HEATHER CAREY MS

Healthy Spring Reset For Busy Women

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Hello and Welcome Fellow Resetters!

I'm so glad you are here to join me, and hundreds of other women, as we face the journey to cook well so you can eat well and live well.

This is Week 1 of the **Healthy Spring Reset for Busy Women**. If you want to continue to Week 2 you can purchase that HERE.

Enclosed in this packet is a beautiful pack of carefully curated seasonal recipes with pictures, a detailed meal plan and comprehensive shopping list. Our focus is to simply get back to a way of eating real, whole foods that are unprocessed and so good for you. The meals and recipes are a good balance of nutrients and a variety of foods that are health supportive, specifically for busy women. You'll see in the notes section of each recipe some helpful tips and Culinary Pharmacy notes, which show the health benefits of eating specific foods.

Each day is approximately 1600 calories, which is an average for most women. That said, we are not here to starve, suffer or be in a diet mindset. If there has been more eating and drinking than usual this past season, it might mean that these calories don't feel like enough. Pay attention to your feelings around food. Mindfulness is an important tool to use when considering hunger. For right now, try to enjoy the process of cooking and trying new foods if this meal plan feels different for you.

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.

Let's get started! 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. Consider 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 which could be cooking as your prepare the rest of the meal) so cooking is easy and streamlined.

If you have questions about ingredients or cooking techniques feel free to reach out at **heather@heathercarey** and we will get back to you ASAP.

Good luck with your first week and happy cooking!

Heather

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Carrot Cake Breakast Bake	Carrot Cake Breakast Bake	Spinach Tomato Scramble	Spinach Tomato Scramble	Strawberry and Cinnamon Overnight Oats	Strawberry and Cinnamon Overnight Oats	Avocado Toast with a Poached Egg Grapes & Walnuts
Snack 1	Ginger Lemon Juice Shots	Ginger Lemon Juice Shots	Blueberries	Fresh Strawberries	Blueberries	Ginger Lemon Juice Shots	Ginger Lemon Juice Shots
Lunch	Chickpea, Avocado & Cucumber Toast	Roasted Salmon Filet Roasted Vegetable Quinoa Salad	Chickpea, Avocado & Cucumber Toast	Roasted Broccoli Quinoa Bowl	Turkey and Pineapple Rice Bowl	Coconut Cod Tacos	Kung Pao Chicken
Snack 2	Edamame with Everything Bagel Seasoning	Grapes & Walnuts	Blueberry Cobbler Smoothie	Blueberry Cobbler Smoothie	Edamame with Everything Bagel Seasoning	Basil Pesto Hummus Carrot Sticks	Basil Pesto Hummus Carrot Sticks
Dinner	Roasted Salmon Filet Roasted Vegetable Quinoa Salad	Sheet Pan Spicy Jerk Shrimp with Pineapple	Roasted Broccoli Quinoa Bowl	Turkey and Pineapple Rice Bowl	Coconut Cod Tacos	Kung Pao Chicken	Creamy Sun Dried Tomato Pasta
Snack 3	Salted Chocolate-Tahini Bites	Salted Chocolate-Tahini Bites	Salted Chocolate-Tahini Bites	Salted Chocolate-Tahini Bites	Salted Chocolate-Tahini Bites	Salted Chocolate-Tahini Bites	Salted Chocolate-Tahini Bites

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Fruits

- [ ] 3 Banana
- [ ] 3 cups Blueberries
- [ ] 2 cups Grapes
- [ ] 6 Lemon
- [ ] 2 Lime
- [ ] 4 Navel Orange
- [ ] 6 cups Strawberries
- [ ] 3 Avocado

Breakfast

- [ ] 1/4 cup Pure Maple Syrup
- [ ] 1 1/4 cups Oats

Seeds, Nuts & Spices

- [ ] 2 tbsps Chia Seeds
- [ ] 1/2 tsp Chili Flakes
- [ ] 1 tbsp Cinnamon
- [ ] 1 tbsp Curry Powder
- [ ] 1 tsp Dried Oregano
- [ ] 1 tbsp Dried Thyme
- [ ] 2 tsps Everything Bagel Seasoning
- [ ] 0 Freshly Ground Black Pepper
- [ ] 1 1/2 tbsps Jerk Seasoning
- [ ] 1/4 tsp Nutmeg
- [ ] 1/2 tsp Paprika
- [ ] 2/3 cup Pistachios
- [ ] 1/2 cup Raw Peanuts
- [ ] 1 tsp Red Pepper Flakes
- [ ] 2 tsps Turmeric
- [ ] 1/2 cup Walnuts
- [ ] 0 Coarse Salt
- [ ] 0 Ground Black Pepper

Frozen

- [ ] 3 cups Edamame Pods
- [ ] 5 cups Frozen Pineapple

Vegetables

- [ ] 3 cups Arugula
- [ ] 1 cup Asparagus
- [ ] 6 cups Baby Spinach
- [ ] 6 cups Broccoli
- [ ] 9 Carrot
- [ ] 1/4 cup Ginger
- [ ] 4 cups Green Beans
- [ ] 2 Leeks
- [ ] 3 Red Bell Pepper
- [ ] 1 Sweet Potato
- [ ] 2 Tomato
- [ ] 1 Yellow Bell Pepper
- [ ] 1 Zucchini
- [ ] 1 bunch Cilantro
- [ ] 3 Red Onion
- [ ] 1 bunch Basil Leaves
- [ ] 1 small Cucumber
- [ ] 1 head Garlic
- [ ] 1 small bunch Mint
- [ ] 1 bunch Parsely
- [ ] 1 bunch Radishes

Boxed & Canned

- [ ] 2 1/2 cups Brown Rice
- [ ] 8 ozs Brown Rice Pasta Shells
- [ ] 1 1/2 cups Quinoa
- [ ] 14 ounce Can Coconut Milk
- [ ] 32 ounce Can Chickpeas

Baking

- [ ] 1/2 tsp Baking Soda
- [ ] 1/2 cup Coconut Flour
- [ ] 2 tsps Honey
- [ ] 1 tbsp Nutritional Yeast
- [ ] 1/2 cup Raisins
- [ ] 1 tbsp Raw Honey
- [ ] 1/4 cup Unsweetened Cocoa Powder
- [ ] 1 cup Unsweetened Shredded Coconut
- [ ] 1 tsp Vanilla Extract
- [ ] 2 tbsp Arrowroot Powder

Bread, Fish, Meat & Cheese

- [ ] 1 lb Chicken Thighs
- [ ] 1 lb Cod Fillet
- [ ] 4 Corn Tortilla
- [ ] 1/2 cup Feta Cheese
- [ ] 1 lb Ground Turkey
- [ ] 1 lb Salmon Fillet
- [ ] 1 1/2 lbs Shrimp
- [ ] 14 ozs Tofu
- [ ] 5 slices Whole Grain Bread

Condiments & Oils

- [ ] 1 tbsp Apple Cider Vinegar
- [ ] 1/2 cup Extra Virgin Olive Oil
- [ ] 1 tsp Sesame Oil
- [ ] 1 tbsp Sriracha
- [ ] 1/2 cup Sun Dried Tomatoes
- [ ] 1/2 cup Tahini
- [ ] 1/3 cup Tamari

Cold

- [ ] 1 cup Cottage Cheese
- [ ] 6 Egg
- [ ] 1 1/4 cups Plain Greek Yogurt
- [ ] 4 cups Unsweetened Almond Milk

- [ ] **8** Pitted Dates

Carrot Cake Breakast Bake

6 servings
1 hour

Ingredients

1 3/4 cups Canned Coconut Milk (full fat, 14-ounce can)
3 Banana (medium, ripe, mashed)
1/4 cup Coconut Flour
1/2 tsp Baking Soda
1 tsp Cinnamon
1/4 tsp Nutmeg
1 tsp Vanilla Extract
6 Carrot (medium, grated)
3/4 cup Unsweetened Shredded Coconut
1/2 cup Raisins

Directions

1. Preheat the oven to 350°F. Line an 9x13 baking dish with parchment paper.
2. In a large mixing bowl, stir together all the ingredients until well combined. Transfer to the baking dish and spread evenly. Bake for 55 minutes.
3. Garnish with additional shredded coconut, if desired, and slice into even pieces.

Notes

Culinary Pharmacy - Coconut: Coconut is extremely high in medium chain triglyceride fats (MCT's) which keep you feeling fuller longer and are great brain food.

Leftovers: Cut into 6 pieces. Refrigerate in an airtight container for one week, or freeze in individual portions if longer.

Add-In's : A dollop of unsweetened Greek yogurt is a nice addition.

Save Time: Buy carrots that are already grated. Or use your food processor to make the job go quick.

Spinach Tomato Scramble

1 serving
10 minutes

Ingredients

- **2** Egg
- **1/2 tsp** Coarse Salt (divided)
- **1/8 tsp** Black Pepper (divided)
- **2 tbsps** Plain Greek Yogurt
- **1 tsp** Extra Virgin Olive Oil
- **2 cups** Baby Spinach
- **1** Tomato (medium, diced)
- **1** Navel Orange (sliced, or other fruit)

Directions

1. Whisk the eggs in a small bowl and season with half of the salt and half of the pepper. Set aside.
2. Heat the oil in a pan over medium heat. Add the spinach and cook until wilted and then add the tomato. Continue to cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt and pepper.
3. Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through.
4. Transfer the eggs to a plate. Serve with orange slices.

Notes

Culinary Pharmacy - Eggs: Eggs are one of the best protein sources around. While being mindful of saturated fat is important, eggs contain high amounts of choline, great brain food.

No Spinach: Use kale instead.

No Oranges: Serve with sliced strawberries or apple slices instead.

Add Flavor: Feel free to add in dried thyme, oregano or even smoked paprika for a boost of flavor.

Strawberry and Cinnamon Overnight Oats

2 servings
8 hours

Ingredients

1 cup Unsweetened Almond Milk (or other plant milk, unsweetened, plain)
1 cup Steel Cut Oats (rolled)
1 cup Plain Greek Yogurt
2 tbsps Chia Seeds
2 tsps Honey
1 tsp Cinnamon
2 cups Strawberries (sliced)

Directions

1. Dividing between two jars, add the milk, oats, yogurt, chia seeds, honey, and cinnamon. Stir well to combine. Close with the lid and place in the refrigerator overnight, or for at least eight hours.
2. Store in the refrigerator until ready to eat. Serve with strawberries.

Notes

Culinary Pharmacy - Chia: Chia seeds are healthy, good for you omega-3 fats and full of fiber. So much, in fact, that they thicken anything you add them to.

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

Dairy-Free Option: Use unsweetened coconut yogurt.

Sererve Hot or Cold: Warm in the microwave or stovetop for 1 minute

Avocado Toast with a Poached Egg

1 serving
15 minutes

Ingredients

1 slice Whole Grain Bread (such as Ezekiel bread)
1/4 Avocado
Coarse Salt (to taste)
Freshly Ground Black Pepper
1 Egg
1 tbsp Apple Cider Vinegar
1 tsp Extra Virgin Olive Oil

Directions

1. Toast the bread and brush with the olive oil.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Crack the egg into a small bowl.
4. Bring a small pot of water to a rolling boil on the stove. Add a pinch of salt and vinegar and stir. Carefully slide the egg into the pot and bring down to a simmer. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper.

Notes

Gluten Free: Use your favorite gluten free bread instead.

Freeze Your Bread: Breads, like Ezekiel, that have few ingredients, need to be kept frozen to prevent them from going bad.

Grapes & Walnuts

1 serving
3 minutes

Ingredients

1 cup Grapes (washed)
1/4 cup Walnuts

Directions

1. Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

Notes

No Walnuts: Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

Ginger Lemon Juice Shots

2 servings
5 minutes

Ingredients

1 1/2 tbsps Ginger (peeled, chopped)
1 Lemon (peeled, seeds removed)
1 Navel Orange (peeled, seeds removed)
1 tsp Turmeric (ground)

Directions

1. Combine all ingredients in a high-speed blender. Blend until very smooth.
2. Pour into a glass and enjoy immediately as is, or strain through a fine-mesh sieve or cheesecloth to remove the pulp. Enjoy!

Notes

Culinary Pharmacy - Spices: Spices, such as ginger and turmeric, not only make your food taste amazing, they are also so good fo you. All spices are very anti-inflammatory, have anti-cancer benefits and heart health benefits. Use spices liberally in all your meals.

Leftovers: Refrigerate in a glass jar for up to one day. You could also freeze leftovers in an ice cube tray up to 3 months.

Serving Size: One serving is approximately 1/3 cup.

Make it Thinner: Add water as needed to thin the juice or to make more.

Blueberries

1 serving
2 minutes

Ingredients

1 cup Blueberries

Directions

1. Wash the berries and enjoy!

Fresh Strawberries

4 servings
5 minutes

Ingredients

4 cups Strawberries

Directions

1. Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Notes

Make Them Last: Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

Chickpea, Avocado & Cucumber Toast

2 servings
10 minutes

Ingredients

1 cup Chickpeas (cooked, rinsed)
1 Avocado
1 tsp Lemon Juice
3 tbsps Parsley (finely chopped)
1 Garlic (small clove, minced)
Coarse Salt & Black Pepper (to taste)
4 slices Whole Grain Bread (such as Ezekiel Bread, toasted)
1 cup Arugula
1/4 Cucumber (large, sliced)

Directions

1. In a large bowl, add the chickpeas and avocado. Mash well until everything is combined. Add the lemon juice, parsley, garlic, sea salt and pepper. Mix well once more.
2. Toast the bread and layer with the arugula and cucumber. Top with the mashed chickpea mixture and a sprinkle of salt.

Notes

Leftovers: Refrigerate the leftover chickpea-avocado mix in a sealed container for up to three days.

More Flavor: Add fresh herbs or spices to the chickpea mixture, such as dill, cumin or cayenne.

Freeze Your Bread: Whole grain breads, such as Ezekiel, need to be kept frozen to keep from going bad.

Edamame with Everything Bagel Seasoning

1 serving
10 minutes

Ingredients

1 1/2 cups Edamame Pods
1 tsp Everything Bagel Seasoning

Directions

1. Bring a pot of water to a boil.
2. Place the edamame pods in a steamer over the boiling water and cover. Let them steam for five to 10 minutes, or until bright green.
3. Sprinkle the edamame pods with everything bagel seasoning on top.

Notes

Culinary Pharmacy - Soy: Soy is a beneficial food for hormone balance. Soy contains phytoestrogens, natural estrogens found in foods that can help with hot flashes, night sweats and other symptoms of menopause.

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

Everything Bagel Seasoning: An even mix of poppy seeds, sesame seeds, garlic powder, dried onion flakes and salt.

Blueberry Cobbler Smoothie

2 servings
5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk (or other plant milk)
1 cup Blueberries (fresh or frozen)
1/4 cup Oats
1 cup Cottage Cheese
2 tbsps Pitted Dates (2 pitted dates)
1 tsp Cinnamon

Directions

1. Place all ingredients in your blender and blend until smooth. Divide between two glasses (save the second one in a mason jar in the refrigerator).

Notes

Culinary Pharmacy - Cottage Cheese: Cottage cheese has been overshadowed by its cousin, Greek yogurt, but cottage cheese is high in protein, low in fat, has a very mild taste and gives this smoothie a delicious creamy texture.

Leftovers: Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

Make it Vegan: Use coconut yogurt instead of cottage cheese.

Basil Pesto Hummus

6 servings
10 minutes

Ingredients

2 cups Chickpeas (1 14-ounce can, cooked)
1/2 cup Basil Leaves (1 small bunch, roughly chopped)
1 Lemon (juiced)
1/4 cup Water
1/2 tsp Coarse Salt (more to taste)
2 tbsps Tahini

Directions

1. Add all ingredients together in a food processor or high-speed blender. Blend until a creamy consistency forms, scraping the sides down as needed.

Notes

Leftovers: Refrigerate in an airtight container for up to five days, or freeze for up to six months.
Serve it With: This Pesto is a great spread for sandwiches or a dollop on eggs.
Consistency: If hummus is too thick, add one tablespoon of cold water at a time.

Carrot Sticks

2 servings
5 minutes

Ingredients

2 Carrot (medium)

Directions

1. Peel the carrot and slice it into sticks. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.
More Flavor: Season with salt.
Serve it With: Hummus, guacamole or your favorite dip.

Roasted Salmon Filet

4 servings
15 minutes

Ingredients

1 lb Salmon Fillet
1 tsp Coarse Salt And Freshly Ground Pepper
1 tsp Dried Thyme

Directions

1. Preheat oven to 400 degrees F.
2. Line a rimmed baking sheet with a aluminum foil. Place the salmon, skin side down, on the pan. Sprinkle the salmon with salt, pepper and thyme.
3. Bake the salmon for 11-15 minutes, depending on how thick your salmon is. It should flake easily with a fork. Remove from oven and let sit, covered loosely with foil, for 5 minutes and serve

Notes

Culinary Pharmacy - Salmon: Salmon is one of the best fish you can eat - full of healthy omega-3 fats and good for you protein.

Roasted Vegetable Quinoa Salad

4 servings
1 hour

Ingredients

1 Sweet Potato (diced into 1-inch cubes)
1 Red Bell Pepper (diced)
1 Red Onion (diced)
2 Leeks (green part removed and chopped)
2 Garlic (cloves, peeled and halved)
2 tbsps Extra Virgin Olive Oil
1 tsp Red Pepper Flakes
1/2 cup Quinoa (uncooked)
1 cup Water
2 cups Arugula
1/4 cup Mint Leaves
1/4 cup Feta Cheese (crumbled)
1 Lemon (juiced)
Coarse Salt & Black Pepper (to taste)

Directions

1. Preheat oven to 425°F. Combine sweet potato, red bell pepper, red onion, leeks and garlic cloves in a large mixing bowl. Toss well with a generous sprinkle of salt, red pepper flakes and olive oil. Place the vegetables on a baking sheet and roast for about 30 minutes or until golden.
2. Meanwhile, add quinoa and water to a small sauce pan. Bring to a boil over medium-high heat. Cover pot and reduce heat to a simmer. Let simmer for 15 minutes. Remove from heat and let sit, covered, for 10 minutes. Fluff with a fork.
3. When the vegetables are finished roasting, put them in a large mixing bowl. Add quinoa, mint, feta and arugula. Sprinkle with lemon juice and season with salt and pepper.

Notes

Culinary Pharmacy - Seasonal Vegetables: You might have heard the saying "eat the rainbow". The colors add in a variety of different nutrients. I would add to that the importance of eating seasonally. In season means fresher and more flavorful.

Roasting Alternative: Veggies can also be done on the grill in a grilling basket.

Notes on Leeks: Leeks can be very sandy so be sure to give them a very good rinse before tossing with the other vegetables.

Sheet Pan Spicy Jerk Shrimp with Pineapple

4 servings
30 minutes

Ingredients

1 cup Brown Rice
1 1/2 lbs Shrimp (deveined, peeled, tails removed)
3 cups Frozen Pineapple (thawed)
2 Red Bell Pepper (thinly sliced)
1 cup Red Onion (1 large onion, thinly sliced)
1 tbsp Extra Virgin Olive Oil
1 1/2 tbsps Jerk Seasoning (or to taste)
Coarse Salt And Freshly Ground Pepper
1 Lime

Directions

1. In a medium saucepan bring 2 cups of water to a boil with a sprinkle of salt. Add the rice, cover and bring down to a simmer. Cook for 45 minutes. Turn the heat off and set aside.
2. Preheat the oven to 400°F.
3. To a large baking sheet, add the shrimp on one side of the pan and the pineapple, peppers, and onions to the other side. Drizzle everything with the oil, salt, pepper and jerk seasoning. Toss until evenly coated then arrange everything into an even layer. Roast for six to eight minutes or until the shrimp is cooked through.
4. Remove the shrimp from the baking sheet and continue to cook for another 10 minutes, until the peppers are tender.
5. Return the shrimp to the baking sheet, cut the lime in half and drizzle shrimp with the lime juice. Stir to combine. Divide the rice and shrimp between plates.

Notes

Culinary Pharmacy - Shrimp: Shrimp are a great source of protein with relatively few calories. Shrimp are also high in astaxanthin, a carotinoid that is very high in antioxidants that serve the nervous system.

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

Make it Spicy: Add jalapeno or other hot peppers.

No Rice: Use quinoa or cauliflower rice instead.

Roasted Broccoli Quinoa Bowl

4 servings
35 minutes

Ingredients

14 ozs Tofu (extra-firm, pressed and cut into 1-inch cubes)
6 cups Broccoli (use fresh, from two small heads, cut into florets)
1 cup Red Onion (1 large onion, chopped)
1 tbsp Extra Virgin Olive Oil
1 tsp Dried Oregano
2 tsps Dried Thyme
1 tsp Coarse Salt & Black Pepper (each)
2 Lemon (juiced, divided)
1 cup Quinoa (uncooked)
1/4 cup Feta Cheese (crumbled)

Directions

1. Preheat the oven to 400°F.
2. To a large mixing bowl add the tofu, broccoli, and onion. Season with oil, oregano, thyme, salt and pepper and half of the lemon juice. Mix well.
3. Transfer the seasoned tofu and veggies to a rimmed baking sheet and arrange in an even layer. Bake for 30 minutes stirring halfway through or until the broccoli is tender and the tofu has browned.
4. Meanwhile, cook the quinoa: in a medium saucepan bring 2 cups of water to a boil with a sprinkle of salt. Add the quinoa, cover and bring down to a simmer. Cook for 15 minutes. Remove from heat and let sit for another 10 minutes. Transfer the cooked quinoa to a bowl and let it cool slightly.
5. Add the roasted tofu and broccoli to the quinoa along with the remaining lemon juice and stir to combine. Top with feta, serve and enjoy!

Notes

Quinoa Alternative: Cauliflower (or other vegetable) rice, would make a nice grain free alternative for the quinoa. Simply by frozen or rice a head of cauliflower yourself, then sauté with a some olive oil, salt and pepper.

Leftovers: Refrigerate in an airtight container for up to three days. Enjoy cold or reheated.

More Flavor: Season with sea salt and additional lemon juice. Add chopped olives, fresh parsley, and/or sundried tomatoes.

Turkey and Pineapple Rice Bowl

4 servings
30 minutes

Ingredients

1/2 cup Brown Rice
1 cup Water
1 tbsp Extra Virgin Olive Oil
1 lb Ground Turkey (use lean rather than extra lean)
1 tbsp Curry Powder
Coarse Salt & Pepper (to taste)
1 tbsp Ginger (peeled and grated)
2 cups Frozen Pineapple (thawed)
1 Carrot (grated)
1 Zucchini (grated)
1 tbsp Tamari (or low sodium soy sauce)
2 cups Baby Spinach

Directions

1. Bring 1 cup of water to a boil in a small sauceapan. Add the brown rice with a sprinkle of salt. Turn down to simmer and cover. Cook for 40 minutes. Remove from heat, and set aside.
2. While the rice is cooking, heat the olive oil over medium heat in a large saute pan. Add the ground turkey and stir in the curry powder, pinch of cayenne pepper, salt and pepper to taste. Stir until turkey is cooked through, about 8 - 10 minutes.
3. When turkey is cooked, stir in the ginger, pineapple, brown rice, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted. Serve right away.

Notes

Culinary Pharmacy - Pineapple: Pineapple contains bromelain, a compound that is excellent for digestive health. Pineapple is also loaded with antioxidants which makes it excellent for immune support.

Short on Time?: Use 1 teaspoon dried ginger instead of fresh. Buy the carrot and zucchini pre-grated.

Coconut Cod Tacos

4 servings
35 minutes

Ingredients

- **1** Egg
- **1/4 cup** Unsweetened Shredded Coconut
- **1/4 cup** Coconut Flour
- **1/2 tsp** Paprika
- **1/2 tsp** Coarse Salt
- **1 lb** Cod Fillet (cut into small pieces)
- **4** Corn Tortilla (large, or 8 small)
- **1** Yellow Bell Pepper (sliced thinly)
- **1/4 cup** Radishes (thinly sliced)
- **1** Lime (juiced)
- **1/2 cup** Cilantro (optional, roughly chopped)
- **1** Avocado (cubed)

Directions

1. Preheat the oven to 400°F . Line a baking sheet with parchment paper.
2. Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and salt.
3. Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until flaky and cooked through.
4. While the fish is baking warm the corn tortillas in the microwave or in a sauté pan for 1 minute.
5. Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado.

Notes

Leftovers: Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

Make a Sauce: Make a quick sauce by using 1/2 cup plain yogurt, 1 squeezed lime, a drizzle of hot sauce and a dash of salt and pepper.

Tortilla Alternative: Use lettuce as a wrap.

Kung Pao Chicken

4 servings
30 minutes

Ingredients

1 cup Brown Rice (uncooked)
2 cups Water
1/2 tsp Coarse Salt
1 tsp Sesame Oil
1 lb Chicken Thighs (boneless, skinless, cubed)
4 cups Green Beans (washed, trimmed)
2 Garlic (cloves, smashed)
1/4 cup Tamari (or low sodium soy sauce)
1 tbsp Sriracha
1 tbsp Raw Honey
2 tsps Arrowroot Powder
2 tbsps Water
1/2 cup Raw Peanuts (chopped)

Directions

1. In a medium saucepan add the water, rice and salt. Bring to a boil, then cover and bring down to a simmer. Cook for 45 minutes. Turn off the heat and set aside while finishing dinner.
2. Heat a large saute pan over medium-high heat and add the sesame oil. Once hot add the chicken and cook for about four to five minutes, stirring occasionally. Remove and set aside on a plate.
3. Add the green beans to the same skillet and cook for two to three minutes, until just starting to soften. Add the garlic and cook for one minute more, until fragrant. Turn down the heat to low, add the chicken back in and put a lid on to finish cooking, about two to three minutes more.
4. Meanwhile, in a small bowl, mix together the arrowroot powder and water until arrowroot is dissolved. In another bowl mix together the tamari, sriracha and honey. Remove the lid and stir in the arrowroot. Add in the sauce, bring up the heat to medium and stir to combine until thickened, about 1 minute.
5. Divide the rice onto plates and add the chicken and beans. Top with peanuts.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
No Chicken Thighs: Use chicken breast instead.
Rice Options: Use cauliflower rice or quinoa instead.

Creamy Sun Dried Tomato Pasta

4 servings
20 minutes

Ingredients

1 tbsp Arrowroot Powder
2 tbsps Water (cold)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
2 Garlic (clove, minced)
1 1/2 cups Unsweetened Almond Milk
1/2 cup Sun Dried Tomatoes (drained)
1 tbsp Nutritional Yeast
1/2 tsp Coarse Salt
1 tbsp Lemon Juice
8 ozs Brown Rice Pasta Shells (or whole wheat pasta)
1 cup Asparagus (1 bunch, trimmed, cut into bite-sized pieces)
1/4 cup Parsley (chopped)
1/2 tsp Chili Flakes (optional)

Directions

1. In a small dish, add the arrowroot powder with 2 tablespoons cold water. Combine until arrowroot is dissolved.
2. Heat 1 tablespoon olive oil in a medium saucepan over medium-low heat and add garlic. Cook for 20 seconds. Add the arrowroot powder and cook for another 20 seconds. Stir in the almond milk until it has thickened.
3. Pour the almond milk mixture into a blender along with the sun dried tomatoes, nutritional yeast, sea salt and lemon juice. Blend until smooth and creamy. Add more water to thin if needed. Set aside.
4. Meanwhile, cook the pasta according to package directions. Drain and set aside.
5. In a large pan over medium heat, heat 1/2 tablespoon olive oil and add the asparagus. Sauté until cooked through, about 5 to 7 minutes. Once cooked through, add the pasta to the pan. Mix in the sun dried tomato sauce. Divide onto plates and top with parsley and chili flakes, if using.

Notes

Culinary Pharmacy - Nutritional Yeast: Nutritional yeast may be unfamiliar to you. It is frequently used as a vegan cheese substitute due to its cheesy flavor, but it also has an abundance of nutrients. 1 tablespoon has 5 grams of protein, 2 grams of fiber and an abundant amount of B12.

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop until heated through.

Sauce Option: Use a little bit of the reserved water from cooking the pasta to thin the sauce if it is too thick.

Salted Chocolate-Tahini Bites

10 servings
30 minutes

Ingredients

2/3 cup Pistachios
4 pieces Medjool Dates
1/3 cup Tahini
1/4 cup Pure Maple Syrup
3/4 tsp Coarse Salt
1/4 cup Unsweetened Cocoa Powder

Directions

1. Line a rimmed baking sheet with parchment. Pulse the pistachios in a food processor until very coarsely chopped. Add dates, tahini, maple syrup, salt and cocoa powder. Process until mixture balls up and forms a mass.
2. With your hands, roll the dough into 10 even bites and arrange on prepared sheet. Chill until firm, about 20 minutes, or add to the freezer.
3. If you want to decorate the outside, finely chop 1 tablespoon pistachios and add to a small bowl. Place 2 tablespoons cocoa powder in another small bowl.
4. Dip one half of each bite into pistachios, then the other half into the cocoa powder.
5. Return bites to baking sheet and keep chilled.

Notes

Culinary Pharmacy - Unsweetened Cocoa Powder: Unsweetened cocoa powder, not to be confused with dark chocolate, is a true super food. It is low in calories and high in polyphenols, the same antioxidants found in red wine.

About These Bites: These Bites are dark, with a twinge of salt. They are rich, so a little goes a long way. They are filled with good for you ingredients - tahini, unsweetened cocoa powder, dates and real maple syrup. Each Bite is about 100 calories.