



# **FATTY LIVER** **LOW CARB** **COOKBOOK**

**35+ Curated and Tasty  
Low Carb Recipes To Manage Fatty Liver**

**Tyler Spellmann**

# **Fatty Liver Low Carb Cookbook**

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Recipes To Manage Fatty Liver

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## **Introduction**

Fatty liver is a condition that currently affects almost a third of the US population. This is mainly due to excessive alcohol consumption, unhealthy food choices, and sedentary lifestyles. Left unchecked, fatty liver can cause damage to the liver and lead to serious medical conditions such as liver fibrosis or scarring, and cirrhosis, which can be fatal.

As of this writing, there are no FDA approved medications for the direct treatment of fatty liver. Fortunately, and if diagnosed early, this condition is easily reversible by making changes in the patient's diet and lifestyle.

Various studies have shown that a low carb diet can help reverse fatty liver disease or at least alleviate much of its symptoms.

This cookbook aims to provide a source of inspiration as to how one can get started cooking healthy, yet tasty low carb meals that can help combat fatty liver disease.



# **A Brief Primer on the Fatty Liver Diet**

One of the most effective approaches to fatty liver is through losing excess body fat. Health experts agree that 70% of weight loss is due to diet.

Although there are no FDA approved drugs for the fatty liver yet, doctors agree that losing around 10% of the person's body weight is a good start, especially to patients who are obese.

NAFLD has been found most common for patients who live a sedentary lifestyle and those who consume mainly highly-processed foods.

## **Basic Components Of The Fatty liver Diet**

A diet plan for people who have fatty liver should include the following:

- Lots of vegetables and fruits
- High-fiber foods like whole grains and legumes
- Reduced consumption of salt, sugar, refined carbohydrates, trans fat, and saturated fat
- No alcohol

Basically, the patient should undergo a reduced-calorie, low-fat diet to help in losing the excess weight.

## **Foods to Include in a Fatty liver Diet Plan**

- **Greens.** In a study, broccoli has been found to be effective in helping prevent fat building in the livers of mice. Consuming more green vegetables like Brussels sprouts, spinach, and kale might also help with weight loss. There are a lot of vegetarian recipes that are full of flavor but low in calories.
- **Coffee.** Research has shown that those with fatty liver who also drink coffee are less susceptible to liver damage than those who don't. It's thought that the caffeine in this beverage reduces the levels of abnormal liver enzymes for those people that have high risks for liver diseases.
- **Fish.** Especially the fatty ones such as sardines, salmon, trout, and tuna, contain significant amounts of healthy omega-3 fatty acids. Omega-3 fatty acids have been found to help in improving fat levels in the liver and significantly reduce inflammation.

- **Tofu.** Soybeans have high protein content. Tofu is a soy product that has high protein content but a very low fat amount. A study made on rats by the University of Illinois showed that soy protein reduces liver fat buildup.
- **Walnuts.** These contain high amounts of omega-3 fatty acids which, as previously discussed, have shown to be beneficial in improving the liver function for patients diagnosed with fatty liver.
- **Oatmeal.** Carbohydrates consumed by patients with fatty liver should come from whole grains like oatmeal. Complex carbohydrates release a steady amount of energy and the fiber content satiates which is important in weight maintenance.
- **Low-fat dairy.** Whey protein might be able to help in protecting the liver from damage and this is important for those with fatty liver. Milk and other dairy products have high whey protein content but it's recommended those with reduced fat content.
- **Avocado.** It might be high in fat content but these are the healthy ones. Research suggests that healthy fats and certain chemicals found in

avocado can slow down liver damage. Avocados are also fiber-rich which helps in weight control.

- **Olive oil.** It's one of the healthiest and more readily available oils in the market. Olive oil is rich in omega-3 fatty acids and is much healthier when used for food preparation compared to shortening, butter, or margarine. Research shows that it can lower the number of liver enzymes and also help control weight.
- **Sunflower seeds.** The vitamin E content of the nutty-tasting sunflower seeds can protect the liver from damage due to its anti-oxidant properties.
- **Green tea.** From aiding with sleep to lowering cholesterol, green tea has shown many medical and health benefits. Initial studies show that green tea helps by interfering with fat absorption. It might also help with improving liver function and reducing fat storage in the organ.
- **Garlic.** It doesn't just add a lot of flavor and aroma to food but garlic powder supplements are also showing potential in the reduction of excess body weight for people with fatty liver.

## **Foods to Avoid**



The following foods should be avoided or the consumption limited for patients with fatty liver. These contribute to increased blood sugar levels and weight gain which should be avoided when treating the disease.

- Alcohol. It's not only the major cause for the disease but also for other organ diseases.
- Fried food. These are soaked in fat and generally high in calories.
- Added sugar. Sugary foods such as cookies, candies, fruit juices, and soda should be avoided. High levels of sugar in the blood can increase liver fat buildup.
- Pasta, rice, and bread. Especially the white ones because the flour used has been highly processed. These can raise blood sugar levels. Opt for brown rice and whole wheat bread and pasta.
- Salt. Salt is linked to water retention and also causes fat buildup and high blood pressure but it's an essential ingredient of most foods. Limit consumption to no more than 1.5 grams per day.
- Red meat. Avoid deli meats and beef because these have high saturated fat content.

## Sample Meal Plan

Meal	Menu
Breakfast	<ul style="list-style-type: none"><li>- Hot oatmeal (8 Oz.), mixed with almond butter (2 tsp.) and sliced banana (1 pc.)</li><li>- Coffee with skim or low-fat milk (1 cup)</li></ul>
Lunch	<ul style="list-style-type: none"><li>- Salad greens with olive oil and balsamic vinegar dressing</li><li>- Grilled chicken, 3 oz.</li><li>- Baked small potato</li><li>- Cooked carrots or broccoli, 1 cup</li><li>- Apple, 1 pc.</li><li>- Milk, 1 glass</li></ul>
Snack	<ul style="list-style-type: none"><li>- Raw veggies with 2 tbsp. of hummus or sliced apples with 1 tbsp. peanut butter</li></ul>
Dinner	<ul style="list-style-type: none"><li>- Mixed-bean salad, small</li><li>- Grilled salmon, 3 Oz.</li><li>- Cooked broccoli, 1 cup</li><li>- Whole-grain roll, 1 pc</li><li>- Mixed berries, 1 cup</li><li>- Milk, 1 glass</li></ul>

## Another sample meal plan for a whole day:

Meal	Menu
Breakfast	<ul style="list-style-type: none"><li>- High-fiber cereal with low-fat milk or multigrain bread (2 slices) with tomato / baked beans / peanut butter / mushrooms / cottage cheese</li><li>- Fruit, 1 pc.</li><li>- Water</li></ul>
Morning Tea	<ul style="list-style-type: none"><li>- Fruit (1 pc) / Greek yogurt (100 – 200 g) / oatmeal biscuits (2 pcs.) / fruit bread ( 1 thin slice) / grainy crackers with tomato and cottage cheese (2 pcs.) / raw nuts (5 to 6 pcs.)</li></ul>
Lunch	<ul style="list-style-type: none"><li>- 1 wrap / 1 bread roll / multigrain bread (2 slices)</li><li>- Green salad with low fat cheese / chicken / salmon / tuna</li><li>- Water</li></ul>
Afternoon Tea	<ul style="list-style-type: none"><li>- Fruit (1 pc) / Greek yogurt (100 – 200 g) / oatmeal biscuits (2 pcs.) / fruit bread ( 1 thin slice) / grainy crackers with tomato and cottage cheese (2 pcs.) / raw nuts (5 to 6 pcs.)</li></ul>
Dinner	<ul style="list-style-type: none"><li>- 120 g lean chicken / eggs / chicken</li></ul>

/ legumes

- Vegetables (zucchini / spinach / peas / cauliflower / carrots / cabbage / broccoli / beans
- Whole wheat pasta (1 cup) / Brown rice (2/3cup) / sweet potato (1/2 cup) / medium potato (1 pc.)
- Water



# RECIPES



# Grilled Chicken Breast

## Ingredients:

- Skinless, boneless, chicken breasts, 4 pcs.
- Garlic powder, 1 tsp.
- Italian seasoning, 2 tbsp.
- Pepper, 1 tbsp.
- Lemon juice, 2 tbsp.
- Worcestershire sauce, 3 tbsp.
- Dijon mustard, 2 tbsp.
- Cider vinegar, ¼ cup
- Olive oil, 1/3 cup

## Instructions:

1. Combine all of the ingredients in Ziploc bag or large bowl. Massage or toss until well combined.
2. Marinate the chicken breasts for at least 30 minutes. You can also refrigerate for up to 4 hours.
3. Preheat the grill to medium to medium-high heat.
4. Place marinated chicken breasts on the grill and cook for 7 to 8 minutes. Flip them over and cook for another 7 to 8 minutes. The internal temperature of the chicken should be 165 degrees when checked with a meat thermometer.
5. Take the chicken off the grill and place in a serving plate. Let them rest for 3 to 5 minutes before slicing and serving.





# Mixed Bean Salad

## Ingredients:

- Canned mixed bean salad, 400 g tin, drained and rinsed
- Spring onions, 2 stalks, finely chopped
- Celery, 2 sticks, thinly sliced
- Tomato, large, 1 pc, deseeded then finely diced
- Freshly ground black pepper
- Dressing:
- Olive oil, 3 tbsp
- White wine vinegar, 1 tbsp
- Dijon mustard, 2 tsp
- Fresh tarragon, chopped, 1 tbsp
- Fresh parsley, chopped, 1 tbsp

## Instructions:

1. Put mixed beans, spring onions, celery, and tomato in a salad bowl. Mix well.
2. In a separate bowl, mix the ingredients for the dressing until well combined.
3. Pour the dressing on the salad and toss well together.



# Green Smoothie

## Ingredients

- 6 dandelion greens, chopped (about 1 cup)
- 4 kale leaves, stems removed and chopped (about 2 ½ cups)
- 1 Meyer or organic lemon, peeled and sliced into 1" chunks
- 1 small banana (optional) peeled and broken into 1" pieces
- 1 fuji apple, cut into 1" chunks
- 1 teaspoon grated ginger (optional)
- 2 cups Filtered water

## Instructions

1. Place all ingredients, along with 2 cups water, into blender
2. Blend on high speed for 1-2 minutes until very smooth. Add more water as necessary.



# Detox Juice

## Ingredients

- 1 beet, scrubbed
- one handful of greens, washed (dandelion greens are also fine)
- 1 apple
- 1 cucumber, peeled
- 1 lemon, peeled

## Instructions:

1. Juice all ingredients and stir



# Lentil Soup

## Ingredients:

- 1 tbsp (15 mL) vegetable oil
- 1 cup (250 mL) diced onion ½ cup (125 mL)
- diced carrot ½ cup (125 mL) diced celery 4 cups (1 L)  
vegetable or chicken broth 1 cup (250mL) dried red lentils, well  
rinsed ¼ tsp (1mL) dried thyme

## Instructions:

1. In a large saucepan, heat oil over medium heat.
2. Sauté onion, carrot and celery until they are soft. This can be 5 minutes. Add broth, lentils and thyme. Then bring to a boil.
3. Reduce heat, cover and simmer for 20 minutes or until lentils are soft.
4. Remove from heat.
5. Transfer soup into a blender.
6. Purée on high speed until creamy.
7. Add up to 1 cup (250 mL) water if purée is too thick.
8. Ladle into bowls and garnish with parsley





# Roasted Veggies

## Ingredients:

- ½ pound turnips
- ½ lb. carrots
- ½ lb. parsnips
- 2 medium-sized shallots, peeled
- ¼ tsp ground black pepper
- 2 tbsps. extra-virgin olive oil
- 6 cloves garlic (with skin)
- 2 tbsps. fresh rosemary needles

## Directions:

1. First cut vegetables into bite sized pieces (or your chosen size)
2. Set the oven to 400°F.
3. Mix all the ingredients in a 9x13-inch baking dish.
4. Roast the vegetables for 25 minutes until brown and tender.
5. Toss and roast again for 20- 25 minutes.
6. Then serve hot.



# Healthy Green Smoothie

## Ingredients

- 1 cup fresh spinach
- 1/2 teaspoon mint extract or to taste
- 1/4 teaspoon peppermint liquid stevia (optional)

## Directions:

1. Gather the ingredients.
2. Add them to a high powered blender
3. Turn on blender
4. Add them to glass and freeze for 5 minutes
5. Serve



# Chicken Masala Crock Pot Style

## Ingredients

- 6 boneless skinless chicken breasts,
- 2 cloves of minced garlic
- 2 tablespoons extra virgin olive oil
- 2 cups Marsala wine or chicken broth
- 1 cup of cold water
- 1/2 cup arrowroot powder
- 16 ounces sliced baby portobello mushrooms
- 3 tablespoons fresh chopped parsley

## Directions

1. Slice chicken breasts in half lengthwise. Set aside.
2. Grease slow cooker and add garlic and oil.
3. Pour wine over chicken and cover crockpot.
4. Cook on high 3 hours
5. Mix water with arrowroot and stir until absorbed
6. Remove chicken from crockpot and keep warm.
7. Stir in arrowroot water mixture into the bottom of the crockpot and add mushrooms.
8. Add back the chicken and stir to coat chicken with sauce and mushrooms
9. Cover and cook an additional hour.
10. Serve with a sprinkle of chopped fresh parsley.



# Balsamic-Glazed Chicken Thighs

## Ingredients

- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 teaspoons dehydrated onion
- 4 garlic cloves
- minced
- 1 tablespoon extra virgin olive oil
- 1/2 cup balsamic vinegar divided
- 8 chicken thighs boneless, skinless (about 24 ounces)
- sprinkle of fresh chopped parsley

## Directions

1. Combine the first five dry spices in a small bowl and spread over chicken on both sides.
2. Set aside.
3. Pour olive oil and garlic on the bottom of the crockpot.
4. Pour in 1/4 cup balsamic vinegar.
5. Place chicken on top.
6. Sprinkle remaining balsamic vinegar over the chicken.
7. Cover and cook on high for 3 hours
8. Sprinkle with fresh parsley on top to serve.





# Chicken Breasts (Baked)

## Ingredients

- FOR THE CHICKEN BREASTS
- 4 (1 pound) boneless, skinless chicken breasts
- 4 cups lukewarm water
- 1 tablespoon olive oil
- CHICKEN SEASONING BLEND
- 1/4 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 1/2 teaspoon smoked or sweet paprika
- 1/8 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon dried parsley fresh chopped parsley, for garnish

## Directions

1. Preheat oven to 425F.
2. Place chicken breast in a large bowl and set aside.
3. In a large measuring cup or a mixing bowl combine lukewarm water and salt; the put over the chicken breasts. Set aside for 20 to 30 minutes.
4. In the meantime, prepare the seasoning
5. Combine the dry ingredients from above using a fork.
6. Pour out the salt water and rinse each chicken breasts under cold water; make sure it's later dry
7. Place the chicken breasts in a baking dish and rub the olive oil all over each chicken breast.
8. Sprinkle seasoning blend evenly over the chicken breasts on all sides. You don't have to use the entire seasoning blend; use as much as you like.
9. Transfer to the oven and cook for 22 to 25 minutes, or until internal temperature reaches 165F.

10. Thinner breasts will need less time, thicker breasts might need a little more time in the oven. Start checking for doneness at the 20 minute mark.
11. For a browned, crispy top, set your oven to broil on high for the final 4 minutes and broil the chicken until golden on top.
12. Remove from oven and transfer chicken breasts to a serving plate.
13.           Let chicken rest for 10 minutes before cutting.
14.           Garnish with fresh chopped parsley and serve.



# Baked Salmon

## Ingredients

- 1 1/4 lb Salmon—King, Sockeye or Coho salmon
- 3 cloves garlic, minced—or 1 tsp garlic powder
- 1 tbsp fresh chopped dill
- 2 tbsp olive oil
- 1 tbsp lemon juice

## Directions

1. Preheat oven to 350F. Grease a sheet pan or a porcelain baking dish with olive oil.
2. In a small bowl combine the rest of the olive oil, garlic, dill, lemon juice. Place salmon skin side down in the baking dish. Pour the mixture over the salmon and spread on top.
3. Bake for 15-20 minutes, until the fish is no longer opaque on top.
4. If you'd like it to look golden on top, broil for 1 minute, (425F ) keeping an eye on it. Thermometer inserted in the middle should read 145 F.
5. Garnish with fresh dill and lemon slices. Serve.



# Spinach and Watercress Salad

## Ingredients

- 1 cup watercress, washed and stems removed
- 3 cups baby spinach, washed and stems removed
- 1 medium sliced avocado
- ½ cup Parmesan cheese, shredded
- ¼ cup avocado oil
- 1/8 cup lemon juice
- Just a pinch of salt
- 1 tbsp. Mediterranean seasoning (optional)

## Instructions

1. Pat dry the spinach and watercress. Remove the stem and separate the leaves.
2. In a large serving plate, combine the leaves of the watercress and the spinach.
3. Cut the avocado in half then remove the pit. Peel the skin off from each side.
4. Slice the avocados into thin strips. Set it aside.
5. Prepare the dressing by combining avocado oil, lemon juice and Mediterranean seasoning (if using).
6. Arrange the avocado strips on top of the watercress and spinach. Top with shredded cheese and season with salt and pepper.
7. Drizzle with the dressing before serving





# Carrot and Cashew Soup

## Ingredients

- ¼ cup chopped cashews
- 3 cups peeled and chopped carrots
- 1 large leaf or 2 small sage leaves
- Freshly ground black pepper to taste
- ¼ tsp salt

## Instructions

1. In a large pot, place the carrots, cashews, and sage. Add 4 cups of water and bring to a boil. Reduce to a simmer and cook until the carrots are tender 7 minutes. Place the carrot mixture in a high-speed blender and process until exceptionally smooth, 1 minute.
2. Before serving, reheat the soup and stir in salt and pepper. If the soup is too thick, add a few tbsp of water.



# Cucumber with Fennel and Creamy Avocado Dressing

## Ingredients

- 2 cups sliced cucumber
- ½ medium avocado, peel, and pit discarded
- ¼ tsp plus a dash salt
- Freshly ground black pepper to taste
- 2 tbsp fresh lemon juice
- 1 large fennel, outer layer removed
- 1 tbsp finely chopped chives

## Instructions

1. In a large bowl, combine the cucumber and fennel, toss with ¼ tsp of salt and pepper, and set aside. In a food processor, combine the avocado and lemon juice. Process until smooth, 20 seconds.
2. Add the avocado mixture to the cucumber mixture, combine thoroughly, add chives and a dash of salt, and serve at once



# Cod Burger

## Instructions

- 1/3 cup cracked wheat
- 1 1/2 pounds cod
- 1 tsp lemon juice
- Canola oil cooking spray
- 1 1/2 cups cooked white beans, dry or canned, no salt added, rinsed, and drained
- 1/2 cup chopped parsley
- 1/2 tsp salt
- Freshly ground black pepper to taste
- 2 tsp. olive oil

## Instructions

1. Place the cracked wheat in a bowl, cover with 1/3 cup of boiling water. Let sit until water is absorbed, 10 minutes.
2. Preheat oven to 375°F. Place the cod on a baking dish, coat with lemon juice and vegetable oil cooking spray. Cook until the fish is just beginning to flake but the center is still translucent approximately 7 minutes.
3. While the fish is cooking, purée the white beans in a blender or food processor.
4. Remove the fish from oven, let cool, and flake into a large bowl.
5. Add the beans, parsley, cracked wheat, salt, and pepper and mix with your hands.
6. Form into 4 burgers. Heat a heavy-bottomed skillet over medium heat.
7. Coat the bottom of the pan with olive oil. Cook the burgers until browned on each side, approximately 4 minutes per side.



# Salmon Salad

## Instructions

- ¼ avocado, peel, and pit discarded
- 1 tbsp lemon juice
- 2 tsp. extra-virgin olive oil
- 1 tsp Dijon mustard
- Dash of salt
- Freshly ground black pepper to taste
- 4 ounces canned wild salmon, with bones, no salt added
- 2 tbsp. sliced celery
- 2 tbsp. finely chopped parsley

## Instructions

1. In a medium bowl, combine the avocado, lemon juice, olive oil, mustard, salt, and pepper. Mash the avocado with the back of a fork and combine thoroughly with the other ingredients.
2. Flake the salmon and add it to the avocado mixture. Add the celery and parsley and serve immediately





## Asian Zucchini Salad

Prep Time : 10 minutes

Cook Time : n/a

Total

Calories : 120

Servings : 2

### You will need:

- 1 medium zucchini, sliced thinly into spirals
- 1/3 cup rice vinegar
- 3/4 cup avocado oil
- 1 cup sunflower seeds, shells removed
- 1 lb cabbage, shredded
- 1 tsp stevia drops
- 1 cup almonds, sliced

### Procedure:

1. Cut the zucchini spirals into smaller parts. Set aside.
2. Put almonds, sunflower seeds, and cabbage in a large bowl. Combine the ingredients well.
3. Add zucchini in the mixture.
4. Get a small bowl and mix vinegar, stevia, and oil using a whisk or fork.
5. Pour the vinegar mixture all over the zucchini mixture. Toss well and make sure that everything is covered with the dressing.
6. Refrigerate for 2 hours before serving.



# Garlic Broccoli Salad

## Ingredient

- 1 head broccoli, cut into florets
- ¼ cup pine nuts
- 1 teaspoon olive oil
- 1 ½ tablespoons rice wine vinegar
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 pinch cayenne pepper
- 3 tablespoons golden raisins

## Directions

1. Fill water into a steamer. Bring into a boil and add the broccoli. Cover. Steam until tender. Usually 3 minutes
2. Rinse the broccoli into chilled and set aside.
3. Heat olive oil in a skillet over medium heat. Put in pine nuts. Stir dry for 1-2 minutes. Remove from heat.
4. Whisk together rice vinegar, vegetable oil, pepper, and garlic
5. Transfer the broccoli, nuts, and raisins to the rine vinegar dressing.



## Dinner: Zucchini Frittata

### Ingredients:

- 1 ½ cups of chopped zucchini
- 1 ½ cups of red onion, sliced
- 2 tablespoons of extra virgin olive oil
- 7 eggs, beaten
- 2/3 cup mozzarella balls
- ½ tablespoon of salt
- 3 tablespoons of chopped tomatoes
- ¼ teaspoon ground pepper
- ¼ cup of sliced basil

### Directions:

1. Heat the oil in a cast-iron skillet. Wait until it's reached medium heat. Add the onions and zucchini. Stir until they become soft.
2. Whisk the eggs in a separate bowl. Mix in salt and pepper.
3. Pour the egg on the zucchini and onions. Cook the egg and top the frittata with cheese, tomatoes, and basil.
4. Cut the frittata into 4.



# Avocado Kale and Mango Smoothie

## Ingredients

- ½ cups of riped avocado
- 1 ½ cups of kale (chopped)
- 1 cup mango pulp
- ½ cup ice cubes

## Directions

1. Put all ingredients into the mixer and blend
2. Pour into 3 individual glasses and serve





# Minestrone Soup

## Ingredients

- 3 large carrots, diced
- 2 large onions, chopped
- 2 cloves of garlic, minced
- 2 cups chopped celery
- 1 cup of green beans (cut in half an inch pieces)
- 1.5 cups kidney beans, dried
- 1 large bell pepper, diced
- 1 cup frozen peas
- 1 can diced tomatoes
- 2 cups tomato sauce
- 2 tablespoons fresh basil (or 1 teaspoon dried basil)
- 6 cups water

## Directions

1. Include the onions, carrots and celery into an enormous stock pot and bubble at medium warmth in the 6 cups of water.
2. At the point when the water begins to bubble, include the green beans, ringer pepper, solidified peas and diced tomatoes and let the soup bubble for around 30 minutes.
3. Include additional water if fundamental: it should be thick, yet not very thick, similar to a stew.
4. Following 30 minutes, include the tomato sauce and basil at that point salt to taste.
5. Let it stew for 5-10 additional minutes at that point include the garlic. Let it stew for 5 additional minutes



# Asian Medley Bowl

## Ingredients

- 2 cups cooked quinoa
- 4 carrots
- 1 package of smoked tofu
- 1 tablespoon nutritional yeast
- 2 tablespoon coconut aminos
- 4 tablespoon of sunflower sprouts
- 2 tablespoon of fermented vegetables
- 1 cup of shiitake mushrooms
- 1 avocado
- 2 tablespoon hemp seeds
- 2-3 cooked beets
- Coconut oil cooking spray

## Dressing

- 2 tablespoon miso paste
- 1 tablespoon tahini
- 1 clove garlic, crushed
- 1 tablespoon olive oil
- ½ lime, juiced
- 3 tablespoon of water

## Instructions:

1. First, roast the carrots in the oven at 400 degrees for 30-40 minutes. Washed them, trim, and spray in coconut oil; when they are cooked, set aside till you are ready to assemble the Buddha bowl.
2. Make the dressing by combining all of the dressing ingredients in a medium-size bowl. If the dressing appears lumpy, add more water.
3. To build the bowl, put the quinoa on the bottom and then arrange the vegetables on top, sprinkle the bowls with hemp

seeds and drizzle the dressing over top.  
4. Now serve and enjoy!



# Broccoli, Kale, and Avocado Bowl

## Ingredients:

- 1/2 avocado
- 2 cups kale
- 1 cup broccoli florets
- 1/2 cup cooked brown rice
- 1 teaspoon plum vinegar
- 2 teaspoon tamari
- Sea salt, to taste

## Instructions:

1. In a small pot, simmer broccoli florets, and kale in about 3 tablespoons of water; cook for 2 minutes.
2. Add tamari, vinegar, and cooked brown rice; stir to combine.
3. Transfer pot contents into a medium-sized bowl and top with sliced avocado; sprinkle a dash of sea salt to taste.



# Broccoli, Beans, and Squash Bowl

## Ingredients:

### For the Bowl

- 1/2 cup brown rice
- 3 cup chard, roughly chopped
- 1 cup squash, diced
- 1 cup broccoli florets
- 1 cup black beans
- 1 oz. kombu
- 1/2 cup sauerkraut, chopped

### For the Sauce

- 2 tablespoon sesame tahini
- 2 tablespoon sodium tamari
- 1 clove garlic
- 1 tablespoon ginger
- 1 lime, juiced

## Instructions:

### For the Bowl

1. Bring 1 cup of water to a boil for the rice. Once boiling, add rice, return to boil, cover then reduce heat and simmer 40 minutes. Remove from heat and allow to sit covered an additional 10 minutes then fluff with a fork.
2. Thoroughly rinse and drain beans, then transfer to a pot with kombu, cover with water, bring to a boil, reduce heat and simmer 15-20 minutes then drain and rinse.
3. Place a steamer basket in a pot with water and bring to a boil.
4. Add broccoli, cover and steam 4-5 minutes then remove, keeping water in the pot.
5. Add squash, cover and steam 4-5 minutes then remove, keeping water in the pot.
6. Add chard, cover and steam 3-4 minutes, then remove.



Serve on a plate and enjoy!



# Roast Broccoli and Salmon

## Ingredients;

Broccoli, cut into florets, 1 bunch (approximately 1 ½ pounds)

Canola oil, divided, 4 tablespoons

- Salt
- Pepper
- Salmon fillets, skins removed, 4 pieces
- Jalapeño or red Fresno chile, seeds removed, sliced into thin rings, 1 piece
- Rice vinegar, unseasoned, 2 tablespoons
- Capers, drained, 2 tablespoons

## Procedure:

1. Preheat the oven to 400° F.
2. Get a large baking sheet (rimmed). Put the broccoli florets on it and toss in 2 tablespoons of the canola oil. Season the florets with salt and pepper.
3. Roast the florets in the oven for 12 or 15 minutes. Toss occasionally. Remove from oven when the florets are crisp-tender and browned.
4. Gently rub the fillets with 1 tablespoon of the canola oil. Season the salmon with salt and pepper.
5. Put the salmon in the middle of the baking sheet. Move the florets to the sides of the baking sheet. Roast the fillet for 10 to 15 minutes or until the fillets turn opaque throughout.
6. In a small bowl, combine the vinegar, chile rings, and a pinch of salt. Let the mixture sit for about 10 minutes so that the chile rings become somewhat softened, Add the capers and the remaining tablespoon of canola oil. Add salt and pepper to taste.
7. Drizzle chile vinaigrette over the roasted broccoli and salmon just before serving.



## Crispy Coconut Kale and Roasted Salmon

- 1 cup jasmine rice, uncooked
  - 1 cup coconut milk
  - 1 cup water
  - ½ teaspoon sea salt
  - ⅓ cup coconut oil, melted
  - 1 teaspoon toasted sesame oil
  - 2 tablespoons coconut aminos (or tamari)
  - 1 tablespoon Sriracha
  - 1 bunch lacinato kale, deveined and sliced into strips
  - 1 cup unsweetened coconut flakes
  - 1 to 1½ pounds salmon, sliced into 4 fillets
  - FOR SWEET POTATOES :*
  - 3 sweet potatoes, cubed
  - 1 teaspoon paprika
  - 1 tablespoon coconut oil, melted
1. Rinse rice in cold water and drain. Place in a saucepan with coconut milk, water, and salt. Bring to a boil and stir. Reduce to the lowest possible heat, cover, and cook for 15 minutes. Remove from heat and let stand for 10 minutes, or until ready to serve (it will stay warm for up to an hour).
  2. While the rice is cooking, heat oven to 400°F. In a lidded jar, add melted coconut oil, sesame oil, coconut aminos, and Sriracha. Place the lid on the jar and shake vigorously until emulsified.
  3. If you're making the sweet potatoes: Place sweet potatoes on a baking sheet. Drizzle with melted coconut oil and sprinkle with paprika. Toss to coat. Bake 30 minutes or until tender.
  4. Place kale and coconut flakes on baking sheet. Drizzle with about ⅔ of the dressing. Toss until well coated. Drizzle salmon with 1 to 2 tablespoons of remaining dressing. Bake the salmon and coconut kale mixture during the last 15 minutes of the sweet potatoes' baking time (if you're making them) or until

cooked through, being careful not to let the kale burn. Remove from oven. Serve over fluffed rice with an extra drizzle of dressing.



## “Green Salad”

### Ingredients:

- 5 cups mixed greens – romaine lettuce, arugula, swiss chard, mizuna, radicchio
- ¼ red onion, sliced
- 2 tbsps. shelled sunflower seeds
- 1 medium-sized cucumber, thinly sliced
- ¼ cup bacon bits

### Salad Dressings:

- 1/4 cup honey
- ¼ cup Dijon mustard
- ¼ cup apple cider vinegar
- ¼ cup virgin olive oil
- 1 tsp salt

### Directions:

1. Put all the dressing ingredients in a covered jar, then shake vigorously to combine.
2. Using a large salad bowl, combine all the mixed greens and other ingredients.
3. Serve immediately.





# Savory Chicken and Lentil Soup

## Ingredients:

- 12 ounces (about 3 pieces) chicken thighs, bones, skin, and fat removed
- 1 pound dried lentils
- 8 cups of water
- ¼ cup cilantro, chopped or minced
- 3 cloves garlic, minced
- 2 scallions, minced
- 1 medium ripe tomato, minced
- 1 small onion, minced
- 1 tablespoon chicken stock
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- ¼ teaspoon oregano
- ¼ teaspoon Spanish paprika, ground annatto seed, or Sazon seasoning
- A pinch of salt, or to taste

## Directions:

1. Place the chicken thighs, lentils, water, and chicken stock in a large pot.
2. Cover the pot before boiling the contents using medium-low heat for around 20 minutes, or until the chicken thighs are cooked through.
3. Take out the chicken thighs from the pot to shred them.
4. Return the shredded chicken to the pot.
5. Add the rest of the ingredients, except for the salt, into the pot.
6. Boil for about 25 minutes, or until the lentils are cooked. Pour more water into the pot if the soup has thickened too much.
7. Season with salt according to your taste





# Asparagus and Greens Salad with Tahini and Poppy Seed Dressing

## Ingredients for the Salad:

- 10 to 12 asparagus stalks, washed well and sliced into ribbons
- 5 radishes, washed well and sliced thinly
- 2 to 3 rainbow carrots, peeled and sliced thinly
- 1 handful wild spinach
- 1 small handful microgreens, washed well
- 1 small handful sunflower greens, washed well
- A few pieces of chive blossoms (optional)

## Ingredients for the Dressing:

- 2 tablespoons tahini
- 1 tablespoon poppy seeds
- 1 tablespoon extra-virgin olive oil (or any type of your choice)
- Salt and pepper, to taste

## Directions:

1. Whisk well together with the ingredients for the dressing in a small bowl.
2. Toss the asparagus, assorted greens, and chive blossoms, if desired, in the mixture.
3. Serve, and enjoy.



# Pine Nut Quinoa Bowl

## Ingredients

### Quinoa:

- 1 cup dry white quinoa, rinsed

### Marinara:

- 1/4 cup extra-virgin olive oil, preferably cold-pressed
- 2 tablespoons lemon juice
- 1 1/4 tablespoons agave nectar
- 2 cups sun-dried tomatoes, soaked in water for 2 hours (1 cup soaking water reserved)
- 2 large Roma or heirloom tomatoes, diced
- 1/2 small yellow onion, chopped
- 3 to 4 cloves garlic, crushed
- 1 handful fresh basil leaves, a few reserved for garnish
- 2 teaspoons dried oregano
- 1 teaspoon of sea salt
- Pinch hot pepper flakes
- 1/4 cup pine nuts, reserved, for garnish

## Directions

1. For the quinoa: Thoroughly rinse the dry quinoa in a fine mesh colander. Combine the rinsed quinoa with 2 cups filtered water in a medium saucepan. Bring to a full boil, then reduce the heat to low and simmer.
2. Cover the pan and cook until all the water is absorbed and the quinoa is fluffy and tender 15 to 20 minutes. For the marinara: Add the olive oil, lemon juice, agave nectar to a high-speed blender.
3. Then add the sun-dried tomatoes, Roma tomatoes, onions, garlic, basil, oregano, salt and hot pepper flakes to the blender.
4. Blend until smooth, 30 to 45 seconds. Use a tamper if necessary to support the proper blending of the sauce. If necessary, add additional tomato soaking water to thin. Serve

as is or simmer at a low temperature in a medium saucepan for 25 to 30 minutes. Spoon the marinara sauce over the cooked quinoa in a serving bowl and top with the pine nuts and reserved fresh basil leaves. Serve immediately.





# Spinach Quiche

## Ingredients

- 1 pound breakfast sausage
- 1/2 onion, diced
- 2 cups mushrooms, sliced
- 6 cups spinach, roughly chopped
- 12 eggs
- 1/4 – 1/2 cup full-fat coconut milk (More milk will make the quiche light and fluffy but will also give it more coconut flavor)
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1 teaspoon pepper

## Instructions

1. Preheat your oven to 400° Fahrenheit.
2. Chop onion and mushrooms as noted.
3. Heat a cast-iron pan or another oven-safe pan over medium heat. Note: If you don't use a cast-iron skillet, you'll have to transfer everything to another oven-safe dish to do the final cooking in the oven.
4. Add in the sausage and onion to cook, stirring occasionally, until the sausage is browned, about 7-8 minutes. Add in the mushrooms at the end and allow them to cook with the sausage for 2 minutes or so to soften. Remove from heat.
5. While the sausage is cooking, chop spinach.
6. Crack the eggs into a large bowl and add coconut milk (use 1/2 cup for a lighter and fluffier texture, less if you don't want as much coconut flavor). Whisk together well to get a light egg mixture.
7. Add the spinach and seasonings to the bowl with the eggs.
8. Once the sausage is finished, add the sausage mixture to the bowl with the rest of the ingredients and mix until everything is

evenly incorporated.

9. To prevent the quiche from sticking, make sure the pan is lined with some fat from the sausage or greased well with oil, butter or ghee. Then, pour everything back into the cast iron pan (or another oven-safe dish).
10. Bake in your oven for 30 minutes, until the egg is set in the middle. You'll know it is done when the top is looking brown and crispy and the egg in the middle of the pan is no longer runny.
11. Cut into pieces and serve.



# Broccoli Soup with Turmeric and Ginger

## Ingredients

- 1 onion
- 3 cloves garlic
- 1 can unsweetened coconut milk
- 1 tsp salt
- 1 tsp turmeric powder
- 2 tsp fresh ginger chopped
- 2 small heads of broccoli chopped into florets
- 1 cup of water

## Instructions

1. Pour half of the coconut milk in a pan and place on low heat.
2. Add the onion and garlic and cook for 5 minutes until soft.
3. Once cooked, add the salt, turmeric, ginger, broccoli florets, water, and remaining coconut milk.
4. Simmer for one hour, stirring occasionally and mashing the broccoli.
5. Let the mixture cool, before placing it in a food processor and blending into a puree. If using a mini food processor, do this in small batches.
6. Serve with yogurt, roasted almonds, fresh greens, and sesame seeds.



# Avocado Chicken Lemon Salad

## Ingredients

- 2 organic chicken breast, skinless
- zest of 1/2 lemon
- 1 sprig of rosemary
- 2 tablespoon olive oil
- a big bunch of curly kale stems removed
- 1 teaspoon dijon mustard
- 2 anchovy fillet, minced
- 1-2 garlic cloves, minced
- 2 tablespoons Extra Virgin Olive oil
- juice of a small lemon
- 1/2 teaspoon grated lemon zest
- 1 ripe avocado, sliced and drizzled with lemon juice
- 1 cup of cooked wheat berries
- 1/2 cup toasted pine nuts
- 1/2 cup pomegranate arils
- pink peppercorns
- pea shoots to garnish
- sea salt and black pepper to taste

## Instructions

1. Chicken – Wash the chicken breasts and drain with a paper towel. Score chicken breasts using a sharp knife for even cooking and allow the marinade to penetrate deeper. Mix all ingredients for the marinade in the mortar until it turns in aromatic oil. Combine rosemary oil and chicken, mix gently. Marinate for about 15 minutes. You can also marinate the chicken for up to 8 hours in the refrigerator, turning the bag over occasionally during the day.
2. Preheat the oven up to 375 degrees.
3. Heat cast-iron skillet thoroughly over medium-high heat. Place room temperature chicken breasts in and cook until brown on both sides. Transfer the skillet to the oven and cook for about 7-10 minutes. Cooking time can vary depending on the size of the chicken breasts.
4. Kale – Start by removing the ribs from the kale and trimming it of any big thick stems. Mix all ingredients for the lemon vinaigrette in the bowl using a

which. In a large mixing bowl put the kale and lemon dressing. Using clean hands start massaging the kale salad and continue to do this for about 1-2 minutes. Taste the salad and adjust seasoning accordingly.

5. Transfer kale to serving dish. Top with avocado slices. Slice the fried chicken breasts and arrange on top of the salad. Sprinkle the salad with wheat berries, toasted pine nuts, pomegranate arils, and pink peppercorns. Garnish with pea shoots. Serve warm or chilled with a grilled lemon.





# Asparagus with Garlic and Onions

## Ingredients

- 1/4 cup water
- 1/2 pound fresh asparagus, trimmed
- 1/2 cup diced white onion
- 3 tablespoons butter
- salt and black pepper to taste
- 2 cloves garlic, thinly sliced
- Add all ingredients to list

## Directions

1. Pour water into a skillet. Place asparagus and onion in the skillet. Bring water to a boil over medium heat. Cover skillet and steam asparagus and onion 2 to 5 minutes, just until slightly tender. Add a few tablespoons of extra water, if needed, to maintain steam.
2. When the water has steamed off, immediately place butter in skillet. Continue cooking until onions and asparagus are lightly browned. Mix in garlic, and continue cooking about 30 seconds. Season with salt and pepper to taste.



# Mixed Vegetable Roast with Lemon Zest

## Ingredients:

- 1½ cups broccoli florets
- 1½ cups cauliflower florets
- ¾ cup red bell pepper, diced by 1-inch cuts
- ¾ cup zucchini, diced by 1-inch cuts
- 2 thinly sliced cloves of garlic
- lemon zest (2 teaspoons)
- olive oil (1 tablespoon)
- ¼ teaspoon salt
- 1 teaspoon dried and crushed oregano

## Procedure:

1. Preheat oven set to 425°F.
2. Combine garlic and both florets (broccoli and cauliflower) in a baking pan (15-by-10-inch). Drizzle oil over the vegetables and sprinkle with salt and oregano; stir long enough to coat. Roast for 10 minutes.
3. Add zucchini and bell pepper to the rest of the mix in the pan; toss to combine. Continue roasting for 10 to 15 minutes more until the pieces are lightly browned and are crisp-tender.
4. Before serving, drizzle lemon zest over the vegetables and toss.