

Fun Nutritional Balancing Recipes (Non-Pressure Cooker)

By: Laura Pennington and Susan Cachay

BREAKFAST

Yogurt Egg Skillet

Wrecked Eggs and Veggies

Sweet potato pancakes

Lentil Sardine Bake

Spinach Mozzarella Egg Bake

Sweet Potato Oatmeal

Veggie and Egg Breakfast Bowl

Ground Turkey Green Beans and Peas Breakfast Skillet

Veggie Packed Autumn Oatmeal

Carrot Cake Oatmeal

All the Veggies Breakfast Medley

Rutabaga and Cauliflower Hash Browns

Rutabaga Dill Breakfast Casserole

Eggs in a Veggie Nest

Sweet Potato Brussels Sprouts and Greens Breakfast Skillet

Butternut Squash and Eggs Breakfast

Veggie Stuffed Breakfast Hash

Savory Red Lentil Pancakes

Broccoli Frittata

Cheese and Broccoli Breakfast Muffins

Sunday Morning Cheese and Chive Waffles

Creamy Cinnamon Pancakes
Breakfast Veggie Pie
Sweet Potato Breakfast Casserole
Rutabaga Leek Hashbrowns
Turkey Omelet
Lamb Breakfast Pizza
Seaside Sardine and Egg Platter
Brussels and Veggie Breakfast Hash

LUNCH AND DINNER

Loaded Sweet Potato
Cooked Vegetable Salad
Cauliflower Fried Rice With Stir Fry Veggies
Cauliflower Steak With a Side of Lentils
Kale and Brussels Sprouts Cooked Salad with Almond Ginger Dressing
Quinoa with Roasted Butternut Squash
Turkey Muffins
Mozzarella Stuffed Chicken Meatballs
Roasted Chicken and Veggies
Chicken and Veggie Stir Fry
Cauliflower Crust for Pizza
Broccoli Crust Root Veggie Pizza
Bok Choy Chicken
Quinoa Chicken and Veggie Casserole
Colorful Cooked Lentil Salad
Shepherd's Pie
Rutabaga Arugula and Chicken Pizza
Sweet Potato Sliders
Cabbage Rolls
Cauliflower Mac-less Mac and Cheese Casserole

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Sweet Potato and Broccoli Chicken Bake
Slow Cooker Chicken and Veggie Casserole
Cauliflower Rice Broccoli and Chicken Casserole
Brussels Sprouts Au Gratin
Cabbage Roll Casserole
Kale and Butternut Squash Lasagna
Colorful Cabbage and Lentil Cooked Salad
Chicken Brussels and Broccoli Stir Fry
Cooked Greens and Chicken Salad
Sweet Potato Brussels and Lentil Salad
Roasted Root Vegetable Medley with Arugula
Cheesy Vegetable Torte
Slow Cooker Italian Chicken and Rutabaga
Sautéed Chicken and Cabbage
Meat Muffins with Sweet Potato Frosting
Colorful Baked Veggies
Cauliflower Stuffing
Spaghetti Squash and Chicken Casserole
Roasted Chicken and Autumn Veggies
Slow Cooker Sweet and Savory Garlic Chicken and Veggies
Cauliflower Garlic and Herb Wraps
Cabbage Lasagna with Red Lentil Sauce
Slow Cooker Cabbage and Chicken
Cheese-y Low Carb Enchiladas
Swiss Family Meatballs
Slow Cooker Garlic Roasted Chicken
Morocco Mambo Meatballs
Roasted Rosemary Leg of Lamb
Basil Balsamic Lamb Chops
Beef and Broccoli
Slow Cooker Garlic Cashew Chicken and Broccoli

SOUPS AND CHILIS

Veggie Loaded Khorma

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Unstuffed Cabbage Roll Soup

Hamburger Stew

Cream of Broccoli Soup

Creamy Slow Cooker Sweet Potato and Cauliflower Soup

Slow Cooker Chicken and Root Vegetable Stew

Butternut Squash and Parsnip Soup

Slow Cooker Lamb Stew

Carrot and Ginger Soup

Slow Cooker Chicken Vegetable Stew

Veggie Minestrone Soup

Watercress and Cauliflower Soup

Split Pea Soup

Good Old Vegetable Soup

Veggie Loaded Chicken Soup

Green Soup

Simple Broccolini Soup

Lentil Chicken Vegetable Soup

Broccoli and Spinach Soup

Turkey Meatball Soup

Magic Chicken Soup

Creamy Broccoli Cheese Soup

Cauliflower and Chicken Chowder

White Chicken Chili

Butternut Squash Soup

Roasted Brussels Sprouts and Cauliflower Soup

Creamy Chicken and Spiced Soup

Creamy Pumpkin Soup
Power Pumpkin Turkey Chili
Lentil Quinoa Chili

SNACKS / SIDES

Anti-inflammatory Cauliflower
Delicious Brussels Sprouts
Mashed Rutabaga with Chives and Greek Yogurt
Cauliflower Irish Colocannon
Sweet and Salty Cauliflower and Carrots
Root Vegetable Fries
Baked Green Beans
Roasted Red Cabbage
Sweet Potato Chips
Greek Style Roasted Rutabaga
Ramen Cabbage Noodles
Mashed Celeriac
Mashed Rutabaga and Broccolini
Smashed Sweet Potatoes
Homemade Ketchup
Simple Hummus
Dill Carrot Sticks
Kale Chips
Butternut Squash and Rosemary Dip
Cauliflower Poppers
Sweet Potato Fries
Injera Flat Bread
Rutabaga Fries
Quinoa Tortillas

BREAKFAST

Egg Yogurt Skillet



Ingredients:

- 4-5 cups of spinach
- 1 cup arugula

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- 1/4 cup red onion, chopped
- 1/4 cup leeks, chopped
- 2 garlic cloves, minced
- 1-2 medium carrots, finely chopped or shredded
- Small slice of ginger root, chopped
- 1/2 Tbsp. butter
- 1-2 eggs
- Sea Salt, to taste
- 1/2 cup plain greek yogurt
- pinch of garlic powder
- pinch of dried basil
- 1 tsp. Apple cider vinegar

Directions:

- 1.) Preheat the oven to 350 degrees. Heat the butter in a frying pan over medium heat. Add the onions, carrots, and leeks, and cook for about 3 minutes.
- 2.) Add your spinach, garlic clove, ginger, and arugula and cook for about 3 minutes until cooked down.
- 3.) Transfer the spinach mixture to a oven safe dish. Create a “bowl” shape with the spinach. Break 1-2 eggs into the created bowl.
- 4.) Place in the oven and bake at 350 degrees for 20-22 minutes until the whites of the eggs are cooked, but the yolk is still runny.
- 5.) In a small bowl, mix together the yogurt, garlic powder, apple cider vinegar, and basil.
- 6.) Top the eggs with the yogurt mixture and season with sea salt.

*Enjoy often

Wrecked Eggs and Veggies



Ingredients:

- 1 cup chopped carrots
- 1 cup shredded rutabaga
- 1 cup chopped red onion
- 2-3 cups chopped arugula
- 2 garlic cloves minced
- Small slice of ginger, chopped

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- 1 leek (white part only), chopped
- 1 Tbsp. butter
- 3 eggs (yolks separated from the whites)
- sea salt, to taste

Directions:

- 1.) Prepare all of your veggies.
- 2.) Heat the butter in a large frying pan over medium/high heat. Add the onion, leek, and carrots, and cook for about 5 minutes, stirring often.
- 3.) While the onion, leeks, and carrots are cooking, place the egg whites in a small bowl, and whisk till frothy. Set aside.
- 4.) Add the shredded rutabaga, ginger, and minced garlic to the frying pan, and cook for an additional 2-3 minutes.
- 5.) Add the arugula, and egg whites. Stir to combine. Cook until the arugula is wilted, and the egg white is lightly cooked (about 1-2 minutes).
- 6.) Remove from heat, and then add in the egg yolks so as not to cook the yolks. Stir to coat with the yolks
- 7.) Transfer to plates, season with sea salt, and top with a dollop of plain greek yogurt, if desired, to serve.

*Enjoy often

Sweet Potato Pancakes



Ingredients:

- 1/2 cup baked sweet potato
- 2 eggs
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1 Tbsp. oat flour
- 1/4 tsp. vanilla
- 1/4 tsp. baking soda
- butter for cooking

Directions:

- 1.) In a medium bowl, mash your sweet potato with a fork.
- 2.) Add your eggs, cinnamon, nutmeg, oat flour, vanilla, and baking soda.
- 3.) Mix well using a hand mixer.
- 4.) Melt about 1 tsp. of butter in a frying pan over medium heat. Pour 1/2 of the pancake batter into the pan and cook for about 3-4 minutes on one side until the pancake starts bubbling lightly.
- 5.) Use a spatula to gently flip the pancake over and cook on the other side for 2-3 minutes until the pancake is cooked through.
- 6.) Transfer to a plate and repeat these steps to cook another pancake with the rest of the batter, then transfer that pancake to the plate as well.

*Enjoy occasionally

Lentil Sardine Bake



Ingredients:

- 1 cup green lentils
- 1 cup sardines (2 tins of sardines)
- 1 carrot, chopped
- 1 red onion, chopped
- 2-4 garlic cloves, minced
- 1 Tbsp. butter
- 2 eggs
- 2/3 cups fresh parsley
- 2/3 cups fresh dill
- 1 bunch green onions

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- 2 tsp. thyme
- sea salt, to taste

Directions:

- 1.) Preheat your oven to 350 degrees.
- 2.) Prepare your lentils as directed on the package. Strain, and place in a large bowl.
- 3.) While your lentils are cooking, prepare your vegetables.
- 4.) Heat butter in a frying pan. Add the onion and carrots, and cook for about 5 minutes. Put the cooked onion and carrots on top of the lentils in the bowl.
- 5.) Add the parsley, dill, sardines, eggs, green onions, thyme, garlic, and sea salt to the bowl. Mix well.
- 6.) Place the content of the bowl into a prepared bread pan (greased and lined with parchment paper hanging off the sides for easy removal when done cooking).
- 7.) Place in the oven and bake at 350 degrees for 40 minutes.
- 8.) Allow to cool and set in pan for about 10 minutes. Use the edges of the parchment paper to pull out of the pan. Chop into slices and serve.

*Enjoy often

Spinach Mozzarella Egg Bake



Ingredients:

- 8 eggs
- 5-6 cups packed spinach
- 1/2 cup green onions, thinly sliced
- 1 cup shredded carrots
- 1 1/2 cups shredded mozzarella cheese
- Olive oil
- 2 garlic cloves, minced
- sea salt, to taste

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Directions:

- 1.) Grease an 8 x 12 glass baking dish with olive oil, and preheat the oven to 375 degrees.
- 2.) In a large frying pan heat a small amount of olive oil. Add the spinach and shredded carrots, and cook until completely wilted. About 2-3 minutes.
- 3.) Once the spinach is wilted, transfer it to you glass baking dish. Top it with the mozzarella cheese and the green onions. In a small bowl, whisk the eggs with the minced garlic until frothy. Poor the egg mixture over the contents of the baking dish.
- 4.) Place the dish in the oven and bake at 375 degrees for 30-35 minutes until cooked through.
- 5.) Cut into desired size pieces and transfer to a plate. Season with sea salt.

*Enjoy occasionally

Sweet Potato Oatmeal



Ingredients:

- 1 small/medium sweet potato
- Small slice of ginger, chopped (optional)
- 1/2 cup gluten free oats
- 1/2 cup water
- 1/2 cup milk
- Pinch of stevia
- 1/2 tsp. cinnamon
- A dash of nutmeg
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Directions:

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- 1.) Preheat the oven to 400 degrees. Line a baking sheet with parchment paper. Peel your sweet potato and cut into small pieces. Place on the baking sheet and bake in the oven at 400 degrees for 30-35 minutes until tender.
- 2.) When the potatoes have about 10-15 minutes left to bake, put your oatmeal, ginger, and water in a sauce pan and simmer over low/medium heat for 5-10 minutes until the water is absorbed in the oats. Remove from heat and add the cinnamon, nutmeg, and honey.
- 3.) When the sweet potatoes are done baking, place them in a bowl and mash them up with a fork.
- 4.) Add the sweet potatoes to the oatmeal and stir to combine all the ingredients.
- 5.) Transfer to a bowl and pour the milk over the oatmeal mixture.

*Enjoy occasionally

Veggie and Egg Breakfast Bowl



Ingredients:

- 1/2 cup sweet potato, peeled and cut into bite size pieces
- 1 small rutabaga, peeled and cut into bite-size pieces
- 1/2 small spaghetti squash, seeds taken out
- 3 cups chopped broccolini
- Butter

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- garlic powder
- 2 eggs
- shredded cheese of your choice (optional)
- sea salt for seasoning

Directions:

- 1.) Preheat the oven to 400 degrees, and line a large baking sheet with parchment paper. Toss the sweet potato and rutabaga with a bit of melted butter and garlic powder. Lightly brush the spaghetti squash with melted butter and sprinkle with garlic powder. Place the prepared sweet potato and spaghetti squash on the prepared baking sheet leaving room for the broccoli, but don't add the broccolini yet. Bake the sweet potato and squash for 15 minutes at 400 degrees.
- 2.) While the sweet potato, rutabaga, and squash are baking, toss the broccolini in a bowl with a bit of melted butter and garlic powder.
- 3.) After the sweet potato, rutabaga, and squash have baked for 15 minutes, take the baking sheet out of the oven and add the prepared broccolini to it. Put back in the oven and bake for an additional 25 minutes at 400 degrees.
- 4.) While the veggies are baking, shred your cheese and set aside. Also, poach your eggs, and place on a plate until the veggies are done baking.
- 5.) When the veggies are done, arrange them in a bowl along with the cheese, and sprinkle with a bit of sea salt.
- 6.) Top with the eggs, and sprinkle a bit more sea salt, if desired.

*Enjoy often

Ground Turkey Green Beans and Peas Breakfast Skillet



Ingredients:

- 2 Tbsp. Butter
- 1 lb. Ground Turkey
- 1/2 cup chopped red onion
- 1 1/2 cups frozen peas
- 1 1/2 cups frozen green beans
- 2 medium carrots, finely chopped
- 2-4 garlic cloves, minced
- Small slice of ginger, chopped

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- 1/2 tsp. sea salt
- 2 Tbsp. Apple Cider Vinegar

Directions:

- 1.) Prepare your frozen peas and green beans as directed on the package. Set aside.
- 2.) Heat the olive oil in a large skillet over medium heat. Add the red onion and carrots and cook for 3-4 minutes. Add the ground turkey and cook until almost cooked through. Add the garlic, ginger, sea salt, and apple cider vinegar. Allow to simmer until the turkey is cooked through.
- 3.) Add the peas and green beans to the skillet. Cook for about 5 minutes.
- 4.) Transfer to plates to serve.

*Enjoy often

Veggie Packed Autumn Oatmeal



Ingredients:

- 1/3 cup oatmeal
- 2/3 cup milk, plus a little extra for topping
- 1-2 cups butternut squash chopped into small bite size pieces

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- 1/2 tsp. Melted butter
- 1/4-1/2 cup pumpkin puree
- 3/4 cups shredded carrots
- 1/4 tsp. cinnamon, plus a little extra
- 1/8 tsp. nutmeg, plus a little extra
- 1/2 tsp. vanilla
- 1-2 Tbsp. almond butter
- stevia, to taste

Directions:

1.) Preheat the oven to 380 degrees. Line a baking sheet with parchment paper. In a small bowl, toss the butternut squash and melted butter with a bit of cinnamon, nutmeg, and stevia. Place on the prepared baking sheet and bake in the oven at 380 degrees for 25-30 minutes until the squash is tender.

2.) Heat 2/3 almond milk over medium high heat. When it begins to bubble, add the oats and carrots. Reduce heat and simmer for 5-10 minutes until the oatmeal is at its desired consistency. Add the pumpkin puree and the almond butter. Stir to combine and then add the cinnamon, vanilla, and nutmeg. Add stevia, to taste.

3.) Add the roasted butternut squash and stir in.

4.) Transfer to a bowl, and top with a bit of milk, or cream.

*Enjoy occasionally

Carrot Cake Oatmeal



Ingredients:

- 1/2 cup old-fashioned gluten free oats
- 1 cup shredded carrots
- 1 cup milk
- 1/4 tsp. vanilla
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg
- pinch of stevia

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- chopped pecans for topping (optional)*

Directions:

1.) Add the carrots, milk, vanilla, cinnamon, nutmeg, and stevia to a small sauce pan. Bring to a boil. Add the oats and cook for 5-10 minutes depending on soft you like your oats.

2.) Transfer to a bowl, top with pecans (if desired), and serve.

*Enjoy often

*Only have pecans, or any other nut (aside from toasted almond butter), sparingly

All the Veggies Breakfast Medley



Ingredients:

- 1/2 tsp. butter
- Finely chopped 1/4 red onion, 1/4 yellow onion, and 1/4 white onion
- 1/2 Finely chopped leek
- 1-2 cloves garlic, minced
- Small chunk of ginger, finely chopped
- 3 large florets of cauliflower, stems and leaves included, finely chopped

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- 5-7 brussels sprouts, finely chopped
- 1/2 cup red cabbage, thinly sliced and chopped
- 1 small rutabaga, shredded
- 1 medium carrot, shredded
- 1/2 cup daikon radish, shredded
- 2 eggs, whites and yolks separated
- Spring water for cooking

Directions

1. Heat the butter over medium heat in a large frying pan until melted.
2. Add the onions and leeks, and cook for about 3 minutes until they begin to sweat.
3. Add the cauliflower, brussels sprouts, and red cabbage, and cook for about 5 minutes, until they start to soften. Add spring water as needed to keep the veggies from sticking to the pan
4. Add the ginger, garlic, rutabaga, carrot, and daikon, and cook until all the vegetables are completely soft, adding spring water as necessary. About 7-10 minutes.
5. Whisk your egg whites, and add them to the mixture. Cook for 1 minute while stirring continuously to coat the veggies and for the whites to lightly cook.
6. Remove from heat, and add the yolks. Stir the yolks in, then immediately transfer to a plate. This will keep the fats in the yolks from oxidizing, and you will still have a “scrambled egg” effect, but the yolks will be runny.
7. Season with a bit of sea salt, and enjoy!

*Enjoy often

Rutabaga and Cauliflower Hash Browns



Ingredients:

- 1 large rutabaga, peeled and cubed
- 1 small head of cauliflower (leaves and stems included), cut into florets
- 2 eggs

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- 5 Tbsp. almond flour
- 1/2 tsp. garlic granules
- 1/2 tsp. sea salt
- 2 oz. soft goat cheese (optional)

Directions:

- 1.) Preheat the oven to 400 degrees. Line two baking sheets with parchment paper. Place the rutabaga and cauliflower in a large steamer. Bring to a boil, and steam until very soft and tender (about 10 minutes).
- 2.) Drain the rutabaga and cauliflower completely, and place in a large mixing bowl. Use a potato masher to mash up as you would mashed potatoes.
- 3.) Add the garlic granules, almond flour, eggs, sea salt, and goat cheese. Stir to combine completely.
- 4.) Use a large spoon to spoon the mixture onto the prepared baking sheets in the shape of patties. Bake in the oven for 25-30 minutes at 400 degrees.
- 5.) Allow to cool for a minute or two on the pan, then transfer to a plate and serve.

*Enjoy often

Rutabaga Dill Breakfast Casserole



Ingredients:

- 2.5-3 lbs of rutabaga, peeled and chopped
- 3 Tbsp. Butter
- 2-4 cloves of garlic, minced

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- 1 Tbsp. fresh dill, finely chopped
- 1/4 tsp. paprika
- 4 eggs, separated
- Sea salt, to taste

Directions:

- 1.) Preheat the oven to 375 degrees and lightly spray a 1.5 qt. casserole dish with olive oil. Place the rutabaga in a sauce pan, cover with water, and bring to a boil. Cook for about 10 minutes, or until the rutabaga is fork tender. Drain in a strainer.
- 2.) Place the rutabaga back in the pan. Add the butter, and use a masher to mash the rutabaga.
- 3.) Add the egg yolks, garlic, dill, and paprika. Stir to combine.
- 4.) In a separate bowl, beat the egg whites until they form stiff peaks.
- 5.) Fold the beaten egg whites into the rutabaga mixture.
- 6.) Lightly pile into the prepared 1.5 qt. casserole dish, and bake in the oven at 375 degrees for 30-35 minutes, until lightly browned.
- 7.) Allow to cool in the dish for 5 minutes, then use a knife to cut into slices. Season with sea salt and serve.

*Enjoy often

Eggs in a Veggie Nest



Ingredients:

- 2 eggs
- 3/4 Tbsp. butter
- 1/2 red onion, chopped
- 1 shallot, chopped
- 2-4 cloves of garlic, minced
- 1 leek, chopped
- 2-3 cups of arugula, chopped
- 1 medium rutabaga, shredded
- sea salt for seasoning
- Optional yogurt topping - greek yogurt, pinch of garlic granules, pinch of dried basil, sea salt, apple cider vinegar

Directions:

- 1.) Preheat the oven to 360 degrees. Heat the butter over medium heat. Add the onion, shallot, leek, and garlic. Cook for about 3 minutes. Add the rutabaga and cook for an additional 5-7 minutes. Add the arugula and cook until wilted (about 1-2 minutes).
- 2.) Transfer the veggie mixture to a baking dish, and form a nest. Fill the hole in the nest with the eggs, and bake in the oven at 360 degrees for 20-23 minutes until the eggs are cooked, but the yolks are still runny.
- 3.) While the nests are baking, make your yogurt topping if you're using it. In a bowl, stir together some plain greek yogurt, a bit of garlic granules and dried basil, some sea salt, and some apple cider vinegar.
- 4.) When the nests are done in the oven, take out, transfer to plates, season with sea salt, and top with a dollop of yogurt topping.

*Enjoy often

Sweet Potato Brussels Sprouts and Greens Breakfast Skillet



Ingredients:

- 1 large sweet potato, washed, peeled, and cubed

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- 1 lb. Brussels sprouts, ends cut off and quartered
- 1/2 Red onion
- 1 large rutabaga, cubed
- 4 cups Mixed greens
- 2 Tbsp. Melted butter
- 2-4 cloves of garlic, minced
- Small slice of ginger, chopped
- 2 Tbsp. plain greek yogurt
- 2-4 eggs
- Sea salt

Directions:

1.) Preheat the oven to 400 degrees. Line a baking sheet with parchment paper, and place the prepared sweet potato, rutabaga, garlic, ginger, and brussels sprouts on the baking sheet. Drizzle with 1 Tbsp. of melted butter. Bake in the oven for 30-35 minutes at 400 degrees.

2.) When there is about 10 minutes left, heat the remaining tablespoon of butter in a frying pan over medium heat. Add the onions and cook for 4-5 minutes until tender. Add the greens and cook till wilted (about 1-2 minutes).

3.) Add the mixture from the oven when it is done. Remove from heat and add the yogurt. Stir to combine and coat completely. Transfer to plates and set aside.

4.) Poach your eggs, and place them on top of the prepared plates. Season with sea salt and enjoy.

*Enjoy often

Butternut Squash and Eggs Breakfast



Ingredients:

- 2-3 cups butternut squash, peeled, seeded, and cubed
- 1/4 - 1/2 medium red onion, chopped
- 1 Tbsp. Melted butter, divided
- 2-4 cloves of garlic, minced
- 1/4 - 1/2 tsp. dried rosemary
- 1-2 eggs

- sea salt for seasoning

Directions:

1.) Preheat the oven to 380 degrees. Line a baking sheet with parchment paper. Place the butternut squash on the baking sheet, drizzle with 1/2 Tbsp. butter and sprinkle with the dried rosemary. Toss to coat. Bake in the oven for 35 minutes at 380 degrees.

2.) Heat the remaining 1/2 Tbsp. of olive oil in a frying pan over medium heat. Add the onion and garlic and cook until softening, about 5 minutes. Add the butternut squash, season with sea salt and pepper and stir to combine. Transfer to a plate and set aside.

3.) Poach your eggs.

4.) Place the eggs on top of the butternut squash and onion mixture. Season with sea salt, to taste.

*Enjoy occasionally

Veggie Stuffed Breakfast Hash



Ingredients:

- 2 cups rutabaga, cubed
- 1/2 cup butternut squash, cubed
- 3 cups brussels sprouts, quartered
- 1 1/2 tsp. butter

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- 1/2 cup chopped red onion
- 1 lb. ground turkey breast
- 1 shallot, chopped
- 2-4 garlic cloves, minced
- 1/4 cup chopped parsley
- sea salt to taste
- plain yogurt (optional)

Directions:

- 1.) Start by chopping your rutabaga and butternut squash into small bite size cubes. Bring a medium pot of water to a boil. Add the butternut squash and rutabaga, and boil for 5 minutes. Poor into a strainer, and rinse with cold water. Set aside.
- 2.) Prepare the rest of your vegetables.
- 3.) In a large skillet or frying pan, heat the butter over medium heat. Add the onion, shallot and garlic. Cook for about 3 minutes. Add the ground turkey, and cook until cooked through.
- 4.) Once the turkey is cooked through, add the parsley, and brussels sprouts. Cook for 8-10 minutes until the brussels sprouts are cooked.
- 5.) Add the squash to the pan, and cook for an additional 5 minutes.
- 6.) Spoon into bowls to serve, and top with a dollop of plain yogurt, if desired.

*Enjoy often

Savory Red Lentil Pancakes



Ingredients:

- 1 cup red lentils
- 1 cup chopped leeks
- 2 cups mixed spinach and arugula
- 1/4 tsp. ground cumin
- 1/8 tsp. turmeric
- 1/4 tsp. sea salt
- 2 cloves garlic
- 1/3 cup water
- butter for cooking

Directions:

- 1.) Place the lentils in a bowl, cover with water, and soak overnight.
- 2.) Drain the lentils and add them to a food processor. Add the garlic cloves, water, turmeric, cumin, and sea salt to the food processor and process on high until smooth.
- 3.) Add the spinach, arugula, and leeks, and process again on high until completely smooth (about 1-2 minutes).
- 4.) Add a small bit of butter to a frying pan, and use a tablespoon of batter per pancake. Drop each tablespoon into the frying pan. You will have to do this in batches. Cook on each side for 1.5 - 2 minutes each.
- 5.) Transfer each batch to a plate, and do the next batch until all the batter is gone.
- 6.) Top with a dollop of plain yogurt, if desired.

*Enjoy occasionally

Broccolini Frittata



Ingredients:

- 1 cup water
- 3 Tbsp. butter
- 1/2 tsp. Sea salt
- 3 minced garlic cloves
- 3 bunches of broccolini, finely chopped
- 1 diced onion
- 2 diced carrots
- 1 Tbsp. Butter

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- 5 eggs
- 1 cup shredded mozzarella cheese
- 3 Tbsp. Parmesan cheese

Directions:

- 1.) Preheat the oven to 350 degrees.
- 2.) Heat the 3 Tbsp. of butter over medium heat in a large skillet. Add the water, the salt, the broccolini, and the garlic cloves. Simmer for eight minutes.
- 3.) Afterwards, drain the water. Stir the carrots, onion, garlic, and 1 Tbsp. butter into the mix, and cook until the onion is clear.
- 4.) Add in the eggs and stir well.
- 5.) Bake the ingredients in the oven for ten to twelve minutes.
- 6.) Remove from the oven and sprinkle on the shredded mozzarella and the Parmesan cheese allowing the heat to melt it slightly. Serve warm.

*Enjoy often

Cheese and Broccoli Breakfast Muffins



Ingredients:

- 2 cups chopped broccolini
- 2 cups chopped cauliflower (stems and leave included)
- 1 chopped red onion
- 2 garlic cloves, minced
- 1 chopped shallot
- Small chunk of ginger, sliced
- 7 eggs
- 1/2 cup shredded cheddar cheese

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- 1 tsp. butter
- Sea salt, to taste

Directions:

- 1.) Begin by preheating the oven to 350 degrees Fahrenheit. brush a muffin tin with butter.
- 2.) Heat butter over medium heat. Add the onion and shallots. Cook for 3 minutes. Add the broccolini, cauliflower, ginger, and garlic cloves. Cook for 3-5 minutes.
- 3.) Spoon the broccolini mixture into each muffin tin.
- 4.) To the side, stir together the egg whites, the grated cheese, the eggs, and a bit of salt.
- 5.) Portion out the egg mixture into each of the broccolini mixture-filled tins, and place the muffins in the oven.
- 6.) Bake the muffins for about twenty minutes, and serve them immediately.
Enjoy.

*Enjoy often

Sunday Morning Cheese and Chive Waffles



Ingredients:

- 1 cup food-processed cauliflower (stems and leaves included)
- 1 cup food-processed mozzarella cheese
- 2 eggs
- 1/3 cup parmesan cheese
- 1 tsp. Garlic powder
- 1 tsp. Onion powder

- 1 Tbsp. Chives

Directions:

- 1.) Begin by heating up your waffle maker.
- 2.) To the side, food-process the cauliflower so that you create coarse crumbles.
- 3.) Food-process the mozzarella cheese, as well.
- 4.) Stir all the ingredients together in a bowl, and pour about 1/4 cup of this mixture into the griddle.
- 5.) Look at the waffle after four minutes. If it sticks, allow the mixture to cook for two more minutes.
- 6.) Cook all of the batter to create all six waffles, and enjoy!

*Enjoy often

Creamy Cinnamon Pancakes



Ingredients:

- 2 ounces cream cheese
- 2 eggs
- 1 tsp. Stevia
- 1 tsp. Cinnamon

Directions:

- 1.) Bring all the ingredients together in a blender or a food processor. Create a smooth mixture. Allow this to sit for three minutes.
- 2.) Afterwards, pour a quarter of the mixture into a hot buttered skillet. Cook

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for two minutes on the first side and one minute on the second side.

3.) Repeat with the remaining batter. Enjoy.

*Enjoy occasionally

Breakfast Veggie Pie



Ingredients:

- 1 medium rutabaga, washed, peeled, and chopped into tiny cubes
- 2 cups lightly packed kale, finely chopped
- 1/3 cup finely chopped red onion
- 2 minced garlic cloves
- Small chunk of ginger, thinly sliced
- 1/2 cup shredded mozzarella cheese

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- 7 eggs
- 1 tsp. dried basil
- sea salt, to taste
- olive oil

Directions:

- 1.) Preheat the oven to 325 degrees. After chopping your rutabaga into tiny cubes, cover them with water in a sauce pan and bring to a boil. Cook for 10 minutes or until the rutabaga is soft. Drain and set aside.
- 2.) While the rutabaga is cooking, heat a bit of olive oil in a frying pan. Add the kale, garlic, and onion, and cook until the kale is completely wilted. Set aside.
- 3.) Lightly coat your pie pan with olive oil, then place the cooked rutabaga in the bottom of the pie pan. Top the rutabaga with the kale and onion.
- 4.) In a small bowl, whisk together the eggs, basil, and garlic powder till thoroughly combined. Pour the mixture over the contents of the pie pan.
- 5.) Place the breakfast pi in the oven and bake for 35-40 minutes, until the center is not jiggly.
- 6.) Remove from oven, and top with the shredded cheese, allowing the heat to melt it slightly.
- 7.) Cut into pieces, and season with sea salt to serve.

*Enjoy often

Sweet Potato Breakfast Casserole



Ingredients:

- 3 sweet potatoes, peeled and cut into chunks
- 1/4 tsp. Sea salt
- 2 Tbsp. butter
- 1 egg
- 1/2 tsp. Vanilla + a bit more
- 1/2 tsp. Cinnamon + a pinch more
- 1/4 tsp. Nutmeg + a pinch more
- 1/4 - 1/2 tsp. Stevia + a pinch more

- 2 Tbsp. milk
- 3-4 Tbsp. Almond butter
- 1/4 cup milk

Directions:

- 1.) Begin by preheating the oven to 380 degrees Fahrenheit.
- 2.) Next, place the sweet potato on a parchment paper lined baking sheet, and bake them in the oven for thirty-five minutes.
- 3.) Take the sweet potatoes out of the oven, and transfer to a food processor. Add the sea salt, butter, egg, 1/2 tsp. Vanilla, 1/2 tsp. Cinnamon, 1/4 tsp. Nutmeg, and 1/4 - 1/2 tsp. Stevia. Process on high until the mixture is completely combined and smooth with no lumps. Place this evenly in a baking dish.
- 4.) Bake the casserole for 25 minutes.
- 5.) During the last 5 minutes that the casserole is baking, heat 1/4 cup milk in a small sauce pan over medium heat. Add the almond butter, a bit of vanilla, a pinch of cinnamon, nutmeg, and stevia, and stir to combine creating a nice drizzle or icing.
- 6.) Remove the casserole from the oven and top with the almond butter drizzle. Allow to cool in the pan for 5 minutes or so, then use a knife/spatula to transfer to plates to serve.

*Enjoy occasionally

Rutabaga Leek Hashbrowns



Ingredients:

- 2 diced onions
- 1 Tbsp. butter
- 1 leek (white part only), chopped
- 1 rutabaga, shredded
- 1 carrot shredded
- 2-4 garlic cloves, minced
- 1/2 cup apple cider vinegar

- Sea salt, to taste

Directions:

- 1.) Begin by heating the butter in a skillet over medium heat. Place the onion, leeks, carrot, and garlic in the butter and cook for about ten minutes.
- 2.) Next, drop the rutabaga into the skillet and cover the skillet. Cook for about ten minutes.
- 3.) Afterwards, increase the heat to high. Add the apple cider vinegar and allow the ingredients to boil. Continue to scrape at the bottom of the skillet as you stir.
- 4.) Reduce the heat to low and separate the mixture into hash brown size pieces. Allow the mixture to cook an additional five minutes prior to serving.

*Enjoy often

Turkey Omelet



Ingredients:

- 1 tbsp. olive oil
- 2 tsp. Butter
- 1 diced shallot
- 1 diced onion
- 1 minced sage leaf
- 1/4 cup diced cooked turkey
- 2 eggs (whites and yolks separated)
- 2 tsp. olive oil

Directions:

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- 1.) Begin by beating the egg whites in a bowl with sea salt.
- 2.) Heat the olive oil and the butter together in a skillet over medium-low heat. Toss in the shallot, the onion, and the sage and stir well.
- 3.) Add the turkey and cook for approximately two minutes. Remove from heat.
- 4.) Pour the beaten egg whites over the veggies and turkey forming an omelet shape, and make sure the mixture is evenly dispersed (without stirring) throughout the omelet. Allow the to set for about two minutes. Once the bottom is firm enough, use a spatula to flip and cook on the other side for 1-2 minutes. Add the yolks on top of the omelet, do not break them. Gently fold the omelet in half over the yolks, allowing the heat of the omelet to gently cook the yolks while still keeping them runny. Transfer to a plate.

*Enjoy often

Lamb Breakfast Pizza



Ingredients:

- 1 pound ground lamb
- 1 diced onion
- 8 eggs (separate the yolks from the whites)
- 1/4 cup basil
- 2 minced garlic cloves
- 1 tsp. Garlic powder
- Sea salt, to taste

Directions:

1.) Begin by placing the ground lamb in a skillet and cooking it over medium

Fun Nutritional Balancing Recipes

heat. Crack the eggs into a large bowl to the side and whisk them together.

2.) Next, place the garlic and the onion in the skillet with the lamb and sauté for about ten minutes. Toss in the basil and continue to stir.

3.) Whisk the egg whites, and pour them in with the lamb and administer the salt and garlic powder. Cook for an additional ten minutes until the egg whites are completely set. Whisk the egg yolks, and pour over the top of the “pizza”. Heat for 1 minute, so as not to oxidize the fats in the yolks, but to still heat them to a safe temperature. The yolk topping should be creamy, not hard. Slice this “pizza” and enjoy.

*Enjoy often, but one should only have lamb 2-3 times per week

Seaside Sardine and Egg Platter



Ingredients:

- 2 cans of sardines
- 2 sliced shallots
- 1/4 cup chopped parsley
- 2 minced garlic cloves
- 2 medium carrots, shredded
- 1-2 cups of red cabbage shredded
- 4 eggs
- Sea salt to taste

Directions:

- 1.) Begin by preheating the oven to 450 degrees Fahrenheit.
- 2.) Afterwards, bring together the sardines, the parsley, the shallot, the carrot, the cabbage, and the minced garlic, and stir. Place this mixture at the bottom of a baking pan and put the pan in the oven for about six minutes.
- 3.) Remove the baking pan from the oven and break the eggs into the pan. Place the pan back in the oven and allow it to cook for an additional 7-10 minutes until the eggs are set, but the yolks are still runny. Remove the pan and allow it to sit for about five minutes, then serve.

*Enjoy often

Brussels and Veggie Breakfast Hash



Ingredients:

- 1/2 red onion
- 1/2 leek, chopped
- 1 shallot, chopped
- 1 garlic clove, minced
- 1 daikon radish, shredded
- 1 pound brussels sprouts, finely chopped

Fun Nutritional Balancing Recipes

- 2 medium carrots, shredded
- 1/4 cup bone broth
- 1/4 tsp. Garlic powder
- Sea salt, to taste
- Dollop of plain yogurt, poached eggs, chopped cooked chicken, or cooked lamb

Directions:

- 1.) In a large skillet, heat the 1-2 Tbsp. of bone broth over medium heat. Add the onion, leeks, and shallot. Cook for 4-5 minutes.
- 2.) Add the daikon radish, carrots, and the minced garlic. Cook for another 4-5 minutes.
- 3.) Add the brussels sprouts, garlic powder, and the rest of the bone broth. Allow to cook until the liquid cooks off, and the brussels are tender (about 5-7 minutes).
- 4.) Transfer to a plate, season with sea salt, and top with a dollop of plain yogurt, poached eggs, cooked chicken, or lamb, if desired.

*Enjoy often

LUNCHES AND DINNERS

Loaded Sweet Potato



Ingredients:

Fun Nutritional Balancing Recipes

- 5 sweet potatoes
- 1.5 pounds ground turkey
- 1 red onion
- 1 shallot
- 3 minced garlic cloves
- 2 stalks celery, finely chopped
- 1 Tbsp. Olive oil
- 1 cup pumpkin puree
- 1/2 tsp. Garlic granules
- Plain yogurt for topping (optional)
- Sea salt, to taste

Directions:

1.) Preheat the oven to 400 degrees, and line a baking sheet with aluminum foil. Wash your sweet potatoes and poke holes in the potatoes with a fork or knife. Place in the oven and bake for 50 to 70 minutes, depending on the size of the potato.

2.) While the potatoes are baking, prepare the stuffing. Start by heating the olive oil in a large pan over medium heat. Add the onion, shallots, garlic, and celery, and cook for 5 minutes.

3.) Add the ground turkey and cook until turkey is completely cooked through (about 7-10 minutes).

4.) Add the pumpkin and garlic granules to the pan and cook till warmed through (about 3-5 minutes).

5.) When your potatoes are done baking, take them out of the oven and cut in half. Top with the turkey mixture, season with sea salt, and add a dollop of plain yogurt (if desired).

*Enjoy occasionally

Cooked Vegetable Salad



Ingredients:

- 1 cup broccoli, chopped into small florets
- 1 cup cauliflower, chopped into small florets
- 1/2 cup frozen peas
- 1/2 cup frozen green beans
- 1 cup cauliflower leaves
- 1/2 onion, chopped
- 2-4 garlic cloves, minced

Fun Nutritional Balancing Recipes

- 1 chicken thigh, cooked and chopped
- sea salt
- butter

Directions:

- 1.) Prepare all your vegetables. Cook the peas and green beans according to the package directions. Set aside.
- 2.) Melt butter in a large skillet or frying pan over medium heat. Add the onion, and cook until they begin to sweat (about 2-3 minutes). Add the broccoli, cauliflower, and garlic and cook, stirring often, for 7 minutes.
- 3.) After 7 minutes, add the peas and green beans, and cook for an additional 3 minutes, continuing to stir often.
- 4.) Add the cauliflower leaves and cook till completely wilted (about 1 minute).
- 5.) Transfer the veggies to a plate, and top the salad with the cooked chicken. Sprinkle with sea salt. Serve warm.

*Enjoy often

Cauliflower Fried Rice With Stir-Fried Veggies



Ingredients:

- 1 head cauliflower, cut into florets

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- 2 Tbsp butter
- 1 red onion, cut into thin strips
- 2-4 garlic cloves, minced
- 1/4 cup spring water
- 1 Tbsp. shredded fresh ginger
- 2 cups broccolini
- 1 large carrot, peeled and sliced into small sticks
- 2 Tbsp. Beef bone broth
- sea salt to taste

Directions:

- 1.) Place the cauliflower florets into a food processor. Pulse till the consistency resembles rice.
- 2.) Heat 1 Tbsp. of the butter over medium heat in a large skillet. Add 1/2 of the onions and cook till tender (about 5 minutes). Add the cauliflower rice, garlic, and 1/4 cup water. Cook till water cooks down completely, and cauliflower rice is tender. Place cooked rice in a bowl. Cover, and set aside.
- 3.) In the same skillet, heat the other tablespoon of butter over medium high heat. Add the rest of the onions, and cook till tender, stirring constantly.
- 4.) Add the ginger, broccolini, and carrot. Stir constantly and cook till vegetables are crisp tender.
- 5.) Serve veggies over the cauliflower rice. Season with sea salt.

*Enjoy often

Cauliflower Steak With a Side of Lentils



Ingredients:

- 1 head of cauliflower

Fun Nutritional Balancing Recipes

- butter
- sea salt
- garlic powder
- parsley (chopped)
- lentils

Directions:

- 1.) Preheat the oven to 450 degrees. Rinse your lentils, then prepare according to package instructions.
- 2.) While your lentils are cooking, line a baking sheet with parchment paper. Take your head of cauliflower and place it stem down on a cutting board. Cut two 1-inch steaks from the center of the cauliflower (cut from the top down to the bottom where the stem is). Chop the rest of the cauliflower into florets and either bake with the steaks or put them in a container and refrigerate them for another time. Rub softened butter on both sides of each steak, place the steaks on the lined baking sheet and sprinkle with garlic powder and sea salt.
- 3.) Place the cauliflower steaks in the oven for 15 minutes. Take out and flip the steaks over and sprinkle with a bit more garlic powder. Then place back in the oven for an additional 15 minutes.
- 4.) Take the cauliflower steaks out of the oven. Serve with the lentils on the side. Season with sea salt and garnish with some chopped parsley.

*Enjoy often

Kale and Brussels Sprouts Cooked Salad with Almond Ginger Dressing



Ingredients:

For the salad:

- 1 Tbsp. butter

Fun Nutritional Balancing Recipes

- 6 large Kale leaves, rough stems removed and cut into ribbons
- 1/2 of a medium red onion, chopped
- 1/2 lb. Brussels Sprouts, washed and shredded
- small chunk of ginger, minced
- 1 garlic clove, minced
- 1/4 cup chopped almonds (optional)*

For the dressing:

- 2 Tbsp. Almond butter or Tahini
- 1/2 Tbsp. olive oil
- 2 Tbsp. Beef bone broth
- 1Tbsp. Apple cider vinegar
- pinch of stevia

Directions:

- 1.) In a large pan, heat 1 tablespoon of butter over medium heat. Add the onion, and cook for 2-3 minutes until they start to sweat. Add the Brussels sprouts, and cook an additional 5 minutes until they become tender. Add the Kale, ginger, and garlic, and cook until kale is completely wilted (about 2-3 minutes). Transfer to a plate or bowl.
- 2.) To make the dressing, mix all of the dressing ingredients together in a bowl, then pour over the vegetables. Top with chopped almonds*, if desired.

*Only eat chopped almonds, or any other nut (except toasted almond butter), sparingly.

*Enjoy occasionally

Quinoa with Roasted Butternut Squash



Ingredients:

- Butternut Squash, cut into bite size cubes
- Brussel sprouts, cut in half
- quinoa
- nutmeg
- apple cider vinegar
- Melted butter
- sea salt
- stevia

Directions:

- 1.) Preheat oven to 400 degrees.
- 2.) Chop the butternut squash and brussel sprouts. Put in a bowl, drizzle with melted butter then sprinkle with nutmeg, stevia, and sea salt. Toss to coat.
- 3.) Line a baking sheet with parchment paper, then spread the squash and sprouts onto baking sheet evenly. Roast in oven for 30 minutes at 400 degrees.
- 4.) While the squash is roasting, prepare your quinoa as directed on the package. When done, drizzle with olive oil and apple cider vinegar. Sprinkle with a bit of stevia and sea salt.
- 5.) When the squash is done, mix with the quinoa and serve.

*Enjoy occasionally

Turkey Muffins



Ingredients:

- 1.5 lbs. ground turkey
- 3/4 cup cooked quinoa
- 3/4 cup pureed pumpkin
- 1 small red onion chopped
- 1 egg
- 1/4 tsp. Garlic powder
- 3 Tbsp fresh oregano
- 3 Tbsp. fresh basil
- 1/2 tsp. sea salt

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Directions:

- 1.) Preheat the oven to 350 degrees.
- 2.) Use butter to oil a muffin pan.
- 3.) Add all the ingredients to a medium mixing bowl, and combine well.
- 4.) Press meatloaf mixture into muffin cups until filled.
- 5.) Bake in the oven at 350 degrees for 25 minutes.
- 6.) Take muffins out of muffin pan, and transfer to a plate to serve.

*Enjoy occasionally

Mozzarella Stuffed Chicken Meatballs



Ingredients:

- 1 medium red onion chopped
- 2 cups of arugula finely chopped
- 1 cup of cooked quinoa
- 1.5 lbs ground chicken

Fun Nutritional Balancing Recipes

- 2 eggs lightly beaten
- goat's milk mozzarella cheese cut into 30 bite size cubes
- 3 minced garlic cloves
- 1/2 tsp. dried thyme
- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- butter
- sea salt

Directions:

- 1.) Preheat the oven to 400 degrees. Prepare your onion, arugula, quinoa and cheese.
- 2.) In a large mixing bowl, combine the ground chicken, eggs, quinoa, arugula, onion, garlic, basil, thyme, and oregano.
- 3.) Line a baking sheet with foil, and lightly oil with the butter to place your meatballs on. For each meatball, place a cube of cheese in the middle of the mixture and form the meatball around the cube of cheese. Place the ball on the prepared baking sheet.
- 4.) Bake in the oven at 400 degrees for 20 minutes till the meatballs are slightly browned and cooked through.
- 5.) Season with sea salt and serve!

*Enjoy occasionally

Roasted Chicken and Veggies



Ingredients:

- 1 onion, cut into wedges
- 1 rutabaga, peeled, halved and cut into chunks
- 2-4 whole garlic cloves
- 3-4 organic chicken breast or thigh
- Seasoning mix: 1/2 tsp garlic powder, 1/2 tsp. oregano, 1/2 tsp. rosemary, 1/2 tsp. sea salt
- 2 Tbsp. Melted butter
- 1 lemon, cut into slices (optional)*
- 1 bunch fresh thyme sprigs

Fun Nutritional Balancing Recipes

- 1 cup spring water, or you can use bone broth.

Directions:

- 1.) Preheat oven to 425 degrees.
- 2.) Spread onion, garlic, and rutabaga slices evenly in the bottom of a large pan, creating a bed. Arrange chicken pieces on top of vegetables.
- 3.) Sprinkle with seasoning mix, then drizzle with melted butter. Lay lemon slices on top of chicken pieces, and tuck in a few fresh thyme sprigs. Finally, pour water/broth into the pan.
- 4.) Roast chicken for 15 minutes at 425 degrees, remove from oven, baste with pan juices. Reduce temperature to 375 degrees, return chicken to oven. Roast chicken for about 45 minutes more. Let rest 10 minutes before serving. Garnish with sprigs of fresh thyme.

*Lemon is a fruit, so should only be consumed sparingly. Placing the lemon slices on top while baking, then removing after is best, or not including them at all.

*Enjoy often

Chicken and Veggie Stir Fry



Ingredients:

- 2 bunches of broccolini, chopped
- 2/3 cups red onion, cut into small strips
- 1 cup red cabbage, chopped
- 2 carrots, cut into slices
- 1 cup snow peas, cut in half lengthwise
- 2-4 garlic cloves, minced
- 2 chicken breasts or thighs, cut into bite size pieces
- garlic powder (to sprinkle on the chicken before cooking)
- 2 Tbsp. butter

Fun Nutritional Balancing Recipes

- 3 Tbsp. Spring water or bone broth

For the sauce:

- 3 Tbsp. tahini
- 1 Tbsp. water
- pinch of stevia
- 1/2 Tbsp. shredded fresh ginger

Directions:

- 1.) Prepare all the veggies and chicken (chopping and dicing). Set aside.
- 2.) Prepare the sauce by mixing all the ingredients together and then whisking. Set aside.
- 3.) In a frying pan, heat 1 Tbsp. of the butter over medium heat. Sprinkle the diced chicken with garlic powder and add to pan. Cover and cook for 5 minutes. Remove cover and stir up the chicken. Recover and cook for another 5 minutes. Remove the chicken from the pan and set aside.
- 4.) In the same frying pan, heat the other 1 Tbsp. of butter over medium-high heat. Add the broccolini, carrots, onion, garlic, and water and cook, stirring continuously, for 5 minutes.
- 5.) Add the red cabbage and chicken, and cook, stirring continuously, for 3 minutes.
- 6.) Add the snow peas, cooked chicken, and the sauce, and cook, stirring continuously, for 2 minutes.
- 7.) Remove from heat and serve!

*Enjoy often

Cauliflower Crust for Pizza



Ingredients:

- 4 cups raw cauliflower rice
- 1 egg beaten
- 1/3 cup soft goat cheese
- 1 tsp. dried oregano
- pinch of sea salt

Directions:

- 1.) Preheat oven to 300 degrees. Place cauliflower in a food processor, and pulse until it has a “rice like” consistency.
- 2.) Now you want to cook the rice. To do this, put it in an oven safe dish, or on a baking sheet, and cover it with foil. Place in the oven for about 8-10 minutes.

Fun Nutritional Balancing Recipes

- 3.) Remove from oven and change the oven temperature to 400 degrees.
- 4.) Next, you want to “squeeze” as much moisture out of the cauliflower as you possibly can. To do this, place the cauliflower rice in a clean dish towel. Wrap it up and squeeze, squeeze, squeeze!
- 5.) After you have gotten as much moisture out of the cauliflower rice as possible, you now want to mix your ingredients together. In a bowl, combine the cauliflower rice, beaten eggs, goat cheese, oregano, and sea salt. Mix really well (use your hands to make sure it is mixed together really well).
- 6.) Next, you want to form your crust. Line a baking sheet with parchment paper (make sure it's parchment paper and not wax paper – two very different things). On the sheet, form a crust with your mixture. You can make it any shape you want. Keep the crust about 1/3-1/2 inch thick and raise the edges a little bit.
- 7.) Place your crust in the oven and bake for about 35-40 minutes at 400 degrees. Your crust should be golden brown and firm when it's done.
- 8.) Add your desired toppings (chopped cooked vegetables, cheese, homemade sauce, cooked chicken, turkey, lamb, etc.), then place back in the oven for an additional 5-10 minutes, until warmed through.
- 9.) Take out of the oven, cut into slices, and serve.

*Enjoy often

Broccoli Crust Root Veggie Pizza



Ingredients:

- 1 small head broccoli (about 2 cups riced broccoli)
- 1 egg
- 1.5 ounces soft goat cheese
- 1/8 tsp. sea salt
- 1/4 tsp. garlic granules
- 1/4 tsp. dried basil
- 1/4 tsp. dried oregano
- 1/8 tsp. dried parsley

For the toppings:

- 1/4 cup chopped red onion
- 1/4 cup chopped scallions
- 1 large clove garlic, minced
- 1/2 cup chopped rutabaga
- 1/2 cup chopped turnip
- garlic granules, dried basil, dried oregano, dried parsley, sea salt
- 1/3 cup shredded goats milk mozzarella

Directions:

- 1.) Preheat the oven to 400 degrees, and line a baking sheet with parchment paper. Place the rutabaga and turnips on the baking sheet and drizzle with a bit of olive oil. Sprinkle with garlic granules, dried basil, dried oregano, dried parsley, and sea salt. Bake in the oven at 400 degrees for about 30 minutes.
- 2.) Heat a small bit of olive oil (about 1/2 tsp.) in a small frying pan. Add the onion, shallots, and garlic. Cook for about 3-4 minutes. Set aside.
- 3.) Meanwhile, line a baking sheet with parchment paper. Cut the broccoli into florets and place in a food processor. Process on high until the broccoli has a rice like consistency. Place the broccoli rice in a sauce pan, add a small bit of water, cover, and cook over medium heat for 3-4 minutes.
- 4.) Transfer the broccoli to a dishtowel. Allow to cool for a bit, then when it is at a reasonable temperature, wrap the dishtowel around the broccoli rice and squeeze out as much liquid as possible. Place the broccoli back in the sauce pan and add the other 'crust' ingredients to the pan. Stir to combine. Place the mixture on the prepared baking sheet and form into the shape you would like your pizza to be. Place in the oven and bake at 400 degrees for 10-15 minutes until the top is lightly browned.
- 5.) Top the crust with the onion, shallot, and garlic mixture, followed by the rutabaga and turnips. Place the pizza back in the oven and bake at 400 degrees for 5-10 minutes.
- 6.) Take out of the oven and immediately sprinkle the shredded cheese over the top of the pizza. Cut into slices and serve.

*Enjoy often

Bok Choy Chicken



Ingredients:

- 1 large bok choy, chopped into large pieces
- 1 red onion, chopped
- 2-4 garlic cloves, minced
- Small chunk of ginger, sliced
- 1 medium carrot, thinly sliced or shredded
- 3-4 chicken breasts or thighs
- 3/4 cup chicken broth (you will make this when you boil the chicken)
- 1-2 large spoonfuls of almond butter
- sea salt, to taste

Directions:

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- 1.) Bring a large pot of water to a boil. Add the chicken and cook for 40-50 minutes till the chicken is cooked through.
- 2.) Take chicken out of water (do not get rid of the water as you will use some of it shortly), and set aside to cool till they are at a comfortable temperature to handle with your hands. Using your hands, shred the chicken into bite size pieces.
- 3.) In a large sauce pan, cover and heat the bok choy, onion, garlic, ginger, carrot, and $\frac{3}{4}$ cup of the water you cooked the chicken in on high for about 5-10 minutes till the vegetables are wilted about half way down. Uncover and let the liquid cook down to only a tiny amount.
- 4.) Add the chicken and mix well.
- 5.) Stir in the almond butter. It may clump at first, but as it melts, it will coat everything nicely.
- 6.) Season with sea salt and serve.

*Enjoy often

Quinoa Chicken and Veggie Casserole



Ingredients:

- 1 cup uncooked quinoa
- Spring water or bone broth
- 3 chicken breasts or thighs
- 4 cups chopped baby broccoli
- 4 cups mixed leafy greens (cauliflower leaves, spinach, arugula, chard)
- 1/2 cup chopped carrots
- 3 large garlic cloves, minced
- Small chunk of ginger, thinly sliced

Fun Nutritional Balancing Recipes

- Sea Salt
- 4 oz. goat cheese

Directions:

- 1.) Heat the oven to 375 degrees, and bake the chicken for 40 minutes.
- 2.) While the chicken is baking, prepare the quinoa as directed on the packet.
- 3.) In a large pot, heat 1 cup of water or bone broth. When the water starts to simmer, add the carrots and baby broccolini, cover and lightly steam for about 5 minutes. Drain excess water.
- 4.) In a bowl, combine the quinoa, garlic, ginger, broccolini and carrots together.
- 5.) Add the leafy greens and mix thoroughly.
- 6.) When the chicken has baked for 40 minutes, take out of the oven, and change the oven temperature to 400 degrees. Cut the chicken into bite size pieces.
- 7.) Lightly grease a glass pan with butter. Mix the chicken in with the quinoa and veggie mixture and spread evenly in the pan.
- 8.) Bake in the oven at 400 degrees for 15 minutes. When done, sprinkle with the goat cheese. Season with sea salt and serve.

*Enjoy often

Colorful Cooked Lentil Salad



Ingredients:

- 1 cup uncooked lentils

Fun Nutritional Balancing Recipes

- 2 carrots, chopped
- 1 to 2 celery stalks chopped
- 1 onion chopped
- 1-2 garlic cloves, minced
- Small chunk of ginger, thinly sliced
- 1 Tsp. butter
- 2-3 cups chopped red cabbage
- 1/4 cup almond butter
- 1 cup torn fresh basil
- 2 to 3 Tbsp. Spring water
- sea salt

Directions:

1.) In a medium saucepan, heat 1 Tbsp butter over medium heat. Add onion, carrot, and celery, and cook, stirring occasionally, until tender, about 5-7 minutes. Add lentils, garlic, and ginger and cover with 2 inches of spring water. Bring to a boil, then reduce heat and simmer until lentils are tender, about 20 minutes. Drain and let cool.

2.) In a medium bowl, whisk together almond butter, water, and sea salt. Add lentils, almonds, cabbage, and herbs and toss to combine.

*Enjoy occasionally

Shepherd's Pie



Ingredients:

For the top layer

- 1 head cauliflower, washed and chopped into pieces
- 2-4 garlic cloves, minced
- 1 Tsp. butter
- 1/2 tsp. sea salt
- 1/4 cup plain yogurt
- 1/4 cup spring water
-

For the bottom layer

- 1.5 lbs. ground lamb or beef
- 1 onion, chopped
- 1 leek, chopped
- 1/2 tsp. garlic powder
- 1 tsp. sea salt
- 1 tsp. thyme

Fun Nutritional Balancing Recipes

- 2 Tbsp. Arrowroot powder
- 3/4 cup spring water + 2 Tbsp.

Directions:

- 1.) Preheat the oven to 375 degrees. Bring a large pot of water to a boil. Add the cauliflower and cook till soft (about 10 minutes).
- 2.) When cauliflower is soft, take 1 cup of the water you cooked the cauliflower in and drain the rest. Set the cup of water aside. Transfer the drained cauliflower to a food processor and add the 1 tsp. butter, sea salt, and garlic. Pulse to combine. Add the yogurt and 2-3 Tbsp. of the water you set aside. Process on high until smooth. Set the cauliflower mash aside.
- 3.) In a large frying pan, add the lamb or beef, leeks, and onion and cook over medium high heat. Cook until the meat is cooked through (about 10-15 minutes).
- 4.) Mix the arrowroot powder with 2 Tbsp. water. Reduce the heat to medium low and add the garlic, sea salt, and thyme. Slowly pour the arrowroot water mixture over pan's contents. Stir to coat the meat. Add the rest of the water you set aside and simmer over low heat for about 7 minutes.
- 5.) Transfer the meat mixture to a glass pan or oven safe dish. Dollop the cauliflower mash on top of it then spread evenly over the meat mixture. Bake for about 25 minutes until the cauliflower mash is slightly browned.
- 6.) Let sit in the pan for 5-10 minutes before serving. Cut out pieces and transfer to a plate.

*Enjoy often, but red meat should only be consumed 2-3 times per week

Rutabaga Arugula and Chicken Pizza



Ingredients:

- 1 prepared cauliflower pizza crust (See Cauliflower Crust for Pizza Recipe)
- 1 rutabaga, chopped into small 1/2 inch cubes
- 1 red onion, chopped into big 1 inch pieces
- 2-3 cups of arugula, chopped
- 1 lb. chicken thigh
- 1 cup shredded hard goat cheese
- 2 oz. soft goat cheese

Fun Nutritional Balancing Recipes

- 1 tsp. dried thyme
- 1 tsp. garlic powder, divided
- sea salt, to taste

Directions:

- 1.) Prepare your chicken in pressure cooker. For the pressure cooker, season the chicken with the garlic powder and cook in the pressure cooker. When done, let cool a bit, and then cut into small bite size pieces.
- 2.) Prepare your rutabaga and onion, then steam them in a steamer until tender
- 3.) Prepare your Arugula: In a small frying pan, heat a bit of butter. Add the arugula and sauté for 2-3 minutes until just soft. Remove from heat.
- 4.) Prepare your cauliflower crust using the cauliflower crust for pizza recipe. As soon as you remove your crust from the oven, leave it on the baking sheet, and take your soft goat cheese and spread it over the crust. The heat will make it spread very easily. After you've done this, spread the shredded hard goat cheese evenly over the crust.
- 5.) Add your rutabaga and onions, chicken, and your arugula. Top with a bit more cheese, and allow the heat from the crust and vegetables to melt the cheese slightly.
- 6.) Slice into pieces, and serve.

*Enjoy often

Sweet Potato Sliders



Ingredients:

- 1 1/2 very large sweet potatoes, washed and cut into 1/2-3/4 inch thick circles with skins on
- butter
- sea salt
- 1 lb. ground turkey, lamb, chicken, or beef

Optional fillings

- A slice of cheese
- Steamed swiss chard
- Cooked onion and garlic

Fun Nutritional Balancing Recipes

- Other cooked vegetables
- plain yogurt

Directions:

- 1.) Preheat the oven to 400 degrees. Line a baking sheet with aluminum foil. Very lightly brush each side of the sweet potato circles with a very small bit of butter. Place them on the prepared baking sheet and sprinkle with sea salt. Place in the oven and bake for 30-35 minutes at 400 degrees. When done, allow to cool until you can handle them comfortably.
- 2.) Prepare your meat into cooked patties using the method of your choice (pressure cooker, skillet, etc.)
- 3.) Once the sweet potato buns and burgers are done, place your burger and fillings on one of the sweet potato circles and the plain yogurt on another. Place the one with yogurt on top of the one with the burger and fillings to create your slider.

*Enjoy occasionally - these go great with a side of rutabaga fries

Cabbage Rolls



Ingredients:

- 1 head of green cabbage
- 1 cup cooked quinoa
- 1.5 lbs. ground turkey, chicken, lamb, or beef

Fun Nutritional Balancing Recipes

- 1 small red onion, chopped
- 3 Tbsp. parsley, chopped
- 1/2 tsp. garlic powder
- 1 egg
- 1 cup bone broth
- 2 oz. soft goat cheese
- sea salt, to taste

Directions:

- 1.) Preheat the oven to 350 degrees. Bring a large pot of water to a boil. Turn off the heat, and place the head of cabbage in the water. Let sit for 15 minutes.
- 2.) While the cabbage is sitting, prepare the filling. Heat a large frying pan over medium heat. Add the onion, and the ground meat, and cook till cooked through. Turn off the heat, and add the garlic powder, parsley, egg, quinoa, and some sea salt.
- 3.) Take the cabbage out of the water, and carefully peel off 10 leaves. With each leaf, remove the tough middle section. Fill each half of the leaf with filling. Carefully roll the leaf up to create a cabbage roll.
- 4.) Place the rolls in a baking dish until the dish is full. Poor the bone broth over the rolls. Cover and bake for 80-90 minutes. Remove from the oven, uncover, and sprinkle with the goat cheese and sea salt.
- 5.) Transfer to a plate and serve.

*Enjoy often

Cauliflower Mac-less Mac and Cheese Casserole



Ingredients:

- 1 large head cauliflower, cut into florets
- 2-3 garlic cloves, minced
- 2 Tablespoons arrowroot powder
- 1 cup milk
- 1 egg, beaten
- 1 tsp sea salt
- 2 cups shredded cheese of your choice

Fun Nutritional Balancing Recipes

Directions:

- 1.) Preheat the oven to 350 degrees F. Bring a large pot of water to a boil and add the cauliflower florets and garlic. Cook until the cauliflower just becomes tender (about 5-7 minutes). Drain and set aside.
- 2.) In a large mixing bowl, add your milk and beaten egg. Stir to combine. Add the arrowroot powder slowly while continuing to whisk to avoid clumping. Add 1 cup of the shredded cheese to the mixture and stir to combine.
- 3.) Add the cauliflower to the mixture and stir to combine and coat completely.
- 4.) Place the cauliflower mixture into an 8 x 11 baking dish.
- 5.) Bake in the oven at 350 degrees F for 25 minutes until the cheese is slightly brown and bubbly, and the cauliflower is completely tender.
- 6.) Take out of the oven and immediately sprinkle with the remaining cup of shredded cheese. Allow to sit for 5-10 minutes.
- 7.) Use a spatula to cut out individual servings. Transfer to a plate and serve.

*Enjoy often

Sweet Potato and Broccoli Chicken Bake



Ingredients:

- 1.5 lbs boneless skinless chicken breast, chopped into bite-sized pieces
- 4 cups broccoli florets
- 1 large sweet potato, peeled and cut into small cubes

Fun Nutritional Balancing Recipes

- 1/2 large red onion, chopped into bite sized pieces
- 1/4 cup almond butter
- 2-3 Tbsp. water
- 1/4 cup olive oil
- 1 1/2 tsp. Italian seasonings (basil, oregano, garlic powder, thyme, dried parsley)
- 1/2 tsp. garlic granules
- 1/2 tsp. sea salt
- Soft crumbled goat cheese for topping (optional)

Directions:

- 1.) Preheat the oven to 390 degrees. In a small bowl, mix the almond butter with the water to create a light sauce.
- 2.) Add the broccoli florets, sweet potato, onion, olive oil, Italian seasonings, garlic granules, almond butter sauce, and sea salt to a large bowl. Toss to coat.
- 3.) Drizzle the bottom of a large casserole dish with olive oil. Place the chicken in the bottom of the dish and sprinkle with sea salt and pepper. Top with the vegetable mixture.
- 4.) Cover the dish with aluminum foil and bake in the oven at 390 degrees for 35 minutes. Remove from the oven and take off the foil.
- 5.) Place back in the oven, uncovered, for 15-20 more minutes until the chicken is cooked through and the sweet potatoes are soft.
- 6.) Transfer to a plate to serve. If desired, top with crumbled soft goat cheese.

*Enjoy occasionally

Slow Cooker Chicken and Veggie Casserole



Ingredients:

- 2 cups frozen peas
- 2 cups frozen french style green beans
- 1 cup chopped carrots
- 1/2 cup chopped leeks
- 1.5 lbs. chicken breast or thigh
- 1 Tbsp. butter
- 1 tsp. dried basil
- 2-4 garlic cloves, minced

Fun Nutritional Balancing Recipes

- Small chunk of ginger, chopped
- 1 cup bone broth
- 1 Tbsp. Arrowroot powder
- 2-3 Tbsp. water
- sea salt to taste
- 10 oz. plain yogurt
- Blue corn tortilla chips for topping

Directions:

- 1.) Place your chicken breasts in the slow cooker pot. Top with the peas and green beans.
- 2.) In a frying pan, heat the butter over medium heat. Add the carrots, leeks, garlic, ginger, basil, and sea salt. Cook for about 5 minutes, stirring frequently.
- 3.) Mix together the arrowroot powder and water in a small bowl. When mixed completely, add the chicken broth and the arrowroot/water mixture to the pan. Stir until it thickens.
- 4.) Add the contents of the pan to the slow cooker.
- 5.) Cook on low for 5 hours. Then open the lid, and use two forks to shred the chicken. Add the yogurt, and stir to combine.
- 6.) Ladle into bowls, then crumble the blue corn tortilla chips over the top. Serve.

*Enjoy often

Cauliflower Rice Broccolini and Chicken Casserole



Ingredients:

Fun Nutritional Balancing Recipes

- 1.5 lbs of chicken breast or thigh
- 2 Tbsp. butter, divided
- 1 large cauliflower head
- 3 large bunches of broccolini
- 2-4 cloves garlic, minced
- Small chunk of ginger, chopped
- 2 tsp. sea salt, divided
- 1 tsp. onion powder
- 3 cups shredded goats milk mozzarella cheese, divided

Directions:

1. Preheat the oven to 400 degrees. In a 9 x 13 baking dish, cut the chicken breast in half, horizontally, coat with 1 Tbsp. of butter and season with 1/2 tsp. of sea salt. Bake in the oven for 20 minutes, then take out to cool for 10 minutes.
2. While the chicken is cooking and cooling, wash the cauliflower and cut into florets. Add the florets to a food processor and pulse until the cauliflower has a rice like consistency. Place the cauliflower rice in a large mixing bowl.
3. Wash the broccolini and chop into very small pieces. Add the broccolini to the mixing bowl, stir to combine. Add 1 Tbsp. butter, 1 1/2 tsp. sea salt, onion powder, and 2 cups of shredded cheese to the bowl. Stir to combine.
4. Once the chicken has cooled a bit, leave it in the 9 x 13 casserole dish, and cut into bite size pieces. Add the mixture in the mixing bowl to the casserole dish and stir to combine.
5. Bake in the oven for 50 minutes at 400 degrees.
6. Remove from the oven, top with the remaining cup of cheese, and allow to cool for 10 minutes. Use a spatula to transfer servings to a plate.

*Enjoy often

Brussels Sprouts Au Gratin



Ingredients:

- 2 lbs. Brussels Sprouts, washed, ends chopped off, and halved
- 1 Tbsp. butter, divided, plus more for greasing a pan
- 1/2 cup of finely chopped red onion
- 2 tsp. Arrowroot powder + 1 Tbsp. water
- 3/4 cup milk
- 1 tsp. fresh thyme
- 1/2 tsp. garlic granules
- 2 oz. soft goat cheese
- 1 cup shredded hard goat's milk mozzarella, divided
- Sea salt, to taste

Directions:

- 1.) Preheat the oven to 400 degrees. Lightly grease an 8 x 11 baking dish with butter. Add the prepared brussels sprouts, top with 1/2 Tbsp. Melted butter and garlic granules. Toss to coat. Place in the oven and bake for 15 minutes at 400 degrees. Remove from oven and stir/turn the sprouts. Put back in the oven and bake for an additional 10 minutes.
- 2.) While the brussels sprouts are baking, heat the remaining 1/2 Tbsp. of butter over medium heat in a saucepan. Add the onion, and cook till onions are soft (about 4 minutes). Mix the arrowroot powder and water together. Add the milk and stir until completely combined. Add this mixture to the onions and cook for 4-5 minutes, stirring often. The sauce will begin to thicken slightly.
- 3.) Add the 2 oz. of soft goat cheese and 1/2 cup of the shredded cheese to the sauce and stir until the cheese is completely incorporated in the sauce and it is smooth. This will thicken the sauce even more.
- 4.) Top the brussels sprouts with the cheese sauce, sprinkle with the fresh thyme and a bit of sea salt. Top with the remaining 1/2 cup of shredded cheese.
- 5.) Place the dish back in the oven and bake for 10-15 minutes until the cheese is lightly melted. When done, transfer to a plate, season with sea salt, and serve.

*Enjoy often

Cabbage Roll Casserole



Ingredients:

- 1 small head of green or red cabbage, washed and chopped
- 1 small head of cauliflower
- 1 small red onion, chopped
- 2-4 garlic cloves, minced
- 1 cup pureed pumpkin
- 1 lb. ground turkey, chicken, beef, or lamb
- 1 Tbsp. butter

Fun Nutritional Balancing Recipes

- 1/2 tsp. onion powder
- 1/4 tsp. dried thyme
- 1/2 tsp. sea salt
- 2 cups shredded goat's milk cheese (or cheese of your choice)

Directions:

- 1.) Preheat the oven to 350 degrees. Wash your cauliflower and chop into florets. Place the florets in a food processor and process on high until it has a rice like consistency. Transfer to a 9 x 11 baking dish and bake in the oven for 15-20 minutes at 350 degrees. Set aside.
- 2.) While the cauliflower is baking, place the cabbage in a large sauce pan and cover with water. Bring the pot to a boil, and simmer until the cabbage is tender. Drain the cabbage.
- 3.) In a large frying pan, heat the butter over medium heat. Add the onion and cook for 4-5 minutes until just starting to get tender. Add the ground meat and cook until browned. Add the pumpkin puree and cabbage, garlic granules, onion powder, sea salt, pepper, and thyme. Cook for 7 additional minutes.
- 4.) Add the contents of the frying pan to the cauliflower in the baking dish and stir to combine completely. Bake in the oven for 15 minutes, at 350 degrees.
- 5.) Take out of the oven, and immediately stir in the cheese. Let sit for 5 minutes. Season with sea salt and serve.

*Enjoy often

Kale and Butternut Squash Lasagna



Ingredients:

For the butternut squash sauce

- 2 cups butternut squash puree
- 4 oz. soft goat cheese
- 1/4 cup milk
- 1/4 tsp. nutmeg
- 1/4 tsp. garlic powder
- 1/4 tsp. sea salt

For the Kale filling

- 1 bunch of kale, rough stems removed, cut into bite-size pieces
- 1 cup hard goats milk cheddar cheese, shredded
- 1/4 tsp. garlic powder
- 1/4 tsp. sea salt

Other ingredients

- 6 yellow squash, cut into thin slices lengthwise
- olive oil spray
- 1 1/2 cups goats milk mozzarella cheese, shredded
- Italian seasoning (garlic powder, thyme, basil, oregano, dried parsley)
- dried basil
- sea salt

Directions:

- 1.) Preheat the oven to 375 degrees. First, prepare your butternut squash sauce by placing all the ingredients for the sauce into a food processor and processing on high until completely smooth. Set aside.
- 2.) Next, prepare your kale filling. Place your Kale in a large frying pan, and heat over medium heat until wilted. Remove from heat and add the cheese, garlic powder, and sea salt.
- 3.) Prepare your "noodles" by thinly slicing the yellow squash lengthwise.
- 4.) Now you get to put your layers together! Start by spraying an 8 x 11 baking dish with olive oil. Put 1/3 of the butternut squash sauce in the bottom of the dish. Sprinkle with a bit of mozzarella cheese. Top with 1 layer of yellow squash. Top that with 1/2 of the kale mixture. Top with 1/3 of the butternut squash sauce, and sprinkle with a bit of mozzarella cheese. Top with another layer of yellow squash. Top with the other half of the kale mixture. Add the rest of the butternut squash sauce and sprinkle with mozzarella. Top with the last layer of yellow squash. Generously top with the rest of the mozzarella cheese. Sprinkle with italian seasoning, basil, and sea salt.
- 5.) Cover with aluminum foil and bake in the oven for 30 minutes. Remove the foil, and bake for an additional 10 minutes.
- 6.) Remove from the oven, and allow to sit for 5-10 minutes before serving.

*Enjoy occasionally

Colorful Cabbage and Lentil Cooked Salad



Ingredients:

- 1 cup lentils
- 2 Tbsp. butter
- 1/2 red onion, chopped
- 2 large garlic cloves, minced
- 2 large carrots, peeled and shredded

Fun Nutritional Balancing Recipes

- 1/4 head of green cabbage, chopped into thin slices
- 1/4 head of red cabbage, chopped into thin slices
- 1 tsp. dried oregano
- 1/2 cup broth (any kind will do) or 1/2 cup water
- sea salt for seasoning
- shredded cheese for topping, optional

Directions

- 1.) Prepare the lentils as described on the package. Set aside.
- 2.) Heat the butter in a large frying pan over medium heat. Add the onion and garlic and cook until it starts to sweat (about 3-5 minutes).
- 3.) Add the carrots, red cabbage, green cabbage, oregano, and broth (or water). Cook until the cabbage is soft (about 10-15 minutes).
- 4.) Add the lentils to the pan and cook for another 1-2 minutes.
- 5.) Transfer to plates, season with sea salt, and top with shredded cheese, if desired.

*Enjoy occasionally

Chicken Brussels and Broccolini Stir Fry



Ingredients:

- 1 Tbsp. butter
- 2 medium chicken breast or thigh cut into bite size pieces
- sea salt to season the chicken
- 1/2 red onion, cut into slices

Fun Nutritional Balancing Recipes

- 1 tsp. grated ginger
- 1 lb. brussels sprouts, chopped or quartered
- 1 bunch of broccolini (about 10 stems), chopped
- 1 large carrot, cut into small slices
- 2 cloves of garlic
- 2 tsp. water from a sardine can
- 1/4 cup chicken broth
- 1 Tbsp. Apple cider vinegar

Directions:

1.) Season the chicken with sea salt. Heat the butter in a large frying pan over medium heat. Add the chicken and cook for about 10 minutes (or until cooked through), flipping halfway through to brown evenly on all sides. Transfer to a plate.

2.) Place the same pan back over medium-high heat. Add the onion, and cook for about 3-4 minutes until it starts to become tender. Add the ginger, brussels, broccolini, and carrot. Stir fry for about 5-7 minutes stirring frequently.

3.) Add the garlic, sardine sauce, chicken broth, and apple cider vinegar, and add the chicken back to the pan. Cook for about 2 more minutes, stirring frequently. Then transfer to plates, season with sea salt, and serve.

*Enjoy often

Cooked Greens and Chicken Salad



Ingredients:

- 1 lb. chicken thighs
- 1 Tbsp. butter
- 1/2 red onion, chopped
- 1/2 tsp. garlic powder, divided

Fun Nutritional Balancing Recipes

- sea salt, to taste
- 1/2 cup chopped cilantro
- 3 cups chopped dandelion greens
- 3 cups chopped kale (rough stems removed)
- 6 cups baby spinach
- plain greek yogurt for serving, optional

Directions:

- 1.) Bring a large pot of water to a boil. Add the chicken, and cook for 40 minutes.
- 2.) Remove the chicken from the pot and cut into bite size pieces. Heat the butter in a large frying pan over medium heat. Add the onion and cook for 3 minutes. Add the chicken, cilantro, and 1/6 of a teaspoon of garlic powder. Sprinkle with sea salt and cook until the chicken is slightly browned (about 5-7 minutes). Place the chicken on a plate and set aside.
- 3.) In the frying pan you just used, place the kale and dandelion greens over medium heat. Add 1/6 tsp. of garlic powder and sprinkle with sea salt. Cook until completely wilted. Add to the plate with the chicken.
- 4.) Once again, using the same pan, add the spinach to the pan and heat over medium heat. Add 1/6 tsp. of garlic powder and sprinkle with sea salt. Cook until the spinach is slightly wilted.
- 5.) Split the spinach up among three plates. Top with the chicken mixture, kale and dandelion greens that you set aside. Add a dollop of plain greek yogurt, if desired, and serve.

*Enjoy occasionally

Sweet Potato Brussels and Lentil Salad



Ingredients:

- 2 large sweet potatoes, washed, peeled, and chopped into bite size pieces
- 2 Tbsp. butter, divided
- 2 lbs. brussels sprouts, chopped or shredded
- 1 large red onion, chopped
- 2 shallots, chopped
- 4 garlic cloves, minced
- Small chunk of ginger, thinly sliced
- 1 cup green lentils, uncooked

Fun Nutritional Balancing Recipes

- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- 1/2 tsp. dried thyme
- 1/2 tsp. dried parsley
- 1/4 cup spring water
- sea salt, to taste

Directions:

- 1.) Prepare the Lentils according to the package instructions.
- 2.) Bring a large pot of water to a boil. Add the chopped sweet potato, and cook until tender, about 5-10 minutes.
- 3.) In a large frying pan, heat 1 Tbsp. of butter. Add the onion, garlic, shallots, ginger, and herbs, and cook until tender (about 5-7 minutes). Add the brussels sprouts, 1/4 tsp. basil, 1/4 tsp. oregano, 1/4 tsp. thyme, and 1/4 tsp. parsley, and 1/4 cup water. Cook for 7-10 minutes, until the water has cooked off.
- 4.) Add the baked sweet potato and the lentils. Stir to combine.
- 5.) Transfer to plates, and season with sea salt. Serve.

*Enjoy occasionally

Roasted Root Vegetable Medley with Arugula



Ingredients:

- 1 large rutabaga, peeled and chopped into bite size pieces
- 1 large sweet potato, peeled and chopped into bite size pieces
- 1 red onion, chopped
- 3 large garlic cloves, minced
- 3-4 carrots, peeled and chopped into bite size pieces
- Small chunk of ginger, chopped
- 1 large turnip, peeled and chopped into bite size pieces
- 1 bunch of arugula, chopped

Fun Nutritional Balancing Recipes

- 4 Tbsp. butter, divided
- 1 tsp. dried oregano
- 1 cup bone broth
- sea salt, to taste

Directions:

- 1.) Preheat the oven to 425 degrees. Line 1-2 baking sheets with parchment paper (You may need two to fit all the roasted veggies). In a large bowl, toss together 3 Tbsp. Melted butter, the prepared rutabaga, sweet potato, carrots, minced garlic, ginger, and turnip. Toss to combine. Place the mixture on the baking sheets. Place baking sheets in the oven and bake for 35-40 minutes.
- 2.) In a large pot, heat the remaining tablespoon of butter over medium heat. Add the onions and cook for about 5 – 7 minutes until tender. Add the arugula, oregano, and broth. Cook until the arugula is completely wilted.
- 3.) Add the roasted veggies to the pot and stir to combine everything together.
- 4.) Transfer to bowls, and season with sea salt to serve.

*Enjoy occasionally, or omit the sweet potato, and enjoy often

Cheesy Vegetable Torte



Ingredients:

- 2 sweet potato, peeled and cut into thin slices
- 1 rutabaga, peeled and cut into thin slices
- 1 red onion, chopped
- 4 cloves of garlic, minced
- 1 small head of cauliflower cut into small florets
- 4-5 cups mixed spinach and arugula
- 2-3 cups shredded cheese of your choice
- 1/2 Tbsp. butter

- olive oil spray
- garlic granules
- Sea salt for seasoning

Directions:

1.) Preheat the oven to 425 degrees. In a large frying pan, heat 1/2 Tbsp. butter over medium heat. Add the onion and garlic cloves and cook for 3-4 minutes. Add the cauliflower and cook for an additional 10 minutes, until the cauliflower starts to become tender. Add the spinach and arugula and cook until completely wilted. Remove from heat and set aside.

2.) Spray your spring form pan with olive oil. Place the following layers in the prepared pan: a layer of sweet potato slices on the bottom, sprinkle on some cheese and a pinch of garlic granules, half of the cauliflower mixture, sprinkle with some cheese and a pinch of garlic granules again, a layer of the rutabaga slices, cheese and a pinch of garlic granules, the rest of the cauliflower mixture, cheese and a pinch of garlic granules, top with a layer of sweet potato slices. Sprinkle with cheese on top.

3.) Place the spring form pan on a baking sheet to catch any dripping. Cover with foil and bake in the oven at 425 degrees for 25 minutes. Take out and remove the foil, then put back in the oven and bake for another 25-30 minutes at 425 degrees until the top is lightly browned.

4.) Allow to set in the pan for 30 minutes at least. Remove the spring form.

5.) Use a sharp knife to cut into slices and transfer to plates. Season with sea salt and serve.

*Enjoy occasionally

Slow Cooker Italian Chicken and Rutabaga



Ingredients:

- 1.25 lbs. chicken breast or chicken thigh
- 3 medium sized rutabaga, peeled and chopped into 1 inch-pieces
- 2 Tbsp. Melted butter
- 1 Tbsp. Italian seasoning blend (basil, oregano, thyme, parsley)
- 1 tsp. garlic granules
- sea salt to taste

Directions:

Fun Nutritional Balancing Recipes

- 1.) Place the chicken breast and prepared rutabaga in a large mixing bowl. Drizzle with the melted butter, and sprinkle with the Italian seasoning and garlic granules. Stir and toss to coat completely. Transfer to the bed of a slow cooker.
- 2.) Cook on low for 4-6 hours until the chicken is cooked through and the rutabaga is fork tender. Transfer to plates and season with sea salt.

*Enjoy often

Sautéed Chicken and Cabbage



Ingredients:

- 1 Tbsp. butter
- 1 lb. chicken breast or thigh cut into very small pieces
- 1 small cabbage, preferably red cabbage, chopped into very short thin strips (as if you were making coleslaw)
- 2 carrots, shredded
- 1 shallot, chopped
- 1 leek, chopped
- 2-4 garlic cloves, minced

Fun Nutritional Balancing Recipes

- Small chunk of ginger, chopped
- 3/4 cup pumpkin puree
- 2 bay leaves
- 3/4 cup chicken stock (or you can use spring water)
- sea salt, to taste
- optional toppings (fresh parsley or a dollop of plain yogurt)

Directions:

- 1.) In a large frying pan, heat the butter over medium heat. Add the chicken and sautee for 7-10 minutes until cooked through.
- 2.) Add the cabbage, carrots, shallot, leek, garlic, and ginger to the frying pan. Stir to combine and cook for an additional 5-7 minutes.
- 3.) Add the pumpkin puree, bay leaves, and chicken stock to the frying pan. Cover and cook for 25-30 minutes until the stock is completely absorbed, and no liquid is remaining.
- 4.) Transfer to a plate and season with sea salt to serve. If desired, top with a dollop of plain yogurt and fresh parsley.

*Enjoy often

Meat Muffins with Sweet Potato Frosting



Ingredients:

Muffins:

- 1 lb. ground lamb or beef
- 1 tsp. butter
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- Small chunk of ginger, chopped
- 1 egg
- 1/2 tsp. sea salt
- 1/2 tsp. dried thyme

Topping:

- 2 medium sweet potatoes, peeled and chopped into cubes.*
- 1 Tbsp. butter
- 1/4 tsp. sea salt

Directions:

- 1.) Preheat the oven to 350 degrees. Place the ground lamb or beef in a mixing bowl and set aside.
- 2.) Heat the 1 tsp. butter in a small skillet over medium heat. Add the onions and cook until they begin to soften. Add the garlic and cook for 30-60 seconds more.
- 3.) Remove from heat and add to the meat in the mixing bowl. Add the egg, sea salt, and dried thyme. Mix together with your hands until thoroughly combined. Fill 8 wells of a muffin pan with the mixture. Place in the oven and bake for 20-25 minutes until cooked through.
- 4.) While the meat muffins are baking, steam the sweet potato until very tender (about 10-12 minutes). Drain and place in a food processor.
- 5.) Add the butter and sea salt to the food processor and process on high until smooth. Transfer to a plastic bag, and squeeze toward one corner so you will be able to use it as a piping bag. Snip off the corner of the bag with a pair of clean scissors.
- 6.) Once the muffins are done, take out of the oven, and transfer to a plate.
- 7.) Use your plastic bag with the corner snipped off to pipe the sweet potato mixture on top of the muffins (or you can just spoon it on top of each muffin).
- 8.) Sprinkle with some fresh thyme and sea salt and serve.

*Enjoy occasionally, or you can replace the sweet potato with 3-4 cups of chopped cauliflower and enjoy often.

Colorful Baked Veggies



Ingredients: Amount of each is up to you

- Rutabaga, chopped into cubes
- Red Cabbage, chopped into bite size pieces
- Brussels sprouts, quartered
- Orange cauliflower, stems and leaves included, chopped
- Red onion, chopped
- Garlic cloves, minced
- Ginger, thinly sliced
- Olive oil
- Garlic granules
- Cumin
- Sea salt

Fun Nutritional Balancing Recipes

- Apple Cider Vinegar
- Plain yogurt for topping (optional)

Directions:

- 1.) Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper. Prepare all of your veggies and place them in a bowl. Drizzle with a small bit of olive oil, then sprinkle with the garlic granules, cumin, and sea salt. Toss to combine and coat. Add a bit of apple cider vinegar and toss to combine and coat again.
- 2.) Spread your coated veggies out on your prepared baking sheet. Bake in the oven at 400 degrees F for 35-40 minutes.
- 3.) Transfer to a plate and top with plain yogurt, if desired.

*Enjoy often

Cauliflower Stuffing



Ingredients:

- 3 Tbsp. butter
- 1 red onion finely chopped
- 2 large carrots, peeled and finely chopped
- 2 large celery stalks, peeled and finely chopped
- 1 large leek, finely chopped
- 3 garlic cloves, minced
- 1 small head of cauliflower, chopped into tiny pieces
- 1 tsp. dried parsley

Fun Nutritional Balancing Recipes

- 2 Tbsp. fresh chopped rosemary
- 1 1/2 Tbsp. fresh chopped sage
- 1/2 cup vegetable broth, chicken broth, or water
- sea salt, to taste

Directions:

- 1.) Prepare all of your vegetables by finely chopping everything...the smaller the better. Heat the butter in a large frying pan over medium heat. Add the onion, carrots, celery, garlic, and leek. Cook for 7-10 minutes until vegetables begin to sweat.
- 2.) Add the cauliflower, and cook for an additional 10 minutes.
- 3.) Add the parsley, rosemary, sage, and broth (or water). Cover and cook for an additional 10-15 minutes until the broth is completely absorbed, and the vegetables are completely tender.
- 4.) Transfer to a plate, and season with sea salt, to taste.

*Enjoy often

Spaghetti Squash and Chicken Casserole



Ingredients:

- 2 medium spaghetti squash, cut into rings and seeded
- 3-4 cups chopped cauliflower, stems and leaves included
- 1 large red onion, chopped into thin slices
- 2-4 garlic cloves, minced
- 1.25 lbs boneless chicken breast or thigh
- 2 Tbsp. butter
- 1 cup milk
- 1/2 tsp. garlic granules

Fun Nutritional Balancing Recipes

- 3 eggs (whites and yolks separated)
- 2 oz soft goat cheese
- sea salt, to taste

Directions:

- 1.) Preheat the oven to 400 degrees. Line a baking sheet with parchment paper and place the spaghetti squash rings on the sheet. Brush with a bit of butter, and bake in the oven for 40 minutes.
- 2.) Bring a large pot of water to a boil. Add the chicken and cook for 30 minutes. Remove the chicken and cut into bite size pieces. Set aside.
- 3.) Heat the 2 Tbsp. of butter over medium heat in a large frying pan. Add the onions and garlic and cook, stirring often, until tender. Add the cauliflower, and cook for an additional 3 minutes. Add the chicken and continue to cook, stirring occasionally, until the chicken is very lightly browned.
- 4.) While everything is cooking, create a sauce in a medium bowl by combining the milk, egg whites, and garlic granules. Make another sauce in a separate bowl by mixing the yolks and the goat cheese together.
- 5.) Once the spaghetti squash is done baking, take out of the oven and remove the skins. Use a fork to make the squash into “spaghetti” strings. Grease an 8x11 baking dish with butter. Place the squash in the dish followed by the onions, garlic, cauliflower, and chicken. Stir to combine. Pour the egg white sauce over top and stir to disperse evenly.
- 6.) Place the casserole in the oven and bake for 50 minutes until the top is lightly browned.
- 7.) Remove from the oven, and immediately top with the egg yolk sauce. Spread evenly over the top.
- 7.) Allow to set for 5-10 minutes for the yolks to lightly cook from the heat of the casserole, but still remain runny, then use a knife and spatula to cut into pieces to serve. Season with sea salt and serve.

*Enjoy occasionally

Roasted Chicken and Autumn Veggies



Ingredients

- 1 lb. boneless skinless chicken breast or chicken thigh
- 2 Tbsp. butter, melted
- 2 Tbsp. Olive oil
- 2 Tbsp. Apple Cider Vinegar
- 1/2 tsp. garlic powder, divided
- 1/2 tsp. rosemary
- 1/2 tsp. thyme
- 1/4 tsp. sage

Fun Nutritional Balancing Recipes

- 1 very large sweet potato, peeled and chopped into 3/4 inch cubes*
- 1 lb. Brussels sprouts, washed and quartered
- 1/2 large red onion, cut into 1 inch square pieces
- sea salt and pepper, to taste

Directions:

1.) Preheat the oven to 450 degrees. In a small container or 1 quart plastic sealable bag, add the chicken breasts, 2 Tbsp. olive oil, the apple cider vinegar, 1/4 tsp. garlic powder, the rosemary, thyme, and the sage. Move chicken breast around to coat with the oil and herbs. Set aside while you prepare your veggies (at least 10 minutes).

2.) Prepare all your veggies as described in the ingredient list. Spray a large baking sheet with olive oil. Spread the veggies out on the baking sheet. Drizzle butter over the veggies and sprinkle with the other 1/4 tsp. garlic powder. Stir on the pan to coat.

3.) Place the chicken breasts on top of the veggies, and drizzle the leftover juice in the bag or container over the chicken and veggies. Place in the oven and bake at 450 degrees for 35-40 minutes until the chicken is cooked through.

4.) When done, transfer to a plate and season with sea salt.

*Enjoy occasionally, also, you can replace the sweet potato with rutabaga to reduce the carb count

Slow Cooker Sweet and Savory Garlic Chicken and Veggies



Ingredients:

- 1 - 1.5 lbs. boneless chicken breast or thigh
- 1 very large rutabaga or 2-3 small, washed, peeled, and cut into chunks
- 1 lb. baby carrots

Fun Nutritional Balancing Recipes

- 1 lb. green beans
- 1/3 cup apple cider vinegar
- 1/4 - 1/2 tsp. Stevia, to taste (optional)
- 1/2 cup water
- 3/4 tsp. garlic granules
- 1 tsp. dried basil
- 1/2 tsp. dried oregano
- Sea Salt, to taste

Directions:

- 1.) Place the chicken at the bottom of a slow cooker and top with the rutabaga and carrots.
- 2.) In a small bowl, combine the apple cider vinegar, stevia, water, garlic, oregano, and basil.
- 3.) Pour the contents of the bowl over the contents of the slow cooker. Close the slow cooker and cook on low for 6-8 hours or on high for 3-4 hours.
- 4.) When there is about 40-45 minutes left, add the green beans. Stir to combine and cook the remaining time.
- 5.) Transfer the veggies and chicken to plates to serve. Season with sea salt.

*Enjoy often, but if adding the stevia, only enjoy occasionally

Cauliflower Garlic and Herb Wraps



Ingredients:

- 1/2 medium to large cauliflower head cut into florets
- 2 eggs
- 1/4 tsp. garlic powder
- 1/4 tsp. dried oregano
- 1/4 tsp dried basil
- 1/4 tsp. dried thyme
- Possible fillings: cooked chicken, turkey, or lamb, cooked vegetables, yogurt, fresh herbs, etc.

Directions:

- 1.) Preheat the oven to 375 degrees, and line a baking sheet with parchment paper.
- 2.) Add the cauliflower to a food processor. Pulse until the cauliflower is in crumbs. Transfer the cauliflower crumbs to a sauce pan. Add 1/4 cup water, and cook, covered over medium heat for 8 minutes.
- 3.) While the cauliflower is cooking, whisk together the eggs, garlic powder, thyme, basil, and oregano in a small bowl.
- 4.) When the cauliflower is done cooking, drain any excess water, then place the cauliflower in a dishtowel. Wrap in the dishtowel and ring out as much water as possible. Add the cauliflower to the eggs and herbs and mix thoroughly.
- 5.) Pour the mixture to form two round circles on your prepared baking sheet.
- 6.) Bake in the oven at 375 degrees for 15-17 minutes until set.
- 7.) Transfer to a wire rack to cool. Once cool, place your filings on top of the wrap. Fold over, and enjoy.

*Enjoy often

Cabbage Lasagna with Red Lentil Sauce



Ingredients:

For the Sauce:

- 1 can pumpkin puree
- 1 cup water
- 1 red onion, chopped
- 3/4 Tbsp. butter
- pinch of stevia
- 1/2 tsp. garlic granules

- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- 1/4 tsp. dried parsley
- 1/4 tsp. sea salt
- 1 cup red lentils, sorted and rinsed
- 2 Tbsp. Apple Cider Vinegar

For the Lasagna

- 1 small head of cabbage, peeled into individual leaves
- 1/4 tsp. sea salt
- 4 oz. soft goat cheese (can also use cottage cheese or ricotta cheese)
- 2-3 cups shredded hard goat cheese (you can also use any combination of other types of hard cheese here instead like mozzarella, cheddar, etc.)

Directions:

1.) Preheat the oven to 350 degrees. In a medium sauce pan, heat the butter over medium heat. Add the onion and cook for about 3 minutes until translucent. Add the pumpkin puree, water, garlic granules, oregano, basil, parsley, sea salt, apple cider vinegar, and stevia. When the juices begin to boil, add the lentils. Stir in and allow to simmer for about 30 minutes, stirring occasionally, until the sauce is at your desired consistency.

2.) While the sauce is cooking, you're going to blanch your cabbage leaves. Bring a large pot of water to a boil. Add 1/4 tsp. sea salt. Take the cabbage leaves one by one and dip them in the boiling water for 3-5 seconds until just barely starting to soften.

3.) Now you've got everything ready to make your lasagna. In an 8x11 baking dish (lasagna pan), put in the following layers: cover the bottom with a bit of sauce, top with a layer of cabbage leaves, top with 1/2 of the remaining lentil sauce, add another layer of cabbage leaves, top with all of the soft goat cheese (crumbled) and 1/2 of the shredded goat cheese, add another layer of cabbage leaves, and top with the remaining lentil sauce. Cover with foil and bake in the oven at 350 degrees for 25 minutes.

4.) Remove from the oven and take off the aluminum foil. Top with the remaining shredded goat cheese and put back in the oven for 20 minutes, until the cheese is melted and bubbly.

5.) Let sit for 15 minutes, then use a knife and a spatula to cut into pieces and

transfer to plates to serve.

*Enjoy occasionally

Slow Cooker Cabbage and Chicken



Ingredients:

- 2 pounds boneless chicken breasts
- 3 cups milk
- 1 head of cabbage, preferably red cabbage
- 2 diced onions
- 1 inch minced ginger
- 2 minced garlic cloves
- 1 diced onion

Fun Nutritional Balancing Recipes

- 1 Tbsp. Arrowroot powder + 1/4 cup water
- Sea salt, to taste

Directions:

- 1.) Begin by bringing together the ginger, garlic cloves, and 1 diced onion in a food processor. Blend until you've created a paste.
- 2.) Place the paste and the milk into the slow cooker and stir them together.
- 3.) Afterwards, chop up the chicken into small squares and place them in the slow cooker. Add the onion. Next, quarter the cabbage and place the cabbage pieces at the top of the mixture.
- 4.) Place the lid on the slow cooker and cook on low for six hours.
- 5.) At the end of six hours, in a small bowl, stir together the arrowroot powder and water until the arrowroot is completely dissolved. Pour over the contents of the slow cooker and stir. Cook on low for an additional hour.

*Enjoy often

Cheese-y Low Carb Enchiladas



Ingredients:

- 16 ounces frozen cauliflower
- 3 eggs
- 3 cups mozzarella

Enchilada sauce ingredients:

- 1 diced onion
- 3 minced garlic cloves
- 4 tbsp. olive oil
- 1 tsp. Oregano
- 2 tsp. Cumin
- 1 cup pumpkin puree
- 2 cups shredded Cheddar cheese
- 2 cups shredded pepper jack cheese

Directions:

- 1.) Preheat the oven to 450 degrees Fahrenheit.
- 2.) Puree the cauliflower and mix it together with the eggs and the 3 cups of mozzarella.
- 3.) Drop about a third cup of the batter onto a baking sheet and create round “pancake” formations. Bake them for fourteen minutes and allow them to cool.
- 4.) Next, make the enchilada sauce. Cook the garlic and the onion together in the oil over medium heat. Toss in the cumin, the oregano, the salt, and the pumpkin puree. Stir the sauce until it is well heated.
- 5.) Mix the cheese together in a small bowl.
- 6.) Dip each prepared shell into the heated enchilada sauce. Place these shells yellow-side up in a casserole pan.
- 7.) Add about a fourth cup of the prepared cheese mixture, and roll each enchilada up. Do this for each of the shells.
- 8.) Afterwards, pour the remaining sauce and cheese over the enchiladas. Bake for twenty minutes.

*Enjoy occasionally

Swiss Family Meatballs



Ingredients:

- 1 tsp. olive oil

- 1 diced onion
- 1 minced garlic clove
- 1 minced celery stalk
- 1/4 cup minced parsley
- 1 egg
- 1 pound beef or ground lamb
- 2 cups beef stock
- 2 ounces cream cheese

Directions:

- 1.) Begin by heating the olive oil in a pan. Add the garlic and the onions and sauté for five minutes. Add the parsley and the celery and cook for an additional four minutes.
- 2.) To the side, combine the egg, the beef, and the prepared onion mixture together and stir. Form the meatballs with your hands.
- 3.) Next, pour the beef stock into the pan and bring the stock to a boil. Reduce the heat, and drop each meatball into the broth. Cover the pan and cook the meat for twenty minutes.
- 4.) Afterwards, remove the meatballs and place them to the side.
- 5.) Pour the beef broth into a blender and add the cream cheese. Pulse the ingredients until the mixture is smooth.
- 6.) Return this mixture to the pan and allow it to simmer for five minutes. Pour this mixture over the meatballs and top with some parsley, if desired.

*Enjoy occasionally

Slow Cooker Garlic Roasted Chicken



Ingredients:

- 4 chicken breasts or thigh
- 1 1/2 cups chicken broth
- 3-5 minced garlic cloves
- 1 tbsp. Thyme

Directions:

- 1.) Begin by placing the chicken breasts in the slow cooker.
- 2.) Pour the garlic into the slow cooker, and add the chicken broth.
- 3.) Toss in the thyme, and cover the slow cooker. Cook on LOW for ten hours.

*Enjoy often (up to two times a day) with a plate full of cooked vegetables

Morocco Mambo Meatballs



Ingredients:

- 1/2 cup minced parsley
- 2 tsp. Cumin
- 1 tsp. Sea Salt
- 2 pounds ground lamb

Sauce Ingredients:

- 1 tbsp. olive oil

Fun Nutritional Balancing Recipes

- 2 diced onions
- 2 minced garlic cloves
- 2 tsp. Cumin
- 2/3 cup pumpkin puree
- 1 cup diced celery
- 1 1/2 cups water
- 1/2 cup minced parsley leaves

Directions:

1.) Begin by combining the parsley, the cumin, and the sea salt in a bowl. Crumble up the lamb into this spice bowl and knead the meat until the spices are incorporated. From this meat, you create the meatballs. Line up the meatballs on a baking sheet.

2.) To the side, heat up the olive oil in a skillet and sauté the onion for five minutes. Toss in the cumin the salt, and the garlic and stir. Add the diced celery and stir again. Add the water, the pumpkin puree, and the parsley, and stir for an additional thirty seconds.

3.) Bring this created sauce to a boil and place the meatballs in this saucepan. Cover the skillet and reduce the heat. Cook the meatballs for forty minutes with the cover on. Afterwards, remove the cover and cook for an additional twenty minutes. Serve warm.

*Enjoy occasionally

Roasted Rosemary Leg of Lamb



Ingredients:

- 2 tbsp. Apple cider vinegar
- 2 tbsp. Rosemary
- 1 tsp. Onion powder
- 5 pounds leg of lamb
- 3 minced garlic cloves
- 1 tsp. sea salt

Directions:

- 1.) Begin by combining the apple cider vinegar, the rosemary, the onion powder, and the garlic. Mix the ingredients well. Afterwards, apply the mixture to the lamb. Refrigerate the lamb overnight.
- 2.) The next day, preheat the oven to 450 degrees Fahrenheit. Put the lamb on a pan and sprinkle with salt. Bake the lamb for twenty minutes. Afterwards, reduce the temperature to 400 degrees Fahrenheit. Roast for an additional sixty minutes.
- 3.) Allow the roast to cool for ten minutes prior to serving.

*Enjoy lamb up to two to three times per week

Basil Balsamic Lamb Chops



Ingredients:

- 1 tsp. Rosemary

Fun Nutritional Balancing Recipes

- 1/2 tsp. dried thyme
- 1/4 tsp. Basil
- 1/4 tsp. Sea salt
- 4 lamb chops
- 1/4 cup diced shallots
- 1/3 cup balsamic vinegar
- 3/4 cup chicken broth
- 1 tbsp. Butter
- 1 tbsp. olive oil

Directions:

- 1.) Begin by mixing together the rosemary, the basil, the sea salt, and the thyme. Rub this over the lamb chops on all sides. Set this to the side for about twenty minutes.
- 2.) Next, heat the olive oil in a skillet. Place the lamb chops in the skillet and cook for four minutes on each side. Remove the lamb from the skillet and keep it warm.
- 3.) Afterwards, place the shallots in the skillet and cook them for three minutes. Add the vinegar and scrape up the bottom of the skillet. Next, stir the chicken broth into the mixture. Stir and cook for an additional five minutes.
- 4.) Remove the sauce from the heat and add the butter. Allow the butter to melt. Pour this mixture over the lamb chops and serve.

*Enjoy lamb only two to three times per week

Beef and Broccoli



Ingredients:

- 1 pound cubed beef
- 1 diced onion
- 5 cups broccoli florets
- 14 ounces beef broth
- 8 ounces pumpkin puree
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder

- Shredded cheese for topping (optional)

Directions:

- 1.) Begin by bringing together the onion, the broccoli, and the beef in a skillet. Allow the beef to brown.
- 2.) Next, add the pumpkin puree, the broth, the onion powder, and the garlic. Heat the mixture to a boil.
- 3.) Cover the skillet and allow it to cook for twenty minutes.
- 4.) Serve warm with some sprinkled cheese, if desired.

*Enjoy occasionally

Slow Cooker Garlic Cashew Chicken and Broccoli



Ingredients:

- 3 chicken breasts, cut into bite-size pieces (about 1.5 lbs)
- 3 cups fresh broccoli, cut into bite-size pieces
- 1 1/2 cups carrots, sliced
- 1 1/4 cup whole cashews
- 1 1/2 tablespoon butter
- 3/4 cup chicken broth
- 6 tablespoons apple cider vinegar
- 1/4 cup pumpkin puree

Fun Nutritional Balancing Recipes

- 3 large garlic cloves, minced
- 1/2 Tbsp. fresh grated ginger
- sea salt, to taste

Directions:

- 1.) Chop your broccoli, carrots and chicken breasts. Set aside.
- 2.) In a small bowl, mix together the butter, chicken broth, apple cider vinegar, pumpkin puree, garlic, and ginger. Set aside.
- 3.) Place the chopped veggies, chicken, and cashews in the bed of the slow cooker.
- 4.) Pour your sauce in the cooker over the veggies and chicken.
- 5.) If necessary, add the water or chicken broth so the veggies and chicken are almost completely covered.
- 6.) Cook in your cooker for 2-4 hours on high, or 4-8 hours on low.
- 7.) When done cooking, season with sea salt and serve!

*Enjoy occasionally

Soups And Chilis

Soups and chilis contain more liquid than other meals and can dilute the digestive juices too much, which is undesirable. Therefore, they should only be eaten occasionally. The “Enjoy often” and “Enjoy occasionally” in this section refers to the ingredients, so limit soups and chilis to occasional meals only

Veggie Loaded Khorma



Ingredients:

- 8 – 10 oz. broccolini

Fun Nutritional Balancing Recipes

- 1 head cauliflower, cut into florets
- 1 cup frozen peas
- 1 1/2 cups green beans
- 1/2 red onion, chopped
- 2-4 garlic cloves, minced
- 1 1/2 Tbsp. curry powder
- 1 tsp. garam masala
- 1 tsp. sea salt
- 2 Tbsp. Arrowroot powder
- 2 cups milk

Directions:

1.) Place all the vegetables in the bowl of a slow cooker. Sprinkle with all the seasonings, then pour the milk over everything and stir to mix and coat the veggies.

2.) Cook on low for 8 hours or on high for 5 hours. When there's about 1 hour left of cooking, mix the 2 Tbsp. Of arrowroot powder with a small bit of spring water till there are no clumps. Poor into the slow cooker, and stir to combine. Cook for the additional hour. Once done, stir to combine.

3.) Ladle into bowls to serve.

*Enjoy often

Tikel Gommen



Ingredients:

- 1/3 cup olive oil
- 4 carrots peeled and sliced
- 1 red onion cut into thin strips
- 1 head cabbage (red or green) thinly sliced
- 5 small rutabaga or 2-3 large rutabaga peeled and chopped into bite size pieces
- 1 tsp. sea salt
- 1 tsp. turmeric
- 1 tsp. cumin
- 1/2 tsp. ground ginger
- Optional: Injera Flat Bread

Directions:

- 1.) Prepare all your vegetables.
- 2.) Heat the oil in a large pot over medium heat. Add the carrots and onion and cook for about 5 minutes.
- 3.) Add the spices and cook for about a minute more.
- 4.) Add the cabbage and cook for about 10 minutes stirring occasionally.
- 5.) Add the rutabaga and cover. Cook for about 30 minutes or until the rutabaga is soft.
- 6.) Enjoy alone, or serve with injera flat bread.

*Enjoy often

Unstuffed Cabbage Roll Soup



Ingredients:

- 1 can pumpkin puree
- 1 Tbsp. apple cider vinegar
- 1/2 tsp. garlic granules
- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- 1 tsp. extra virgin olive oil
- pinch of stevia
- 1 Tbsp. butter
- 1 lb. organic grass fed ground beef
- 1/4 cup chopped red onion

Fun Nutritional Balancing Recipes

- 1/4 cup chopped shallots
- 1 large garlic clove, minced
- 1/2 tsp. dried parsley
- 1/4 tsp. oregano
- 1/2 tsp. sea salt
- 8 cups sliced green cabbage
- 3 cups chicken broth, vegetable broth, or beef broth

Directions:

- 1.) In a sauce pan mix together the pumpkin puree, 1 tsp. extra virgin olive, apple cider vinegar, garlic granules, 1/2 tsp. dried oregano, dried basil, and stevia. Place over medium/high heat and bring to a simmer. Allow to simmer, stirring occasionally, for about 10 minutes.
- 2.) Heat 1 Tbsp. of butter over medium heat in a large frying pan. Add the onion, shallot, and garlic, and let cook for 3 minutes. Add the ground beef and cook until it is cooked through. Add the dried parsley, 1/4 tsp. dried oregano, and sea salt.
- 3.) Add the pumpkin sauce to the ground beef and stir to mix.
- 4.) Transfer the ground beef and tomato mixture to the bed of a slow cooker. Add the cabbage and broth. Stir to combine.
- 5.) Cook on high for 3 hours or on low for 6 hours.
- 6.) Transfer to bowls, allow to cool to desired temperature, and serve.

*Enjoy occasionally

Hamburger Stew



Ingredients:

- 1 lb. organic grass-fed ground beef or ground lamb
- 1 red onion, chopped
- 2 celery stalks, chopped
- 3 carrots, peeled and chopped into bite size pieces
- 2 rutabagas, peeled and chopped into ~3/4 inch cubes
- 1 cup frozen peas

Fun Nutritional Balancing Recipes

- 2-4 garlic cloves, minced
- 2 1/2 cups spring water, divided
- 2 Tbsp. Arrowroot powder
- 1 teaspoon sea salt

Directions:

- 1.) In a large soup pot (or dutch oven), brown the beef or lamb, then drain and place back in the pot.
- 2.) Add the onions and celery, and cook until soft.
- 3.) Add the carrots, rutabaga, peas, garlic granules, sea salt, pepper, and 2 cups of spring water to the pot. Bring to a boil, cover and cook until the vegetables are soft (10-15 minutes).
- 4.) In a small bowl, mix together the arrowroot powder and 1/2 cup of water. Stir until the powder is completely dissolved in the water. Slowly pour into the pot and stir while the stew thickens. This will take around 5 minutes.
- 5.) Transfer to bowls to serve.

*Enjoy meals with red meat up to 2-3 times per week

Cream of Broccoli Soup



Ingredients:

- 3/4 - 1 cup cashews
- 2 Tbsp. butter
- 1 large red onion, chopped
- 2-4 garlic cloves, minced
- 1 1/2 cups chopped celery
- 1 chopped chopped carrots
- 7-8 cups broccolini
- 3 cups water plus 1 cup water
- sea salt, to taste

Directions:

Fun Nutritional Balancing Recipes

- 1.) Bring a small saucepan of water to a boil. Add the cashews, remove from heat, and allow to soak for 15-30 minutes.
- 2.) After the cashews have soaked for 15-30 minutes, drain the water, and place the cashews in a food processor with 1 cup of water. Process on high until completely smooth with no lumps. Set the cashew cream aside.
- 3.) In a large pot, heat the butter over medium heat. Add the onions, cook for 5 minutes. Add the celery and carrots. Cook for another 5 minutes. Add the broccoli and garlic granules.
- 4.) Add 3 cups of water to the pot and bring to a boil. Reduce heat and allow to simmer for 15-20 minutes, until the vegetables are very tender.
- 5.) Transfer the soup to a food processor. You may have to do this in batches depending on the size of your processor. Process on high until smooth.
- 6.) Add in the cashew cream, leaving a little bit to stir into each individual serving for presentation. Season with sea salt, to taste.
- 7.) Transfer to bowls. Add a bit of cashew cream to each bowl, and gently stir the cream in to give it a swirly look.

*Enjoy occasionally

Creamy Slow Cooker Sweet Potato and Cauliflower Soup



Ingredients:

- 1 large head of cauliflower, roughly chopped
- 1 large sweet potatoes, peeled and cubed
- 1 large rutabaga, peeled and cubed
- 1 large red onion chopped
- 2-4 garlic cloves, minced

Fun Nutritional Balancing Recipes

- 4-5 green onion stalks, chopped
- 3 cups chicken or vegetable broth
- 1 1/2 tsp. dried thyme
- sea salt, to taste
- 2 cups milk
- 3 ounces soft goat cheese

Directions:

- 1.) Prepare all your veggies. Put the cauliflower, sweet potatoes, rutabaga, red onion, green onion, broth, garlic, thyme, and sea salt in the slow cooker. Cook on high for 4 1/2 hours.
- 2.) After the veggies are all cooked and tender, turn off the slow cooker and add the milk and goat cheese to the slow cooker. Stir to combine completely.
- 3.) Use a ladle to transfer to bowls to serve.

*Enjoy occasionally, or omit the sweet potato by replacing it with more cauliflower or rutabaga and enjoy often

Slow Cooker Chicken and Root Vegetable Stew



Ingredients:

- 1.5 lbs. boneless chicken thighs
- 1 small red onion, chopped
- 3-4 small rutabagas, peeled and chopped into 1/2-1 inch chunks
- 2 turnips, peeled and chopped into 1/2 - 1 inch chunks
- 2 parsnips, peeled and chopped into 1/2 inch chunks
- 5 carrots, peeled and chopped into 1/2 inch chunks
- 2-4 garlic cloves, minced
- 2 Tbsp. apple cider vinegar

- 1/2 tsp. Stevia (optional)
- 1/2 tsp. dried thyme
- 1/2 tsp. sea salt
- 3 cups chicken broth
- 1 1/2 Tbsp. arrowroot powder

Directions:

- 1.) In the bed of a slow cooker, place the chicken, onion, rutabagas, turnips, parsnips, carrots, garlic granules, apple cider vinegar, stevia, thyme, sea salt, and chicken broth. Stir to combine.
- 2.) Cook on low for 7.5 hours.
- 3.) After 7.5 hours, when the vegetables are tender, open the slow cooker, and use a fork and knife to shred the chicken. Take 1/4 cup of broth from the slow cooker and mix it with the arrow root powder in a separate bowl until the arrow root powder is mixed in completely with no lumps. Pour back into the slow cooker and stir to disperse throughout. Close the slow cooker and cook on low for another 15-30 minutes.
- 4.) Use a ladle to transfer to bowls to serve. Season with sea salt, and garnish with fresh parsley if desired.

*Enjoy often without the stevia, or occasionally with the stevia

Butternut Squash and Parsnip Soup



Ingredients:

Fun Nutritional Balancing Recipes

- 3 parsnips, peeled and chopped
- 1 red onion, chopped
- 5 cups cubed butternut squash
- 2 cups chicken broth (for a vegetarian option, use veggie broth)
- 1/2 tsp. ground coriander
- 1/2 tsp. ground cumin
- 1/4 tsp. dried thyme
- 1/8 tsp. ground sage
- 1/2 tsp. sea salt
- Plain greek yogurt

Directions:

- 1.) Add all the ingredients to a slow cooker and stir.
- 2.) Cook on low for 6-7 hours.
- 3.) In batches, transfer to a blender and blend till smooth.
- 4.) Split up in bowls. Top with a dollop of plain greek yogurt, and season with more sea salt, if desired.

*Enjoy occasionally

Slow Cooker Lamb Stew



Ingredients:

- 3 cuts of lamb shoulder (about 1.5 lbs)
- 1 lb. carrots, peeled and chopped into large bite size pieces
- 1 leek, chopped
- 1 large red onion, chopped
- 2 medium turnips, peeled and chopped into large bite size pieces
- 2 cups frozen french style green beans
- 2 Tbsp. Apple cider vinegar
- 1 teaspoon garlic granules, or 4-5 cloves minced
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon sea salt

Fun Nutritional Balancing Recipes

- 2 Tbsp. arrowroot powder
- 1/2 cup water, divided

Directions:

- 1.) Cut lamb into cubes, and place in the bed of a slow cooker. Add the bones as well. Don't worry if you can't get the meat off the bones, it will come right off after it has cooked.
- 2.) Prepare your veggies and place them on top of the lamb in the slow cooker.
- 3.) Add the garlic, thyme, rosemary, sea salt, apple cider vinegar, and 1/4 cup water. Stir to mix. Cook on low for 6-8 hours, or cook on high for 3-4 hours.
- 4.) When there is about 1/2 hour left of cooking time, remove any meat left on the bones and discard the bones. Mix 1/4 cup water with the 2 Tbsp. arrowroot powder, and add to the slow cooker. Stir to coat. Let cook for another 1/2 hour.
- 5.) Once done, ladle into bowls. Season with sea salt, if desired, and serve.

*Enjoy meals containing red meat 2-3 times per week

Carrot and Ginger Soup



Ingredients:

- 2 tablespoons butter
- 1 cup onion, chopped
- 2 garlic cloves, minced
- 1/2 tsp. garlic granules
- 2 tablespoons minced peeled ginger
- 1/2 tsp. dried thyme
- 2 pounds carrots, peeled and chopped
- 1 medium rutabaga, peeled and chopped
- 6 cups chicken broth

- sea salt to taste

Directions:

- 1.) Place a large pot over medium heat. Heat the butter, then add the onions. Cook about 5 minutes, then add the garlic, garlic granules, ginger, and thyme and cook for an additional minute.
- 2.) Add the carrots, rutabaga, and chicken broth. Bring to a boil, then reduce heat and let simmer until the carrots and rutabaga are very tender.
- 3.) When the veggies are nice and tender, transfer the soup to a food processor or blender, and blend till smooth.
- 4.) Transfer to a bowl, and if desired, top with a dollop of plain greek yogurt.

*Enjoy often

Slow Cooker Chicken Vegetable Stew



Ingredients:

- 1.5 lbs chicken breast or thigh
- 1.5 cup celery, chopped
- 1.5 cup carrots, chopped
- 1.5 red onion, chopped
- 1.5 cup frozen peas
- 1.5 cup frozen green beans
- 3-5 garlic cloves, minced
- 4 cups chicken broth

Fun Nutritional Balancing Recipes

- 1/2 tsp. dried thyme
- 1/2 tsp. sea salt
- 1 bay leaf

Directions:

- 1.) Add the chicken breasts into the slow cooker. Top with the celery, carrots, onion, peas, garlic, and green beans.
- 2.) Add the chicken broth, thyme, and bay leaf. Stir to combine.
- 3.) Cook on high for 4 hours. Open lid, and use two forks to shred the chicken – it should just fall apart very easily. Stir to mix well, then cook for an additional hour on low.
- 4.) Ladle the stew into bowls, season with sea salt, and serve.

*Enjoy often

Veggie Minestrone Soup



Ingredients:

- 2 diced onions
- 2 diced celery stalks
- 2-4 cloves of garlic, minced
- 2 tbsp. butter
- 3 large broccolini bunches, cut into small florets
- 20 basil leaves
- 10 oz. frozen green beans
- 3-4 cups chicken broth or spring water

Fun Nutritional Balancing Recipes

- sea salt to taste
- shredded goats milk cheddar or cheese of your choice for topping (optional)

Directions:

- 1.) Chop all your vegetables and put all ingredients, except the cheese, into the slow cooker.
- 2.) Cook on low for 6-8 hours.
- 3.) Ladle into a bowl, season with sea salt, and top with shredded cheese if desired, then serve.

*Enjoy often

Watercress and Cauliflower Soup



Ingredients:

- 1 Tbsp butter
- 1/2 cup chopped red onions
- 1 tbsp arrowroot powder + 1/4 cup water

Fun Nutritional Balancing Recipes

- 4 cups chicken broth
- 1 large head cauliflower, chopped (Stems and leaves included)
- 4 cups watercress
- sea salt, to taste
- Olive oil, for drizzling

Directions:

- 1.) In a large sauce pan, heat the butter over medium heat. Add the onions and let cook for about 3 minutes. Combine the arrowroot and water, and stir till arrowroot is completely dissolved (no lumps). Add the arrowroot mixture, cauliflower, and broth. Stir to combine. Bring to a boil, then cover and simmer on medium heat for 20 minutes. Add the watercress – it will wilt quickly.
- 2.) Transfer the soup to a food processor and process on high till smooth.
- 3.) Add sea salt to taste. Drizzle with olive oil and serve.

*Enjoy often

Split Pea Soup



Ingredients:

- 2.5 cups dried split peas, rinsed and picked over
- 5 cups chicken broth
- 5 cups water
- 1 Tbsp. butter
- 1 large red onion, chopped
- 2 cups of chopped carrots

Fun Nutritional Balancing Recipes

- 2 cups of chopped celery
- 1/2 tsp. garlic powder
- 2 bay leafs
- 1 Tbsp. oregano
- 1 handful of chopped parsley
- sea salt

Directions:

- 1.) Chop your onions, carrots and celery and set aside.
- 2.) Rinse and pick over your split peas. Set aside.
- 3.) Heat the butter over medium heat in a large soup pot. Add the onions and cook for about 5 minutes till the onions begin to sweat.
- 4.) Add the broth, water, carrots, celery, garlic powder, oregano, bay leafs, and parsley to the pot. Bring to a boil.
- 5.) Once the pot has come to a boil, reduce the heat, and let simmer, partially covered, for 75-90 minutes. Stir every 15 minutes or so.
- 6.) When cooked to desired consistency, add the sea salt (to taste). Ladle into bowls and serve.

*Enjoy occasionally

Good Old Vegetable Soup



Ingredients:

- 1 red onion
- 2-3 carrots
- 2 celery stalks
- 3 cups red cabbage
- 2 cups broccolini

Fun Nutritional Balancing Recipes

- 2 cups cauliflower (stems and leaves included)
- 1 1/2 cups cut green beans
- 1 1/2 cups peas
- Large handful spinach, or more
- 3 cups chicken broth, vegetable broth, or water
- 1/2 tsp. garlic powder
- 1 tsp. dried basil
- 1 tsp. dried oregano
- 1-2 Tbsp. butter
- sea salt to taste

Directions:

- 1.) Prepare all your veggies: Chop your onion, carrots, celery, cabbage, broccolini, and cauliflower.
- 2.) In a large soup pot, heat butter over medium heat. Add the onions and cook for about 5 minutes.
- 3.) Add the broth, garlic powder, oregano, basil, and all the veggies except the spinach.
- 4.) Bring the pot to a boil, then reduce heat and let simmer for 20-25 minutes until the vegetables are at a desired tenderness.
- 5.) Remove from heat, add spinach and mix well. Allow to cool to desired temperature, season with sea salt and serve.

*Enjoy often

Veggie Loaded Chicken Soup



Ingredients:

- 1-2 Tbsp. butter
- 1 lb. Chicken breast or thigh
- 1 rutabaga chopped into cubes
- 1 red onion chopped
- 2 bunches of broccolini chopped
- 3-4 stalks of celery chopped
- 2-3 large carrots chopped
- 1 Tbsp. grated fresh ginger
- 2-4 garlic cloves, minced
- sea salt

Fun Nutritional Balancing Recipes

Directions:

- 1.) Fill a large pot with water, and bring to a boil. Add chicken and cook for about 40 minutes. Set the chicken aside to cool, and save the water you cooked the chicken in (set aside).
- 2.) In a large sauce pan, heat the butter and add the onion. Cook till transparent.
- 3.) Add the garlic and ginger, and cook for a minute longer.
- 4.) Add the rutabaga, red onion, broccoli, celery, and carrots. Cook till the veggies begin to sweat (about 2-3 minutes).
- 5.) Add the water (broth) that you set aside in step 1, till it just covers the vegetables. Add more if needed throughout the cooking process. Turn the heat up to high, and bring to a boil. Reduce the heat, and simmer till the veggies are a nice soft consistency.
- 6.) While the soup is simmering, shred the chicken into bite size pieces.
- 7.) When the veggies are as you would like them, add the chicken pieces and cook for about a minute more, until heated through.
- 8.) Season with sea salt and serve.

*Enjoy often

Green Soup



Ingredients:

- 3-4 bunches of Broccolini
- 1 large rutabaga
- 3-4 stalks of celery
- 1/4 red onion
- 1/4 yellow onion
- 1 shallot
- 1 leek
- 4 cups homemade chicken broth
- 2 handfuls of baby spinach
- 2-4 garlic cloves, minced

Fun Nutritional Balancing Recipes

- Small chunk of ginger, thinly sliced
- 1 tbsp. butter
- 1/2 tsp. dried thyme
- sea salt to taste

Directions:

- 1.) Wash all the veggies, chop into small pieces.
- 2.) In a large sauce pan, heat the olive oil on medium heat. Add the onions, shallot, and leeks, and cook for 5 minutes.
- 3.) Add garlic, ginger, thyme, broccolini, celery, rutabaga, and water. Turn the heat to high, bring to a boil, then reduce heat and let simmer for about 20 minutes, or until the vegetables are soft.
- 4.) When vegetables are soft, turn off heat and add the spinach and stir.
- 5.) Transfer the soup from the pan to a food processor. You may have to do this in batches depending on how much your processor can hold. Process on high, then transfer back to sauce pan, add the sea salt. Serve.

*Enjoy often

Simple Broccolini Soup



Ingredients:

- 4 bunches broccolini (florets only)
- water to cook the broccolini
- sea salt
- 1/2 cup walnuts
- 1-2 Tbsp. olive oil
- goat cheese

Directions:

Fun Nutritional Balancing Recipes

- 1.) Wash the broccolini and cut the florets from the stem while bringing a large pot of water to a boil. Add the broccolini to the pot of boiling water and cook till it just starts to get tender (5 minutes should do the job).
- 2.) Lift the broccolini into a food processor or blender using a slotted spoon. Add about 2 cups of the water you cooked the broccoli in (or start with less to be safe...if the soup is too thick, you can add water at anytime, but if it's too thin, you're stuck), 1/2 cup walnuts, and 1 Tbsp. olive oil. Blend until very smooth.
- 3.) Add desired amount of sea salt. Taste the soup and adjust water, and sea salt to desired taste and consistency.
- 4.) Serve the soup garnished with crumbled goat cheese.

*Enjoy occasionally

Lentil Chicken Vegetable Soup



Ingredients:

- 1 Tbsp. butter
- 3 Tbsp. Apple cider vinegar
- 2 Butternut Squashes, chopped
- 2 lbs. chicken breast or thigh, boiled and torn into bite size pieces
- 3 carrots, chopped
- 1 red onion, chopped
- 4 garlic cloves, minced
- 1 cup green lentils, prepared as described on the package

Fun Nutritional Balancing Recipes

- 4 cups chicken broth
- sea salt, to taste

Directions:

- 1.) Cook your chicken in a pressure cooker and tear into bite-size pieces.
- 2.) In a large pot, heat the butter over medium heat. Add the onion, garlic, and carrots and cook for 5-7 minutes until the onions are tender. Add all the other ingredients to the pot, increase the heat to high and bring to a boil. Reduce heat and simmer until the squash is tender (about 10 – 15 minutes).
- 3.) Transfer to a bowl, season with sea salt and serve.

*Enjoy occasionally

Broccoli and Spinach Soup



Ingredients:

- 1/2 large red onion, chopped
- 1 Tbsp. butter
- 5 cups broccoli florets
- 3-4 cups baby spinach
- 2-3 oz. soft goat cheese, plus some for garnish
- 1/2 tsp. garlic granules
- 1/2 tsp. sea salt, plus more to taste
- parsley for garnish

Directions:

Fun Nutritional Balancing Recipes

- 1.) Heat the butter over medium heat in a large pot. Add the onions and cook for 5 minutes. Add the broccoli. Stir, and then fill the pot with enough water to cover the broccoli.
- 2.) Bring the pot to a boil, reduce heat and simmer until the broccoli is tender/soft (about 15 minutes). Add the spinach and allow to wilt completely.
- 3.) Remove from heat, and measure out 1 cup of the water you cooked the vegetables in. Set aside. Drain the vegetables using a strainer.
- 4.) In a food processor, add the drained vegetables, goat cheese, garlic granules, sea salt, and the cup of water you set aside. Process on high until completely smooth.
- 5.) Transfer to bowls, and garnish with some parsley and crumbled goat cheese.

*Enjoy occasionally

Turkey Meatball Soup



Ingredients:

For the meatballs

- 1 lb. ground turkey
- 2oz. soft goat cheese
- 1/3 cup oats, processed in a food processor to make a “flour”
- 1/2 tsp. dried oregano
- 1/2 tsp. dried parsley
- 1/4 tsp. garlic powder
- 1/4 tsp. sea salt
- Butter for cooking

For the soup

- 1 Tbsp. butter
- 1 red onion, chopped
- 1 cup chopped carrots
- 1 1/2 cups chopped celery
- 1/4 tsp. garlic powder
- 1/2 tsp. dried thyme
- 2 bay leaves
- 4 cups chicken stock
- 1 cup spring water
- 3 cups baby spinach
- shredded hard goat cheese and fresh parsley for garnish and serving

Directions:

- 1.) First, prepare the meatballs. Stir together all the meatball ingredients. besides the butter. Mix until well combined, then form 1 inch meatballs with the mixture.
- 2.) In a large pot, heat about 1 Tbsp. of butter over medium heat. Add the meatballs in batches and cook till the sides of the meatballs are browned. Transfer to a plate and set aside.
- 3.) In the same pot that you cooked the meatballs in, heat another tablespoon of butter. Add the onion, carrots, and celery, and cook for about 5 minutes. Stir in the garlic powder and thyme and cook for an additional minute. Add the chicken stock, water and bay leaves and bring to a boil.
- 4.) Add the meatballs and simmer for 10-15 minutes until the meatballs are cooked through. Add the spinach and cook until completely wilted (about 2-3 minutes).
- 5.) Transfer to bowls. Season with sea salt. Shred some hard goat cheese over the soup and garnish with fresh parsley.

*Enjoy occasionally

Magic Chicken Soup



Ingredients:

- 1.5 lbs. of boneless skinless chicken breast or chicken thigh
- 2 cups of celery, chopped
- 1 large red onion, chopped
- 1.5 cups of carrots, chopped
- 2-4 garlic cloves, minced
- Small chunk of ginger, thinly sliced
- sea salt, to taste
- 1 Tbsp. olive oil

Directions:

Fun Nutritional Balancing Recipes

- 1.) Bring a large pot of water to a boil. Add the chicken breasts and cook for 45 minutes. When done, take the chicken breasts out of the water and set the water you used to cook the chicken in aside. Once the chicken has cooled some, cut into small bite size pieces.
- 2.) In another large pot, heat the olive oil over medium heat. Add the onion, celery, and carrots. Cook for about 10 minutes, until the vegetables begin to soften.
- 3.) Add the chicken pieces, garlic powder, and sea salt. Stir to combine.
- 4.) Pour the water that you cooked the chicken in into the pot until it just covers the chicken and veggies.
- 5.) Bring to a boil, then reduce heat, and let simmer for 10 minutes. Transfer to a bowl.

*Enjoy often

Creamy Broccoli Cheese Soup



Ingredients:

- 1.5 cups chopped red onion
- 1 Tbsp. butter
- 1-16oz. package of frozen broccoli, rinsed
- 1.5 tsp. garlic powder
- 1/4 tsp. dried thyme
- sea salt, to taste
- 3 cups chicken broth (or veggie broth)
- 1 cup milk

Fun Nutritional Balancing Recipes

- 3 cups shredded cheddar cheese
- 2 tsp. arrowroot powder

Directions:

- 1.) Heat the butter in a large pot. Add the onion and cook for about 5 minutes.
- 2.) Add the broccoli, garlic powder, thyme, sea salt, and chicken broth. Bring to a boil, and boil for 10-15 minutes.
- 3.) While the broccoli is boiling, shred your cheese and sprinkle it with the arrowroot powder. Mix to coat the cheese. Set aside.
- 4.) Reduce heat to medium (a low simmer), and use a potato masher to mash the broccoli to your liking, leaving some in tact, if desired.
- 5.) Add the milk and the cheese. Cook for 12 minutes, stirring frequently.
- 6.) Transfer to a bowl and season with sea salt to taste. Top with some shredded cheese if desired.

*Enjoy occasionally

Cauliflower and Chicken Chowder



Ingredients:

- 1 Tbsp. butter
- 1 red onion, finely chopped
- 6 garlic cloves, minced
- 1 cup carrots, finely chopped
- 1 large head of cauliflower, chopped into small florets (Stems and leaves included)
- 1 1/2 cups milk

Fun Nutritional Balancing Recipes

- 1 lb. chicken breast or thigh
- 1 tsp. oregano
- 1/2 tsp. sea salt
- 4 ounces soft goat cheese or cream cheese

Directions:

- 1.) Bring a large pot of water to a boil. Add the chicken, and cook for 50 minutes. Remove the chicken from the water and shred into bite size pieces. Set the chicken and the water you cooked the chicken in aside.
- 2.) In a large pot, heat the butter over medium heat. Add the onion, carrots, and garlic. Let simmer for a 3-5 minutes. Add the cauliflower, milk, oregano, and sea salt. Bring to a boil and let cook for about 15 minutes, until the cauliflower is tender.
- 3.) Transfer 1/2 of the cooked vegetables to a food processor, leaving the other half in the pot. Process on high until smooth.
- 4.) Put the mashed vegetables back in the pot with the unmashed vegetables. Add the chicken, goat cheese, and 1/2 cup of the water you cooked the chicken into the pot as well. Heat over medium heat and stir until the cheese is melted and all is combined into a creamy mixture! You can add more or less of the chicken water to get your desired consistency of chowder.
- 5.) Transfer to a bowl. Drizzle with some olive oil, if desired, and serve.

*Enjoy often

White Chicken Chili



Ingredients:

- 2 tbsp. butter
- 3 minced garlic cloves
- 1 diced onion
- 14 ounces chicken broth
- 1 cup shredded carrots
- 1 cup diced broccolini
- 1/2 tsp. Oregano
- 1/2 tsp. Coriander

Fun Nutritional Balancing Recipes

- 1 pound cubed and cooked chicken
- 15 ounces canned white beans
- Sea salt to taste

Directions:

- 1.) Begin by slicing and dicing the various vegetables.
- 2.) Bring the vegetables into a skillet with the butter, and allow them to cook on medium-high for ten minutes.
- 3.) Next, pour in the broth and the spices. Boil the mixture and allow it to simmer over low temperature for ten additional minutes.
- 4.) Next, add the cooked beans and the cooked chicken. Simmer for an additional ten minutes, and serve.

*Enjoy occasionally

Butternut Squash Soup



Ingredients:

- 3 lbs cubed butternut squash
- 1 lb ground turkey, chicken, beef, or lamb
- 1 medium red onion, diced
- 2 celery stalks, diced
- 2 carrots, peeled and diced
- 1/2 tsp ground cumin
- 1 tsp garlic powder
- 4 cups homemade chicken broth
- 1 15-oz can cannellini beans, rinsed and drained
- 1/2 bunch of kale, stems removed and roughly chopped

Fun Nutritional Balancing Recipes

- sea salt
- Plain Greek Yogurt (optional)

Directions:

- 1.) Make your butternut squash puree: Put cubed squash in a large pot. Fill about halfway with water. Cover and boil till squash is very tender. Drain and transfer the cooked squash to a food processor (you will probably have to do this in batches depending on the size of your processor). Process on high till smooth. Transfer to a bowl and set aside.
- 2.) In a large pot, cook the ground meat till cooked through. Transfer meat to a plate or bowl and set aside.
- 3.) While you are cooking the squash and meat, chop up your onion, carrots, celery and kale.
- 4.) In the same pot that you cooked the meat in, use the fat/grease from the meat to cook the vegetables. Add onion, celery, carrots, garlic powder, sea salt, and cumin. Cook till the vegetables are tender and the onions are translucent.
- 5.) Add the chicken broth, squash puree, cooked ground turkey, and cannellini beans. Mix well. Bring to a simmer and let simmer for 10-15 minutes.
- 6.) Add the kale and cook for a minute or two more till kale is completely wilted.
- 7.) Add sea salt to taste. Add a dollop of plain greek yogurt to each individual serving if desired.

*Enjoy occasionally

Roasted Brussels Sprouts and Cauliflower Soup



Ingredients:

- 1 Tbsp. Butter, divided
- 1 large head of cauliflower, cut into small florets
- 1 lb. brussels sprouts, washed and halved
- 3/4 cup chopped shallots

Fun Nutritional Balancing Recipes

- 2 garlic cloves, minced
- Small chunk of ginger, thinly sliced
- 3 cups vegetable or chicken broth
- 3/4 tsp. sea salt

Directions:

- 1.) Preheat the oven to 425 degrees. Line a large baking sheet with parchment paper. Place the prepared brussels sprouts and cauliflower on the baking sheet and drizzle with a 1/2 of the butter (melted). Roast on the bottom shelf of the oven for 25 minutes.
- 2.) In a large saucepan, melt 1/2 Tbsp. butter over low/medium heat. Add the shallots and cook for 5 minutes. Add the garlic and cook for an additional minute. Add the broth and allow to simmer for 5 minutes. Set aside 1 cup of the roasted veggies, and add the rest to the pot. Simmer for about 2-3 minutes.
- 3.) Transfer the soup to a food processor (you may have to do this in batches). Add the salt, then process on high until the soup is smooth.
- 4.) Transfer the soup to bowls, and top with the veggies you set aside before serving.

*Enjoy often

Creamy Chicken and Spiced Soup



Ingredients:

- 4 chicken breasts
- 5 cups spring water
- 2 diced onions
- 2-4 cloves of garlic, minced
- 1/4 cabbage, shredded
- 8 ounces cream cheese
- 1 tbsp. cumin

Fun Nutritional Balancing Recipes

- 4 tbsp. whipping cream
- Sea salt to taste
- Fresh parsley for garnish

Directions:

- 1.) Place the chicken, onion, garlic, and cabbage together in the slow cooker. Pour the water overtop, and cook them on LOW for six hours.
- 2.) Afterwards, take the chicken from the slow cooker and shred it. Place the chicken back into the broth and add everything else.
- 3.) Cook the soup for an additional thirty minutes. Stir occasionally.

*Enjoy often if you use red cabbage, occasionally if you use green cabbage

Creamy Pumpkin Soup



Ingredients:

- 1 tbsp. butter
- 1 diced onion
- 3 minced garlic cloves
- 1 tbsp. grated ginger
- 1/2 cup water
- 16 ounces pumpkin puree

- 1 cup half and half
- 2 cups vegetable broth
- 1/4 tsp. Nutmeg
- Pinch of stevia
- Olive oil for drizzling

Directions:

1.) Begin by sautéing the onions in the butter until they're completely translucent. Toss the garlic and the ginger into the skillet and cook for an additional thirty seconds. Add the spices and cook for another thirty seconds. Pour in the water and stir for two minutes before removing the skillet from the heat.

2.) Place the pumpkin and one cup of vegetable broth together in the mixture and bring all of the mixture into a blender. Completely smooth the ingredients together.

3.) Afterwards, place everything back in a saucepan and allow it to simmer. Taste the ingredients, and add everything else: the half and half, the rest of the vegetable broth, and the spices. Sea salt if required, drizzle with olive oil, and enjoy.

*Enjoy occasionally

Power Pumpkin Turkey Chili



Ingredients:

- 1 tbsp. butter
- 2 diced onions
- 2 cups diced cauliflower
- 1 minced garlic clove
- 1 pound ground turkey
- 2 cups pumpkin puree
- 1 tbsp. Oregano

- 1/2 tbsp. Cumin
- 1/2 cup shredded Cheddar cheese

Directions:

- 1.) Begin by heating the butter in a skillet on medium heat. Saute the onion, and the garlic for about six minutes.
- 2.) Afterwards, add the turkey and cook until the meat is browned.
- 3.) Drain the skillet and add the pumpkin puree. Add the cumin and oregano, and reduce the heat to medium-low.
- 4.) Cover the chili and cook for an additional fifteen minutes.
- 5.) Top the chili with cheddar cheese, and enjoy. You can also enjoy this with blue corn tortilla chips, if desired.

*Enjoy occasionally

Lentil Quinoa Chili



Ingredients:

- 1 small red onions, chopped
- 1 small yellow onion, chopped
- 2 celery stalks, chopped
- 2 carrots, peeled and chopped
- 2-4 garlic cloves, minced
- 1 can pumpkin puree
- 4 1/2 cups water
- 1 cup dry green lentils, rinsed

Fun Nutritional Balancing Recipes

- 1/2 cup dry quinoa, rinsed
- 1 tsp. sea salt
- 1 Tbsp. cumin
- 1 Tbsp. oregano

Directions:

- 1.) Add all the ingredients to a slow cooker, stir, then cook on high for 5-6 hours or on low for 7-8 hours.
- 2.) Top with plain greek yogurt, green onions, and/or cheese, if desired. You can also enjoy this with some blue corn tortillas chips.

*Enjoy occasionally

Snacks And Sides

Anti-Inflammatory Cauliflower



Ingredients:

Fun Nutritional Balancing Recipes

- shallots, chopped
- Cauliflower, cut into bite size florets (any color, leaves and stems included)
- butter
- Garlic cloves, minced
- Ginger, chopped
- turmeric
- sea salt
- water

Directions:

- 1.) In a frying pan, heat the butter over medium heat. Add the shallots and cook for about 2-3 minutes.
- 2.) Add your cauliflower, garlic, ginger, turmeric, and sea salt. Stir to combine. Add a small amount of water, then cook until the cauliflower is tender (or to desired consistency), probably about 10 minutes.
- 3.) Transfer to a plate and enjoy!

*Enjoy often

Delicious Brussels Sprouts



Ingredients:

- 1-2 Tbsp. butter
- 1 lb. Brussels Sprouts
- 1 small red onion, chopped
- 2-3 garlic cloves, minced
- 3/4 cup bone broth
- sea salt, to taste

Directions:

1.) Heat 1 Tbsp. of butter in a large frying pan over medium high heat. Add Brussels sprouts and cook for about 3 minutes browning all over by stirring and

shaking pan often.

2.) Remove brussels sprouts from pan, and reduce the heat to low/medium.

Using the same pan, add 1/2 Tbsp. butter. Add the onions, and cook for 1-2 minutes.

3.) Add the brussels sprouts back to the pan. Add the garlic, sea salt, and bone broth. Cover with a lid and cook for 20-25 minutes until the brussels sprouts are tender.

4.) Transfer to a plate to serve.

*Enjoy often

Mashed Rutabaga with Chives and Greek Yogurt



Ingredients:

- 1 large rutabaga
- 1 Tbsp. Olive oil
- 1/2 cup plain greek yogurt
- 1-2 Tbsp. chives

- sea salt to taste

Directions:

- 1.) Clean, peel, and chop the rutabaga into small chunks. Place in a large sauce pan and cover with water. Bring to a boil, and let boil for 30-40 minutes until the rutabaga is tender.
- 2.) When the rutabaga is tender, drain and then return the rutabaga to the pan, and use a masher to mash the rutabaga.
- 3.) Once mashed to desired consistency, stir in the olive oil, yogurt, chives, and sea salt (to taste). Mix well, then serve.

*Enjoy often

Cauliflower Irish Colocannon



Ingredients:

- 1 head cauliflower, cut into florets
- 1/2 head green or red cabbage, cut into thin slices
- 6 green onions, chopped – whites and greens included
- 1/4 cup milk
- 1/2 Tbsp. butter
- 1/4 tsp. garlic granules
- sea salt, to taste

Directions:

1.) In separate pans, boil the cauliflower and cabbage. Boil the cauliflower until

Fun Nutritional Balancing Recipes

very tender and boil the cabbage until tender.

2.) Drain both. Add the cauliflower back to the pan you boiled it in. Add the milk, butter, garlic granules, and sea salt. Use a masher to mash until smooth.

3.) Add the cooked cabbage and the green onions, leaving a few green onions out for garnish.

4.) Transfer to a bowl and garnish with green onion.

*Enjoy often if using red cabbage, and enjoy occasionally if using green cabbage

Sweet and Salty Cauliflower and Carrots



Ingredients:

- 1 medium head of cauliflower, chopped into small florets
- 3-4 cups of baby carrots, chopped in half
- 2-4 garlic cloves, minced
- Small chunk of ginger, thinly sliced
- 3 Tbsp. olive oil
- 1/2 tsp. Stevia (Optional)
- 1/4 tsp. onion powder
- 1/4 tsp. thyme

Fun Nutritional Balancing Recipes

- 1/4 tsp. oregano
- sea salt for seasoning

Directions:

1.) Preheat oven to 425 degrees, and line a baking sheet with parchment paper. Add all the ingredients except the sea salt to a large bowl, and use a large spoon to stir making sure all of the vegetables are well coated. Pour the contents of the bowl onto the prepared baking sheet, and spread out evenly.

2.) Bake in the oven at 425 degrees for 20-25 minutes.

3.) Transfer to plates and season with sea salt.

*Enjoy often without the stevia, and enjoy occasionally with the stevia

Root Vegetable Fries



Ingredients:

- 1 sweet potato, peeled and sliced into fries
- 1 turnip, skin removed, and sliced into fries
- 1 rutabaga, skin removed, and sliced into fries
- 1 Tbsp. olive oil
- 1/4-1/2 tsp. garlic granules
- sea salt, for seasoning
- Optional dipping sauce: plain yogurt, homemade “ketchup”

Directions:

- 1.) Line a baking sheet with parchment paper and preheat the oven to 400

degrees.

2.) Place the prepared sweet potato, turnip, and rutabaga in a medium bowl. Add the olive oil and garlic granules and toss to coat completely. Spread the fries out evenly on the prepared baking sheet (single layer).

3.) Bake in the oven at 400 degrees for 30-35 minutes until they reach your desired fry consistency.

4.) Transfer to a plate, season with sea salt, and serve.

*Enjoy occasionally

Baked Green Beans



Ingredients:

- 1lb. green beans
- 2 Tbsp. Melted butter
- 1 Tbsp. Apple cider vinegar
- garlic powder
- sea salt

Directions:

- 1.) Preheat the oven to 450 degrees. Line a baking sheet with aluminum foil.
- 2.) Place the green beans on the baking sheet. Drizzle with the butter and sprinkle with the apple cider vinegar. Sprinkle with a bit of garlic powder. Stir

Fun Nutritional Balancing Recipes

to coat and sprinkle with a bit of sea salt.

3.) Place in the oven and bake for about 15 minutes.

4.) Transfer to a plate and season with more sea salt if desired.

*Enjoy often

Roasted Red Cabbage



Ingredients:

- 1/2 large head of red cabbage
- Melted butter
- Garlic Granules
- Sea Salt
- Parsley for garnish (optional)

Directions:

- 1.) Preheat your oven to 380 degrees and line a baking sheet with parchment paper.
- 2.) Wash your cabbage and peel off the outside leaves. Cut the cabbage into

Fun Nutritional Balancing Recipes

slices that are about 1/2 - 1 inch thick.

- 3.) Place the slices on the baking sheet and brush with the melted butter. Sprinkle with garlic granules and sea salt, then flip the slices over and do the same thing on the other side (spray with olive oil and sprinkle with garlic granules and sea salt).
- 4.) Place in the oven and bake for 40 minutes.
- 5.) Transfer to a plate and garnish with parsley, if desired.

*Enjoy often

Sweet Potato Chips



Ingredients:

- 1 large sweet potato
- 2 Tbsp. Extra virgin olive oil
- 1/4-1/2 tsp. garlic granules
- 1/4-1/2 tsp. sea salt

Fun Nutritional Balancing Recipes

- 1.) Preheat the oven to 400 degrees, and line a couple of baking sheets with parchment paper.
- 2.) Use a mandolin slicer, set at 2.5mm to thinly slice the potato into discs. If you don't have a mandolin slicer, and are slicing them with a knife, this equates to about 1/10-1/8 of an inch thick.
- 3.) Place the discs in a large mixing bowl, and add the olive oil, garlic granules, and sea salt. Toss to coat. Make sure each disc is evenly coated.
- 4.) Lay the discs on the prepared baking sheets with no overlaps. Bake in the oven at 400 degrees for 25-30 minutes. If you take them out and the middles are a bit soft, you can put them back in for a few more minutes. Just keep an eye on them so they don't burn.
- 5.) Take out of the oven and allow to cool on the baking sheets for at least 5 minutes.
- 6.) Transfer to a bowl to serve.

*Enjoy occasionally

Greek Style Roasted Rutabaga



Ingredients:

- 2 medium rutabaga (~2 lbs. total), peeled and chopped into 1-inch pieces

Fun Nutritional Balancing Recipes

- 2 Tbsp. Melted butter
- 2 Tbsp. Plain yogurt
- 1 Tbsp. Apple cider vinegar
- 1 tsp. garlic granules
- 1/2 tsp. dried thyme
- 1/2 tsp. onion powder
- 1 tsp. dried oregano
- optional topping - plain greek yogurt
- sea salt, to taste

Directions:

- 1.) Preheat the oven to 400 degrees, and line a baking sheet with parchment paper.
- 2.) In a mixing bowl, add all of the ingredients except the sea salt. Toss to coat completely, then spread evenly onto the prepared baking sheet.
- 3.) Roast in the oven at 400 degrees for 35-45 minutes (until fork tender), stirring halfway through.
- 4.) Season with sea salt, to taste, and transfer to a plate or bowl to serve.

*Enjoy often

Ramen Cabbage Noodles



Ingredients:

- 1/2 head of green cabbage
- 1/4 - 1/2 tsp. onion powder
- 1/4 - 1/2 tsp. garlic granules
- 1/4 - 1/2 tsp. sea salt
- 1/2 Tbsp. butter
- 1/3 cup spring water

Directions:

- 1.) Slice the cabbage into very thin strips (about the width of a spaghetti noodle). Rinse the noodles in a strainer.
- 2.) Heat the butter in a large frying pan over medium heat. Add the cabbage, onion powder, garlic powder, sea salt, and water. Cook, stirring occasionally,

until the cabbage resembles the consistency of a noodle.

3.) Transfer to a plate and serve.

*Enjoy occasionally

Mashed Celeriac



Ingredients:

- 1 small to medium sized celery root
- olive oil
- garlic powder
- sea salt

Directions:

1.) First, you want to use a knife to chop off the top and bottom of the root, then use your knife to peel off the rough edges of the root (basically like peeling a potato, but you have to use a knife because these are so rough around the edges).

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- 2.) Next, chop the celeriac into small chunks. Place in a medium sized sauce pan and cover with water. Bring to a boil over high heat and cook until the celeriac is quite tender. About 15-20 minutes.
- 3.) Remove from heat and drain.
- 4.) Place the cooked celeriac back in the pan. Drizzle with olive oil. Sprinkle with garlic powder and sea salt.
- 5.) Use a masher to mash the celeriac to desired consistency.
- 6.) Transfer to a bowl, and garnish with some of the leaves from the root, if desired.

*Enjoy occasionally

Mashed Rutabaga and Broccolini



Ingredients:

- 1 rutabaga, washed, peeled, and chopped into cubes
- 1 large bunch of broccoli, cut into florets
- 1 clove garlic, minced
- 1/2 cup plain yogurt, plus more for topping
- hard goat cheese for shredding
- sea salt, to taste

Directions:

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- 1.) Cover the rutabaga with water in a saucepan. Place over high heat and boil until very tender, about 10-15 minutes. While doing this, steam the broccolini in a steamer until tender.
- 2.) Place the cooked rutabaga and broccoli into a food processor. Add garlic and 1/2 cup of plain yogurt. Process on high until it reaches your desired consistency.
- 3.) Transfer to a bowl, and top with shredded goat cheese and a dollop of plain yogurt.

*Enjoy often

Smashed Sweet Potatoes



Ingredients:

- 1 large sweet potato
- olive oil spray
- 2 Tbsp. chopped fresh parsley
- 1/4 cup shredded goat cheese
- 1/4 tsp. garlic granules
- sea salt, to taste

Directions:

1.) Preheat the oven to 500 degrees and line a baking sheet with parchment paper. Wash the sweet potato and cut into quarters. Place on the prepared

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baking sheet and bake in the oven for 25 minutes. After 25 minutes, take out of the oven and use a fork to lightly smash the potato down.

2.) Spray each potato piece with a bit of olive oil. Sprinkle the parsley and garlic granules over the potatoes evenly. Place back in the oven for 15-20 minutes.

3.) Take the potatoes out of the oven and sprinkle the goat cheese over the potatoes evenly.

4.) Use a spatula to transfer to a plate. Season with sea salt.

*Enjoy occasionally

Homemade Ketchup



Ingredients:

- 1 cup pumpkin puree
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon plain yogurt
- Stevia, to taste
- 1/4 cup apple cider vinegar
- 1/4 cup water

Directions:

- 1.) Place all the ingredients, except the stevia, in a bowl, and mix well.

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2.) Add a very small bit of stevia, and taste. Continue this until you've reached your desired flavor.

*Enjoy occasionally

Simple Hummus



Ingredients:

- 1/4 cup apple cider vinegar
- 1/4 cup tahini
- 2 Tbsp. olive oil plus some for serving
- 2 small garlic cloves minced
- 3/4 tsp. sea salt (can adjust this to taste)
- 1/2 tsp. ground cumin
- 1 can chick peas (15 oz.)

Directions:

1.) Add the apple cider vinegar and the tahini to a food processor and process

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for about 1 minute.

2.) Scrape the sides and add the olive oil, minced garlic, sea salt and cumin.

Process for about 1 minute.

3.) Drain and rinse the chickpeas.

4.) Add 1/2 of the chickpeas to the food processor and process for about 1 minute.

5.) Scrape down the sides of the processor and add the rest of the chickpeas.

Process till smooth. If you desire a thinner consistency, add 1-2 Tbsp. water.

6.) Transfer to a bowl, drizzle with olive oil, then serve.

*Enjoy often (1-2 Tbsp per day)

Dill Carrot Sticks



Ingredients:

- baby carrots
- butter
- fresh dill

- sea salt

Directions:

- 1.) In a frying pan, heat the butter over medium heat. Add the carrots and cook till tender (as tender as you would like).
- 2.) While the carrots are cooking, chop up some fresh dill.
- 3.) When the carrots are cooked to desired consistency, add the fresh dill and cook for about 30 seconds more while stirring the carrots and coating the carrots with the fresh dill.
- 4.) Remove from pan and sprinkle with sea salt.

*Enjoy often

Kale Chips



Ingredients:

- Kale
- olive oil
- Sea salt
- dried herbs or spices of your choice – (garlic powder, dried basil or some rosemary, for example)

Directions:

- 1.) Preheat oven to 425 degrees.
- 2.) Wash Kale. Cut leaves off thick stems and tear into pieces. Let dry COMPLETELY (this is very important).

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- 3.) When kale is completely dry, place in a bowl, drizzle with a small amount of olive oil, sprinkle with a small amount of herbs and sea salt, and toss to coat evenly – it's okay to use your hands to mix as well.
- 4.) Line a baking sheet with parchment paper. Put kale on baking sheet distributed evenly.
- 5.) When your oven is completely heated to 425 degrees, place the baking sheet in the oven and then **TURN THE OVEN OFF!** Keep the kale in the oven for 17-20 minutes.
- 6.) Transfer to a bowl.

*Enjoy occasionally

Butternut Squash and Rosemary Dip



Ingredients:

- 2-3 cups cubed butternut squash
- olive oil
- 1/4 – 1/2 tsp. garlic granules
- 1/4 – 1/2 tsp. dried rosemary
- sea salt, to taste
- 1/3 cup plain yogurt (you can increase this for a less “thick” dip)
- 1-2 oz. soft goat cheese or cream cheese
- Blue corn tortilla chips, for dipping

Directions:

- 1.) Preheat the oven to 390 degrees. Line a baking sheet with parchment paper. Place the butternut squash on the prepared baking sheet, drizzle with olive oil, sprinkle with garlic granules, dried rosemary, and sea salt. Toss to coat, and place in the oven. Bake for 35-40 minutes at 390 degrees.
- 2.) When the squash is done, place it in a food processor, and add the yogurt and goat cheese. Process on high till smooth. Scrape the sides down, if needed, take a taste and add more sea salt if needed. Process on high again until completely smooth.
- 3.) Transfer to a bowl, and serve as a dip for blue corn tortilla chips, or just enjoy by itself.

*Enjoy occasionally

Cauliflower Poppers



Ingredients:

- 1 large cauliflower head (about 4 cups of cauliflower rice)
- 1 cup chopped red onion
- 2-3 garlic cloves, minced

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- 3 eggs
- 1 Tbsp. butter
- 1 Tbsp. Italian seasoning (garlic, basil, oregano, thyme, dried parsley)

Directions:

1.) Preheat the oven to 400 degrees. Wash your cauliflower, dry completely, chop into florets, and place the florets in a food processor. Process on high to create a “cauliflower rice”.

2.) Add the cauliflower rice, eggs, butter, garlic, italian seasoning, and onions to a large bowl. Stir to combine completely.

3.) Grease a mini muffin tin with butter. Fill the tins with the cauliflower mixture. Press into tin firmly so it is packed down and will set more easily.

Bake in the oven at 400 degrees for 30-35 minutes and the cauliflower is lightly browned.

4.) Use a spoon to remove the cauliflower poppers from the muffin tin, and transfer to a plate to serve.

*Enjoy often

Sweet Potato Fries



Ingredients:

- 1 large sweet potato
- 1/4-1/2 tsp. garlic granules
- 1 Tbsp. Melted butter
- Sea salt, to taste
- Plain yogurt or homemade ketchup, for optional dipping

Directions:

1.) Preheat the oven to 380 degrees. Line a baking sheet with parchment paper. Wash and slice your potato into fries. Place the fries on the prepared baking sheet, drizzle with the melted butter and sprinkle with the garlic granules and

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sea salt. Toss to coat and spread out evenly. Bake in the oven for 35 minutes at 380 degrees.

2.) Transfer to a plate, and season with more sea salt if needed.

3.) Serve with a dollop of plain yogurt or homemade ketchup on the side, if desired.

*Enjoy occasionally

Injera Flat Bread



Ingredients:

- 1 Tbsp. olive oil
- 1 1/2 cups teff flour
- 2 cups water
- sea salt to taste

Directions:

- 1.) Mix the flour and water together in a medium mixing bowl. Cover with a cloth and let it sit for 1-2 days (if you are in a bind, you can skip this, it will just taste a little different).
- 2.) Add the sea salt and mix well. In a small frying pan, add a few drops of olive oil and heat over medium high heat. Pour in enough batter to have a thin coating of the bottom of the pan – tilt the pan back and forth to get the batter where you want it. Cook until the top starts to bubble a little.
- 3.) When the top starts to bubble a little, cover the pan and cook for about 4 more minutes.
- 4.) Transfer the bread to a plate and let cool. Repeat this procedure until all the batter is used up. Allow the bread to cool, then roll if desired.

*Enjoy occasionally

Rutabaga Fries



Ingredients:

- rutabagas
- Melted butter
- garlic powder
- rosemary
- sea salt
- Optional: homemade ketchup for dipping

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Directions:

- 1.) Preheat oven to 350 degrees, and line a baking sheet with parchment paper
- 2.) Wash and peel your rutabaga, and cut into strips that look like fries.
- 3.) Lay the rutabaga strips on the parchment paper, and drizzle with melted butter. Sprinkle with garlic powder and rosemary.
- 4.) Place in oven and bake for about 30-40 minutes (this will vary based on how thick your strips are, so just bake until they are fork tender).
- 5.) Remove from oven, and sprinkle with sea salt. Let cool a bit before serving.

*Enjoy often

Quinoa Tortillas



Ingredients:

- 1 2/3 cup quinoa flour
- 1/2 teaspoon sea salt
- 1/2 tsp. olive oil
- 1/2 cup warm water

Directions:

1.) Combine all your ingredients in a mixing bowl. Mix with your hands to form

a dough.

2.) Divide the dough into four equal parts and form the parts into balls. Cut out two 6-inch circles of parchment paper. Place one ball of dough on one of the pieces of parchment paper and cover with the other piece.

3.) Using a flat bottom round dish or heavy object, place on top of the parchment paper and dough and press down as much as possible to flatten the dough. Afterwards, flatten it further with a rolling pin until you get your desired thickness. You want it to be about 1/8th of an inch thick.

4.) Heat an un-oiled non-stick frying pan or skillet over medium heat. Place the flattened tortilla in the pan, and cook on each side for 1-2 minutes.

5.) Repeat this process for each ball of dough. You can use the same parchment paper, so you don't have to cut new pieces for each tortilla.

*Enjoy occasionally

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