

Recipe: Grilled Garlic & Summer Squash Skewers with Chimichurri

Great for entertaining, but during cleanse do not eat the bell pepper
Not only are these good for you, they are fun to eat. Try adding shrimp or chicken
This will go great over a bed of greens, fresh veggie salad or brown rice or quinoa

Ingredients

For the Chimichurri:

- 1/4 cup finely chopped fresh parsley leaves
- 1/4 cup fresh basil leaves
- 3 garlic cloves, minced
- 1/2 cup extra virgin olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper

For the Skewers:

- 12 large garlic cloves
- Olive oil for drizzling
- 1 medium zucchini, sliced 1/2 inch thick
- Skewers
- 1 red bell pepper, cored, seeded and cut into 1-inch

Directions

For the Chimichurri: in a large bowl combine the parsley, basil, garlic (3 cloves minced), olive oil, salt and pepper. Set aside.

Preheat oven to 350 (or grill)

For the skewers: place the 12 garlic cloves on a small baking sheet, drizzle with olive oil and toss well. Roast until golden, about 10 minutes.

Transfer to the bowl of sauce. Add the zucchini, yellow squash and bell pepper (bell pepper after cleanse) to the bowl and toss well. Add organic grass-fed chicken or fresh shrimp. Thread the vegetables and garlic cloves onto skewers and set aside.

Grill the skewers on a grilling pan in the oven or outdoor grill until lightly browned and cooked through, about 3-4 minutes per side. Drizzle with remaining sauce and serve hot.



Recipe: Pesto Chicken White Bean Soup

Works great for reheating meals throughout the week

This is a great recipe the whole family will love

Ingredients

- 2 Tbsp olive oil
- 2 - 3 cloves of garlic, minced
- 1 pound boneless, skinless organic chicken breasts (about 2 medium), cut into chunks
- 1 1/2 tsp sea salt, plus more as needed
- 2 zucchini (about 12 ounces), diced
- 1 cup celery cut into pieces
- 1 yellow onion, dice
- 1/2 tsp paprika
- 1/2 tsp freshly ground black pepper
- 1 (15-ounce) can cannellini beans, drained and rinsed
- 1/3 cup basil pesto, plus more as needed (no canola oil)
- 4 cups (1 quart) low-sodium vegetable broth
- 2 cups water
- 1 tablespoon freshly squeezed lemon juice

Directions

Heat oil and minced garlic in a large pot over medium-high heat. Add the chicken and 1/2 teaspoon of the salt and stir to combine. Cook, stirring occasionally, until the chicken is browned. Using a slotted spoon, remove chicken to a bowl and set aside. Add the zucchini, onion, remaining teaspoon of salt, red pepper flakes, and measured pepper to the pot and stir to combine.

Reduce heat to medium and cook, until the onion has softened, about 8 minutes, depending on how chunky they are. Return the chicken. Add the broth and water, stir to combine, and bring to a simmer. Reduce the heat to low and stir in the beans and measured pesto. Cook until the beans are just heated through, about 1 minute. Turn off the heat and stir in the lemon juice. Taste and season with additional salt and pepper as needed. Serve immediately, with the extra pesto on the side.



Recipe: Smoothie Bowl

This recipe is fun and you can be creative

If you are craving something sweet, this is the way to go

Ingredients

Smoothie:

- 1 cup of organic mango chunks, fresh or frozen
- 1 cup of organic pineapple chunks, fresh or frozen
- 3/4 cup of almond milk or coconut milk
- 1 tsp vanilla extract
- 1 Tbsp chia seeds or grounded flax seeds
- 3 Tbsp Almond butter (optional)
- Handful of spinach or kale
- Add a few ice cubes

Toppings:

- Kiwi
- Mango
- Chia Seeds
- Slivered almonds
- Almond butter
- Coconut flakes, not sweetened
- Add any fruit from the safe cleanse list. After the cleanse you can add others, like granola, dark chocolate shavings, strawberries and banana.

Instructions

Blend the smoothie ingredients in a blender. Get it to the consistency you want. If it is too runny, add more fruit. If it is too thick add more nut milk or water. For the toppings add what sounds good. Make it pretty and take a picture of it ;) - just kidding.

This recipe reminds me of a healthy version of self-serve frozen yogurt - where you go to put whatever toppings you want on the fro-yo.



Recipe: Avocado Tuna Salad

Chop everything up and throw it together when you're ready to eat
Easy to make and easy to take to work

Ingredients

15 oz (or 3 small cans) organic tuna in oil,
drained and flaked
1 organic cucumber, sliced
2 large or 3 medium avocados, peeled, pitted &
sliced
1 small/medium red onion, thinly sliced
½ small bunch of cilantro (1/4 cup chopped)
2 Tbsp lemon juice, freshly squeezed
2 Tbsp extra virgin olive oil
1 tsp sea salt, or to taste
⅛ tsp black pepper

Instructions

In a bowl, combine: sliced cucumber, sliced avocado, thinly sliced red onion, drained tuna, and ¼ cup cilantro. Drizzle salad ingredients with 2 Tbsp lemon juice, 2 Tbsp olive oil, 1 tsp salt and ⅛ tsp black pepper (or season to taste). Toss to combine and serve.



Recipe: Healthy Fats Smoothie Dessert

This smoothie is so filling and it tastes so good!

When you are craving something sweet, blend this recipe up

Ingredients

I do not measure the ingredients - it's a smoothie, just get creative.

About 8 ounces of coconut water or coconut milk

About 2 Tbsp coconut oil

About 1/4 cup almond butter - I use crunchy

About 2 Tbsp organic cocoa powder

About 1 cup frozen cherries

About 1 Tbsp chia seeds or ground flax

About a handful spinach (optional)

Add some avocado to make it thick and smooth (optional)

This is a renovated version of my favorite smoothie. To see my version go to:

<http://lynnshealthspike.com/blog/holy-crap-wish-i-could-take-credit-for-this-brilliant-idea/>

Instructions

I put all the ingredients (not cherries) in the microwave to heat up and whip together. Then I add the frozen cherries. (Why? Because when I made it without heating it, the coconut oil can harden and create crunchies in the smoothie.) Then I put it in the freezer for like 10 minutes so it gets nice and cold.



Recipe: Avocado Tuna Boats

Oh yum! Make extra Tuna for quick leftovers

Ingredients

- 1 lb fresh tuna cubes
- ¼ cup coconut aminos (substitute for soy sauce)
- 3 chopped green onions
- 1 T toasted sesame oil
- 2 T toasted sesame seeds
- 1 - 2 T macadamia nuts, finely chopped
- Black pepper to taste

Instructions

Marinate tuna cubes in a mixture of coconut aminos, sesame oil and green onions.

Refrigerate two hours.

Just before serving, cut avocado in half, remove pit, and cut 2 or 3 lines vertically.

Then do the same horizontally, cutting through the avocado flesh, but not the skin.

Squeeze a little lemon on top of avocado to prevent browning.

Remove tuna from refrigerator and sprinkle in half the sesame seeds, black pepper, and half the crushed macadamia nuts. Fill the avocado with the tuna mixture and top with remaining sesame seeds, black pepper and crushed macadamia nuts.



Recipe: Broccoli Fennel & Celery Soup

Soup is always good to heat up later in the week

Makes a great side for salad

Ingredients

- 2 cups frozen broccoli florets
- 1 cups frozen cauliflower rice (or 2 cups florets)
- 1 cup chopped leaks
- 1 bulb fennel chopped
- 2 stalks of celery chopped
- 1 tablespoon olive oil
- 3 cups bone broth or veggie broth
- 1 tablespoon herbs de Provence (mixture of dry herbs)
- 1 teaspoon salt
- Fennel fronds and avocado for garnish *optional*
- 2 tablespoons coconut milk (if you want it to be creamy!)

Instructions

Add ingredients (save herbs de Provence, broth, fennel fronds and avocado) to a deep sauté pan on medium heat. Sauté covered for 20 minutes until veggies are translucent and cooked through. Add in the herbs and broth and let simmer on low for 5 minutes. Then remove from the burner, add to a high speed blender and blend until completely smooth and creamy. Serve with garnishes and enjoy!



Recipe: Cauliflower Mash

Love mashed potatoes, but hate eating them because of the starch? This recipe is a great substitute. The more you eat it, the more your taste buds will adjust to it since it does not taste exactly like mashed potatoes.

Ingredients

- 1 head cauliflower, cut into florets
- 1 turnip, peeled and diced
- 3 large garlic cloves, peeled
- 1 can cannellini beans, rinsed and drained
- 1 tablespoon chopped fresh basil leaves
- 1 tablespoon chopped fresh chives
- 1 teaspoon extra virgin olive oil
- ½ teaspoon sea salt
- ¼ teaspoon fresh cracked pepper

Instructions

Bring a large pot of salted water to a boil. Add cauliflower, turnip and garlic and boil for 10 minutes until veggies are soft. Reserve ½ cup of cooking liquid, then drain. Place cooked veggies and garlic, beans and herbs in a large bowl. Blend well. Working in batches, place half the mixture in food processor. Pulse a few times to blend. With motor running add a little of the cooking liquid and puree until you reach desired consistency. Transfer puree back to the pot. Repeat with remaining half of mixture and transfer to the pot. Stir in olive oil, salt and pepper.



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Recipe: Cilantro Lime Shrimp Noodles

Quick and easy recipe that tastes great
You can throw any veggies in with this

Ingredients

2 10-oz zucchini
1 lb tail-on jumbo shrimp, peeled and deveined
1/4 teaspoon salt or to taste
Big pinch of cayenne pepper
2 tablespoons olive oil
4 cloves garlic, minced
3 tablespoons chopped cilantro (stems and leaves)
2 tablespoons lime juice
Fresh lime wedges

Instructions

Cut 1-inch off both ends of the zucchinis and use the spiralizer to make the zucchini noodles. Transfer the zoodles to two serving bowls. Season the shrimp with salt and cayenne pepper.

Heat up a skillet, add the olive oil, garlic and lightly sauté before adding the shrimp. Stir and cook until the surface of the shrimp turns white. Add the cilantro and stir to combine well with the shrimp. Add the lime juice and continue to cook the shrimp until the surface is slightly charred. The longer you cook shrimp, the more tough it will be. Just be sure it is white and pink. Top the zoodles with the Cilantro Lime Shrimp, gently toss the zoodles with the shrimp. Garnish with fresh lime wedges and serve immediately.



Recipe: Mango Tango Smoothie

Blend it up and great for the go

This recipe works great when you are craving something sweet - it's a life saver!

Ingredients

2 ripe mangoes or 1-2 cups frozen mango
1 cup coconut water
2 tablespoons dried and shredded coconut
Zest and juice of 1 lime
1 scoop unsweetened rice or hemp protein powder
1/2 teaspoon cardamom powder

Instructions

Blend it up until smooth and creamy. Add additional water if it's too thick



Recipe: Grilled Garlic and Lime Salmon Fillets

Bake enough for week-day leftovers

Salmon is great for getting Omega-3s - It's a healthy fat!

Ingredients

2 fresh water salmon filets, enough for 4 people
¼ cup olive oil
4 garlic cloves, minced
4 lemons, sliced
Juice from 1 lime
¼ cup fresh parsley, minced
2 fresh rosemary sprigs
Sea salt and freshly ground black pepper

Instructions

Preheat grill to medium heat.
In a bowl, combine olive oil, lime juice, garlic, and fresh parsley; season with salt and pepper to taste.
Brush the salmon fillets generously with the garlic-lime sauce.
Place the lemon slices tightly together on the grill, forming a flat layer.
Place the salmon fillets on top of the lemon slices, top with fresh rosemary sprigs, and grill 15 to 20 minutes, or until fish is cooked through and no longer pink.



Recipe: Tuna And Cucumber Bites

Simple to make and packed with healthy fats

Chop up the cucumber and eat as a salad over fresh greens

Ingredients

1/2 lb. tuna (sushi grade), finely diced
1 cucumber, sliced into thin rounds
1 green onions, finely sliced
1 avocado, thinly cubed
1 tbsp. coconut oil
2 tsp. paprika pepper (if you want it spicy)
1 tsp. sesame seeds; (I like to toast the seeds - brings out flavor)
Sea salt and freshly ground black pepper

Instructions

In a bowl, toss the tuna, coconut oil, paprika, and season with salt and pepper to taste.

Top each cucumber slice with avocado.

Scoop some tuna mixture onto each cucumber slice on top of the avocado.

Sprinkle sesame seeds on top and serve with green onions as garnishing.



Recipe: Veggie Chickpea Salad

Chop everything up and throw it together when ready. Chickpeas are high in protein
Wait until after the cleanse to add tomatoes if you want

Ingredients

1 avocado
1/2 fresh lemon
1 can chickpeas, drained (19 oz)
1/4 cup sliced red onion
(After cleanse add) 2 cups grape tomatoes, sliced (optional)
2 cups diced cucumber
1/2 cup fresh parsley
(after cleanse add) 3/4 cup diced green bell pepper (optional)

Dressing

1/4 cup olive oil
2 tablespoons red wine vinegar
1/2 teaspoon cumin
salt & pepper

Instructions

Cut avocado into cubes and place in bowl. Squeeze the juice from 1/2 lemon over the avocado and gently stir to combine.
Add remaining salad ingredients and gently toss to combine.
Refrigerate at least one hour before serving.



Recipe: Kick the Cravings Lemon-AID

This recipe is from JJ Virgin. She uses it with their clients to help curb hunger and sugar cravings

This drink is perfect for a hot summer day too!

Ingredients

Makes 32 ounces
Zest and juice of 1 lemon or lime
32 ounces filtered water
1 tsp L-glutamine powder (optional)
Stevia to taste
1/2 thinly sliced lemon
1-2 Tbsp chia seeds

Directions

In pitcher, combine the lemon zest and juice with the water. Add the L-glutamine powder if using, stevia and chia seeds.

L-glutamine is an amino acid that helps your body synthesize protein. It also eases sugar cravings and supports gut healing.



Recipe: Creamy Chocolate Avocado Pudding

Perfect kids too. Easy way to get in fats
Quilt free snack

Ingredients

1 large ripe avocado
4 Tbsp of coconut milk or almond milk (add more for desired consistency)
1/4 cup unsweetened cocoa powder
1 tsp vanilla extract
1 tsp of stevia
Pinch of cinnamon (optional)
1 Tbsp chia seeds (optional). May need to add more milk if use chia seeds since they swell after time. Or just sprinkle chia seeds on your serving right before eating.
Fruit is another good topping

Instructions

Remove the skin around the avocado and remove the pit. Add all the ingredients to a blender, except what you add for toppings, and blend until it is creamy. Add any toppings you wish. Chill the pudding in the fridge and then enjoy!

NOTE: Avocado is high in Omega-6s, so adding chia seeds to the pudding will help balance the Omega-3s vs 6s. Chia Seeds are high in Omega-3, which are inflammatory.



Recipe: Curry Meatballs

Take your lunch to work? This is a good one to pack & heat up
Gotta try it if you are a curry fan!

Thank
themovementmenu.com
for recipe

Ingredients

2 pounds ground turkey (when off cleanse use grass-fed beef 90/10 works best)
1/2 cup cooked cauliflower rice (see internet to prep) or you can use brown rice
1 tablespoon flax seed meal
6 garlic cloves
1/2 a red onion roughly chopped
1 cup carrots roughly chopped
1 1/2 limes juiced
2 tablespoons coconut aminos
1 1/2 teaspoons ground ginger
1 teaspoon cumin
1/2 teaspoon red chili pepper flakes
splash fish sauce
1/2 teaspoon sea salt
1/2 teaspoon black pepper
3 tablespoons fresh basil chopped
sea salt and black pepper to taste

Curry Sauce

14 ounces canned coconut milk
2 heaping tablespoons red curry paste
2 limes juiced
3 tablespoons cashew butter
2 teaspoons garlic minced
1/2 teaspoon ground ginger
2 tablespoons arrowroot flour whisked in 2 tablespoons water

Directions

Preheat the oven to 375 degrees with rack in middle. Line a baking sheet with parchment paper and set aside.

Place all the ingredients (except the turkey) for the meatballs in the bowl of a food processor. Pulse for 30 seconds or so until mixed well. Do not over process, as it will become mushy! Add the turkey and process a few more times.

Roll into 1 1/2 - 2" balls and place them on the prepared baking sheet.

Bake for 20 minutes and rotate the pan 180 degrees. Bake for another 10-15 until they have reached your desired doneness. I like mine cooked to a medium doneness, so I pulled them out after 30 minutes. While they finish cooking, prepare the curry sauce.

In a medium saucepan, heat the coconut milk until it begins to simmer. Add the rest of the ingredients and whisk well. Bring to a low boil and turn the heat down to low. Let simmer and thicken for 10-15 minutes. If you like your sauce a bit thicker, you can add the arrowroot mixture (see the bottom of the Curry Sauce ingredients list!)

Serve the meatballs on a bed of cauliflower rice or brown rice. Cover with the curry sauce and garnish with fresh herbs and red pepper flakes.



Recipe: Kale & Shiitake Stuffed Chicken Breast

Chicken is a great source of protein

Surprise your family or friends with this delicious recipe

Ingredients

3 tablespoons olive oil, divided
1 cup chopped red onion
3 teaspoons chopped garlic
¼ lb. shiitake mushrooms, thinly sliced
3 cups chopped kale leaves
1/3 cup pitted Kalamata olives, halved
½ teaspoon smoked paprika
Sea salt & pepper to taste
4 six-oz. pastured boneless, skinless chicken breasts,
pounded to ¼ " thickness
¼ cup veggie broth

Directions

Heat 2 tablespoons oil in large oven-proof skillet over medium heat. Add leek and cook until beginning to soften, about 3-4- minutes.

Add garlic and shiitakes. Continue cooking until shiitakes are browned, stirring occasionally, about 5 minutes. Add kale, olives and smoked paprika, tossing to wilt the kale. Once kale is wilted, remove from heat and transfer mixture to a bowl. Season to taste with salt & pepper. Wipe the skillet clean and return to stovetop.

Preheat oven to 350

Lay pounded chicken breasts on work surface and season both sides with salt and pepper. Place filling in the middle of the breast and being rolling from short end, tucking in the filling as you go. Secure end with toothpicks. Repeat with remaining breasts.

Heat remaining tablespoon oil in same (oven-proof) skillet over medium heat. Place chicken, in skillet and cook until lightly browned on one side, about 4-5 minutes. Flip chicken over and transfer to preheated oven. Bake until heated through to 165 degrees, about 10-12 minutes.

Transfer chicken to serving platter, remove toothpicks and tent with foil to keep warm.

Return to medium-high heat on stovetop add veggie broth, scraping up any browned bits on the bottom of the pan, bring to a boil and let reduce slightly. Pour pan sauce over chicken and serve.



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Recipe: Asian Green Beans

Greens beans are good for a healthy snack or a great side to any meal
If you really like them, make a bunch; they make great leftovers

Ingredients

- 2 Tbsp sesame oil
- 1/4 tsp paprika
- 4 cloves garlic, thinly sliced
- 1 inch piece of fresh ginger, minced
- 12 ounces french green beans
- 2 Tbsp coconut aminos
- 1 Tbsp white wine vinegar

Instructions

Preheat a wok or large stainless steel skillet over high heat.

Add the sesame oil and allow to heat for 20-30 seconds.

Add the red pepper flakes, garlic, and ginger and stir-fry for 30 seconds until fragrant.

Add the green beans and toss to combine with the garlic and ginger.

Stir-fry, tossing and stirring until the beans begin to crisp on the ends and are becoming tender, about 5 minutes.

Pour in the coconut aminos and white wine vinegar. Stir to combine.

Allow to simmer for 3-5 minutes until the beans are still crisp but tender and the sauce is thick and reduced.



Recipe: Veggie Salad & Dijon Vinaigrette

If you are not a fan of the salad, at least try the Dijon Vinaigrette

Ingredients

½ cup walnuts, rough
chopped
1 lb. asparagus, trimmed
3 medium carrots
5 watermelon radishes (or
regular radishes)
4 cups arugula

Dijon Vinaigrette

¼ cup red wine vinegar
2 teaspoons Dijon mustard
1 tablespoon chopped shallot
¼ teaspoon salt
Pinch pepper
½ cup extra virgin olive oil

Instructions

Heat a small skillet over medium heat and add walnuts. Cook, tossing often, until lightly toasted, about 4-5 minutes. Remove from skillet immediately to prevent over-cooking. Bring a pot of salted water to boil. Prepare a large bowl of ice water. Remove tips from asparagus and place in pot of boiling water. Cook 1-2 minutes until bright green, strain and plunge into bowl of ice water.

Using a vegetable peeler, thinly shave the asparagus stalks and the carrots into thin strips and place in a bowl.

Thinly slice the radishes and add to bowl with asparagus and carrots.

Prepare vinaigrette: In a small bowl, mix vinegar, mustard, shallot, salt and pepper. Slowly whisk in the oil.

Place arugula in a separate bowl and toss with a little of the dressing.

Divide arugula between 4 plates and top with asparagus, carrot and radish mixture.

Drizzle a little more dressing over vegetables and top with blanched asparagus tips and toasted walnuts.



Recipe: Fun Fish Lettuce Wraps

Chop up all the food and store in the fridge this week. When ready, throw tacos together
Quick and fun way to eat healthy! Family favorite - tacos are my “go-to”

Ingredients

Fish tacos

8-12 ounces white fish (halibut or cod)
½ cup coconut milk
¾ cup shredded coconut
1 Tbsp curry powder
1 tsp sea salt
Large Romain lettuce cups
Coconut oil

Red Onions

1 small red onion
2 Tbsp brown rice vinegar
Pinch of sea salt

Mango Salsa

1 ripe mango, peeled and diced
1/8 cup cilantro, chopped
2 Tbsp grated ginger root peeled (or powder)
1 lime, fresh squeezed juice and zest

Instructions

Red Onions

Taste a little better if you prepare the red onions
12 - 24 hours before to let the flavors mesh well.
Thinly slice the red onion, mix in a bowl with the
vinegar and sea salt. Allow to marinate or
“pickle” for up to 24 hours if you can.

Fish

Cut fish into ½ inch thick slices. Dip each piece in
the coconut milk, then into the curry – coconut
mixture. Coat well on all sides.
Cook fish in coconut oil over medium heat until
both sides are brown.

Mango Salsa

Combine all the ingredients for topping later

Enjoy!!!

Recipe: Spicy Grilled Jerk Shrimp w/ Pineapple

You cannot go wrong with this recipe
Great for summer time cookouts

Ingredients

1 pound shrimp, peeled and deveined
1/2 cup jerk marinade
2 slices pineapple, cut into 1/2 inch pieces

Instructions

Marinate the shrimp in the half of the jerk marinade for at least 20 minutes.
Skewer the shrimp and pineapple and cook over medium-high heat until cooked. About 2-3 minutes per side.



Recipe: Healthy Almond Treat

Good snack for On-the-Go

Once the cleanse is complete, you can add pecans to this recipe...so delicious!

Ingredients

I do not have portions since I wing it every time.
The portions change depending on how much
you want to make at once anyway ;)

- Olive Oil – use just enough to coat the nuts
- Vanilla extract – few drops to sweeten the olive oil
- Cinnamon
- Sea salt
- Sweetener – use Stevia or Xylitol

Instructions

Preheat the oven at 300 degrees. Mix the olive oil and vanilla together. Then coat the nuts with the wet mixture – just enough to wet the nuts. In another small bowl, mix the cinnamon, sea salt and sweetener together. Then evenly coat the nuts with the dry mixture. Spread them evenly on a baking sheet and pop them in the oven. They take about 20 – 25 minutes to bake.

NOTE: if you use pecans, those need to come out like 10 minutes earlier. Pecans only take about 10 minutes to bake. Enjoy!



Recipe: Jerk Chicken w/ Mango & Pineapple Sauce

Bake enough for week-day leftovers

This is a family favorite

Ingredients

4 chicken breasts, boneless and skinless
2 tbsp. apple cider vinegar
3 tbsp. jerk seasoning
1 cup pineapple, diced
1 ripe mango, diced
1/2 cup fresh pineapple juice
1/4 cup veggie stock
2 tbsp. fresh lemon juice
2 tbsp. coconut oil
Sea salt and freshly ground black pepper

Instructions

Season the chicken to taste with salt and pepper. Sprinkle with 2 tbsp. of the jerk seasoning. Melt coconut oil in a skillet over medium-high heat. Brown the chicken breasts on both sides, 4 to 5 minutes per side, and set aside. Add the pineapple and mango to the skillet and cook 2 to 3 minutes, stirring. Pour in the veggie stock and scrape the bottom of the skillet. Add the pineapple juice, lemon juice, apple cider vinegar, 1 tbsp. jerk seasoning, and whisk everything together. Check spices and season to taste. Bring the chicken back to the skillet, cover and cook 6 to 8 minutes or until chicken is cooked through. Serve the chicken topped with the mango-pineapple sauce.



Recipe: Lemon and Garlic Fish

Make extra so you can eat leftovers

This goes well over a bed of greens

Ingredients

- 4 fresh white fish fillets of your choice (halibut or cod)
- 1/4 cup coconut oil
- 4 garlic cloves, minced
- Zest and juice of 1 lemon
- 1 lemon sliced
- 2 tbsp. fresh parsley, minced
- Sea salt and freshly ground black pepper

Instructions

Preheat oven to 425 F.

In a bowl, combine the coconut oil, garlic, lemon zest, lemon juice, and parsley; season with salt and pepper to taste.

Place the fish in a greased baking dish and season the fish to taste.

Pour the lemon ghee mixture over the fish; top with fresh lemon slices.

Place in the oven and bake 12 to 15 minutes, or until fish is flaky.

Serve the fish topped with fresh parsley.



Recipe: Veggie Chicken Soup

Great to make and reheat leftovers for the week

Can add any thing on the safe list that sounds satisfying

Ingredients

- 2 onions
- 2 green onions
- 3 celery stalks
- 3 carrots
- 2 zucchini
- 1 can split peas
- 4 garlic cloves, pressed
- 3 kale leaves
- 1 cup of mushrooms
- 2 cups broccoli florets
- 1 - 2 cups of chicken, cooked chunks
- 1 bulb fennel
- ½ bunch Italian parsley
- ½ bunch cilantro
- 1 Tbsp olive oil
- 6—8 cups veggie stock or “no chicken” broth

Instructions

Cut veggies in small pieces, except for kale and broccoli-coarsely chop. In a large pot sauté onion, green onions, celery, carrots, fennel zucchini, peas, mushrooms and garlic in oil. 5 min. Add broth and bring to a boil and cooked chicken, simmer, covered for another 5 minutes. Stir in broccoli for 3 minutes. Add kale, parsley and cilantro. Cover and remove pot from heat for 2 minutes. Enjoy!

