweetened Cocoa Powder
1/4 cup Organic Brown Sugar (or maple sugar (dry))
1/4 cup Raw Honey
1/2 tsp Baking Powder
4 ozs Dark Chocolate (70% or more, chopped and divided)
1/4 cup Sliced Almonds

Directions

- 1 Preheat oven to 350°F and line an 8 x 8 baking dish with parchment paper.
- 2 Add the cooked black beans and eggs to a food processor. Blend for 1 minute. Add in the coconut oil and blend for another minute, or until the black beans are very smooth. You may need to stop and scrape down the sides.
- 3 Add vanilla, salt, cocoa powder, brown sugar, honey and baking powder to the black bean batter. Blend until all ingredients are incorporated, scraping down the sides of the bowl if needed.
- 4 Add half of the chopped dark chocolate to the brownie batter and pulse 5 or 6 times until it is mixed in.
- 5 Transfer brownie batter to the prepared baking dish and smooth into an even layer. Sprinkle the remaining chopped chocolate and the sliced almonds evenly over top of the brownies.
- 6 Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out with just a few moist crumbs.
- 7 Let the brownies cool completely before cutting into squares.

Notes

Culinary Pharmacy - Dark Chocolate: Dark chocolate is extremely high in polyphenols, a powerful antioxidant that is cancer prohibitive. Unsweetened cocoa powder also helps raise HDL (good) cholesterol and lower LDL cholesterol.

Chocolate Disclaimer: While dark chocolate and unsweetened cocoa powder are high in nutrients, dark chocolate is also high in calories. Consider that you can also get those power polyphenols from blueberries, raspberries, black beans and soy.

Leftovers: These brownies keep well in the fridge up to 4 days. Freeze for longer.