



[LivFit]

“30 Meals for 30 Days” Recipe Booklet

[Core] Chiropractic and Wellness

www.CoreRoanoke.com

Daryl C. Rich, D.C., C.S.C.S.

Table of Contents

Crock-pot Meals

Beef and Vegetable Chili	(page 1)
Beef Stew	(page 1)
Coconut Curry Chicken Stew	(page 2)
Chicken, Yam, & Chard Soup	(page 2)
Chuck Roast	(page 3)

Fridge and Freezer Meals

Chicken Fajita Salad	(page 3)
Taco-less Salad	(page 4)
Meatloaf	(page 4)
Cilantro Lime Chicken	(page 5)
Chicken and Kale Salad	(page 5)

15 Minute Meals

Spicy Tuna Salad	(page 5)
Baked Rosemary and Pecan Salmon	(page 6)
Bun-less Burgers	(page 6)
Cumin and Kale Chicken	(page 6)
Bacon, Arugula, and Tomato Salad	(page 7)
Stir Fry Salad	(page 7)
Coconut Shrimp	(page 8)

Friends-are-coming-over-to-dinner Meals

Grilled Shrimp and Veggies	(page 8)
Salmon Cakes and Mango Salsa	(page 9)
Asian Beef Lettuce Wrap	(page 9)
Spaghetti with Meat Sauce	(page 10)
Flank Steak with Pineapple Salsa	(page 11)
Balsamic Asparagus Salad	(page 11)
Spinach Salad	(page 12)
Almond Crusted Salmon	(page 12)

Detox Meals

Quinoa and Sweet Potato Salad	(page 13)
Avocado, Arugula, and Artichoke Salad	(page 13)
Pioneer Woman's Roasted Spaghetti Squash with Kale	(page 14)
Detox Pizza	(page 15)
Ratatouille	(page 16)

[LivFit] Friendly Sides

Asparagus with Mushrooms	(page 17)
Sautéed Basil and Spinach	(page 17)
Butternut Squash and Thyme	(page 18)
Squash and Honey	(page 18)
Garden Fresh Tomatoes	(page 19)
[LivFit] Guacamole	(page 19)
Kale Chips	(page 19)
Roasted Cauliflower with Tahini Sauce	(page 20)
Zucchini and Squash Sauté	(page 20)
Roasted Acorn Squash	(page 21)

Beef and Vegetable Chili

2 Tbs. coconut oil	1/2 tsp thyme
1 large yellow onion diced	1 bay leaf
2 Tbs. chili powder	7-8 medium mushrooms, sliced
1 tsp ground chipotle	2 medium carrots, sliced
2 tsp sea salt (optional)	2 medium zucchini, diced
1 tsp cumin	1 yellow zucchini, diced
1 tsp garlic salt	1 large red pepper, diced
2 lbs. beef stew meat, cut into 1"x1" chunks	4-6 large kale leaves, shredded
2 (28 oz.) cans diced tomatoes	Fresh cilantro for garnish
2 (4 oz.) can diced green chili peppers	Green onions for garnish
1/2 of a (4 oz.) can of diced jalapenos (May add more if desired)	1 small can full fat coconut milk (placed in the fridge for a few hours)
1/2 tsp oregano	

Heat a large soup pot over medium-high heat. When hot, add coconut oil and onion to pot and brown slightly. Meanwhile, combine chili powder, sea salt, cumin and garlic salt in a large dish. Roll raw beef stewed meat in the mixture to coat on all sides. When onions have browned slightly, add beef and brown on all sides. Add the diced tomatoes. Fill the empty can with water and add to the pot. Add green chili peppers, jalapenos, chipotle peppers, mushrooms, carrots, oregano, thyme and bay leaf. Turn heat down to medium and cook for about 40 minutes, stirring occasionally. Add zucchini and red pepper, and cook for another 20 minutes. Add kale and finish cooking for 10 more minutes. Season with sea salt if desired. Serve with sliced green onions, fresh cilantro and a dollop of thickened coconut milk from the top of the can.

Beef Stew

1 large onion	4 cups canned tomatoes
1 clove garlic	5 fl. oz. red wine
1 lb. beef stew meat	1 tsp leaves oregano
2 medium carrots	1 tsp leaves basil
6 fl. oz. beef stock	

Soften onion and garlic in pot, add beef and allow to brown. Add diced carrots, allow to soften slightly. Add stock, canned tomatoes, red wine, oregano and basil. Put lid on and simmer on low heat for at least one hour.

Coconut Curry Chicken Stew

1 tablespoons coconut oil	1 teaspoon ground cumin
1 onion, chopped	3 cups chopped or shredded and cooked chicken
1 clove garlic, minced	Juice of 1 lime
1 cup finely chopped cauliflower	1 can full fat coconut milk
1 tablespoon curry powder (any mix is fine)	Unsweetened coconut flakes and chopped cilantro, for garnish
4 cups chicken broth (homemade is best)	Salt and pepper, to taste

Heat a Dutch oven or soup pot over medium heat. Add the coconut oil and onion and cook until onions are soft, about 6-7 minutes. Add the garlic and cauliflower and continue cooking for 5 more minutes. Add the spices. Stir for 1 minute and add the chicken stock. Simmer on low heat for 10 minutes. Stir in the chicken, lime juice, and coconut milk. Simmer until soup is hot. Serve topped with coconut flakes and cilantro.

Chicken, Yam, and Chard Soup

2 Tbs. coconut or olive oil	4 cups broth (chicken, vegetable, beef, or bone broth)
1 yellow onion, diced	6 cups water
2 cloves garlic, minced	1 bay leaf
1 medium carrot, chopped	2 oz. jalapenos, canned and diced
1 tsp thyme	1 large yam, diced
1/2 tsp oregano	1 bunch Swiss chard, chopped (or kale or any greens you love)
1 tsp sea salt, divided	1 bunch green onions, sliced (whites and greens)
1/2 tsp freshly ground black pepper, divided	Juice of 1 lemon
2 lbs. boneless, skinless chicken thighs	

Heat a large pot over medium-high heat. When hot, add oil, onion, garlic, carrot, thyme, and oregano, and sauté until onion is softened and slightly translucent (about 10 minutes), stirring occasionally. Meanwhile, mix 1/4 teaspoon sea salt and 1/4 teaspoon black pepper in a medium bowl. Cut chicken thighs into 1" cubes and toss in sea salt and black pepper mixture. Add chicken to pot and continue to cook for another 10 minutes, stirring occasionally. Reduce heat to medium, add broth, water, bay leaf, jalapenos, yam, chard, and green onions and simmer for 20 minutes. Just before serving, season with remaining sea salt, black pepper, and fresh lemon juice.

Chuck Roast

3 lb. beef chuck roast
1 Tbs. sea salt (optional)
1/2 tsp freshly ground black pepper
2 onions, quartered
4 carrots, quartered

1 celery rib, sliced
1 bay leaf
5 cups water
1 small cabbage, cut into wedges

Sprinkle meat with sea salt (optional) and black pepper. Place onions, carrots, and celery into Crockpot. Top with meat. Add bay leaf and water. Cover pot and cook on low 5-7 hours, or until meat is tender. Add cabbage wedges at any point during cooking (earlier if softer texture is desired, or add near the end if you prefer them to be less cooked).

Chicken Fajita Salad

1 Tbs. coconut oil
1/2 yellow onion, diced
1/2-3/4 lb. boneless, skinless chicken breasts
1/2 tsp ground cumin
2 tsp dried oregano

1/4 tsp sea salt (optional)
1 large bell pepper, chopped
1 large head red leaf or romaine lettuce
2 medium tomatoes, diced
1 avocado

Wash and chop onion, bell pepper and tomatoes. Cut chicken into 1/2" slices. Heat a skillet over medium-high heat. When hot, add coconut oil and onions. Sauté until onions are soft and slightly translucent. Add chicken, cumin, oregano and sea salt to the onions and continue to cook, stirring often. When the chicken has browned, add the peppers and cook until tender. Meanwhile, wash and shred the lettuce. Divide between two plates. Top lettuce with chicken fajita mix, tomatoes and sliced avocado.

Taco-less Salad

1 lb. lean ground beef or turkey
2 Tbs. chili powder
1 tsp garlic salt
1 tsp cumin
1/2 tsp oregano
1/2 tsp sea salt
3/4 cup water

1/2 yellow onion, diced
1 medium tomato, diced
3 romaine hearts
1 can black olives, sliced
1 avocado
Fresh cilantro
1 small jar of salsa

Heat a medium skillet over medium-high heat. Add beef or turkey and onion to pan. Cook for about 10 minutes, or until brown. Add chili powder, garlic salt, cumin, oregano, sea salt and water, and let simmer for 5 minutes. Meanwhile, wash lettuce and tear onto two plates (save some for leftovers). Top with meat, sliced avocado, black olives, tomatoes, cilantro and salsa.

Meatloaf

1/4 teaspoon dried sage
1 teaspoon sea salt (optional)
1 teaspoon dry mustard
1/2 teaspoon fresh ground pepper
1 tsp granulated garlic
1 tsp chipotle chili powder
4 cloves garlic, minced
1 small yellow onion, finely chopped

1 cup red cabbage chopped
2 Tbs coconut milk (canned, full fat)
1/2 tsp hot pepper sauce
1/3 cup almond meal
1 egg, beaten
1-1/2 pounds lean ground beef
1/2 cup unsweetened barbecue sauce (optional)

Preheat oven to 350° F. Combine all ingredients except ground beef and BBQ sauce in a large bowl, and mix. When well blended, add ground beef and combine together with a fork. Place mixture into a non-greased loaf pan or shape into a loaf on a non-greased baking pan. Pour sauce over the top of the meatloaf. Bake, uncovered, for 75-85 minutes, or until an internal temperature of 160° F is reached (or until there is no pink in the center). Let stand for 5 minutes, then slice and serve.

Cilantro Lime Chicken

3 chicken breasts
Juice from 2 limes
1 bunch cilantro, chopped
1 (16 oz.) bag corn
2 garlic cloves, minced

1/2 red onion, chopped
1 can black beans, drained and rinsed
1 tsp cumin
Salt and pepper

Place all ingredients in Crock-pot. Cook on low for 8 hours. Shred meat and serve on tortillas.

Chicken and Kale Salad

1 bunch kale (enough for about 6 cups of chopped leaves)
2 Tbs. extra virgin olive oil
Juice of 1 small lemon
1/8 tsp sea salt (optional)

1/4 tsp freshly ground black pepper
2 (6 oz. each) boneless, skinless chicken breasts, cooked and sliced
1/4 cup toasted sunflower seeds

Wash kale and remove leaves from woody stems. Slice leaves thinly. In a large bowl, combine kale, olive oil, lemon juice, sea salt (if desired) and freshly ground black pepper. Toss to coat leaves completely. Divide kale into two bowls. Top each salad with a cooked chicken breast and sunflower seeds to serve.

Spicy Tuna Salad

2 cans tuna (oil-packed recommended)
20 (about 1 cup) green or black olives, chopped
2 green onions, chopped
1 jalapeno pepper, finely chopped (no seeds and/or less jalapeno if you want less spice)
3 Tbs. capers, rinsed

1/2 tsp red chili flakes
Juice of 2 lemons
Splash of olive oil
1 head of butter lettuce or mixed greens (optional)
1 avocado, sliced

Combine all the ingredients and serve over lettuce, with sliced avocado on top. Serve immediately, or store it in the fridge for a day for more flavor. NOTE: always be sure to add the avocado just before serving.

Baked Rosemary and Pecan Salmon

Coconut oil	1 Tbs. rosemary, chopped
3/4 lb. salmon fillet, skin on	1/4 tsp. sea salt (optional)
2 Tbs. pecans, chopped	

Preheat oven to 350° F. Lightly grease a baking pan with coconut oil. Lay salmon in the pan skin side down. Sprinkle fish with pecans, rosemary, and sea salt (if desired). Bake for 12-15 minutes or until salmon flakes lightly with a fork.

Bun-less Burgers

1 lb lean ground beef or turkey	1/4 tsp freshly ground black pepper
1/2 tsp sea salt	1 tsp coconut oil

Mix meat, sea salt and freshly ground black pepper together with a fork. Form into 4 patties. Heat a skillet over medium-high heat and add the oil when hot or grill over med/high heat for 7 minutes. Cook the burgers until desired temperature is reached.

Cumin and Kale Chicken

1 lb boneless, skinless chicken breasts, diced	1 Tbs. coconut oil
1 tsp cumin	1 bunch kale, removed from woody stems
1 tsp chili powder	1 red bell pepper, diced
1 tsp sea salt (optional)	1/2 cup slivered almonds, lightly toasted
2 cloves garlic, minced	

Combine chicken, cumin, chili powder, sea salt (if desired), and garlic in a medium bowl until chicken is fully coated. Meanwhile, heat a large skillet over medium-high heat. Add coconut oil. When pan is hot, add chicken (it should sizzle). Brown the chicken and stir occasionally (about 5-7 minutes). Add kale leaves and red pepper. Stir and continue to cook until chicken is 165° F, and vegetables are slightly tender (about 5 more minutes). Serve hot, topped with toasted almonds.

Bacon, Arugula, and Tomato Salad

4 thick cut bacon slices, diced
2 (4 oz. each) boneless, skinless chicken thighs,
diced small
3-4 Tbs. brine from pepperoncini's,
4 handfuls (cups) arugula

1 medium tomato, diced
1 avocado, diced,
4 pepperoncini's, sliced
1/4 cup toasted sunflower seeds

Cook the diced bacon and chicken thighs over medium heat in a sauté pan until fully cooked, stirring very frequently to prevent burning (about 12-15 minutes). Add brine to the bottom of the hot pan, and stir the browned bits into the cooked bacon and chicken. Remove from heat. Place arugula in a medium to large bowl. Pour the cooked bacon, chicken and drippings onto the arugula and toss to coat completely (add more brine or sea salt if desired). Divide the arugula into two bowls. Top with tomato, avocado, pepperoncini's and sunflower seeds to serve.

Stir Fry Salad

1-1/2 lbs. beef tip steak, sliced into thin strips
2 tsp coconut oil, lard, or tallow
1 Tbsp. liquid aminos (tastes like soy sauce)
1/2 sweet yellow onion, sliced
2 bell peppers, sliced
1 large handful of pea pods or sugar snap peas

2 medium heads lettuce of choice or the equivalent
amount of mixed greens
Balsamic vinegar
Extra virgin olive oil
Sea salt
Freshly ground black pepper

Heat a skillet over medium heat. Add the coconut oil, lard, or tallow as soon as the pan is hot. Add sliced onions and sauté until they begin to soften and turn translucent. Stir often. Turn the heat up slightly and wait about a minute for the pan to heat up. Add the beef and the coconut aminos, and continue to stir often. When beef is close to done (however you prefer it) add the bell peppers and peas. Season with sea salt and freshly ground black pepper if desired. Serve over chopped lettuce or mixed greens and drizzle with balsamic vinegar and olive oil to taste.

Coconut Shrimp

1 lb. raw prawns (or shrimp) in shell
1 (403 mL) can coconut milk
1-2 cloves garlic, minced
1 tsp ginger root, peeled and minced

1/4 tsp sea salt
1/4 tsp freshly ground black pepper
Quinoa

Wash prawns or shrimp, but do not shell them. Place prawns into a medium saucepan with coconut milk, garlic, ginger, salt, and pepper. Bring to a boil, stirring frequently. Reduce heat and simmer uncovered 15 minutes. Stir frequently. Remove from shells and serve warm on a bed of quinoa.

Grilled Shrimp and Veggies

3/4 lb shrimp, peeled and de-veined
Juice of 1 lime
Freshly ground black pepper
1 medium zucchini, sliced into 1" pieces

1 medium yellow summer squash, sliced into 1" pieces
1 red bell pepper, sliced into 2" pieces

1 green bell pepper, sliced into 2" pieces
1 red onion, cut into eighths
4 cloves garlic, minced
3 Tbs. olive oil

Wooden skewers, soaked in cold water for 15 minutes to prevent burning

Soak wooden skewers (at least 15 minutes). Peel shrimp and put in medium bowl. Add lime juice and season with pepper. Set aside for five minutes. Wash and chop vegetables. Prepare grill. Add vegetables and garlic to the shrimp, and add olive oil. Toss. Impale veggies and shrimp onto skewers and grill until fully cooked.

Salmon Cakes and Mango Salsa

For Salmon Cakes:

1 lb salmon fillet (skinless, with bones removed)
2 eggs
1 jalapeno pepper, minced
2 Tbs. coconut flour
1/2 tsp salt
1/4 tsp white pepper
Coconut oil

For Mango and Cilantro Salsa:

1 large ripe mango
4 Tbs. chopped cilantro
1/2 cup red onion, minced
Olive oil
Sea salt

Check salmon carefully to be sure all bones have been removed. Chop into a fine dice and set aside. Beat eggs in a large bowl. Mix in coconut flour, salt and pepper. Mince jalapeno and add to the egg mixture. Add the salmon and combine completely. Warm a skillet over medium-high heat, and add coconut oil when pan is hot. Test the pan to be sure it is hot by dropping a tiny portion of salmon mixture in the pan-- it should sizzle immediately. Add the salmon mixture to the coconut oil in small (3") cakes and fry until they are golden brown on the outside, and cooked pink on the inside (a minute or two on each side). Let the cakes rest on paper towels when taken out of the pan to absorb any extra coconut oil. Meanwhile, prepare salsa by combining diced mango, red onion and cilantro in a bowl. Drizzle with olive oil and add sea salt to taste. Serve on top of salmon cakes.

Asian Beef Lettuce Wrap

1 pound grass-fed ground beef
1 small onion, chopped
2 cloves garlic, minced
1 Tbs fresh chopped ginger
1/2 cup sliced mushrooms
1 cup shredded cabbage
1 Tbs apple cider vinegar

1 Tbs coconut aminos
1 Tbs fish sauce (use [Red Boat Fish Sauce](#) if you can find some)
1 head Iceberg or Bibb lettuce, large leaves in tact
Shredded cabbage, shredded carrots and chopped green onions, for garnish

Heat a skillet over medium heat and add the ground beef and onions. Cook until the beef is no longer pink in the center (about 7 minutes) and add the garlic and ginger. Stir well for about a minute. Add the mushrooms and cabbage and cook until vegetables are soft. Stir in the vinegar, coconut aminos, and fish sauce and continue stirring until heated through. To serve, spoon the ground beef mixture into the lettuce leaves, being careful not to overfill. Top with additional cabbage, carrots, and green onions if desired.

Spaghetti with Meat Sauce

1 small or medium spaghetti squash
1 lb ground turkey, beef, or venison
1/8 lb sausage (pork, venison, or lamb)
1/2 yellow onion, diced
1/2 tsp sea salt (optional)

1/2 tsp granulated garlic
1/4 tsp oregano
8 medium white button or cremini mushrooms,
sliced
2 Tbs. coconut oil

Preheat oven to 375F. Cut the spaghetti squash in half length-wise with a large knife or cleaver. Place cut side down in a shallow baking dish. Add 3/4" of water to the dish. Bake for 45 minutes or so, until the squash is soft to the touch. After about 30 minutes of baking, heat a large saute pan over medium-high heat. Add ground meat and sausage, onions, sea salt, granulated garlic, and oregano, and cook 5 minutes, stirring frequently. Add mushrooms and continue to cook until lamb is fully done (10-12 minutes). Set aside. When squash is done cooking, remove it from the oven and cool until it can be comfortably handled. Turn the cut side up, and remove from the rind with a fork. This should be done cross-wise, so the strands of squash fall out like spaghetti.

Add a pesto sauce if you like:

*3 cups fresh basil leaves
1 1/2 cups chopped walnuts
4 cloves garlic, peeled*

*1/4 cup grated Parmesan cheese
1 cup olive oil
Salt and pepper to taste*

In a food processor, blend together basil leaves, nuts, garlic, and cheese. Pour in oil slowly while still mixing. Stir in salt and pepper.

Flank Steak with Pineapple Salsa

1 lb beef flank steak
1 Tbs. olive oil
1 tsp chipotle powder
4 slices fresh pineapple (canned in juice may be used)

1 large red bell pepper, diced
1/2 red onion, diced
1/4 cup cilantro, chopped
Juice of 1 lime

Prepare the grill, or turn the broiler on high. Mix oil and chipotle powder together in a small dish. Brush onto both sides of the steak. Grill for around 5 minutes on one side, and 3 more minutes on the other. Or, broil 3 minutes on one side, and 2 minutes on the other. Remove to a plate, cover and let rest for 10 minutes. Grill the pineapple rings for 2-3 minutes per side (or broil for 45 seconds to 1 minute per side). Cut the pineapple into small chunks and place in a medium bowl. Add red bell pepper, red onion, cilantro and lime juice and mix together. Slice the steak thinly, and serve with pineapple salsa.

Balsamic Asparagus Salad

1 lb. asparagus with ends trimmed
1 Tbs. red onion, minced
1 Tbs. Extra Virgin olive oil
4 tsp balsamic vinegar

1 clove of garlic, minced
Sea salt, to taste
Freshly ground black pepper, to taste

Bring a medium pot of water to boil. Add asparagus and boil for 3 minutes. Drain and rinse under cold water immediately. Dry thoroughly. Mix all other ingredients together. Toss asparagus with balsamic mixture. Serve chilled or at room temperature.

Spinach Salad

1 bunch fresh spinach
4 green onions, chopped
Juice of 1 lemon

2 Tbs. olive oil
Freshly ground black pepper

Wash spinach well, drain and chop. Let leaves sit for a few minutes and then squeeze out excess water. Put spinach in a medium bowl and add green onions, lemon juice, oil and pepper. Toss and serve.

Almond Crusted Salmon

3/4 lb. salmon fillet, skin on
1/2 cup almond meal
1/2 tsp ground coriander
1/2 tsp ground cumin
Juice of 1 lemon

Sea salt
Fresh ground black pepper
A few sprigs of fresh cilantro
Coconut oil

Preheat the oven to 350° F. Combine almond meal, coriander and cumin in a small bowl. Sprinkle the salmon fillet with the lemon juice and season with salt and pepper. Coat each fillet with the almond meal mixture (both sides). Place skin side down on a broiler pan, greased lightly with coconut oil. Bake for 12-15 minutes or until salmon flakes easily with a fork. Top with freshly chopped cilantro before serving.

Quinoa and Sweet Potato Salad

1 large sweet potato
1 cup of quinoa
2 fennel
5 kale leaves
1 cup of pitted black olives
2-3 juicy lemons or limes

Olive oil
Cinnamon
Paprika
Rosemary
Salt

The night before marinate the fennel. Start by slicing off the spiky top and the very bottom edge, then cut the rest into slithers. Place it in a big Tupperware box and cover with the juice of two limes, salt and olive oil – there should be enough liquid in there from the juice and oil to ensure that each fennel slice is coated. Then leave the box in the fridge to soften. Heat the oven to 180C. Then cut the sweet potato in half, into slices and then into bite sized cubes. Place these in a baking dish with olive oil, salt, cinnamon, paprika and rosemary – stirring everything well with your hands to ensure that all sides of each cube is coated in deliciousness. Then bake for 30 minutes, stirring them once or twice during this time. While the sweet potatoes bake cook the quinoa. Chop the kale leaves into bite sized pieces and two or three minutes before the sweet potatoes are cooked add the leaves to the top of the baking dish with a little extra oil and salt. Once the kale is crisping up remove the baking tray and mix everything together with the quinoa, fennel and olives.

Avocado, Arugula, and Artichoke Salad

2 cups of organic spinach
2 cups of arugula
1/2 cup fresh sliced organic cucumber
1/4- 1/2 cup of roasted artichoke hearts (fresh then roasted or frozen and thawed)

1/2 avocado
1/4 cup diced red onion
3 tablespoon of shelled hemp seeds
Fresh black pepper and sea salt to taste

Prep all the vegetables by slices, dicing, or chopping. Slice the avocado in half and simply scoop out the avocado. Combine all the ingredients in a large salad bowl. Enjoy!

Pioneer Woman's Roasted Spaghetti Squash with Kale

1 whole spaghetti squash

Olive oil

Salt and pepper

2 bunches kale,

(stalks removed and torn into pieces)

1/2 whole onion, diced

1/2 teaspoon chili powder

1 teaspoon balsamic vinegar

Preheat the oven to 350 degrees. With a sharp knife, VERY CAREFULLY cut the spaghetti squash in half lengthwise. (Stick the knife into the center of the squash, then cut down. Again---be careful!) Scoop out the seeds and pulp in the center and discard. Place the squash, cut side up, on a large baking sheet. Rub a little olive oil over the cut surface, then place the pan in the oven for 1 hour or until a fork is easily inserted into the squash.

While the squash is cooking, sauté the kale: Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add the onion to the pan and cook for 3 to 4 minutes, or until starting to turn color. Throw in the kale, sprinkle in some salt and pepper, and stir to sauté until the onions are golden about the kale is partly cooked, about 5 minutes. Set aside.

When the squash is cooked, use a fork to scrape the stringy squash out of the shell. Add the squash to a bowl. Mix together 1 tablespoon olive oil with the balsamic vinegar. Drizzle it over the squash, sprinkle with salt and pepper, and add the chili powder. Toss to combine. Add the squash to individual bowls, then top with a good amount of sautéed kale. You will have squash left over!

Detox Pizza

250 grams (about 2) peeled, shredded, and drained Italian eggplant* (See Note)
48 grams (1/4 cup + 2 tbsp) ground flaxseed
28 grams (4 tablespoons) blanched almond flour
1 jumbo egg
1 tablespoon (15 ml) cold-pressed olive oil
1/2 teaspoon sea salt
1/4 teaspoon black pepper

Green zucchini, sliced thinly
Yellow zucchini, sliced thinly
Baby eggplant, sliced thinly
Graffiti eggplant, sliced thinly
Yellow or orange hothouse tomatoes, sliced thinly
Olive oil for brushing
Micro greens for garnish
Balsamic vinegar for drizzling

Coarsely shred peeled Italian eggplants with a hand grater or food processor with shredder attachment. Let it sit for 5 minutes. In handfuls or using a cheesecloth, wrap the shredded eggplant and squeeze out excess liquid. In a large bowl, mix well the shredded eggplant, ground flaxseed, almond flour, egg, oil, salt, and pepper until it forms a wet ball. Turn dough out on a piece of parchment paper. Press mixture into a 9" x 11" rectangle, about 1/8" to 1/4" thick. If needed, use a baking tray of the specified size as a guide. Transfer the shaped dough, still on the parchment paper, to a cookie sheet with open sides. Open-sided cookie sheets will make it easier to slide the pizza in and out. Meanwhile, slice the vegetables into thin coins and set aside. You will probably only need half of each vegetable. Set aside. If you prefer, wrap sliced vegetables in plastic wrap to prevent any discoloration. Preheat oven to 375 F (190 C). Place sheet on the middle rack and bake for 20 minutes. Remove from oven and top the crust with another parchment paper, then using another tray, flip over. Peel off top parchment. Top the crust with the sliced vegetable coins, alternating them. Brush or spray with olive oil. Season with sea salt. Bake for another 10 to 15 minutes. Garnish with micro greens and drizzle with balsamic vinegar.

NOTE The final amount of peeled, shredded, and drained eggplant must be 250 grams in total. Make sure to drain liquid first before weighing. To drain, wrap eggplant in cheesecloth, let sit for 5 minutes, then squeeze all the liquid out.

Ratatouille

1/2 onion, finely chopped	
2 garlic cloves, very thinly sliced	
1 cup tomato pureed	
1/4 tsp. oregano	
1/4 tsp. crushed red pepper flakes	
2 tablespoons olive oil, divided	
1 small eggplant, such as Italian or Chinese	
	1 zucchini
	1 yellow squash
	1 long red bell pepper
	Few sprigs fresh thyme
	Salt and pepper

Preheat oven to 375 degrees F. Pour tomato puree into bottom of an oval baking dish, approximately 10 inches across the long way. Drop the sliced garlic cloves and chopped onion into the sauce, stir in oregano, crushed red pepper flakes, one tablespoon of the olive oil, and season the sauce generously with salt and pepper. Trim the ends off the eggplant, zucchini and yellow squash. Trim the top of the red pepper and remove the core. On a mandoline, adjustable-blade slicer or with a very sharp knife, cut the eggplant, zucchini, yellow squash and red pepper into very thin slices, approximately 1/16-inch thick. Atop the tomato sauce, arrange slices of prepared vegetables concentrically from the outer edge to the inside of the baking dish, overlapping so just a smidgen of each flat surface is visible, alternating vegetables. You may have a handful leftover that do not fit. Drizzle the remaining tablespoon olive oil over the vegetables and season them generously with salt and pepper. Remove the leaves from the thyme sprigs with your fingertips, running them down the stem. Sprinkle the fresh thyme over the dish. Cover dish with a piece of parchment paper cut to fit inside. Bake for approximately 45 to 55 minutes, until vegetables have released their liquid and are clearly cooked, but with some structure left so they are not totally limp. They should not be brown at the edges, and you should see that the tomato sauce is bubbling up around them. Serve on a bed of quinoa or by itself.

[LivFit] Friendly Sides

Asparagus with Mushrooms

2 Tbs. red wine vinegar
1/4 tsp sea salt, to taste (optional)
Freshly ground black pepper, to taste
1 pound fresh asparagus, ends trimmed
2 Tbs. coconut oil/lard/tallow

1 lb (about 6 cups) mushrooms
1/2 cup green onions, sliced
2 Tbs. hazelnuts, toasted and finely chopped

Add the vinegar, 1 Tbs. of the oil, salt, and pepper in a small bowl. Add the asparagus in boiling water for just a few minutes until they are crisp. Drain and pour ice water over them immediately. Heat the remaining 1 Tbs. oil in a pan on medium high heat. Add mushrooms and sauté until they are soft. Add green onions, sauté 1 minute. Add the asparagus, and cook another 3 minutes. Remove from the heat then slowly add in the vinegar mixture. Toss the toasted hazelnuts over the top.

Sautéed Basil and Spinach

1 Tbs. coconut oil
1/2 yellow onion, diced
2 medium tomatoes, diced

4 handfuls of spinach (4 cups)
1 package (several sprigs) fresh basil
(½ cup)

Wash and prepare vegetables. Heat a small skillet over medium-high heat. Add coconut oil when hot. Add diced onions and sauté until soft and translucent. Add tomatoes and cook for another minute or two. Add spinach and basil to the pan and cook for one minute. Serve warm.

Butternut Squash and Thyme

1-1/2 lbs butternut squash, peeled, seeds removed, flesh diced into 1/2" pieces (about 4 cups)
2 Tbs. coconut oil (or bacon grease, tallow, or lard)

1 Tbs. fresh thyme leaves
3 cloves garlic, minced
1/2 tsp sea salt (optional)
1/4 tsp freshly ground black pepper

Heat a large sauté pan over medium heat. Add oil when pan is hot. When oil has melted, add squash, thyme, and garlic, and stir to coat completely with oil. Spread squash in an even layer in pan and allow to cook without stirring until lightly browned (about 3-5 minutes). Stir, and evenly spread out again, allowing to cook for an additional 3-5 minutes. After browning, stir squash, reduce heat to medium, cover pan and continue to cook until squash is tender (about 10-15 minutes more). Season with sea salt and black pepper (optional) and serve warm.

Squash and Honey

1 butternut squash
1 Tbs. coconut oil

Cinnamon, to taste
1 tsp raw honey

Cut the squash in half and scoop out the seeds. Carefully peel the squash, and cut it into 1" chunks. Meanwhile, heat a medium sauté pan over medium-high heat. Add coconut oil. Add squash pieces and sauté for 15-20 minutes. When they are almost soft, add cinnamon and raw honey, and continue to cook to desired tenderness. Remove from heat and serve warm.

Garden Fresh Tomatoes with Basil

1/2 quart of cherry or grape tomatoes
1 handful of fresh basil
Olive oil (2-3 Tbs.)

Balsamic vinegar (2-3 Tbs.)
Sea salt

Slice the cherry tomatoes in half and put in a bowl. Finely chop the fresh basil and add to bowl. Drizzle with balsamic vinegar and olive oil. Add sea salt to taste.

[LivFit] Guacamole

2 large, ripe avocados, peeled and seeded
1 clove garlic, minced
Juice of 1/2 lemon
1/4 tsp cumin
1/4 tsp chili powder

1/4 tsp sea salt (optional)
1 Tbs. salsa (optional)
Fresh cilantro to garnish, finely chopped

Mash all ingredients in a bowl with a fork and serve immediately.

Kale Chips

1 bunch kale
1 tsp olive oil
1/4 tsp sea salt (optional)

Preheat oven to 350°F. Wash kale and remove tough stems. Cut kale into 2"-3" sections and place on baking sheet. Drizzle with olive oil and sprinkle with sea salt, if desired. Toss kale to fully coat with oil. Bake for 10-15 minutes, or until kale is crispy. Serve hot.

Roasted Cauliflower with Tahini Sauce

2 Tbs. olive oil
2 tsp ground cumin
1 head cauliflower, cored and cut into 1-1/2" florets
1/4 tsp sea salt (optional)
1/8 tsp freshly ground black pepper

1/2 cup tahini (may be found in the natural food section of Kroger or at the Co-Op)
3 cloves garlic, smashed and minced into a paste
Juice of 1 lemon
1/8 tsp paprika

Preheat oven to 500°F. Toss cauliflower, olive oil, cumin, sea salt (if desired) and black pepper together in a large bowl. Transfer mixture to rimmed baking sheet and spread out evenly. Bake until cauliflower is browned and tender, 25 - 30 minutes. Stir occasionally. Meanwhile, combine tahini, garlic, lemon juice, and 1/2 cup water in a small bowl. Season with sea salt if desired and sprinkle paprika on top. Serve cauliflower hot or at room temperature with tahini sauce. To make a paleo-friendly hummus, add roasted cauliflower and tahini sauce to a food processor and blend until a paste forms. Add additional olive oil if desired and serve with vegetables.

Zucchini and Squash Sauté

1 Tbs. coconut oil
1/2 yellow onion, thinly sliced
2 cloves garlic, minced
2 (6"-8") zucchini, cut into 3" x 1/4" matchsticks

2 (6"-8") yellow summer squash, cut into 3" x 1/4" matchsticks
1 (6oz) tomato sauce

In large skillet, heat coconut oil over medium-high heat. When hot, add onion and cook 3-4 minutes until onion is tender and translucent. Add zucchini, summer squash and garlic, and cook until almost tender (5-6 minutes). Stir in tomato sauce and cook until heated through.

Roasted Acorn Squash

1 acorn squash cut in half length-wise

1 Tbs. coconut oil

1 Tbs. raw honey

1/2 tsp sea salt (optional)

1/4 cup walnuts, lightly toasted

Preheat oven to 400° F. Place squash cut side down on a rimmed baking sheet or shallow baking dish. Add 1/4" of water to the baking sheet or dish. Bake for 45 minutes, or until peel is soft to the touch. Remove from oven and carefully turn over. Remove squash from peel and add coconut oil, honey, and sea salt (optional). Top with toasted walnuts to serve. To cook squash in microwave, place squash flesh down in a microwave safe dish. Add 1/2" of water, and microwave for 8-12 minutes. Check often, as each microwave will vary cooking time. Optionally top dish with dried fruit, other nuts, and cinnamon.