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30 DAYS TO
Healthy Living

Recipe Book

Welcome to your healthy living journey!

www.arbonne.com



Your Arbonne family
is here to *support you* as
you reset your routine
and *establish healthy*
habits that are centered
around *nutrient-dense*
meals supplemented with
Arbonne products.

You've got this!

The following list of recipes includes...

Shakes, Breakfast, Lunch, and Dinner ideas that are focused on whole, flavorful ingredients to help you mix up your 30 Day routine and enjoy healthy eating.

Tip 1

Before you get cooking, we suggest clearing your house of processed foods that are dense in sugar, sodium and saturated fats. Then, begin keeping a well-stocked kitchen with complex carbohydrates, lean protein, fruits, vegetables and healthy fats.

Tip 2

Keep an eye on the ingredients lists on your foods to limit added sugars, saturated fats, and sodium, and remember to drink a lot of water.



Keep a well-stocked kitchen

Here are some suggestions to keep your healthy habits at your fingertips.

Pantry

- Canned tomatoes, beans, artichoke hearts, chickpeas, olives, tuna, salmon
- Extra virgin olive oil, avocado oil, coconut oil
- Ground flaxseed, hemp hearts, nuts, nut butter
- Brown rice, quinoa, whole grain pasta, oats

Fridge & Freezer

- Fresh produce — sweet potatoes, apples, avocados, berries, lemons, bell peppers, broccoli, carrots, fresh herbs, garlic, onions, spinach, kale, romaine, squash, zucchini
- Fresh lean proteins — chicken breast, eggs, ground turkey, grass-fed beef, greek yogurt, hummus, fish, milk of choice
- Freezer – spinach, cauliflower rice, peas, berries, mixed vegetables, mango, veggie burgers





Mix it up with
SHAKES



Basic Shake

1 Serving | 366 Calories | 29g Carbs | 17g Fats | 24g Protein

INGREDIENTS

- 2 scoops FeelFit Pea Protein Shake, Vanilla Flavor
- $\frac{1}{3}$ cup spinach
- $\frac{1}{4}$ cup blueberries
- 1 tbsp of almond butter
- 9 fl. oz. coconut milk



Combine in a blender *and enjoy!*

Nutrition facts throughout book are estimates. Calculations are based on recipe information from a software and are subject to change based on ingredients and precise measurements. Recipes with FeelFit Pea Protein Shake are calculated with the original Feel Fit formula version, not Simply1 FeelFit.

Carrot Cake

1 Serving | 274 Calories | 23g Carbs | 10g Fats | 23g Protein

Ingredients

- 2 scoops FeelFit Pea Protein Shake, Vanilla Flavor
- 1 handful spinach
- 1 cup cooked or raw chopped carrots
- 1 tbsp walnuts
- 1 tsp cinnamon
- 1 cup water
- 1 cup unsweetened almond milk
- Add ice to taste



Combine ingredients in a blender *and enjoy!*

Chocolate Spinach Crunch

1 Serving | 219 Calories | 15g Carbs | 8g Fats | 21g Protein



Ingredients

- 2 scoops FeelFit Pea Protein Shake, Chocolate Flavor
- 9 fl. oz. water
- 1½–2 handfuls fresh spinach
- 6–8 hazelnuts
- Add ice to taste

Combine ingredients in a blender *and enjoy!*

Nutty Apple Cinnamon

1 Serving | 280 Calories | 24g Carbs | 10g Fat | 22g Protein

INGREDIENTS

- 2 scoops FeelFit Pea Protein Shake, Vanilla Flavor
- 1 handful kale or spinach
- 1 cup unsweetened almond milk
- ½ sour green apple, sliced
- Ground cinnamon, to taste
- 1 tbsp raw pecans; or slivered / sliced raw almonds
- Add ice to taste



Combine ingredients
in a blender *and enjoy!*



Double Chocolate Fix

1 Serving | 263 Calories | 20g Carbs | 10g Fat | 23g Protein

INGREDIENTS

- 2 scoops FeelFit Pea Protein Shake, Chocolate Flavor
- 1 scoop BeWell Superfood Greens
- 1 cup unsweetened almond milk
- $\frac{3}{4}$ tsp flax oil
- 1 pinch of unsweetened cocoa nibs
1 tsp unsweetened cocoa powder
Add ice to taste

Combine ingredients
in a blender *and enjoy!*

arbonne.

GutHealth

Prebiotic Fiber

WITH FRUIT AND VEGETABLE
SUPPORTS GI HEALTH
AND REGULARITY[®]

DIETARY SUPPLEMENT

Net wt. 16.9 oz. (1 lb. 0.9 oz.)
480 g

arbonne.

CleanTox

Gentle Cleanse

LEMON GINGER FLAVOR

WITH ALOE VERA
ASSISTS WITH ELIMINATION

Supplement Facts

	Amount Per Serving	% Daily Value
Total Fiber	5g	10%
Total Protein	10g	20%
Total Fat	10g	20%
Total Carbohydrate	10g	20%
Total Sugar	10g	20%
Total Sodium	10g	20%
Total Calcium	10g	20%
Total Iron	10g	20%
Total Zinc	10g	20%
Total Magnesium	10g	20%
Total Potassium	10g	20%
Total Phosphorus	10g	20%
Total Selenium	10g	20%
Total Manganese	10g	20%
Total Copper	10g	20%
Total Nickel	10g	20%
Total Boron	10g	20%
Total Vanadium	10g	20%
Total Molybdenum	10g	20%
Total Silicon	10g	20%
Total Fluorine	10g	20%
Total Iodine	10g	20%
Total Chlorine	10g	20%
Total Sulfur	10g	20%
Total Oxygen	10g	20%
Total Hydrogen	10g	20%
Total Nitrogen	10g	20%
Total Phosphorus	10g	20%
Total Selenium	10g	20%
Total Manganese	10g	20%
Total Copper	10g	20%
Total Nickel	10g	20%
Total Boron	10g	20%
Total Vanadium	10g	20%
Total Molybdenum	10g	20%
Total Silicon	10g	20%
Total Fluorine	10g	20%
Total Iodine	10g	20%
Total Chlorine	10g	20%
Total Sulfur	10g	20%
Total Oxygen	10g	20%
Total Hydrogen	10g	20%
Total Nitrogen	10g	20%

BeWell

Superfood Greens

SPIRULINA

WITH ANTIOXIDANTS A
BLEND OF 36 FRUITS A
IN EACH SERVING

DIETARY SUPPLEMENT

Net wt. 7.80 oz. / 221 g pow



Start with our *vanilla*,
chocolate, *strawberry* or
coffee flavor shake as a base,
and get creative!



Sweet Very Berry

1 Serving | 329 Calories | 25g Carbs | 14g Fat | 26g Protein

INGREDIENTS

- 2 scoops FeelFit Pea Protein Shake, Vanilla Flavor
- 1 scoop BeWell Superfood Greens
- 8 fl. oz. water
- $\frac{1}{4}$ cup unsweetened coconut milk
- $\frac{1}{2}$ cup unsweetened almond milk
- 1 tbsp almond butter
- $\frac{1}{4}$ cup frozen or fresh berries
- Add ice to taste

Combine ingredients
in a blender *and enjoy!*

Pretty Pumpkin Smoothie Bowl

1 Serving | 392 Calories | 47g Carbs | 11g Fat | 30g Protein



Ingredients

- 9 fl. oz. non-dairy milk or water
- 2 scoops FeelFit Pea Protein Shake, Vanilla Flavor
- ½ cup pumpkin purée
- ½ frozen banana
- ½ cup frozen cauliflower
- 1 tsp pumpkin pie spice
- Cinnamon to taste
- Choose one healthy fat as a topping: Chia seeds, almond butter, or coconut flakes.

Combine ingredients in a blender *and enjoy!*

Dirty Blended Chai

1 Serving | 276 Calories | 37g Carbs | 4g Fat | 20g Protein



Ingredients

- 2 scoops FeelFit Pea Protein Shake, Coffee Flavor
- 1 tsp cinnamon
- 5 fl. oz. non-dairy milk
- 4 fl. oz. chai tea concentrate
- Ice

Combine ingredients in a blender *and enjoy!*

Green Goddess Smoothie

1 Serving | 265 Calories | 26g Carbs | 8g Fat | 23g Protein

Ingredients

- 17 fl. oz. water
- 2 scoops FeelFit Pea Protein Shake, Vanilla Flavor
- 1-2 cups spinach
- 1 stalk celery
- ½ cucumber
- ¼ cup fresh lemon juice
- ½ avocado or 1 tbsp sunflower butter
- Pinch of fresh basil
- Ice to thicken



Combine ingredients in a blender *and enjoy!*



A healthier start with
BREAKFAST

Set the tone for your day the healthy way with clean ingredients and a satisfying recipe for your first meal.



Power Protein

Breakfast Bowl


1 Serving | 449 Calories | 40g Carbs | 28g Fat | 11g Protein

INGREDIENTS

- $\frac{2}{3}$ cup cooked quinoa
or cooked brown rice
- $\frac{1}{2}$ green apple
- 2 tsp hemp seeds
- 1 tsp raw coconut
- 1 handful raw pecans
- Cinnamon and nutmeg
- Almond milk, unsweetened



Mix all ingredients
in a bowl and serve!



Protein Boosted
Blueberry Pecan
Quinoa Breakfast Bowl

1 Serving | 424 Calories | 48g Carbs | 24g Fat | 9g Protein

INGREDIENTS

- $\frac{3}{4}$ cup cooked quinoa
- $\frac{1}{4}$ cup coconut milk
- 2 scoops FeelFit Pea Protein Shake
- Sprinkle of cinnamon
- 2-3 tbsp pecan pieces
- 2-3 tbsp shredded coconut
- $\frac{1}{2}$ cup blueberries

Mix all ingredients together
and enjoy!



Veggie Eggs Scramble

1 Serving | 388 Calories | 15g Carbs | 28g Fat | 18g Protein

INGREDIENTS

- 2 eggs
- ¼ cup onion
- ½ cup spinach
- ¼ cup mushrooms
- 1 clove garlic
- 1 tbsp nutritional yeast
- 2 tsp olive oil or coconut oil
- Salt and pepper
- ¼ cup avocado, sliced
- 2 tbsp fresh pico de gallo

DIRECTIONS

Sauté veggies in olive oil or coconut oil. Add two beaten eggs, nutritional yeast, no-salt seasoning or salt, and pepper. Scramble and top with avocado slices and fresh pico de gallo.



SUNDAY QUICHE

Sunday Quiche

1 Serving | 388 Calories | 15g Carbs | 28g Fat | 18g Protein

Serves 4

Ingredients

CRUST:

- 1 tbsp ground flax + 3 tbsp water, mixed together
- 1 cup whole almonds, ground into flour
- 1 tsp dried parsley
- 1 tsp dried oregano
- ½ tsp kosher salt
- 1 tbsp coconut oil or olive oil
- 1-2½ tbsp water, as needed

FILLING:

- 6 eggs beaten
- 1 tbsp coconut oil or olive oil
- 1 yellow onion, thinly sliced
- 3 large garlic cloves, minced
- 3 cups (8 oz.) sliced cremini mushrooms

(FILLING CONTINUED)

- ½ cup fresh chives, finely chopped
- ½ cup fresh basil leaves, finely chopped
- ⅓ cup oil-packed sun-dried tomatoes, finely chopped
- 1 cup spinach
- 2 tbsp nutritional yeast
- 1 tsp dried oregano
- ¾-1 tsp salt
- Pepper, to taste
- Red pepper flakes, to taste

Directions

Mix dry ingredients in food processor for crust. Add oil and water, press into tart pan. Use a little almond milk to help form crust if ingredients seem too dry.

Bake the crust on 350°F for 15 minutes. Sauté onion, garlic, and mushrooms, add spinach just to

wilt. Add chives, basil, nutritional yeast and other ingredients and place in precooked crust.

Pour eggs over and bake on 350° for 30-40 min until top is browned and bubbling.



*Time for a
nutrient-packed*
LUNCH

Delicious ideas for midday meals that focus
on nutrient-dense ingredients so you can
get through the day.

Mason Jar Taco Salad

1 Serving | 578 Calories | 48g Carbs | 27g Fat | 40g Protein

Serves 2



Ingredients

- 1 tbsp olive oil
- 8 oz. chicken breast cut into bite-sized pieces
- 2 cups large carrots, sliced
- 1 large red bell pepper, sliced
- ½ cup large onion, roughly chopped
- 2 tsp garlic minced
- 2 tsp cumin seed
- Salt
- 1 large avocado
- 1 large lime, juiced
- 1 cup salsa
- 2 cups roma tomatoes, chopped
- ½ cup cucumber, chopped
- ½ cup cilantro, roughly chopped
- Fresh spinach
- 2 quart wide-mouth sized mason jars

(RECIPE CONTINUED)

Mason Jar Taco Salad

Directions

Heat ½ tbsp of olive oil in a large skillet over medium heat. Cook the chicken breast until golden brown, and no longer pink on the inside. Set aside in a small bowl.

Add the remaining ½ tbsp of olive oil into the pan and turn to medium/high heat. Cook the carrots until they begin to just soften. Turn the heat down to medium and add in the pepper, onion and garlic. Cook until soft and the outsides begin to look charred.

While the veggies cook, place the cumin seeds in a small, dry pan over medium/high heat and toast them, stirring frequently until golden brown and fragrant, about 2 minutes. Transfer them to a cutting board and crush. Add the crushed

seeds into the pan with the veggies and season with salt. Mix well and turn off the heat.

Scoop the avocado and the lime juice into a small food processor and blend until smooth and creamy. Place ½ cup of salsa in the bottom of each jar, spreading evenly. Divide the avocado/lime mixture on top, gently spreading out.

Then, divide the cumin roasted veggies, followed by the chicken. You may need to lightly pack everything in to get it all to fit. After the chicken, place the chopped tomatoes, and then the cucumbers.

Finish off by dividing the cilantro and then as much spinach as you can fit. Seal and refrigerate.

Toasted Coconut Quinoa Salad

1 Serving | 242 Calories | 30g Carbs | 11g Fat | 5g Protein

Serves 2

Ingredients

- 1 cup quinoa
- 1 cup coconut milk
- 1 small bunch of kale, stems removed and leaves chopped
- ½ red onion, chopped
- ⅓ cup unsweetened coconut flakes



Combine ingredients in a bowl *and enjoy!*

Easy Salad Dressing

1 Serving | 123 Calories | >1g Carbs | 13g Fat | >1g Protein

Serves 8



Ingredients

- ½ cup good quality olive oil
- Few dashes liquid aminos
- ¼ cup fresh squeezed lemon or raw apple cider vinegar
- 1 tbsp dijon mustard
- No-salt seasoning
- Salt and pepper

Directions

Mix all ingredients in jelly jar. Makes enough for several salads. Keep jar in refrigerator for up to a week.



MEDITERRANEAN QUINOA SALAD

Mediterranean Quinoa Salad

1 Serving | 599 Calories | 31g Carbs | 40g Fat | 33g Protein

Serves 2

Ingredients

- 3/4 cup quinoa
- 1 1/4 cups water
- 1 small cucumber cut in half, sliced or 1/2 cup diced celery from inner hearts
- 1/4 cup kalamata olives
- 1 ripe avocado, diced
- 1 tbsp slivered fresh mint leaves
- 3 tbsp chopped fresh parsley
- 1 tbsp lemon juice
- 1 tbsp apple cider vinegar
- 1/4 tsp dried mustard
- 1 small clove garlic, chopped fine
- 2 tbsp extra virgin olive oil
- Salt to taste
- Freshly ground pepper
- Organic mixed greens
- 6 oz. grilled chicken

Directions

Place quinoa in a strainer and rinse with cold water if from a bin. Boxed quinoa typically does not need to be rinsed. Place in saucepan with water and a small amount of sea salt.

Bring to a boil, cover and simmer for 15 minutes or until grains show a thread-like spiral and water is absorbed. Remove from heat, remove the lid, and place a dishtowel over the pan. Return the lid to the pan and let sit for 10 minutes or longer,

undisturbed. Transfer to a salad bowl and fluff with fork. Allow to cool.

Add cucumbers, olives avocado, mint, parsley to the bowl. Whisk together lemon juice, apple cider vinegar, mustard, garlic, salt, and oil. Just before serving, toss greens with 3 tablespoons dressing.

Toss quinoa mixture with remaining dressing. Toss together greens and quinoa mix.

Tip: Also delicious with grilled salmon!



HIPPIE BOWLS WITH SECRET SAUCE

Hippie Bowls

with Secret Sauce

1 Serving | 433 Calories | 43g Carbs | 24g Fat | 16g Protein

Serves 4

Ingredients

- 1 cup dry quinoa
 - 1 small sweet potato, scrubbed clean and cut into ½-inch chunks
 - 1 small head of broccoli, cut into small florets
 - 1 cup shredded carrots
 - 1 cup cooked chickpeas (if canned, rinsed and drained)
 - 1 cup shredded purple cabbage
 - ¼ cup almonds, roughly chopped
 - 1 small avocado, diced
- SAUCE:
- 2 tsp dijon mustard
 - Pinch of cayenne pepper
 - 3 tbsp nutritional yeast
 - Salt to taste
 - ¼ cup tahini
 - ¼ cup water
 - 1 tbsp apple cider vinegar

Directions

Preheat the oven to 425°F. In a large bowl combine the sweet potato, broccoli and chickpeas. Toss with a little olive oil, salt and pepper. Place on a prepared baking sheet and roast in the oven until lightly browned on all sides. Toss veggies halfway through cooking time.

While veggies roast, cook the quinoa. Prepare the “hippie sauce” by combining all ingredients and processing until smooth with an immersion blender or regular blender.

Once veggies are done roasting toss them with the cooked quinoa. Add the shredded cabbage, carrots, avocado, and almonds.

Drizzle with creamy sauce and serve warm.



*Clean
and lean*

DINNER

Tasty and satisfying ways to end the day with clean, healthy ingredients that stay mindful of your healthy living goals.



Turkey Burgers

with Sautéed Mushrooms & Spinach

1 Serving | 320 Calories | 4g Carbs | 18g Fat | 33g Protein

Serves 2

INGREDIENTS

- ½ lb extra lean ground organic turkey
- 1½ tsp no-salt seasoning
- Dash salt and pepper
- 1 tomato, sliced
- 1 tbsp olive oil
- 3 cups fresh spinach
- 1½ cups fresh, raw mushroom slices
- 1 tsp minced garlic

DIRECTIONS

Shape the meat into two round, flat patties and season as well. Set aside. Grab a sauté pan and a medium-sized saucepan. Drizzle some olive oil in the sauté pan and cook the burgers for 3–4 minutes on each side until they are cooked through. Simultaneously, drizzle olive oil in the medium-sized saucepan and heat over medium heat.

Toss in minced garlic, spinach and mushrooms. Add a dash of salt and pepper and cook, stirring occasionally for 3–5 minutes until spinach is wilted and mushrooms are tender. Turn off heat under both pans.

Top each turkey burger with several tomato slices and a heaping spoonful of the sauteed spinach and mushrooms.



BLACK BEAN BUTTERNUT SQUASH CHILI

Black Bean Butternut Squash Chili

1 Serving | 408 Calories | 55g Carbs | 16g Fat | 14g Protein

Serves 4

Ingredients

- 2 tbsp olive oil
- 1 small butternut squash, peeled and cubed
- Salt and pepper
- 1 large yellow onion, chopped
- 1 yellow bell pepper, chopped
- 1 orange bell pepper, chopped
- 1 tbsp ground cumin
- 1 tsp dried oregano
- 2 medium cloves garlic, minced or grated
- 3½ oz. chipotle chilis
- 2 cups vegetable broth
- 2 cups cooked black beans
- 4 scallions
- 1 avocado, diced

Directions

Heat the olive oil over medium heat in a large soup pot. Season butternut squash with salt and pepper and cook in olive oil, stirring occasionally, until lightly browned. Add the onion and peppers, cooking until softened. Add the cumin, oregano, and garlic and cook until aromatic.

Mash the beans gently with a wooden spoon against the side of the pot to thicken, then season with salt and pepper.

Ladle into bowls and serve with scallions and avocado.



Chicken & Veg Fajitas

with Black Beans

1 Serving | 468 Calories | 45g Carbs | 15g Fat | 43g Protein

Serves 4

INGREDIENTS

- 1 large red bell pepper, sliced thin lengthwise
- 1 large yellow bell pepper, sliced thin lengthwise
- 1 large orange bell pepper, sliced thin lengthwise
- 5 raw, boneless, skinless chicken breasts, sliced thin lengthwise
- Mixed greens
- Pico de gallo or salsa
- Black beans
- ¼ avocado, sliced
- 1 large red onion, sliced thin
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp chili powder
- 1 tbsp ground cumin
- 1 tbsp olive oil

DIRECTIONS

Sauté everything in a large pan, adding the spices about halfway through. Top on a bed of fresh greens with salsa and avocado. Serve with a side of black beans.



SPAGHETTI SQUASH ITALIANO

Spaghetti Squash Italiano

1 Serving | 376 Calories | 46g Carbs | 19g Fat | 11g Protein

Serves 4

Ingredients

- 2 small spaghetti squash
- 4 cups zucchini, eggplant, and mushroom slices
- 1 cup spinach
- 4 medium green onions, sliced
- $\frac{1}{4}$ cup fresh basil and parsley
- 1 tbsp olive oil
- 2 cloves garlic
- 1 jar marinara or tomato sauce
- 3 medium tomatoes, seeded and chopped
- $\frac{1}{2}$ cup pine nuts or walnuts, toasted
- 2 tbsp nutritional yeast

Directions

Halve squash lengthwise and remove the seeds. Prick skin all over. Place halves, cut side down, in a 3-quart rectangular baking dish. Cover and bake in a 350°F oven for 60–70 minutes or until tender. Using a fork, separate the squash pulp into strands, leaving strands in shell.

Meanwhile, sauté veggies, garlic, and herbs in oil, then add marinara sauce and tomatoes. Spoon $\frac{1}{4}$ of mixture into each shell.



Sprinkle with nuts and nutritional yeast.
Return to oven and bake for 10 minutes.



Kale Pad Thai

1 Serving | 404 Calories | 33g Carbs | 27g Fat | 13g Protein

Serves 4

INGREDIENTS

- 1 bunch of kale, shredded or chopped
- ½ shredded cabbage
- 1 cup garbanzo beans
- 1 cup cashews, roasted or plain
- 1 bunch of celery, chopped
- ¼ cup sunflower seeds
- ½ cup scallion, chopped fine
- 1 cup mung bean sprouts
- 1 cup shredded carrots
- ¼ cup cilantro
- 1 lime
- Chopped garlic
- Sesame oil
- Red pepper flakes
- Minced garlic
- 1 tbsp your favorite nut butter

DIRECTIONS

Add oil to wok on high heat. Toss in all veggies. Add garlic, scallions, sprouts, and red pepper to taste. Toss in wok and sauté for 3 minutes. Add nut butter, garbanzo beans, nuts and seeds. Serve with cilantro on top.



Clean Eating Coconut Chicken with Almonds

1 Serving | 241 Calories | 9g Carbs | 13g Fat | 22g Protein

INGREDIENTS

- ½ cup almonds, chopped
- 1 15 oz. can light coconut milk
- 4 cups raw spinach leaves, tightly packed when measuring
- 3 chicken breasts (about 7 oz. each), chopped into bite-sized pieces
- ½ tsp finely grated fresh ginger (grate on a micro plane for best results)
- ½ tsp cinnamon

DIRECTIONS

Combine all ingredients in a large pan and cook until the chicken is fully cooked through. Serve by itself or over brown rice, spaghetti squash, or fresh spinach.

Hummus-Crusted Chicken

1 Serving | 307 Calories | 17g Carbs | 13g Fat | 31g Protein

Serves 4

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 cup hummus
- Sea salt and pepper
- 1 tbsp olive oil
- 1 zucchini, chopped
- 2 lemons
- 1 yellow squash, chopped
- 1 tsp smoked paprika
- 1 medium onion, chopped

DIRECTIONS

Preheat oven to 450°F. Prepare one large baking dish or two smaller baking dishes with olive oil spray.

Pat the chicken dry. Season the chicken breasts with generous pinches of sea salt and pepper. In a large bowl, toss the zucchini, squash and onion with olive oil until evenly coated. Season with sea salt and pepper. If using one baking dish, place all of the vegetables on the bottom of the dish in an even layer. Lay the four

chicken breasts evenly on top, then spread each chicken breast with the hummus so that the entire breast is covered.

Squeeze the juice of one lemon over the chicken and vegetables. Sprinkle the entire dish with smoked paprika. If desired, thinly slice one lemon and place the slices in between the chicken and vegetables. If using two pans, use one for the chicken and one for the vegetables.

Bake for about 25–30 minutes, until the *chicken is cooked through* and the *vegetables are tender*. Serve immediately.

Extra Veggie Fried Rice

1 Serving | 592 Calories | 67g Carbs | 28g Fat | 14g Protein

Serves 2



Ingredients

- 1½ tsp + 2 tbsp avocado oil
- 2 eggs, scrambled
- 1 small white onion, finely chopped
- 2 medium carrots, finely chopped
- 2 cups additional veggies, cut into very small pieces for quick cooking (options include snow peas, asparagus, broccoli, cabbage, bell pepper, and/or fresh or frozen peas)
- ¼ tsp salt, more to taste
- 1 tbsp grated or finely minced fresh ginger
- 2 large cloves garlic, pressed or minced
- Pinch of red pepper flakes
- 2 cups cooked brown rice
- 1 cup greens, such as spinach or kale
- 3 green onions, chopped
- 1 tbsp coconut aminos
- 1 tsp toasted sesame oil

(RECIPE CONTINUED)

Extra Veggie Fried Rice

Directions

Before getting started, make sure that all of your ingredients are prepped and within an arm's reach from the stove. Also have an empty bowl nearby for holding the cooked eggs and veggies.

Warm a large cast iron or stainless steel skillet over medium-high heat. Add 1½ teaspoons of oil and swirl the pan to coat the bottom. Add the eggs and swirl the pan so they cover the bottom. Cook until they are just lightly set, flipping or stirring along the way. Transfer the eggs to a bowl and wipe out the pan with a heat-proof spatula.

Return the pan to heat and add 1 tablespoon of oil. Add the onion and carrots and cook, stirring often, until the onions are translucent, and the carrots are tender.

Add the remaining veggies and salt. Continue cooking, stirring occasionally, until the veggies are cooked through and turning golden.

In the meantime, use the edge of your spatula or a spoon to break up the scrambled eggs into smaller pieces.

Use a big spatula or spoon to transfer the contents of the pan to the bowl with the cooked eggs. Return the pan to heat and the remaining 1 tablespoon oil. Add the ginger, garlic and red pepper flakes, and cook until fragrant while stirring constantly, about 30 seconds.

Add the cooked rice and mix it all together. Cook, stirring occasionally, until the rice is hot and starting to turn golden on the edges.

Add the greens and green onions and stir to combine. Add the cooked veggies and eggs and stir to combine. Remove the pan from the heat and stir in the coconut amino and sesame oil. Divide into bowls and serve immediately.



Slow Cooker Curried Vegetable & Chickpea Stew

1 Serving | 404 Calories | 33g Carbs | 27g Fat | 13g Protein

Serves 4

INGREDIENTS

- 1 tsp olive oil
- 1 large onion, diced
- 1 tbsp salt, divided
- 2 medium sweet potatoes
- 1 tbsp curry powder
- 1 tbsp coconut aminos
- 1 tbsp grated fresh ginger
- 3 cloves garlic, minced
- $\frac{3}{8}$ tsp cayenne pepper
- 2 cups low-sodium vegetable broth, divided
- 2 cans chickpeas, drained and rinsed
- 1 medium green bell pepper, diced
- 1 medium red bell pepper, diced
- 1 medium head cauliflower, cut into bite-sized florets
- 1 can diced tomatoes with their juices
- $\frac{1}{4}$ tsp black pepper
- 110 oz. bag baby spinach
- 1 cup coconut milk

(RECIPE CONTINUED)

Slow Cooker Curried Vegetable & Chickpea Stew

Directions

Heat the oil in a large frying pan over medium heat until shimmering. Add the onion, season with 1 teaspoon of the salt, and sauté until translucent. Add the potatoes or squash and 1 teaspoon of the salt, and sauté until just translucent around the edges.

Stir in the curry, coconut aminos, ginger, garlic, and cayenne and cook until fragrant. Pour in $\frac{1}{4}$ cup of the broth and scrape up any browned bits from the bottom of the pan. Transfer this onion-potato mixture into the bowl of a 6-quart slow cooker.

Add the remaining $1\frac{3}{4}$ cups broth, chickpeas, bell peppers, cauliflower, tomatoes with their juices, pepper, and remaining 1 teaspoon salt. Stir to combine. The liquid should come about halfway up the sides of the bowl; add more broth as needed. Cover and cook for on the HIGH setting for 4 hours.

Stir in the spinach and coconut milk. Cover and let sit for a few more minutes to allow the spinach to wilt. Taste and season with salt and other seasonings as needed. Serve on its own, or over brown rice or quinoa.



Tip: Halve this recipe for a *smaller* slow cooker.

Butternut Squash and Kale Soup

1 Serving | 249 Calories | 30g Carbs | 14g Fat | 4g Protein

Serves 4

INGREDIENTS

- 8 cups butternut squash, peeled and cubed
- 2 tbsp olive oil
- Salt
- Pepper
- 2 tbsp coconut oil
- 1 onion, diced
- 3 garlic cloves, diced
- 4 cups vegetable broth
- 1 tbsp cinnamon
- 1 tbsp smoked paprika
- ¼ cup unsweetened almond milk
- 1 bunch kale

DIRECTIONS

Heat oven to 400°F. Combine olive oil, squash, and sprinkle with salt and pepper. Place on a roasting pan and roast for about 40 minutes or until a fork easily pokes through the squash.

Add coconut oil and onion to large pot. Sauté until onion is translucent, about 5 minutes.

Add garlic and sauté another 2–3 minutes. Add squash, broth, cinnamon and paprika to pot. Bring to a boil, then simmer another 10–15 minutes. Add almond milk, then blend until smooth.

Add kale and re-blend or stir. Add salt and pepper to taste, then serve warm.



VEGETABLE PAELLA

Vegetable Paella

1 Serving | 548 Calories | 72g Carbs | 21g Fat | 14g Protein

Serves 4

Ingredients

- 3 tbsp extra virgin olive oil, divided
- 1 medium yellow onion, chopped fine
- 1½ tsp fine sea salt, divided
- 6 garlic cloves, pressed or minced
- 2 tsp smoked paprika
- 1 15 oz. can diced tomatoes, drained
- 2 cups brown rice
- 1 15 oz. can chickpeas, rinsed and drained
- 3 cups vegetable broth
- 1 14 oz. can quartered artichokes, drained
- 2 red bell peppers, sliced into long, ½"-wide strips
- ½ cup kalamata olives
- 2 cups spinach
- Freshly ground black pepper
- ¼ cup chopped fresh parsley, plus about 1 tbsp more for garnish
- 2 tbsp lemon juice, plus additional lemon wedges for garnish
- ½ cup frozen peas
- 11-12-inch large Dutch oven

Directions

Arrange your oven racks in the upper and lower thirds of the oven, making sure that you have ample space between the two racks for your Dutch oven. Preheat the oven to 350° F.

Heat 2 tablespoons of the oil in your Dutch oven or skillet over medium heat until shimmering.

Add the onion and a pinch of salt. Cook until the onions are tender and translucent.

Vegetable Paella

Stir in the garlic and paprika and cook until fragrant. Stir in the tomatoes and cook until the mixture begins to darken and thicken slightly, about 2 minutes.

Stir in the rice and cook until the grains are well coated with tomato mixture, about 1 minute. Stir in the chickpeas, broth, and 1 teaspoon salt.

Increase the heat to medium-high and bring the mixture to a boil, stirring occasionally. Cover the pot and transfer it to the lower rack in the oven. Bake, undisturbed, until the liquid is absorbed, and the rice is tender, 50–55 minutes.

Meanwhile, line a large, rimmed baking sheet with parchment paper. On the baking sheet, combine the artichoke, peppers, chopped olives, 1 tablespoon of the olive oil, $\frac{1}{2}$ teaspoon of the salt, and ground black pepper. Toss to combine, then spread the contents evenly across the pan.

Roast the vegetables on the upper rack until the artichokes and peppers are tender and browned around the edges, about 40–45 minutes. Remove from the oven and let the vegetables cool for a few minutes. Add 2 cups spinach and $\frac{1}{4}$ cup parsley to the pan and the lemon juice and toss to combine. Season with salt and pepper, to taste. Set aside.

Sprinkle the peas and roasted vegetables over the baked rice, cover, and let the paella sit for 5 minutes.

Garnish with a *sprinkle* of chopped *parsley* and serve in individual bowls, with *lemon wedges* on the side.

Chicken Herb Soup

1 Serving | 455 Calories | 14g Carbs | 17g Fat | 59g Protein

Serves 2

INGREDIENTS

- 8 oz. diced chicken breast
- 2 tbsp olive oil or coconut oil
- 2 garlic cloves
- 3 celery stalks, sliced
- ½ diced onion
- 1 carrot, peeled and diced
- 1 cup water
- 5 cups bone broth
- 1 tsp onion powder
- ½ tsp dried marjoram
- ½ tbsp dried sage
- 1½ cups shredded green cabbage
- Salt and pepper to taste
- 2 tbsp chopped fresh parsley

DIRECTIONS

In a large pot, heat oil over med-high heat. Add garlic, celery, onion, and carrots and sauté for 2–3 minutes. Stirring frequently. Add chicken and cook for 4 more minutes. Stir in water, broth, onion powder, marjoram, and sage.

Bring to a boil, then reduce heat to simmer for 15–20 min. Add cabbage and simmer for another 5 minutes. Season with salt and pepper to your desired taste. Ladle into bowls and top with parsley.



SALMON AND CAULIFLOWER RICE BOWLS

Salmon & Cauliflower Rice Bowls

1 serving | 518 calories | 30g carbs | 32g fat | 30g protein

Serves 2

Ingredients

- 1 salmon fillet
 - 10–12 brussels sprouts, chopped in half
 - 1 bunch kale, washed and shredded
 - ½ head cauliflower, pulsed or chopped into cauliflower rice
 - 3 tbsp olive or coconut oil
 - 1 tsp curry powder
 - Salt
- MARINADE:
- ¼ cup tamari sauce
 - 1 tsp dijon mustard
 - 1 tsp sesame oil
 - 1 tbsp sesame seeds

Directions

Preheat oven to 350°F. Line a baking tray and add chopped brussels sprouts. Coat with 1 tablespoon oil and season with salt. Add to oven and roast for 20 minutes. Meanwhile, make marinade by combining all ingredients in a bowl and whisking until combined.

Remove brussels sprouts after 20 minutes and add salmon filets to the baking tray. Spoon marinade over salmon filet and return to oven for a further 13–15 minutes.

While salmon is cooking, heat a pan over medium-high heat and add 1 tablespoon oil. Add kale and sauté until wilted. Remove from pan and set aside.

Heat remaining oil in pan and add cauliflower rice. Season with 1 teaspoon curry powder and salt and sauté until cooked. Remove salmon and brussels sprouts from oven and divide into two bowls. Add sautéed kale and cauliflower rice to bowls.



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