WEEK 2

Prep Recipes

PREP BEFORE DAY 8

"TAKE PRIDE IN HOW FAR YOU HAVE COME AND HAVE FAITH IN HOW FAR YOU CAN GO"

UNKNOWN

Seed Crackers or Grain Free Crackers

Roasted Almonds, Sesame Seeds and Sunflower Seeds

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Bone Broth
(Or buy an **organic, free range** store bought option)

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Roasted Chickpeas

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Tahini Dressing

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Vegan Green Mayo

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Choose from any of the Snacks you want to prepare too!

Seed Crackers

Excellent with soup, salad or with avocado and GF butter on top

Ingredients:

½ cup chia seeds
½ cup raw sunflower
½ cup pumpkin seeds
½ cup white sesame seeds
1 cup water
1 large clove of garlic minced
¼ teaspoon fine sea salt

Directions:

Preheat the oven to 300 °F.
Line a large baking sheet with parchment paper.
In a large bowl combine all ingredients except salt, mix well.
Allow the mixture to sit for a couple of minutes until the chia seeds absorb the water so they have expanded and appear gooey.
With the spatula spread the mixture onto the prepared baking sheet into small rectangles each about 12 x 7 inches and 1/4 inches thick.
Sprinkle salt on top.
Bake for 35 minutes, remove from the oven and carefully flip with a spatula.
Bake for 25 to 35 minutes more or until lightly golden around the edges.
Watch closely near the end to make sure they don't burn.
Let cool for 10 to 15 minutes on the pan and then break the rectangles into crackers.
Store in an airtight container or jar for up to 2 weeks.
Enjoy with grass fed butter spread on top or just as they are.

Grain Free Crackers

Ingredients:

½ cup coconut flour
¼ cup chia seeds
¼ cup coconut oil
1 cup boiling water
¼ teaspoon salt
optional seasonings of choice (rosemary and garlic powder)

Directions:

Preheat the oven to 375 °F.
Mix the dry ingredients together.
Add the coconut oil and mix well.
Stir while gradually adding boiling water.
Roll out the dough onto a parchment paper lined baking sheet.
Bake for 25 minutes.
Let cool for 10 to 15 minutes on the pan and then cut into squares.
Store in an airtight container or jar.

Enjoy with grass fed butter spread on top or just as they are.

Roasted Almonds, Sesame Seeds, & Sunflower Seeds

Ingredients:
1 cup raw almonds finely chopped
1 tablespoon tamari or coconut aminos

0.5 - 1 cup Sesame Seeds

0.5 - 1 cup Sunflower Seeds

Directions:

Preheat the oven to 325 °F.
Line large baking sheet with parchment paper.
In a medium bowl toss the almonds with the tamari until the almond pieces are fully coated.
Spread almonds over the prepared baking sheet as a single even layer and roast for 9 to 12 minutes or until lightly golden.
Let cool completely on the pan.
Using a spoon scrape the almonds off the parchment paper and store in a mason jar or container.

Toasted Sesame Seeds and Roasted Sunflower Seeds
Follow directions above. Leave plain or season with your choice of spices.
Keep an eye on the oven so you do not burn them!
They don't need a lot of time.

Store in an airtight container at room temperature for a couple of weeks and serve with Reset meals and add to other dishes as you like.

Bone Broth

Ingredients:

3 medium carrots peeled and chunked
3 celery stalks chunked
2 ½ pounds assorted beef marrow bones
fresh herbs of your choice oregano rosemary thyme or sage
1 - 2 tablespoons apple cider vinegar
sea salt to taste
optional: 1 cup collagen protein powder

Directions:

In a large stock pot lightly sauté carrots and celery for a few minutes until translucent.
Add the bones and the fresh herbs and cover with water. Filtered water preferable.
Add the apple cider vinegar to the water.
Simmer on low heat, between 8 to 14 hours.
After your broth has reached the desired color and flavor remove the bones and strain the vegetables out.
Once cooled, store in mason jars (glass container) in fridge up to 4 days.
Or freeze in glass containers for a longer shelf life.

MAKE SURE TO FREEZE WITHOUT A LID.
Add the lid once frozen.

Roasted Chickpeas

Option to double or even triple this recipe since they are so delicious and act as great toppers to meals.

Ingredients:

1 (14 ounce) can of chickpeas drained and rinsed
1 teaspoon MCT oil
½ teaspoon garlic powder
½ teaspoon fine sea salt
½ teaspoon turmeric
optional: ⅛ -¼ teaspoon cayenne pepper

Directions:

Preheat the oven to 400 °F.
Line a large baking sheet with parchment paper.
Optional: Place the chickpeas in a dish cloth or paper towel and rub dry.
Spread the chickpeas out on the baking sheet.
Drizzle with the oil and roll the chickpeas around with your hands to coat.
Sprinkle on the garlic powder, salt, turmeric and cayenne if using and gently shake the pan until combined.
Roast for 15 minutes then gently roll the chickpeas around on the baking sheet and roast for another 15 or 20 minutes more or until lightly golden. (Bake until your designed level of crunch)
Remove and allow to cool for 10 minutes.
Store in mason jar in fridge.

Add to any salad for an extra crunch.
Eat alone as a snack.
Add a cut up avocado with some chilli flakes, slat and pepper for one of our absolute favourite filling snacks/meal.

Tahini Dressing

Ingredients:

4 tablespoons tahini paste
4 tablespoons water
2 tablespoon MCT oil
2 tablespoon lemon juice
2 clove garlic, minced
1 teaspoon sea salt, more to taste if desired

Directions:

Blend all ingredients in a bowl.
Thin with more water if you like a lighter consistency.
Store in a mason jar or air tight container for week 1.

Serve with Falafel and Asian Sesame Slaw Recipes

Vegan Green Mayonnaise

Ingredients:

2 ripe fresh avocados
2 tbsp MCT oil
1 teaspoon fresh lemon juice
1 tablespoon dijon mustard
1/2 teaspoon fine sea salt
1/2 teaspoon ground black pepper

For Spicy mayo: 2 tablespoons of a hot sauce of your choice

Directions:

Remove pit and peel avocados.
Put all ingredients in a blender or food processor and blend on medium until smooth.
Store in refrigerator in air-tight mason jar up to 2 days.

(To keep fresh longer, place the avocado pit in the mason jar or squeeze some extra lemon/lime in)