



FAST AND SIMPLE MEAL IDEAS

BREAKFAST

- Oatmeal** (steel-cut oats combined with amaranth is best): stir in 1 Tbsp raw almond butter, 1 Tbsp coconut oil, 1-2 Tbsp fresh ground flax seeds and/or chia seeds, 1 raw egg yolk from farm-raised chicken, ½ cup raw goat milk. Feel free to top with a variety of raw nuts & seeds, cinnamon and a touch of liquid vanilla stevia or raw honey.
- Organic plain, whole yogurt (raw is best), topped with fresh ground flax seeds or chia seeds and homemade granola.** Stir in raw nut butter, 1 Tbsp raw coconut oil, 1 tsp bee pollen, hemp seeds and cinnamon.
- Homemade Breakfast Bar** topped with raw nut butter and coconut oil
- Vegetable omelet (1-2 organic eggs, red/yellow/orange peppers, tomato, garlic, onion), serve with steamed greens (kale, Swiss chard, spinach, beet greens).
- French toast made with sprouted grain bread (Ezekiel or Manna are great brands). Top with organic butter and your favorite raw nut butter.
- Superfood Smoothie**
- Egg sandwich: two soft-boiled eggs, sautéed spinach, avocado, red onion, and raw cheese layered on tomato slices. Drizzle with extra virgin olive oil.
- Four-grain breakfast porridge** (quinoa, amaranth, millet, buckwheat): add 1-2 Tbsp fresh ground flax seeds, sunflower seeds, raw egg yolk, Blackstrap molasses and coconut milk.
- Nut butter smoothie: combine 1 banana, 1½ Tbsp raw nut butter, cacao beans, dried coconut (or fresh if available) and coconut milk.
- Breakfast burrito: mix of beans, quinoa, vegetables, eggs, avocado and salsa on sprouted-grain tortilla.
- Almond or Coconut Flour Pancakes** topped with lots of butter and/or raw nut butter.
- Grain-free granola (almonds, macadamia nuts, pumpkin seeds, raisins, vanilla, cinnamon) with warm almond or other homemade nut milk.**
- Sprouted grain toast topped with raw almond butter, raw honey and bananas.
- Warm muesli.**

*** see included recipes*

LUNCH AND DINNER

Try to purchase organic fruits and vegetables; wild fish; farm-raised, pastured chicken and eggs; and grass-fed meat as often as possible. Aim to eat a large green salad with either lunch or dinner. Slice up an avocado, add raw nuts or seeds and top with a homemade olive oil, raw apple cider vinegar, wheat-free Tamari, and sea salt dressing.

- Large green salad: add pasture-raised Chicken, wild Fish or grass-fed Meat along with avocado, raw nuts or seeds. Drizzle extra virgin olive oil, Bragg's raw apple cider vinegar and/or fresh lemon juice, and sea salt.
- Baked sweet potato with organic butter or coconut oil & cinnamon, steamed broccoli
- Thai curried chicken with coconut and mango over quinoa**
- Vegetarian lentil soup over brown rice with oven-roasted kale**
- Roasted chicken and vegetables with wild rice and sautéed Swiss chard
- Homemade chicken and wild rice soup
- Buffalo or turkey burger with homemade roasted potato fries
- Wild Alaskan salmon (grilled or baked) with roasted root vegetables**
- Marinated broiled flank steak or beef tenderloin topped with sautéed mushrooms, steamed broccoli with garlic and butter
- Curried chickpea salad topped with grilled chicken**
- Thai chicken soup, sautéed asparagus and brown rice**
- Romaine salad with goat cheese, chicken, walnuts and olive oil/balsamic vinegar dressing
- Baked spaghetti squash topped with homemade marinara or pesto sauce
- Wild salmon burger topped with avocado slices, tomato and lettuce**
- Squash and ginger soup with sprouted grain toast**
- Balsamic roasted pepper chicken, steamed kale & Swiss chard with olive oil and garlic**
- Three bean salad, sprouted grain bread topped with hummus, sliced avocado and tomato**
- Spicy Ginger Chicken with Coconut Basmati and Mango Salsa**
- Quinoa salad with roasted vegetables**
- Wild salmon with cucumber chile relish**
- Grilled vegetable skewers with dirty rice and beans**

- Avocado and black bean burrito with homemade guacamole and salsa
- Lime chicken tacos with guaca-salsa-mole**
- Ground lamb burgers with roasted fingerling potatoes
- Sweet potato and black bean enchiladas**
- Vegetarian Pad Thai**

*** see included recipes*