



ARBONNE®

30 DAYS TO FEELING FIT

- Weekly Menus
- Recipes
- Shopping Lists

There is no diet that will do what healthy eating does.
Skip the diet. Just eat healthy.

WEEK 1

"You must do the thing you think you cannot do."

-Eleanor Roosevelt

Menu:

- Whole Roasted Chicken, Steamed Broccoli, Baked Sweet Potato
- Turkey Chili & Salad
- Burrito Bowl, Homemade Salsa & Brown Rice Chips
- Veggie Loaded Spaghetti and Roasted Green Beans
- Grilled Chicken, Veggies, and Onions with Brown Rice
- Turkey Burgers & Sweet Potato Fries
- Grilled Salmon with Avocado Salsa, Brown Rice, Berry Salad

Shopping List:

Meats:

- 1 whole free range chicken
- 4 boneless free range chicken breasts
- 1 lb ground free range turkey
- 1-4 pack free range turkey burgers
- 4- wild caught salmon filets

- 3 tomatoes
- 1 bunch cilantro
- 1 tomatillo
- 1 jalapeno
- Iceberg lettuce
- basil

Produce:

- 2 heads of broccoli, or 1 package of frozen
- Salad greens
- 4 medium sweet potatoes
- .5 lb fresh green beans, or 1 can
- 3 green bell peppers
- 3 red bell peppers
- 2 medium onions
- 1 large zucchini
- 2 avocados
- 1 package fresh mushrooms
- 1 package strawberries
- 1 package blueberries
- 2 green apples
- 2 limes
- 2 heads of garlic

Grains and Staples:

- 1 box of brown rice
- 2 bags of brown rice chips
- 2-28oz cans crushed tomatoes
- 1 can diced tomatoes
- 1 can black beans
- 1 can kidney beans
- Extra Virgin Olive Oil
- Chili powder
- Cumin
- Italian seasoning (ie: parsley, oregano, basil, rosemary)
- Coriander
- Paprika
- Stevia

Recipes:

Whole Roasted Chicken

1 whole free range chicken (5-7 lbs)
1 Tbsp sea salt
1 Tbsp fresh cracked pepper
1 Tbsp paprika
1 garlic head
1 lemon

Remove innards from chicken cavity (some may have nothing). Rinse chicken and pat dry. Mix salt, pepper, and paprika together in a small bowl. Gently separating the skin from the meat, sprinkle seasoning mix and rub chicken. Rub outside skin as well generously.

Slice garlic head and lemon in half. Place in the bottom of the crock pot with the cut side facing up. Lay whole chicken on top of garlic and lemons. Cook on low for 8 hours or on high for 4-6.

Let cool on cutting board for a few minutes. Slice off wings, drumsticks and breasts for tonight's meal.

(Strain liquid from crock pot and freeze for future meals that call for organic chicken broth. All other meat will be shredded and stored for Burrito Bowl Recipe)

Turkey Chili

1.5 tsp olive oil
1 lb ground turkey
1 onion, chopped
2 cups water
1 (28 oz) can crushed tomatoes
1 (16 oz) can kidney beans, drained and rinsed
1 tbsp garlic, minced
2 tbsp chili powder
½ tsp paprika
½ tsp dried oregano
½ tsp ground cayenne pepper
½ tsp ground cumin
½ tsp salt
½ tsp ground black pepper

Heat oil in large pot over medium heat. Place turkey in the pot and cook until evenly brown. Stir in onion and cook until tender. Pour water into the pot. Mix in tomatoes, kidney beans, and garlic. Season with chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper. Bring to a boil. Reduce heat to low, cover and simmer for 30 minutes. Optional: top with avocados

Burrito Bowl

1-2 cups shredded chicken from leftover whole chicken
2 cups uncooked brown rice
½ red onion diced
1 avocado diced
1 tomato diced
2 Tbsp taco seasoning (see homemade recipe on Dressings/Seasonings page)
¼ cup water
1 can black beans
Cilantro chopped, to taste

Cook rice according to package directions. In a skillet, season meat with taco seasoning mix with water until liquid cooks down and chicken is covered evening. Mix in beans

Layer cooked rice on bottom of your bowl. Top with seasoned chicken and beans, tomatoes, cilantro, avocado, and onion.

Homemade Salsa

2 garlic cloves
2-3 medium tomatoes, deseeded and diced
½ onion, chopped
½ lime
1 jalapeno
¼ tomatillo
¼ cup cilantro
pinch of basil
salt to taste

Toss all ingredients into a food processor except one tomato (diced) and lime. Pulse processor until you have a good salsa consistency. Pour into a large bowl. Toss in the remaining diced tomato and squeeze the lime juice into the bowl. Add sea salt to taste. Keep refrigerated.

Veggie Loaded Spaghetti with Homemade Marinara Sauce

1 (28 oz) can crushed tomatoes
2 garlic cloves, minced
½ onion chopped
2 Tbsp extra virgin olive oil (divided)
1-2 Tbsp stevia or xylitol
Sea Salt to taste
½ green zucchini, chopped
½ green and ½ red bell pepper, chopped
1 (8 oz) package of sliced mushrooms
1 (16 oz) package of brown rice spaghetti noodles

In a large sauce pan, heat olive oil over medium heat, Saute onion and garlic until onions are beginning to turn clear and garlic is browning. Reduce heat to simmer. Add crushed tomatoes, stevia, and salt to taste. Continue to simmer for 30 minutes.

While sauce is simmering, cook noodles according to package directions.

In a separate skillet, heat remaining 1 Tbsp of olive oil. Toss in zucchini, peppers, and mushrooms. Saute until veggies are crisp tender. Add veggies to sauce. Serve over noodles.

Roasted Green Beans

1 ½ pounds green beans
2 Tbsp extra virgin olive oil
1 tsp sea salt
½ teaspoon freshly ground black pepper

Preheat oven to 425 degrees. Trim the ends of the green beans and add to a large bowl. Toss with olive oil, salt, and pepper. Spread out evenly on a parchment paper lined baking sheet.

Roast, stirring halfway through, until lightly caramelized and tender. About 12-15 minutes.

Grilled Chicken, Peppers, and Onions with Brown Rice

4 boneless, skinless chicken breast
2 green bell peppers, roughly chopped
2 red bell peppers, roughly chopped
1 large onion, roughly chopped
1 lime
1 Tbsp cilantro, chopped
2 Tbsp extra virgin olive oil, divided
Sea Salt and Pepper to taste
5 cups uncooked brown rice (reserve 2 cups for a later recipe)

Season chicken with sea salt and pepper on both sides. Drizzle 1 tbsp of olive oil amongst the 4 breasts. Squeeze ½ lime over the breasts. Set aside.

Cook brown rice according to package directions.

Heat grill or grill pan. While grill is heating, toss peppers and onions with remaining Tbsp of olive oil. Begin grilling chicken until juices run clear, about 7-8 minutes/side. Also, add peppers and onions to the grill on a grill pan or using aluminum foil as a barrier between the grill and peppers. Cook peppers until crisp tender and begin to blacken a bit around the edges.

Serve peppers and onions over rice.

Turkey Burgers

1 package free range turkey burgers
1 head iceberg lettuce, crispy leaves removed
1 tomato, sliced
½ onion, sliced

Cook burgers all the way through. Serve between two crispy iceberg lettuce leaves. Add onions and tomatoes if desired. No condiments.

Sweet Potato Fries

4 medium sweet potatoes, peeled and cut to ¼ inch wide strips
2 Tbsps extra virgin oil
½ tsp paprika
½ tsp sea salt
½ tsp pepper
½ tsp garlic powder

Preheat oven to 450 degrees. Toss sliced sweet potato strips in olive oil to evenly coat. Mix all seasonings together, and sprinkle on sweet potatoes evenly. Spread on a lined baking sheet in a single layer without overcrowding. Bake for 30 minutes, turning occasionally.

Grilled Salmon with Avocado Salsa

2 lbs salmon, cut into 4 pieces
1 tbsp extra virgin olive oil
1 tsp sea salt
1 tsp ground coriander
1 tsp ground cumin
1 tsp paprika
1 tsp onion powder
1 tsp black pepper
2 cups cooked brown rice

Avocado Salsa:

1 avocado, peeled, seeded, and sliced
1 small red onion, sliced
½ green pepper, finely chopped
½ red pepper, finely chopped
Juice from 1 lime
3 Tbsp extra virgin olive oil
2 Tbsp cilantro, finely chopped
Sea salt to taste

Mix the salt, coriander, cumin, paprika, onion and black pepper together, rub the salmon fillets with olive oil and this seasoning mix, and refrigerate for at least 30 minutes. Preheat grill. Meanwhile, combine the avocado, onion, peppers, cilantro, lime juice, olive oil and salt in a bowl and mix well, chill until ready to use. Grill salmon for desired doneness. Spoon avocado mixture over salmon and serve with brown rice.

WEEK 2

"It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen."

-Muhammad Ali

Menu:

- French Lentil Soup and Salad
- Chipotle Sweet Potato Skins and Brown Rice
- Quinoa Stuffed Peppers and Homemade Guacamole
- Lentil Tacos in Lettuce Wraps and Roasted Chickpeas
- Stir Fry and Brown Rice
- Hummus Crusted Chicken and Zucchini Squash
- Huevos Rancheros and Berry Salad

Shopping List:

Meats:

- 1 whole free range chicken
- 4 boneless free range chicken breasts
- 1 lb medium shrimp

Produce:

- 2 heads of broccoli, or 1 package of frozen
- Salad greens
- Iceberg lettuce
- 4 medium sweet potatoes
- 2 green bell peppers
- 6 red bell peppers
- 2 medium onions
- Mushrooms
- Bean sprouts
- 1 red onion
- Celery
- Carrots
- 1 tomato
- 1 large zucchini squash
- 1 zucchini
- 2 avocados
- 2 limes
- 2 heads of garlic

- 2 bags of spinach
- 1 bunch cilantro
- 1 serrano chili
- 2 lemons
- Snow peas

Grains and Staples:

- 6 eggs
- 1 box of brown rice
- 1 package lentils
- 1 package quinoa
- 2 bags of brown rice chips
- 3 cans diced tomatoes
- 1 can black beans
- 1 can kidney beans
- 2 cans garbanzo beans
- 2 containers Vegetable Broth
- Extra Virgin Olive Oil
- Chili powder
- Cumin
- Paprika
- Stevia
- Coconut Oil
- Tamari Sauce

French Lentil Soup

3 Tbsp extra virgin olive oil
2 cup chopped onions
1 cup chopped celery
1 cup chopped carrots
2 garlic cloves, minced
4 cups vegetable broth
1 ¼ cup lentils, rinsed, drained
1 14 oz can diced tomatoes

Heat oil in a large saucepan over medium-high heat. Add onions, celery, carrots, and garlic until vegetables begin to brown. Add 4 cups broth, lentils, and tomatoes with juice and bring to a boil. Reduce to medium-low heat, cover, and simmer until lentils are tender. About 30 minutes.

Transfer 2 cups soup, mostly solids, to blender and puree until smooth. Return puree to soup in pan. Thin soup with more broth if needed until desired consistency.

Chipotle Sweet Potato Skins

4 medium sweet potatoes, cooked
¾ lbs cooked and shredded chicken
¼ cup extra virgin olive oil
2 Tbsp fresh squeezed lime
2 cloves garlic, minced
3 chipotle peppers, minced
1 tsp dried oregano
1 tsp cumin
2 tsp chili powder
Sea salt and pepper
2 cups spinach
Cilantro, chopped to taste

In a medium bowl combine olive oil, lime juice, garlic, chipotle peppers, oregano, cumin, chili powder, salt and pepper. Set aside.

Heat a small skillet over medium heat and wilt the spinach. Toss the spinach and cooked shredded chicken together, set aside and keep warm.

Cut cooked sweet potatoes in half and allow to cool. Scrape the 'meat' of the potato out, but leave a medium size layer of the flesh inside so the peel can stand on its own. Store the remaining sweet potatoes for a later use. Brush the skins with a little of the chipotle sauce and bake for 5-10 minutes until nice and crisp. While the skins bake, mix the spinach and chicken with the chipotle sauce. Remove skins from the oven and stuff with the chicken mixture. Bake for 10 minutes. Top with fresh chopped cilantro.

Quinoa Stuffed Peppers

1 medium onion, finely chopped
2 Tbsp extra virgin olive oil
2 stalks celery, chopped

1 Tbsp cumin
2 cloves garlic, minced
2 14 oz cans diced tomatoes, drained, liquid reserved
1 15 oz can black beans, rinsed and drained
¾ cup quinoa
3 large carrots, grated
4 large red bell peppers
2 cups water

Heat oil in saucepan over medium heat. Add onion and celery. Cook for 5 minutes or until soft. Add cumin and garlic. Saute for 1 minute. Stir in spinach and drained tomatoes. Cook 5 minutes longer or until most liquid has evaporated.

Stir in black beans, quinoa, carrots, and 2 cups water. Cover, and bring to a boil. Reduce heat to medium low and simmer for 20 minutes. Season with salt and pepper if desired.

Preheat oven to 350 degrees F. Pour liquid from tomatoes in the bottom of baking dish. Fill each pepper with heaping measures of quinoa mixture, and place in baking dish. Cover with foil and bake for 1 hour. Let stand before serving.

Homemade Guacamole

2 ripe avocados
½ red onion
1 serrano chile, stems and seeds removed, minced
2 Tbsp chopped cilantro
1 Tbsp lime juice
½ tsp sea salt
Dash of fresh cracked pepper
½ ripe tomato deseeded

Cut and seed avocados. Scoop out flesh into a mixing bowl. Roughly mash. Add chopped onions, cilantro, lime, salt and pepper, and roughly mash again. Add chili peppers until your desired hotness. Add tomatoes right before serving.

Serve with brown rice chips.

Lentil Tacos

1 Tbsp extra virgin olive oil
½ yellow onion, finely chopped
1 clove garlic, minced
Sea Salt, to taste
1 cup dried brown lentils, rinsed well
2 Tbsp homemade taco seasoning (see Seasonings, Snacks, and Dressings)
2 ½ cup vegetable broth
8 lettuce wraps

In a sauce pan over medium heat, heat olive oil. Add garlic, onion, and salt stirring frequently until onions are softened. Add lentils and taco seasoning, mixing well until heated through, about 1 minute.

Add vegetable broth to lentil mixture and mix well, scraping up any browned bits on the bottom of the pan. Reduce heat and cover the lentils, allowing them to simmer. Make sure to check the lentils, stirring occasionally to avoid burning to the bottom of the pan, until lentils are tender. About 20-25 minutes.

Remove the cover and allow the lentils to cook until the mixture thickens, about 5-6 minutes. Transfer lentils to a large bowl and let cool.

Gently mash lentils to desired consistency, and serve in lettuce wraps. Top with homemade salsa.

Spicy Oven Roasted Chickpeas

2 cans chickpeas (also known as garbanzo beans), drained, rinsed, and dried
2 Tbsp extra virgin olive oil
1 tsp cumin
1 tsp chili powder
½ tsp cayenne pepper
½ tsp sea salt

Heat oven to 400 degrees.

Place chickpeas in a large bowl and toss with the remaining ingredients until evenly coated. Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 40 minutes. Halfway through shake the pan to rotate the chickpeas.

Stir Fry and Brown Rice

1 lb cooked and shredded chicken
2 green bell peppers, julienned
1 cup onion, julienned
1 head broccoli, chopped
1 squash, sliced and quartered
1 cup bean sprouts
1 cup snow peas
1 cup mushrooms, sliced
2 Tbsp coconut oil
Tamari sauce to taste

Heat coconut oil in a wok or large skillet. Add veggies and cook until tender.

Meanwhile, cook brown rice according to package directions.

Toss in chicken in sautéed vegetables. Serve over brown rice and drizzle with tamari.

Hummus Crusted Chicken

4 boneless, skinless chicken breasts
Sea salt and pepper to taste

1 zucchini, chopped
1 yellow squash, chopped
1 medium onion, chopped
1 cup hummus
1 Tbsp extra virgin olive oil
2 lemons
1 tsp paprika

Preheat oven to 450 degrees. Prepare one large baking dish with a light coating of coconut or olive oil. Season chicken breasts with generous pinches of salt and pepper. In a large bowl, toss the zucchini, squash on onion with olive oil until evenly coated. Season with salt and pepper.

Place veggies in the bottom of the dish in an even layer. Lay chicken breasts on top, then evenly coat each breast with hummus so the entire breast is covered. Squeeze the juice of the lemon over the chicken and vegetables. Sprinkle the pan with paprika. Thinly slice the remaining lemon, and place the slices in between the chicken and vegetables if desired.

Bake for 25-30 minutes, until chicken is cooked through and vegetables are tender.

Huevos Rancheros

6 eggs
1 can pinto beans
Homemade Salsa
1 avocado

Scramble eggs. Serve over pinto beans. Top with homemade salsa and avocado.

WEEK 3

*"Whether you think you can, or think you can't ...
you're RIGHT"*

-Henry Ford

Menu:

- White Bean Turkey Chili
- Mexican Pinto Beans & Brown Rice
- Quinoa with Sausage and Peppers
- Black Beans with Turkey & Rice
- Mom's Hot Peppers
- Coconut Chicken
- Crock Pot Taco Chili

Shopping List:

Meat

- 4 lbs LEAN ground turkey or beef
- 1 lb low-fat, all natural, range free chicken or turkey sausages in casings
- 1 lb free range chicken

Produce:

- 4 large onion
- 8 cloves garlic
- bunch cilantro
- 1 large tomato
- 1 jalapeno
- 1 red chili pepper
- green pepper
- 1 yellow or orange pepper
- 6 Medium Bell Peppers (you pick the color)

Grains and Staples:

- 2 cartons chicken stock
- 2 (12 oz) cans navy beans
- 3 C cooked black beans
- Almond or coconut flour
- eggs
- 1 can Tomato sauce

- 3 cans Rotel
- Lemon Juice
- mustard powder
- cumin
- cayenne
- extra virgin olive oil
- coconut oil
- shredded coconut
- lemon pepper
- coriander
- cinnamon
- chili powder
- paprika
- Italian seasoning
- 2 boxes brown rice
- 4 canned pinto beans (or cooked from dried)
- chipotle peppers, chopped, plus sauce (that's those peppers in adobe sauce)
- 1 can tomato paste
- quinoa
- pale ale or amber ale
- Healthy Ketchup (no sugar added)

White Bean Turkey Chili

1 lb ground turkey
1 large onion chopped
2 cloves garlic , minced
1 cup chicken broth
2 (12 oz) cans navy beans, rinsed & drained
1 tsp mustard powder
1 tsp ground cumin
1 sprinkle cayenne
2 cans Rotel
1 bunch chopped cilantro

Brown ground turkey and season with salt and pepper. Drain.

Add all ingredients to crock pot and cook on low for 8-10 hours.

Top with fresh avocado.

Mexican Pinto Beans & Brown Rice

3 TBSP extra virgin olive oil
1 tsp ground cumin
1 tsp coriander
1 tsp cinnamon
1 TBSP chili powder
1 medium onion, peeled and chopped
3 cloves garlic, chopped
2 cups cooked brown rice
4 cups canned pinto beans (or cooked from dried), drained and well rinsed
1 ½ to 2 cups low-sodium chicken stock
3 TBSP chipotle peppers, chopped, plus sauce (that's those peppers in adobe sauce)
2 TBSP tomato paste
1 tsp sea salt

Heat oil in Dutch oven over medium heat. Add cumin, coriander, cinnamon and chili powder. Heat until fragrant. Add chopped onion and cook until soft. Add garlic and cook a few minutes more. Add cooked rice and rinsed beans, stock, chipotles, tomato paste, and salt. Reduce heat and simmer for 20 minutes. Serve hot.

Quinoa with Turkey Sausage and Peppers

1 cup quinoa
1 lb low-fat, all natural chicken or turkey sausages in casings
1 C pale ale or amber ale
1 tsp extra virgin olive oil
1 jalapeno, halved and sliced
1 red chili pepper, halved and sliced
½ green pepper, seeded and chopped
½ yellow or orange pepper, seeded and chopped
½ medium yellow onion, chopped
3 cloves garlic, chopped
1 tsp smoked paprika
1 tsp chili powder
½ tsp ground coriander
¼ tsp Italian seasoning
1 tsp sea salt
¼ tsp black pepper
1 large tomato, diced

In a medium saucepan, cook quinoa according to package directions. Set aside.

Heat a large skillet over medium-high heat, spray with cooking spray, and add sausages in a single layer. Cook until browned on both sides, turning at least once, about 4 to 5 minutes. Add ½ C ale, cover, and reduce heat to simmer until sausages are cooked through and ale has almost completely evaporated, 5 to 10 minutes. Remove sausages to a cutting board and cut into half-inch pieces.

Return skillet to stove over medium-high heat and add olive oil. Add jalapeno, red chili, green and yellow peppers, and onion. Sauté, stirring occasionally, until soft and starting to brown, about 5 minutes. Add garlic and spices, stir to combine, and cook for 2 minutes. Add tomato and remaining ½ C ale, simmer until ale is reduced by half.

Add in quinoa and sausages, mix.

Black Beans w/ Turkey & Rice

1 TB olive oil	8 oz ground turkey
1 C chopped bell pepper	1 C chopped onion
1 tsp minced garlic	3 C cooked brown rice
1 C tomato sauce	1 tsp. chili powder
1 TB lemon juice	3 C cooked black beans

Brown the turkey. Add onion, pepper, and garlic. Cook 5 minutes. Whisk together tomato sauce, lemon juice, and chili powder. Stir into turkey mixture with beans. Simmer at med/low for 20 minutes. Serve over hot rice.

Mom's Hot Peppers

4 – 6 Medium Bell Peppers (you pick the color)
1 lb extra lean ground beef
1 tsp minced garlic
¾ C chopped onion
¼ C uncooked regular minute rice
½ tsp salt
1 tsp Italian seasoning
¼ tsp black pepper
1 can Rotel (pick the heat)
½ C ketchup (no sugar added or vinegar)

Heat oven to 350°. Cut off tops of bell peppers; remove seeds. Set aside.

Combine ground beef, garlic, onion, rice, salt, pepper, and seasoning, mix lightly, but not thoroughly.

Spoon mixture into peppers; stand peppers in an 8 x 8 baking dish. Combine ketchup and Rotel; pour over peppers.

Cover dish tightly with aluminum foil. Bake in preheated oven 1 and ½ hours until cooked to medium (160°), or until beef is not pink in center and juices show no pink color.

Coconut Chicken

1 lb boneless chicken
½ cup almond or coconut flour
2 eggs
1 cup unsweetened shredded coconut
Seasoning Blend: sea salt, pepper, cayenne, paprika, lemon pepper (equal parts)

Preheat oven to 400 degrees. Rinse chicken. Grease cookie sheet with coconut oil. Set aside 3 bowls—one for flour, one for coconut, and one for eggs beaten. Dip chicken strips in flour, then egg, then coconut and lay on greased cookie sheet. Bake at 400 degrees for about 12-15 minutes.

Crockpot Taco Chili

1 lb cooked grass fed beef
1 medium onion chopped
1 can black beans
1 can navy beans
1 8 oz can tomato sauce
2 14 oz cans diced tomatoes
1 small can green chilies
2 Tbsp homemade taco seasoning

Put all ingredients in freezer bag. When ready to eat, dump contents of bag into the crockpot, plus one cup water. Cook on low for 8-10 hours.

WEEK 4

"Attitude is a little thing that makes a BIG difference."

-Winston Churchill

Menu:

- White Chicken Chili with Brown Rice Chips and steamed Veggies
- Almond Crusted Chicken Tenders and Oven Roasted Veggies
- Smokey Tomato & Lentil Risotto with toasted Udi's Bread
- Quinoa Chili and Brown Rice Chips
- Sesame Chicken with Brown Rice and Steamed Veggies
- Lettuce Wrap Tacos
- Spaghetti and Brown Rice Noodles

Shopping List:

Meat:

- 4 lbs boneless, skinless chicken breast
- 1 lb ground free range turkey
- 1 lb grass fed beef

Produce:

- 4 medium onions
- 5 garlic bulbs
- Head of Lettuce
- Mushrooms
- 3 small zucchinis
- leek
- cherry tomatoes
- basil, parsley, cilantro
- 1 lime
- avocado
- Broccoli
- Cauliflower
- Red bell pepper
- 1 green pepper or spring onion
- 7 Sweet potatoes
- 1 bag large carrots
- 1 small acorn squash

Grains and Staples:

- 4 cans diced no salt added tomatoes

- 1 (15-ounce) can tomato sauce
- 3 (4.5-ounce) can diced green chiles
- 5 (16 oz) cans black beans
- 1 (15-ounce) can kidney beans
- extra virgin olive oil
- stevia
- taco seasoning
- chili powder
- coriander
- cumin
- paprika
- nutmeg
- Cinnamon
- dried oregano
- cayenne pepper
- Organic chicken broth
- Salt and pepper
- raw unsalted almonds
- brown rice
- 1 can organic lentils
- quinoa
- Brown basmati rice
- Honey
- Sesame seeds
- Tamari sauce
- Udi's Bread
- Salsa

White Chicken Chili with Brown Rice Chips and steamed Veggies

1 lb. boneless, skinless chicken breast
1 (16 oz) can diced no salt added tomatoes, fire roasted or regular, OR 1 lbs fresh, chopped
3 (16 oz) cans black beans
1 (4 oz) can green chiles
2 medium onions, diced
6 cloves of garlic
1 tbsp. extra virgin olive oil
¼ cup chili powder
1 tsp of coriander
4 cups reduced sodium chicken broth
Salt and pepper to taste
1 lb of Mushrooms shredded
3 small zucchinis shredded

Sauté all veggies together, along with one cup of chicken broth.

In a separate pan cook chicken with 6 cloves of Garlic pressed and 1 tsp of coriander and ¼ tsp of chili powder, and salt and pepper to taste. When the veggies are soft add in the chili's, tomatoes undrained, and the rest of the chicken broth. Cook on medium, and bring to a gentle boil.

Dice chicken and add to the pot. Drain and rinse the beans and add to the pot. Cook for 30 minutes until beans are tender. Just before serving add in the 1 cup of cheese, stir to combine.

Almond Crusted Chicken Tenders and Oven Roasted Veggies

1 cup of raw unsalted almonds
1 chicken breast
2 Tbsp extra virgin olive oil

Preheat your oven to 400 degrees Fahrenheit

Prepare your almonds into almond meal. All you need to do this is a food processor. Give it a whirl... about a minute later you have almond meal! Now place on a plate or bowl (you won't use all of it. I like to make extra and store it in the cabinet for future use).

Slice your chicken into tenders. Drizzle olive oil lightly on chicken evenly. Dip each one into the almond meal. Place in the oven for 25 minutes or until brown on top

Oven Roasted Vegetables

2 med sweet potatoes, cubed
2 med carrots, sliced
1 small acorn squash, peeled & cubed
1 med onion, quartered
3 garlic cloves, minced
1/2 tsp salt
1 tsp Italian Seasoning
3 T olive oil

Prepare all raw vegetables as directed above and place in a 2Qt casserole dish. Sprinkle with salt, seasoning, and olive oil and then toss to blend together and cover all of the vegetables.

Bake covered at 325 degrees for 45 minutes. Remove cover and continue to bake at 425 degrees for 20 minutes.

Smokey Tomato & Lentil Risotto with Toasted Udi's Bread

3 tbsp olive oil
1 onion
2 cloves of garlic
1/2 leek
1 1/2 cup brown rice
3 cups water
1/2 tsp smoked paprika
1/8 tsp nutmeg
1/2 tsp dried oregano
1 can organic tomatoes, diced or whole
1 can organic lentils
5-8 cherry tomatoes, quartered
1/2 cup fresh basil & parsley
sea salt, to taste

In a saute pan over medium-high heat, brown the onion, garlic and leek in the olive oil. Add the rice and allow to sweat for 2 minutes, stirring well. Boil the water and add one cup at a time until the liquid is mostly absorbed.

Add the smoked paprika, nutmeg and oregano while the liquid is absorbing. Once the rice is almost cooked, add the can of tomatoes, cherry tomatoes and the can of lentils. Allow to simmer for a further 10 minutes.

Add the sea salt and fresh herbs, reserving some for garnishing.

Quinoa Chili and Brown Rice Chips

1 tablespoon olive oil
3 cloves garlic, minced
1 onion, diced
2 cups cooked quinoa
2 (14.5-ounce) cans diced tomatoes
1 (15-ounce) can tomato sauce
1 (4.5-ounce) can diced green chiles
1 1/2 tablespoons chili powder, or more, to taste
2 teaspoons cumin
1 1/2 teaspoons paprika
1 1/2 teaspoons sugar
1/2 teaspoon cayenne pepper
1/2 teaspoon ground coriander
Kosher salt and freshly ground black pepper, to taste
1 (15-ounce) can kidney beans, drained and rinsed
1 (15-ounce) can black beans, drained and rinsed
3 tablespoons chopped fresh cilantro leaves
Juice of 1 lime
1 avocado, halved, seeded, peeled and diced

Heat olive oil in a Dutch oven or large pot over medium high heat. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Stir in quinoa, diced tomatoes, tomato sauce, green chiles, chili powder, cumin, paprika, sugar, cayenne pepper, coriander and 1-2 cups water, making sure to cover most of the ingredients; season with salt and pepper, to taste.

Reduce heat to low; simmer, covered, until thickened, about 30 minutes. Stir in beans, corn, cilantro and lime juice until heated through, about 2 minutes.

Serve immediately with avocado, if desired.

Sesame Chicken with Brown Rice and Steamed Veggies

5 Tbsp brown basmati rice
3 Tbsp honey (it is okay in this trace amount)
2 Tbsp sesame seeds
2 Tbsp Tamari sauce
1 garlic clove
1 chicken breast
1 head broccoli
1 sweet pepper
1 green pepper or spring onion
1 tbs chili powder
Salt & Pepper
1Tbsp olive oil

Prepare the brown rice according to package directions. Meanwhile, mix the honey, sesame seeds, soy sauce and crushed garlic in a bowl and set aside.

Cut the chicken into pieces and season these with salt, pepper and chili powder.

Steam the broccoli for 6-8 minutes.

Heat the olive oil in a skillet and bake the chicken golden brown and cooked through in 8 minutes. Meanwhile, cut the peppers and/or spring onions into small pieces. Add the cooked chicken and all the vegetables to the prepared sauce and toss to combine. Then scoop mixture into bowls or plates over cooked rice.

Lettuce Wrap Tacos

1 lb ground turkey

1 cup salsa

1 4oz green chilies

½ tsp taco seasoning

1 can black beans

1 head lettuce

Spray a large skillet with nonstick cooking spray. Add turkey meat, salsa, green chiles, and taco seasoning to skillet, and turn on heat to medium high. Stir everything to combine, breaking up turkey as best as possible while cooking. Cook for 8-12 minutes, or until turkey is completely browned, and cooked through, (no longer pink). Take off heat. Add beans and stir to combine.

To make the lettuce wraps, Cut off the stem (or base) of the lettuce head, and cut in half long ways. Peel off individual leaves, and wash and pat dry. Scoop 1/2 cup meat into lettuce wraps and top with additional salsa and olives if desired.

Super Sweet Potato Fries

3 Sweet Potatoes

2 Tbsp Coconut Oil (melted)

Cinnamon to taste

Preheat oven to 400 degrees.

Slice sweet potatoes into "fries" Place sliced sweet potatoes on a cookie sheet (in one layer)

Melt coconut oil in microwave. Drizzle sweet potatoes with coconut oil and cinnamon.

Bake for 15-20 minutes. Flip sweet potatoes and bake for another 15-20 minute.

Spaghetti and Brown Rice Noodles

1 lb. extra-lean ground beef
1 sm. onion, finely chopped
2 tsp. salt
3 tsp. pepper
2 cloves garlic, minced
1 6-oz. can tomato paste
1 15-oz. can tomato sauce
1 28-oz. can diced tomatoes
4 tsp. dried thyme
2 tsp. dried basil leaves
2 tsp. dried rosemary
1 tsp. crushed bay leaf

Place ground beef in a non-stick wok, or large deep skillet. Cook over medium heat until evenly brown. Drain excess fat. Add onion, and cook until soft and translucent. Season with salt and pepper. Stir in garlic, tomato paste, tomato sauce and diced tomatoes. Season with thyme, basil, rosemary, and bay leaf. Cover, and simmer on low heat for 30 minutes.

Seasonings, Snacks, and Dressings

Homemade Taco Seasoning

4 Tbsp chili powder
3 Tbsp + 1 tsp paprika
3 Tbsp cumin
1 Tbsp + 2 tsp onion powder
1 tsp garlic powder
¼ tsp cayenne pepper

Combine all ingredients in airtight container and mix well.

To make tacos, use two heaping tablespoons and one cup water for every 1 lb of meat. Then simmer.

Creamy Avocado Dressing

1 large (or 2 small) ripe avocado
¼ cup olive oil or grapeseed oil
1 handful fresh cilantro
1 jalapeño, stem and seeds removed
2-3 cloves garlic
juice from 1 lime
1 tbs honey
2 tablespoons apple cider vinegar
¼ cup water (you may want more if you want it thinner)

Add all of the ingredients to a blender or food processor and blend until creamy. You can add more water for a thinner consistency, if you would like. I like to let it sit a bit in the fridge before eating, the flavors really come together.

Store in an air tight container or jar in the fridge. Keeps for about 5 days.

EVOO Lime Dressing

¼ cup extra virgin olive oil dressing
2 limes squeezed
Sea salt to taste
Fresh cracked pepper to taste

No Bake Almond Butter Bars

¾ cup almond flour
¾ cup unsweetened finely shredded coconut
¾ cup powdered coconut sugar
1 cup + 2 Tbsp almond butter
2 Tbsp coconut oil
4 ½ oz dark chocolate

In a large bowl, combine the almond flour, coconut, and sweetener. Over medium-low heat melt 1 cup of almond butter and coconut oil. Once melted, add the almond butter to the dry ingredients and mix well.

Press the mixture into a 8" x 8" baking dish.

Over medium-low heat melt 2 Tbsp of almond butter and the chocolate. Once melted, pour the chocolate over the almond butter mixture and smooth out the top for even coverage.

Refrigerate for 2 hours or until the almond butter mixture has set. To reduce the amount of time for the almond butter mixture to set place the bars in the freezer until set. Cut into 12 even bars.

Quinoa Power Bars

1/4 cup raw quinoa

1 2/3 cup rolled oats

2/3 cup oat- flour (just put 2/3 cup of oats into a food processor until smooth)

3 tbsp melted coconut oil

1/4 nut butter

1/2 cup unsweetened apple sauce

1/4 cup raw honey (optional – exclude this to make the bars vegan friendly)

1 tsp vanilla

2 tsp cinnamon (or any combination of spices you prefer)

1/3 cup unsweetened dried cranberries

1/3 cup sunflower seeds or pumpkin seeds

Heat a small pan over medium heat and toast quinoa until golden brown. In a large bowl mix together toasted quinoa, rolled oats, oat-flour, cinnamon, seeds, and cranberries. In a separate bowl mix together coconut oil, nut butter, apple sauce, honey (optional) and vanilla.

Combine the two mixtures together into large bowl and pour into an 8x10 baking dish lined with parchment paper. Bake at 350 degrees for 30 minutes.

After resting, remove from dish and cut into desired size bars – allow to cool before wrapping them individually