

AT A

Glance

Feel Ageless with Peggy Ennenga





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OMNIVORE AT A GLANCE

This simple guide organizes your recipes for the program as outlined in the Suggested Meal Guide. If you want to exchange meals, please refer to your Recipe Guide for other options. The Shopping Lists match the meal guide, so if you make any changes or exchange recipes please adjust your shopping list accordingly.

Your daily elixir drink recipes are also here.

Refer to your Suggested Meals if you want to print out a one-page chart of your meals for the week. This is nice to post on your refrigerator.

Print out your Shopping List and get ready.

INGREDIENT NOTES:

I recommend Neolife protein powders for clean eating. There is a vegetarian option. OR substitute 3 tablespoons of hempseeds for 1 scoop protein powder.

Broth – wherever broth is noted as an ingredient, know that you can use your favorite clean vegetable, chicken or beef broth. You can also use homemade bone broth or potassium broth.

YOUR DAILY DRINKS

These 2 drinks are both refreshing and light. They are designed to help you stay hydrated and support your detox pathways.

Each recipe makes one serving. While you can make these in slightly larger batches, try not to make more than you are going to consume in one day to preserve the enzyme action in the lemon juice especially.



LEMON WATER ELIXIR

Makes 1 serving

1 cup room-temperature water
1 tablespoon raw apple cider vinegar
1 lemon, juiced
dash of sea salt
1 teaspoon raw honey or maple syrup, or a few drops stevia to taste (optional)

NOTE: If you feel nauseous or experience tightness in the chest after drinking the morning elixir, omit the raw apple cider vinegar. This reaction can occur when the body releases bacteria and toxins during detox. Continue to drink the Lemon Water Elixir without the apple cider vinegar (or use only ½ teaspoon) for at least three days, and then gradually reintroduce the raw apple cider vinegar. If the reactions persist upon reintroduction, continue to drink only lemon water.

CRANBERRY CLEANSER

Makes 1 serving

2 tablespoons cranberry juice concentrate
1 cup room-temperature water
1 lemon, juiced
dash of cinnamon
1 teaspoon raw honey or maple syrup, or a few drops stevia to taste (optional)

NOTE: If you cannot find cranberry concentrate, you can use pomegranate or cherry concentrate instead.



BASICS & DRESSINGS

Here you will find the basics and dressing recipes. Refer to these to add to the full recipe to make your cooking experience as stress free as possible!

CITRUS TAHINI DRESSING

Makes about 1 cup

1 lemon, juiced
1 orange, juiced
2 heaping tablespoons tahini
sea salt and black pepper, to taste
1 garlic clove, chopped
1 to 2 tablespoons water (optional)

Add all the ingredients to a small bowl and mix with a fork. Add a tablespoon or two of water, if needed to thin out the dressing.

SWEET ONION DRESSING

Makes about ½ cup

1 large onion, thinly sliced
2 tablespoons extra virgin olive oil
1 large lemon, juiced
2 garlic cloves, chopped
sea salt and black pepper
1 teaspoon dried thyme


Add all the ingredients to a small bowl. Mix well and allow the onions to marinate for about 5 minutes before serving.

Roasted Salmon Fillets

Serves 4

4 salmon fillets
1 tablespoon coconut oil
sea salt and black pepper, to taste

Preheat the oven to 400 degrees F.



Lay the salmon onto a baking pan. Coat the salmon with coconut oil. Season with sea salt and black pepper. Bake in a hot oven for 10 to 15 minutes until firm in the center. Remove from the oven and set aside to cool.

ROASTED BRUSSEL SPROUTS

Serves 4

2 pounds Brussels sprouts
1 bunch leeks
2 tablespoons coconut oil
sea salt and black pepper, to taste

Preheat oven to 400 degrees F.

Trim excess leaves from the Brussels sprouts and cut in half. Next, discard the tough top portion of the leeks. Cut them in half, lengthwise. Run the leeks under cold water to remove the dirt and grit between the leaves. Chop the leeks into ½-inch pieces. Coat Brussels sprouts and leeks with coconut oil and season with sea salt and black pepper. Mix well and layer onto a baking sheet. Bake for about 25 minutes until golden brown.

ROASTED SWEET POTATOES

Serves 4

4 large sweet potatoes


Preheat the oven to 400 degrees F.

Place sweet potatoes onto a baking pan. Poke a few holes in the center using a fork. Bake for about 45 minutes to 1 hour. The sweet potatoes are done when they can be pierced in the center without resistance.

LARGE SALAD

Serves 4

8 cups mixed greens
1 cup shredded carrots
1 cup shredded purple cabbage
1 large cucumber, chopped

- 
- 1 avocado, sliced
 - 1 cup dressing of choice (see Dressings for recipes)

Add all the ingredients to a large mixing bowl. Mix well and serve.

DAY 1

BREAKFAST

BEAUTY SMOOTHIE

Serves 1


- 1½ cups dairy-free milk
- 1 scoop protein powder
- 1 cup kale
- 1 date, without pit
- 1 orange, peeled
- 1 teaspoon flax meal

LUNCH

TURMERIC SALMON AND VEGGIE ZEN BOWL & CHICKEN, BROCCOLI, CARROT, AND BLACK BEAN SOUP

Serves 2

- 1 head cauliflower, chopped into florets
- 1 sweet potato, chopped into cubes
- 2 tablespoons coconut oil
- 2 teaspoons turmeric powder
- sea salt and black pepper, to taste
- 4 cups arugula
- 1 lemon, juiced
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried thyme
- 1 15-ounce can black beans, drained and rinsed
- ½ bunch cilantro, chopped



Preheat the oven to 400 degrees F.

Add cauliflower and sweet potato to a large mixing bowl. Coat the vegetables with coconut oil, then season with turmeric powder, sea salt, and black pepper. Mix well and layer onto a baking sheet. Bake for about 30 minutes until brown. Remove from the oven and set aside to cool.

Take a large bowl and add arugula with lemon juice, olive oil, thyme, sea salt, and black pepper. Toss well and top with roasted vegetables (warm or cold), black beans, salmon, and cilantro.


DINNER

SPLIT PEA AND KALE CHILI WITH ROASTED SALMON AND BRUSSELS SPROUTS

Serves 4

1 tablespoon coconut oil
1 large onion, chopped
2 garlic cloves, chopped
1 cup dried green split peas
4 large carrots, chopped
4 cups vegetable broth
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon turmeric
1 bunch kale, chopped
2 avocados, sliced
1 bunch scallions, chopped
1 bunch cilantro, chopped
Roasted Salmon Fillets (recipe in Basics)
Roasted Brussels Sprouts (recipe in Basics)

Add coconut oil to a large soup pot over medium heat. Once the oil has melted, add onion and garlic. Sauté for 3 minutes, then add split peas, carrots, broth, cumin, coriander, and turmeric. Mix well and cover. Simmer on medium-low heat for 30 minutes until the peas are almost tender.



Add kale to the soup pot. Mix well, cover, and simmer for an additional 5 to 10 minutes. Serve topped with avocado, scallions, and cilantro. Serve alongside Roasted Salmon Filets and Roasted Brussels Sprouts.

DAY 2

BREAKFAST

WARM BANANA CHIA PUDDING

Serves 1

- 1/3 cup dairy-free milk
- 1/3 cup chia seeds
- 1 teaspoon cinnamon
- 1 tablespoon honey or maple syrup
- 1 scoop vanilla protein powder
- 1 small apple, cored and sliced
- 1 small banana, sliced


Warm up the milk over low heat for about 3 minutes. Transfer the milk to a serving bowl with chia seeds. Add cinnamon and sweetener. Mix well and let the mixture sit for 3 minutes. Stir in protein powder. Top with sliced apple and banana.

LUNCH

TURKEY, LENTIL, AND POMEGRANATE SALAD & CHICKEN GINGER CARROT NOODLE SOUP

Serves 2

- 1 15-ounce can lentils, drained and rinsed
- 4 cups arugula
- 1 cup shredded carrots
- 1/2 cup pomegranate seeds*
- 1/4 cup sunflower seeds



1 large orange, peeled and segmented
1 large orange, juiced
¼ cup extra virgin olive oil
1 teaspoon ground cumin
sea salt and black pepper, to taste
1 teaspoon fresh grated ginger

***Note:** Don't have access to pomegranate seeds? Use ¼ cup raisins.

Add lentils, arugula, carrots, pomegranate seeds, sunflower seeds, and orange segments to a large mixing bowl. In a separate bowl, mix the orange juice, olive oil, cumin, sea salt, black pepper, and ginger together. Pour on top of the salad and toss. Top with Turkey.


DINNER

BLACK BEAN AND BUTTERNUT SQUASH STEW WITH LARGE SALAD AND SHRIMP

Serves 4

1 tablespoon coconut oil
1-pound peeled shrimp
sea salt and black pepper
1 large onion, chopped
2 15-ounce cans black beans, drained and rinsed
2 garlic cloves, chopped
1 tablespoon cinnamon
2 cups chopped butternut squash
4 cups vegetable broth
1 bunch cilantro, chopped
1 cup plain dairy-free yogurt
1 bunch scallions, chopped
Large Salad (recipe in Basics)

Add coconut oil to a large pot over medium heat. Once the oil has melted, add shrimp, salt & pepper. Sauté for about 5 minutes until the shrimp is opaque. Remove from the pot and set aside to cool.



Next, add onion to the same hot pot. Sauté for 3 minutes, then add black beans, garlic, cinnamon, squash, and vegetable broth. Stir well and cover. Simmer on medium-low heat for about 20 minutes until the squash is tender. Remove the cover and turn up the heat slightly. This will help to evaporate some of the liquid and the black beans will continue to break down. Simmer for about 5 to 7 minutes. Turn off the heat and stir in cilantro.

Serve the stew with a dollop of yogurt and scallions. Serve with Large Salad.

DAY 3

BREAKFAST

CHOCOLATE SMOOTHIE

Serves 1

1½ cups dairy-free milk
1 scoop protein powder
2 tablespoons raw cacao
½ banana
1 cup spinach
½ avocado

LUNCH

CARROT AND BRUSSELS SPROUT SALAD WITH CITRUS TAHINI DRESSING AND CHICKEN, BROCCOLI, CARROT, AND BLACK BEAN SOUP

Serves 2

4 large carrots, chopped into 1-inch pieces
1 bunch Brussels sprouts, trimmed and chopped into quarters
1 tablespoon coconut oil



sea salt and black pepper, to taste
2 heaping tablespoons tahini
1 large lemon, juiced
1 large orange, juiced
1 garlic clove, chopped
3 tablespoons water (optional)
1 large red onion, thinly sliced
1 large apple, cored and chopped
1 15-ounce can lentils, drained and rinsed
2 cups baby spinach
½ cup pumpkin seeds
6 slices nitrate-free deli chicken, chopped
1 avocado, sliced

Preheat the oven to 400 degrees F.

Place carrots and Brussels sprouts in a large mixing bowl. Coat with coconut oil and season with sea salt and black pepper. Layer onto a baking sheet and bake for about 20 to 25 minutes. Remove from the oven and set aside to cool.


Add tahini, lemon juice, orange juice, garlic, sea salt, and black pepper to a small bowl. Mix well. Add a few tablespoons of water, if the dressing is too thick. Divide the dressing between 2 quart-sized mason jars, then add red onion, apple, roasted vegetables (room temperature or cold), lentils, spinach, and pumpkin seeds. Cover the jars and place in the refrigerator for no longer than 3 days. When ready to serve, pour the salad into a large serving bowl, mix well, and top with chicken and avocado slices.

DINNER

CHICKEN AND BOK CHOY STIR-FRY WITH LENTILS AND LARGE SALAD

Serves 4

1 tablespoon coconut oil
4 chicken breasts, chopped
1 large onion, chopped
2 bunches of bok choy, chopped
2 cups shredded carrots



2 garlic cloves, chopped
2 15-ounce cans lentils, drained and rinsed
sea salt and black pepper, to taste
1 tablespoon toasted sesame oil
2 avocados, sliced
4 Roasted Sweet Potatoes (recipe in Basics)
1 tablespoon cinnamon
Large Salad (recipe in Basics)

Add coconut oil to a large pot over medium heat. Once the oil has melted, add chopped onion. Sauté for 3 minutes, then add bok choy and carrots. Sauté for about 5 minutes until the bok choy is wilted. Toss in garlic and lentils. Season with sea salt and black pepper. Turn off the heat and toss in toasted sesame oil. Top with cooked chopped chicken.

Cut open the roasted sweet potatoes and mix in cinnamon. Top the vegetable stir-fry with avocado and serve alongside sweet potatoes and Large Salad.

DAY 4

BREAKFAST

BANANA KIWI YOGURT PARFAIT

Serves 1

1 cup dairy-free yogurt
1 tablespoon chia seeds
1 tablespoon dried, unsweetened coconut shreds
½ banana, peeled and sliced
1 kiwi fruit, peeled and sliced

Add yogurt to a serving bowl. Top with chia seeds, coconut, banana, and kiwi.



LUNCH

PESTO COATED BUTTERNUT SQUASH WITH MASSAGED KALE SALAD AND CHICKEN

Serves 2

2 cups chopped butternut squash
1 large onion, chopped into 1-inch pieces
2 tablespoons coconut oil
sea salt and black pepper, to taste
1 bunch kale, thinly sliced
1 garlic clove, chopped
1 large lemon, juiced
1 avocado, sliced
1 tablespoon extra-virgin olive oil
¼ cup Garlic Detox Pesto (recipe in Snacks)
6 slices nitrate-free deli chicken, chopped

Preheat the oven to 400 degrees F.

Add squash and onion to a large mixing bowl. Coat with coconut oil. Season with sea salt and black pepper. Mix well and layer onto a baking sheet. Place in the oven and bake for 30 minutes until brown. Remove from the oven and set aside to cool.


Add kale, garlic, lemon juice, avocado, olive oil, sea salt, and black pepper to a large bowl. Use your hands to massage the kale until wilted.

Mix the roasted vegetables with Garlic Detox Pesto. Serve over top of the salad with chicken.

DINNER

PINTO BEAN AND SPINACH STUFFED SQUASH WITH LARGE SALAD AND ROASTED CHICKEN

Serves 4-6



2 tablespoons coconut oil, divided
1 large butternut squash, cut in half lengthwise
1 15-ounce can pinto beans, drained and rinsed
4 cups baby spinach
½ cup Garlic Detox Pesto (recipe in Snacks)
Large Salad (recipe in Basics)
¼ whole-roasted chicken*

*Note: Buy the chicken from the deli aisle of your favorite grocery store.

Preheat the oven to 400 degrees F.

Coat the butternut squash with 1 tablespoon coconut oil. Season with sea salt and black pepper. Place the squash cut-side-down on a baking sheet. Bake for about 30 minutes until tender in the center. Remove from the oven and set aside to cool.

Add 1 tablespoon of coconut oil to a small pot over medium heat. Once the oil has melted, add pinto beans and spinach. Cook until the spinach is wilted. Turn off the heat and stir in the pesto. Serve the beans and spinach inside butternut squash halves. Serve alongside Large Salad and roasted chicken.

DAY 5

BREAKFAST

DETOX SMOOTHIE

Serves 1

1½ cups dairy-free milk
1 cup kale
1 date, without pit
1 scoop protein powder
½ raw beet
½ avocado



LUNCH

TURKEY, ROASTED CAULIFLOWER, AND LENTIL WRAP WITH CITRUS TAHINI DRESSING

Serves 2

1 large head cauliflower, chopped into florets
1 large onion, roughly chopped
1 tablespoon coconut oil
1 tablespoon turmeric
sea salt and black pepper, to taste
2 large collard green leaves
1 cup baby spinach
1 cup canned lentils, drained and rinsed
½ cup shredded carrots
6 slices nitrate-free deli turkey
1 apple, cored and sliced
1 cup Citrus Tahini Dressing (recipe in Dressings)

Preheat the oven to 400 degrees F.


Add cauliflower and onion to a large mixing bowl. Coat with coconut oil. Season with turmeric, sea salt, and black pepper. Mix well and layer onto a baking sheet. Bake for 20 minutes. Remove from the oven and set aside to cool.

Lay the collard green leaves onto a flat surface. Discard the tough stem. Top the collard wrap with spinach, lentils, carrots, turkey, apple, and roasted vegetables. Drizzle with Citrus Tahini Dressing and wrap like a burrito.

DINNER

SALMON, SAUTÉED CABBAGE, AND ROASTED ORANGE SWEET POTATO MASH WITH LARGE SALAD

Serves 4



2 tablespoons coconut oil, divided
1 large onion, chopped
1 large apple, cored and chopped
1 small head green cabbage, chopped
1 small head purple cabbage, chopped
1 cup shredded carrots
sea salt and black pepper, to taste
2 15-ounce cans black beans, drained and rinsed
2 avocados
4 Roasted Sweet Potatoes, chopped (warm or cold)
½ cup fresh-squeezed orange juice
1 tablespoon cinnamon
Large Salad (recipe in Basics)
4 Roasted Salmon Fillets (recipe in Basics)

Add 1 tablespoon of coconut oil to a large pot over medium heat. Once the oil has melted, add onion and apple. Sauté for 3 minutes, then add green cabbage, purple cabbage, and carrots. Season with sea salt and black pepper. Mix well and cover. Continue to sauté for about 15 minutes until tender. Stir in the black beans. Turn off the heat and set aside to cool.

Add 1 tablespoon of coconut oil to a medium-sized pot. Once the oil has melted, add chopped Roasted Sweet Potatoes and mash with a fork. You may choose to use the skin or discard it. Stir in orange juice, cinnamon, sea salt, and black pepper. Mix well and serve warm alongside the cabbage, Large Salad, and Roasted Salmon.


DAY 6

BREAKFAST

OVERNIGHT CHIA PUDDING

Serves 2

2 cups unsweetened dairy-free milk
⅔ cup chia seeds
½ teaspoon vanilla extract
½ teaspoon cinnamon

- 
- ½ teaspoon nutmeg
 - 1 dash turmeric (optional)
 - 1 tablespoon sweetener (optional)
 - 1 tablespoon dried, unsweetened coconut shreds (optional)
 - 1 scoop protein powder (optional)

The night before, mix dairy-free milk, chia seeds, vanilla, cinnamon, and nutmeg in a bowl and mix or shake well. Place in refrigerator overnight.

The next morning, transfer the chia pudding from the container to a pot on the stove. Warm it for 2 to 3 minutes and serve it in a bowl.

If desired, add turmeric and sweetener of choice. You may also choose to top your pudding with shredded coconut or your choice of protein powder for an added boost of protein.

LUNCH


TURMERIC SALMON AND VEGGIE ZEN BOWL & CHICKEN, BROCCOLI, CARROT, AND BLACK BEAN SOUP

Serves 2

- 1 head cauliflower, chopped into florets
- 1 sweet potato, chopped into cubes
- 2 tablespoons coconut oil
- 2 teaspoons turmeric powder
- sea salt and black pepper, to taste
- 4 cups arugula
- 1 lemon, juiced
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried thyme
- 1 15-ounce can black beans, drained and rinsed
- ½ bunch cilantro, chopped

Preheat the oven to 400 degrees F.

Add cauliflower and sweet potato to a large mixing bowl. Coat the vegetables with coconut oil, then season with turmeric powder, sea salt, and black pepper. Mix well and layer onto a baking sheet. Bake for about 30 minutes until brown. Remove from the oven and set aside to cool.



Take a large bowl and add arugula with lemon juice, olive oil, thyme, sea salt, and black pepper. Toss well and top with roasted vegetables (warm or cold), black beans, salmon, and cilantro.

DINNER

BLACK BEAN AND BUTTERNUT SQUASH STEW WITH LARGE SALAD AND SHRIMP

Serves 4

1 tablespoon coconut oil
1-pound peeled shrimp
sea salt and black pepper
1 large onion, chopped
2 15-ounce cans black beans, drained and rinsed
2 garlic cloves, chopped
1 tablespoon cinnamon
2 cups chopped butternut squash
4 cups vegetable broth
1 bunch cilantro, chopped
1 cup plain dairy-free yogurt
1 bunch scallions, chopped
Large Salad (recipe in Basics)

Add coconut oil to a large pot over medium heat. Once the oil has melted, add shrimp. Sauté for about 5 minutes until the shrimp is opaque. Remove from the pot and set aside to cool.

Next, add onion to the same hot pot. Sauté for 3 minutes, then add black beans, garlic, cinnamon, squash, and vegetable broth. Stir well and cover. Simmer on medium-low heat for about 20 minutes until the squash is tender. Remove the cover and turn up the heat slightly. This will help to evaporate some of the liquid and the black beans will continue to break down. Simmer for about 5 to 7 minutes. Turn off the heat and stir in cilantro.

Serve the stew with a dollop of yogurt and scallions. Serve with Large Salad.



DAY 7

BREAKFAST

ANTI-AGING SMOOTHIE

Serves 1

1½ cups dairy-free milk
1 cup spinach
½ cup frozen berries
1 scoop protein powder
½ avocado
1 teaspoon flax meal
1 teaspoon chia seeds
1-inch fresh ginger root
1 tablespoon raw cacao nibs (garnish)


LUNCH

PESTO COATED BUTTERNUT SQUASH WITH MASSAGED KALE SALAD AND CHICKEN

Serves 2

2 cups chopped butternut squash
1 large onion, chopped into 1-inch pieces
2 tablespoons coconut oil
sea salt and black pepper, to taste
1 bunch kale, thinly sliced
1 garlic clove, chopped
1 large lemon, juiced
1 avocado, sliced
1 tablespoon extra-virgin olive oil
¼ cup Garlic Detox Pesto (recipe in Snacks)
6 slices nitrate-free deli chicken, chopped

Preheat the oven to 400 degrees F.



Add squash and onion to a large mixing bowl. Coat with coconut oil. Season with sea salt and black pepper. Mix well and layer onto a baking sheet. Place in the oven and bake for 30 minutes until brown. Remove from the oven and set aside to cool.

Add kale, garlic, lemon juice, avocado, olive oil, sea salt, and black pepper to a large bowl. Use your hands to massage the kale until wilted.

Mix the roasted vegetables with Garlic Detox Pesto. Serve over top of the salad with chicken.


DINNER

SPLIT PEA AND KALE CHILI WITH ROASTED SALMON AND BRUSSELS SPROUTS

Serves 4

1 tablespoon coconut oil
1 large onion, chopped
2 garlic cloves, chopped
1 cup dried green split peas
4 large carrots, chopped
4 cups vegetable broth
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon turmeric
1 bunch kale, chopped
2 avocados, sliced
1 bunch scallions, chopped
1 bunch cilantro, chopped
Roasted Salmon Fillets (recipe in Basics)
Roasted Brussels Sprouts (recipe in Basics)

Add coconut oil to a large soup pot over medium heat. Once the oil has melted, add onion and garlic. Sauté for 3 minutes, then add split peas, carrots, broth, cumin, coriander, and turmeric. Mix well and cover. Simmer on medium-low heat for 30 minutes until the peas are almost tender.



Add kale to the soup pot. Mix well, cover, and simmer for an additional 5 to 10 minutes. Serve topped with avocado, scallions, and cilantro. Serve alongside Roasted Salmon Filets and Roasted Brussels Sprouts.

DAY 8

BREAKFAST

BANANA CRANBERRY OVERNIGHT OATS

Serves 1

1/3 cup plain dairy-free Greek yogurt
1/2 cup rolled oats
2/3 cup canned coconut milk
1 tablespoon chia seeds
1/2 teaspoon vanilla extract
1 ripe mashed banana
1/4 cup dried cranberries
1 tablespoon dried, unsweetened coconut flakes

Add yogurt, oats, coconut milk, chia seeds, and vanilla extract to an airtight container. Mix well and cover. Place in the refrigerator until ready to eat.

When ready to serve, mash a ripe banana in a bowl and mix in with the oat mixture. Top with dried cranberries and coconut.

LUNCH

TURKEY, LENTIL, AND POMEGRANATE SALAD & CHICKEN GINGER CARROT NOODLE SOUP

Serves 2

1 15-ounce can lentils, drained and rinsed
4 cups arugula
1 cup shredded carrots



½ cup pomegranate seeds*
¼ cup sunflower seeds
1 large orange, peeled and segmented
1 large orange, juiced
¼ cup extra virgin olive oil
1 teaspoon ground cumin
sea salt and black pepper, to taste
1 teaspoon fresh grated ginger

***Note:** Don't have access to pomegranate seeds? Use ¼ cup raisins.

Add lentils, arugula, carrots, pomegranate seeds, sunflower seeds, and orange segments to a large mixing bowl. In a separate bowl, mix the orange juice, olive oil, cumin, sea salt, black pepper, and ginger together. Pour on top of the salad and toss. Top with Turkey.


DINNER

CHICKEN AND BOK CHOY STIR-FRY WITH LENTILS AND LARGE SALAD

Serves 4

1 tablespoon coconut oil
4 chicken breasts, chopped
1 large onion, chopped
2 bunches of bok choy, chopped
2 cups shredded carrots
2 garlic cloves, chopped
2 15-ounce cans lentils, drained and rinsed
sea salt and black pepper, to taste
1 tablespoon toasted sesame oil
2 avocados, sliced
4 Roasted Sweet Potatoes (recipe in Basics)
1 tablespoon cinnamon
Large Salad (recipe in Basics)

Add coconut oil to a large pot over medium heat. Once the oil has melted, add chopped onion. Sauté for 3 minutes, then add bok choy and carrots. Sauté for about 5 minutes until the bok choy is wilted. Toss in garlic and lentils. Season with



sea salt and black pepper. Turn off the heat and toss in toasted sesame oil. Top with cooked chopped chicken.

Cut open the roasted sweet potatoes and mix in cinnamon. Top the vegetable stir-fry with avocado and serve alongside sweet potatoes and Large Salad.

DAY 9

BREAKFAST

HOT CINNAMON APPLE OATMEAL

Serves 1

½ cup rolled oats
1 teaspoon cinnamon
1 cup water or dairy-free milk
1 pinch sea salt
1 apple, cored and chopped
1 teaspoon coconut oil

Place a small pot over medium heat. Add oats, cinnamon, liquid, and sea salt. Mix well and stir. Cook for about 5 minutes until creamy. Add more liquid, if needed. Top with apple and coconut oil before serving.

LUNCH

CARROT AND BRUSSELS SPROUT SALAD WITH CITRUS TAHINI DRESSING AND CHICKEN, BROCCOLI, CARROT, AND BLACK BEAN SOUP

Serves 2

4 large carrots, chopped into 1-inch pieces
1 bunch Brussels sprouts, trimmed and chopped into quarters
1 tablespoon coconut oil
sea salt and black pepper, to taste



2 heaping tablespoons tahini
1 large lemon, juiced
1 large orange, juiced
1 garlic clove, chopped
3 tablespoons water (optional)
1 large red onion, thinly sliced
1 large apple, cored and chopped
1 15-ounce can lentils, drained and rinsed
2 cups baby spinach
½ cup pumpkin seeds
6 slices nitrate-free deli chicken, chopped
1 avocado, sliced

Preheat the oven to 400 degrees F.

Place carrots and Brussels sprouts in a large mixing bowl. Coat with coconut oil and season with sea salt and black pepper. Layer onto a baking sheet and bake for about 20 to 25 minutes. Remove from the oven and set aside to cool.


Add tahini, lemon juice, orange juice, garlic, sea salt, and black pepper to a small bowl. Mix well. Add a few tablespoons of water, if the dressing is too thick. Divide the dressing between 2 quart-sized mason jars, then add red onion, apple, roasted vegetables (room temperature or cold), lentils, spinach, and pumpkin seeds. Cover the jars and place in the refrigerator for no longer than 3 days. When ready to serve, pour the salad into a large serving bowl, mix well, and top with chicken and avocado slices.

DINNER

SALMON, SAUTÉED CABBAGE, AND ROASTED ORANGE SWEET POTATO MASH WITH LARGE SALAD

Serves 4

2 tablespoons coconut oil, divided
1 large onion, chopped
1 large apple, cored and chopped



1 small head green cabbage, chopped
1 small head purple cabbage, chopped
1 cup shredded carrots
sea salt and black pepper, to taste
2 15-ounce cans black beans, drained and rinsed
2 avocados
4 Roasted Sweet Potatoes, chopped (warm or cold)
½ cup fresh-squeezed orange juice
1 tablespoon cinnamon
Large Salad (recipe in Basics)
4 Roasted Salmon Fillets (recipe in Basics)

Add 1 tablespoon of coconut oil to a large pot over medium heat. Once the oil has melted, add onion and apple. Sauté for 3 minutes, then add green cabbage, purple cabbage, and carrots. Season with sea salt and black pepper. Mix well and cover. Continue to sauté for about 15 minutes until tender. Stir in the black beans. Turn off the heat and set aside to cool.

Add 1 tablespoon of coconut oil to a medium-sized pot. Once the oil has melted, add chopped Roasted Sweet Potatoes and mash with a fork. You may choose to use the skin or discard it. Stir in orange juice, cinnamon, sea salt, and black pepper. Mix well and serve warm alongside the cabbage, Large Salad, and Roasted Salmon.


DAY 10

BREAKFAST

VEGGIE OMELET WITH AVOCADO

Serves 2

1 tablespoon coconut oil
1 small onion, sliced
1 cup baby spinach
sea salt and black pepper, to taste
1 teaspoon ground cumin
2 eggs
1 avocado, sliced



Add coconut oil to a large sauté pan over medium heat. Once the oil has melted, add onion and baby spinach. Season with salt, pepper, and cumin. Sauté for about 3 minutes.

Crack 4 eggs into a bowl and whisk with a fork. Pour the eggs into the pan and use a rubber spatula to mix the eggs and vegetables together. Cook until well done. Serve the eggs on a plate. Top with sliced avocado.

LUNCH

TURKEY, ROASTED CAULIFLOWER, AND LENTIL WRAP WITH CITRUS TAHINI DRESSING

Serves 2

1 large head cauliflower, chopped into florets
1 large onion, roughly chopped
1 tablespoon coconut oil
1 tablespoon turmeric
sea salt and black pepper, to taste
2 large collard green leaves
1 cup baby spinach
1 cup canned lentils, drained and rinsed
½ cup shredded carrots
6 slices nitrate-free deli turkey
1 apple, cored and sliced
1 cup Citrus Tahini Dressing (recipe in Dressings)

Preheat the oven to 400 degrees F.

Add cauliflower and onion to a large mixing bowl. Coat with coconut oil. Season with turmeric, sea salt, and black pepper. Mix well and layer onto a baking sheet. Bake for 20 minutes. Remove from the oven and set aside to cool.

Lay the collard green leaves onto a flat surface. Discard the tough stem. Top the collard wrap with spinach, lentils, carrots, turkey, apple, and roasted vegetables. Drizzle with Citrus Tahini Dressing and wrap like a burrito.



DINNER

PINTO BEAN AND SPINACH STUFFED SQUASH WITH LARGE SALAD AND ROASTED CHICKEN

Serves 4

2 tablespoons coconut oil, divided
1 large butternut squash, cut in half lengthwise
1 15-ounce can pinto beans, drained and rinsed
4 cups baby spinach
½ cup Garlic Detox Pesto (recipe in Snacks)
Large Salad (recipe in Basics)
¼ whole-roasted chicken*

*Note: Buy the chicken from the deli aisle of your favorite grocery store.

Preheat the oven to 400 degrees F.

Coat the butternut squash with 1 tablespoon coconut oil. Season with sea salt and black pepper. Place the squash cut-side-down on a baking sheet. Bake for about 30 minutes until tender in the center. Remove from the oven and set aside to cool.

Add 1 tablespoon of coconut oil to a small pot over medium heat. Once the oil has melted, add pinto beans and spinach. Cook until the spinach is wilted. Turn off the heat and stir in the pesto. Serve the beans and spinach inside butternut squash halves. Serve alongside Large Salad and roasted chicken.

DAY 11

BREAKFAST



WARM BANANA CHIA PUDDING

Serves 2

- 1/3 cup dairy-free milk
- 1/3 cup chia seeds
- 1 teaspoon cinnamon
- 1 tablespoon honey or maple syrup
- 1 scoop vanilla protein powder
- 1 small apple, cored and sliced
- 1 small banana, sliced

Warm up the milk over low heat for about 3 minutes. Transfer the milk to a serving bowl with chia seeds. Add cinnamon and sweetener. Mix well and let the mixture sit for 3 minutes. Stir in protein powder. Top with sliced apple and banana.

LUNCH

KALE SALAD WITH EGGS

Serves 2

- 1 bunch kale, chopped
- 1 avocado
- 1 small onion, thinly sliced
- 1 tablespoon extra-virgin olive oil
- sea salt and black pepper, to taste
- 1 teaspoon dried thyme
- 1 lemon, juiced
- 1 15-ounce can kidney beans, drained and rinsed
- 1 roasted sweet potato, chopped (warm or cold)
- 2 hard-boiled eggs, peeled and sliced

Add kale, avocado, onion, olive oil, sea salt, black pepper, thyme, and lemon juice to a large mixing bowl. Use your hands to massage until wilted. Top the salad with kidney beans, sweet potatoes, and hard-boiled eggs.



DINNER

SPLIT PEA AND KALE CHILI WITH ROASTED SALMON AND BRUSSELS SPROUTS

Serves 4

1 tablespoon coconut oil
1 large onion, chopped
2 garlic cloves, chopped
1 cup dried green split peas
4 large carrots, chopped
4 cups vegetable broth
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon turmeric
1 bunch kale, chopped
2 avocados, sliced
1 bunch scallions, chopped
1 bunch cilantro, chopped
Roasted Salmon Fillets (recipe in Basics)
Roasted Brussels Sprouts (recipe in Basics)

Add coconut oil to a large soup pot over medium heat. Once the oil has melted, add onion and garlic. Sauté for 3 minutes, then add split peas, carrots, broth, cumin, coriander, and turmeric. Mix well and cover. Simmer on medium-low heat for 30 minutes until the peas are almost tender.

Add kale to the soup pot. Mix well, cover, and simmer for an additional 5 to 10 minutes. Serve topped with avocado, scallions, and cilantro. Serve alongside Roasted Salmon Fillets and Roasted Brussels Sprouts.

DAY 12

BREAKFAST



BANANA KIWI YOGURT PARFAIT

Serves 2

- 1 cup dairy-free yogurt
- 1 tablespoon chia seeds
- 1 tablespoon dried, unsweetened coconut shreds
- ½ banana, peeled and sliced
- 1 kiwi fruit, peeled and sliced

Add yogurt to a serving bowl. Top with chia seeds, coconut, banana, and kiwi.

LUNCH

ARUGULA SALAD WITH ROASTED VEGETABLES AND FETA & BRUSSELS SPROUTS AND YELLOW SPLIT PEA SOUP

Serves 2

- 2 large beets, chopped
- 2 large carrots, chopped
- 1 large onion, chopped
- 2 tablespoons coconut oil
- sea salt and black pepper, to taste
- 4 cups arugula
- 1 lemon, juiced
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried oregano
- ¼ cup feta cheese

Preheat the oven to 400 degrees F.

Add beets, carrots, and onion to a large mixing bowl. Coat with coconut oil. Season with sea salt and black pepper. Mix well and layer onto a baking sheet. Bake for about 30 minutes until tender and brown along the edges. Remove from the oven and set aside to cool.

To make the salad, add arugula, lemon juice, olive oil, and oregano to a large bowl. Mix well until the salad leaves are well coated. Top with roasted vegetables (warm or cold) and feta cheese.



DINNER

BLACK BEAN AND BUTTERNUT SQUASH STEW WITH LARGE SALAD AND SHRIMP

Serves 4

1 tablespoon coconut oil
1-pound peeled shrimp
sea salt and black pepper
1 large onion, chopped
2 15-ounce cans black beans, drained and rinsed
2 garlic cloves, chopped
1 tablespoon cinnamon
2 cups chopped butternut squash
4 cups vegetable broth
1 bunch cilantro, chopped
1 cup plain dairy-free yogurt
1 bunch scallions, chopped
Large Salad (recipe in Basics)

Add coconut oil to a large pot over medium heat. Once the oil has melted, add shrimp. Sauté for about 5 minutes until the shrimp is opaque. Remove from the pot and set aside to cool.

Next, add onion to the same hot pot. Sauté for 3 minutes, then add black beans, garlic, cinnamon, squash, and vegetable broth. Stir well and cover. Simmer on medium-low heat for about 20 minutes until the squash is tender. Remove the cover and turn up the heat slightly. This will help to evaporate some of the liquid and the black beans will continue to break down. Simmer for about 5 to 7 minutes. Turn off the heat and stir in cilantro.

Serve the stew with a dollop of yogurt and scallions. Serve with Large Salad.

DAY 13

BREAKFAST



ORANGE DREAM SMOOTHIE

Serves 1

1 orange, peeled
½ cup dairy-free yogurt
½ cup orange juice
1 scoop protein powder
1 banana
1 teaspoon flax seeds
¼ teaspoon cinnamon powder

LUNCH


TURMERIC VEGGIE ZEN BOWL & CHICKEN, BROCCOLI, CARROT, AND BLACK BEAN SOUP

Serves 2

1 head cauliflower, chopped into florets
1 sweet potato, chopped into cubes
2 tablespoons coconut oil
2 teaspoons turmeric powder
sea salt and black pepper, to taste
4 cups arugula
1 lemon, juiced
2 tablespoons extra virgin olive oil
1 teaspoon dried thyme
1 15-ounce can black beans, drained and rinsed
½ bunch cilantro, chopped
¼ cup feta

Preheat the oven to 400 degrees F.

Add chopped cauliflower and sweet potato to a large mixing bowl. Coat the vegetables with coconut oil, then season with turmeric powder, sea salt, and black pepper. Mix well and layer onto a baking sheet. Bake for about 30 minutes until brown. Remove from the oven and set aside to cool.



To a large bowl, add arugula with lemon juice, olive oil, thyme, sea salt, and black pepper. Toss well and top with roasted vegetables (warm or cold), black beans, cilantro, and feta.

DINNER

CHICKEN AND BOK CHOY STIR-FRY WITH LENTILS AND LARGE SALAD

Serves 4

1 tablespoon coconut oil
4 chicken breasts, chopped
1 large onion, chopped
2 bunches of bok choy, chopped
2 cups shredded carrots
2 garlic cloves, chopped
2 15-ounce cans lentils, drained and rinsed
sea salt and black pepper, to taste
1 tablespoon toasted sesame oil
2 avocados, sliced
4 Roasted Sweet Potatoes (recipe in Basics)
1 tablespoon cinnamon
Large Salad (recipe in Basics)

Add coconut oil to a large pot over medium heat. Once the oil has melted, add chopped onion. Sauté for 3 minutes, then add bok choy and carrots. Sauté for about 5 minutes until the bok choy is wilted. Toss in garlic and lentils. Season with sea salt and black pepper. Turn off the heat and toss in toasted sesame oil. Top with cooked chopped chicken.

Cut open the roasted sweet potatoes and mix in cinnamon. Top the vegetable stir-fry with avocado and serve alongside sweet potatoes and Large Salad.



DAY 14

BREAKFAST

OVERNIGHT CHIA PUDDING

Serves 2

2 cups unsweetened dairy-free milk
2/3 cup chia seeds
1/2 teaspoon vanilla extract
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1 dash turmeric (optional)
1 tablespoon sweetener (optional)
1 tablespoon dried, unsweetened coconut shreds (optional)
1 scoop protein powder (optional)

The night before, mix dairy-free milk, chia seeds, vanilla, cinnamon, and nutmeg in a bowl and mix or shake well. Place in refrigerator overnight.


The next morning, transfer the chia pudding from the container to a pot on the stove. Warm it for 2 to 3 minutes and serve it in a bowl.

If desired, add turmeric and sweetener of choice. You may also choose to top your pudding with shredded coconut or your choice of protein powder for an added boost of protein.

LUNCH

MIXED GREEN SALAD WITH BEETS AND WALNUTS & CHICKEN GINGER CARROT NOODLE SOUP

Serves 2



4 cups mixed greens
1 cup broccoli slaw
½ bunch parsley, chopped
1 large beet, shredded
1 large roasted sweet potato, sliced (recipe in Basics)
¼ cup walnuts
½ cup Citrus Tahini Dressing (recipe in Dressings)

Add all the ingredients to a large mixing bowl. Mix well and serve immediately.

DINNER

PINTO BEAN AND SPINACH STUFFED SQUASH WITH LARGE SALAD AND ROASTED CHICKEN

Serves 2

2 tablespoons coconut oil, divided
1 large butternut squash, cut in half lengthwise
1 15-ounce can pinto beans, drained and rinsed
4 cups baby spinach
½ cup Garlic Detox Pesto (recipe in Snacks)
Large Salad (recipe in Basics)
¼ whole-roasted chicken*

*Note: Buy the chicken from the deli aisle of your favorite grocery store.

Preheat the oven to 400 degrees F.

Coat the butternut squash with 1 tablespoon coconut oil. Season with sea salt and black pepper. Place the squash cut-side-down on a baking sheet. Bake for about 30 minutes until tender in the center. Remove from the oven and set aside to cool.

Add 1 tablespoon of coconut oil to a small pot over medium heat. Once the oil has melted, add pinto beans and spinach. Cook until the spinach is wilted. Turn off the heat and stir in the pesto. Serve the beans and spinach inside butternut squash halves. Serve alongside Large Salad and roasted chicken.