

# Week 2 Cookbook



# Mixed Green Salad with Tahini Dressing

Vegan option: use Roasted Chickpeas

Serves 1

## Ingredients:

Couple handfuls (~4 cups) of mixed greens washed and dried

$\frac{1}{8}$  cup parsley chopped

$\frac{1}{8}$  cup cilantro chopped

1 medium carrot shredded

$\frac{1}{2}$  medium beet shredded

1 medium celery stalk diced

$\frac{1}{2}$  red bell pepper diced

$\frac{1}{8}$  cup pine nuts or sesame seeds toasted

## Directions:

Place a small pan on medium heat, add the pine nuts or sesame seeds. Keep a close watch and turn regularly for 3 to 5 minutes until nicely toasted.

Mix together the mixed greens, parsley, cilantro, carrot, beet, celery, and red bell pepper in a bowl.

Add the toasted nuts or seeds.

Add tahini dressing.

Store any leftovers in mason jars without dressing for a quick salad jar lunch on the go!

# Creamy Sweet Potato Soup

Serves 1-4  
Enjoy leftovers!

## Ingredients:

1 tablespoon MCT oil  
1 yellow onion chopped  
2 cloves of garlic minced  
1 tablespoon minced fresh ginger  
2 tablespoons red curry paste  
4 cups bone broth  
 $\frac{1}{4}$  cup raw almond butter  
3 cups diced peeled carrots  
3 cups diced peeled sweet potatoes  
 $\frac{1}{2}$  teaspoon fine sea salt  
freshly ground black pepper  
optional:  $\frac{1}{4}$  teaspoon cayenne pepper

## Directions:

In a large pot heat MCT oil over medium heat.  
Add the onion, garlic, and ginger and sauté until the onion is translucent.  
Stir in the curry paste.  
In a small bowl, whisk together enough of the broth with the almond butter until it's smooth.  
Add this mixture to the pot along with the remaining broth, carrots, sweet potatoes, salt, and cayenne. Stir until combined.  
Bring the soup to a low boil over medium to high heat and then reduce the heat to medium-low. Cover and simmer for 15 to 20 minutes until the potatoes and carrots have softened.  
Ladle the soup into a blender or use a hand blender. Blend on low and slowly increase the speed until the soup is completely smooth.  
Return the soup to the pot and season with salt and black pepper.  
You can thin this soup with more broth if necessary.

## Optional Side:

Grain free or Seed crackers (prep recipes)

## Optional Topping:

Serve with chopped cilantro and squeezed fresh lime juice on top.

# Sesame Asian Slaw

Serves 1

## Ingredients:

1 cup green cabbage shredded  
1 cup red cabbage shredded  
½ cup carrots shredded  
¼ cup cilantro chopped  
¼ cup green onions chopped  
1 tablespoon toasted sesame seeds (prep recipe)

## Directions:

Combine all ingredients in a large mixing bowl.

Toss your serving size with tahini dressing.

If you have extra Asian Sesame Slaw, store in a mason jar with tahini dressing on the side so it doesn't get soggy.



# Carrot Ginger Soup



Serves 2-4  
Enjoy Leftovers!

## Ingredients:

1 cup canned coconut milk  
1 ½ cups water  
2 cups carrots sliced into ¼ inch pieces  
1 tablespoon grated fresh ginger  
½ teaspoon sea salt  
2-4 tablespoons grass-fed unsalted butter  
1-4 teaspoons apple cider vinegar  
optional: 2 tablespoons collagen powder

## Directions:

In a medium saucepan combine the coconut milk, water, carrots, ginger, and salt.  
Bring to a boil and immediately reduce to a simmer.  
Cook until the carrots start to soften (~5 to 7 minutes).  
Transfer carefully to a blender and blend until smooth.  
Add the butter and blend again.  
Add vinegar and adjust the seasoning to your liking.  
If using, add the protein powder last and lightly blend until the protein is mixed in.

## Optional Toppings:

Cilantro

## Optional Side:

Roasted Chickpeas  
Seed or Grain Free Crackers

# Cauliflower Pizza

Serves 1-2

## Ingredients:

### Crust:

1/2 head cauliflower  
1/2 cup almond flour  
2 eggs  
2 cloves of garlic, minced  
1 small shallot chopped finely  
2 tablespoons MCT oil  
1/2 tsp oregano  
salt and pepper to taste

### Toppings:

Choose your own adventure! This is a great chance to get creative while still sticking to the reset.

Suggested toppings could include: chicken & pesto, tomato puree, cashew cheese, olive, basil, peppers, mushrooms etc.

## Directions:

Preheat oven to 350 degrees.

Chop up the cauliflower into smaller chunks and place in a food processor or blender.

Blend until cauliflower is rice-like.

Squeeze out excess moisture using a cheese cloth or clean towel.

Place cauliflower in a bowl and stir in the rest of the crust ingredients.

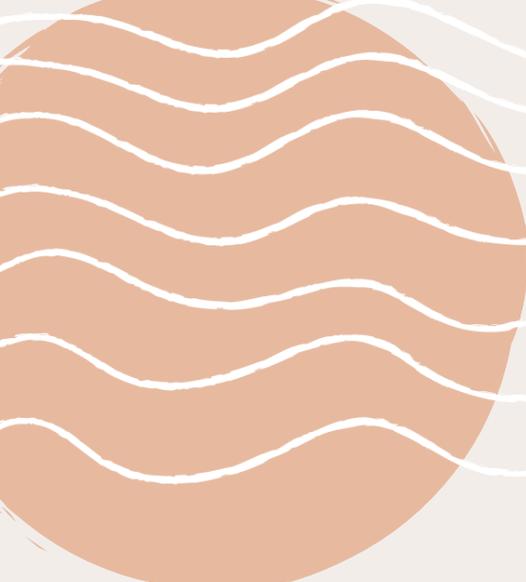
Line baking sheet with parchment paper.

Spread crust ingredients evenly on pan at approximately .5 inch thickness.

Place in oven and bake until golden brown on the edges.

Remove pizza from the oven, place your toppings on and place back in the oven for 10-15 minutes or until the pizza looks ready.





# Lemony Broccoli

Serves 1

## Ingredients:

1 tablespoon MCT oil  
1 small-medium head of broccoli  
2 cloves garlic, minced  
½ lemon  
roasted almonds and/or toasted chickpeas

## Directions:

Preheat oven to 320 °F.  
Cut broccoli into florets.  
Toss with oil & minced garlic.  
Pour mixture onto a baking sheet.  
Roast in oven for 12-15 minutes.  
Squeeze lemon juice over broccoli and serve hot.  
Add Roasted almonds and/or toasted chickpeas with the broccoli.

## Optional Side:

Grain Free or Seed Crackers



# Spicy Dahl

Serves 2

## Ingredients:

1 large yellow onion  
MCT oil  
3 garlic cloves crushed  
2 teaspoons cumin seeds  
2 teaspoons of mustard seeds  
1 carrot diced  
1-2 inch of fresh ginger grated  
2 teaspoons turmeric  
pinch of chili powder  
1 teaspoon of garam masala  
1 cup split red lentils  
3 cups of water  
1- 14 ounce can of peeled tomatoes, chopped  
sea salt and black pepper to taste  
1 fresh lime  
2 teaspoons of dried coriander

## Directions:

Sauté the onion with MCT oil until translucent then add crushed garlic, cumin, mustard seeds (the seed will pop when heated) diced carrot, and ginger.

Cook for 5 minutes stirring continuously.

Add turmeric, chili powder, and garam masala and cook for an additional 5 minutes.

Stir in the lentils, water, and tomatoes.

Sprinkle with sea salt and black pepper, allow to simmer gently for 30-45 minutes or until the lentils are thoroughly cooked.

Stir in the freshly squeezed lemon or lime juice along with the coriander.

Serve on a bed of cool cauliflower rice (recipe provided below).

This can also be served as a thick soup by adding additional water.

# Cool Cauliflower Rice

Serves 2-4  
Enjoy Leftovers!  
Perfect as a side dish.

## Ingredients:

1 head cauliflower  
2 tablespoons grass-fed butter  
juice from one lime  
2 tablespoons MCT oil  
sea salt to taste  
optional: ½ cup chopped fresh cilantro

## Directions:

Grate the cauliflower or use a food processor to pulse it into a rice-like texture.

Heat a large pan to medium and melt the butter.

Add the rice cauliflower to the butter.

Cook it gently for 5 to 10 minutes stirring and turning over often as you don't want to brown the cauliflower.

When the cauliflower is cooked through, turn off the heat and add the lime juice, oil, cilantro and sea salt.

Mix evenly in the pan and transfer to a dish for serving.



# Salmon Acovado Sushi

Vegan option: Omit salmon.

Mash avocado, salt and cashew cheese into a dip. Enjoy with cucumbers and prepped crackers.

Make as much as you want with the ingredients you have!

## Ingredients:

1 avocado  
cold smoked wild sockeye salmon  
1 cucumber  
sea salt  
1 lemon or lime  
Optional cayenne  
Optional Cashew Cheese (Week 1 prep recipe)

## Directions:

Cut the desired amount of cucumber into 1/2 inch slices.

Cut at an angle so the slices are longer.

Slice avocado in half, remove pit and spoon out. Cut avocado into 1/2 inch slices.

Lay out the smoked salmon and place sliced avocado on small end of strips.

Sprinkle avocado with salt and optional cayenne. Roll the avocado in the salmon and place on top of cucumber. Squeeze fresh lemon or lime juice over top of your rolls and enjoy.

Optional: Add cashew cheese to the roll



# Curried Chickpeas



Serves 1-2

## Ingredients:

1-14 ounce can chickpeas drained and rinsed  
3 green onions thinly sliced  
1/2 cup diced red bell pepper  
1/4 cup fresh cilantro leaves finely chopped  
3 tablespoons of vegan green mayonnaise (prep recipe)  
1 clove garlic minced  
1/2 teaspoon grated fresh ginger  
1/2 teaspoon ground turmeric  
1/4 teaspoon curry powder  
1- 1 1/2 teaspoons fresh lemon juice  
1/4 teaspoon fine sea salt  
freshly ground pepper  
Optional: cayenne pepper

## Directions:

In a large bowl mash chickpeas with a potato masher until flaked in texture.

Stir in all ingredients except lemon juice, salt, pepper and cayenne.

Then stir in the lemon juice, salt and black pepper so you can adjust to taste.

Add cayenne if you want some heat.

Serve with crackers, a lettuce boat or on top of a simple salad.

Keep any leftovers in an airtight container in the fridge for 3 to 4 days but stir well before serving.



# Breakfast for Dinner Casserole

Vegan option: choose one of your favourite recipes from the last 14 days to repeat or enjoy leftovers

Serves 4  
Enjoy leftovers!

## Ingredients:

8 large eggs  
 $\frac{3}{4}$  cup unsweetened almond milk  
 $\frac{1}{3}$  cup fresh spinach, chopped  
 $\frac{1}{3}$  cup marinated artichoke hearts, drained and chopped  
1 cup nutritional yeast  
3 cloves garlic, minced  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon pepper  
 $\frac{3}{4}$  cup coconut flour  
1 tablespoon baking powder

## Directions:

Grease the inside of a 6 quart slow cooker with coconut or avocado oil. If you do not have a slow cooker, preheat the oven to 350 degrees and grease a casserole dish instead.

In a large bowl, whisk together the eggs, almond milk, spinach, artichoke hearts,  $\frac{1}{2}$  cup of nutritional yeast, garlic, salt, and pepper. Mix together the coconut flour and baking powder and then add to mixture.

Whisk until very well combined.

Spread mixture into slow cooker or casserole dish and sprinkle remaining  $\frac{1}{2}$  cup of nutritional yeast on top.

Cook on high for 1-2 hours or in the oven for 45-60 minutes.

Sprinkle with chopped fresh basil.

## Optional Side:

Serve with sliced and seasoned avocado and roasted chickpeas.

# Wasabi Salmon

Vegan option: choose one of your favourite recipes from the last 14 days to repeat or enjoy leftovers!

Serves 2:

## Ingredients:

2 ½ pounds fresh wild salmon  
1 cup green vegan mayonnaise  
1 package of roasted seaweed snack wasabi flavour, crushed  
½ cup almonds crushed

## Directions:

Preheat oven to 400 °F.  
Mix the vegan mayonnaise, crushed roasted seaweed, and crushed almonds together in a small bowl.  
Spread the vegan mayonnaise mixture evenly on the top of the salmon.  
Bake in the oven for 15 to 20 minutes or until the salmon starts to flake.  
Serve immediately.

# Artichoke & Mushroom Mix

Serves 2

## Ingredients:

4 tbsp grass fed butter  
1/2 medium yellow onion, thinly slivered  
2 cloves of garlic, minced  
1 can artichoke (plain) cut into quarters  
1 cup sliced button mushrooms  
1/2 lemon, squeezed  
1 teaspoon fine sea salt  
1 teaspoon ground black pepper  
finely chopped parsley to your liking

## Directions:

Drain and rinse the artichokes, quartering them into bite sized pieces.

In a pan, heat 2 tbsp grass fed butter.

Add onions and garlic and cook until tender. Add mushrooms and artichokes, cooking for approximately 5-7 minutes or until mushrooms are cooked through. Add the remaining 2 tbsp butter, coating the vegetables. Fold in the desired amount of parsley and squeeze half a lemon over the mixture.

Season with salt and pepper to your liking.

Serve hot.

