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Healthy Holiday Options

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Hi,

Welcome to your personal recipe book! On the next pages, you will find a collection of delicious recipes I put together to keep you Healthy during the holidays. These recipes will keep you inspired and help you eat more nutrient-dense foods.

How to Use

These recipes have been selected to give you healthy options in the holidays , but you don't need to make them all at once. Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.



Strawberry Vanilla Pineapple Smoothie HH

1 serving
5 minutes

Ingredients

240 milliliters Unsweetened Almond Milk
225 grams Strawberries (chopped)
165 grams Frozen Pineapple
30 grams Vanilla Protein Powder

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/2 cups.

Nut-Free: Use coconut milk, cow's milk, or other nut-free milk.

Additional Toppings: Add chia seeds or hemp seeds before blending.



Mango Mint Smoothie HH

1 serving
5 minutes

Ingredients

300 milliliters Plain Coconut Milk
(unsweetened from the carton)
165 grams Frozen Mango
1/4 Avocado
30 grams Baby Spinach
3 grams Mint Leaves (stems removed)
1/2 Lime (juiced)
20 grams Collagen Powder

Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add a pitted date before blending.

Make it Vegan: Omit collagen powder and use plant-based protein powder.



Pomegranate Pineapple Smoothie HH

1 serving
5 minutes

Ingredients

110 grams Frozen Pineapple
1/3 cup Pomegranate Juice
1/2 cup Canned Coconut Milk

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

Serving Size: One serving is equal to approximately 1 1/4 cup.

More Flavor: Add vanilla and mint leaves.



Banana Cherry Smoothie HH

1 serving
5 minutes

Ingredients

300 milliliters Plain Coconut Milk
(unsweetened from the carton)
155 grams Frozen Cherries
1 Frozen Banana
20 grams Collagen Powder
2 tbsps Chia Seeds

Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Make it Vegan: Omit collagen powder and use plant-based protein powder.

Additional Toppings: Add spinach, frozen cauliflower, or hemp seeds to your smoothie.



Cranberry Sage Sausage Patties

4 servings
20 minutes

Ingredients

454 grams Extra Lean Ground Turkey
40 grams Dried Unsweetened Cranberries
4 grams Fresh Sage (chopped)
3 grams Sea Salt
10 milliliters Extra Virgin Olive Oil

Directions

- 1 Combine the ground turkey, cranberries, sage, and salt in a bowl. Mix everything together with your hands and form four even-sized patties.
- 2 Heat the oil in a large pan over medium heat. Add the patties and cook for seven to eight minutes per side, or until cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size: One serving is equal to one patty.

More Flavor: Add garlic powder, onion powder, and/or rosemary.

Serve it With: Enjoy with a traditional bun, lettuce bun, in a salad or bowl, or with any side dish.



Savory Chickpea & Spinach Muffins

12 servings
1 hour 10 minutes

Ingredients

161 grams Chickpea Flour
36 grams Nutritional Yeast
5 grams Baking Powder
8 grams Sea Salt
2 grams Smoked Paprika
474 milliliters Water
1 Orange Bell Pepper (chopped)
60 grams Baby Spinach (chopped)

Directions

- 1 Preheat the oven to 375°F (190°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, whisk together the flour, nutritional yeast, baking powder, salt, and smoked paprika.
- 3 Add the water and whisk to combine until smooth. Fold in the peppers and spinach. Let the batter sit at room temperature for 15 to 20 minutes.
- 4 Divide the batter evenly between muffin cups, approximately 1/3 cup per muffin. Transfer to the oven and bake for 35 to 45 minutes, or until the muffins are cooked through and golden brown. Let them cool in the tray for ten minutes before removing.
- 5 Serve warm and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Reheat in the oven or microwave until warm.

Serving Size: One serving is one muffin.

More Flavor: Add black salt for an egg-like taste. Add garlic powder or finely minced garlic. Use different vegetables such as corn, finely chopped broccoli, carrots, peas, and/or baby kale.

Additional Toppings: Cheese and/or fresh herbs.

Doneness: When testing the cups to see if they are cooked through, use a toothpick to insert and test for doneness. Allow the cups to cool in the pan for ten minutes as they will continue baking and then remove.



Salmon Sushi Cauliflower Rice Bowl

4 servings
20 minutes

Ingredients

340 grams Cauliflower Rice
45 milliliters Avocado Oil (divided)
60 milliliters Coconut Aminos
1 Garlic (clove, minced)
1 gram Ginger (minced)
1 Cucumber (medium, julienned)
4 Carrot (small, julienned)
1 Avocado (small, sliced)
283 grams Canned Wild Salmon (drained)
4 Nori Sheets (quartered)

Directions

- 1 Sauté the cauliflower rice in a large pan with 1/3 of the oil for seven to 10 minutes. Divide the cauliflower rice between bowls or containers if meal prepping.
- 2 In a small bowl, whisk the remaining oil with the coconut aminos, garlic, and ginger to make a dressing.
- 3 Divide the remaining ingredients evenly between bowls on top of the cauliflower rice and serve with the dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Meal prep: Divide all of the servings between your containers and add the avocado just before serving.



Radicchio & White Bean Salad HH

4 servings
15 minutes

Ingredients

1/3 cup Extra Virgin Olive Oil
3 tbsps Red Wine Vinegar
3 Garlic (cloves, minced)
160 grams Radicchio (thinly sliced)
4 stalks Celery (sliced)
100 grams Red Onion (sliced)
350 grams Cannellini Beans (drained, rinsed)
20 grams Parsley (chopped)
Sea Salt & Black Pepper (to taste)
1 Lemon (juiced)

Directions

- 1 Whisk the oil, vinegar, and garlic in a small bowl to combine. Set aside.
- 2 In a large bowl, add the radicchio, celery, onion, beans, parsley, salt, and pepper. Pour the dressing on top and toss to combine. Pour the lemon juice all over and toss again.
- 3 To serve, divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

Additional Toppings: Feta cheese, goat cheese, fresh herbs.

Meal Prep: To meal prep, combine all the salad ingredients and store the dressing separately. Add the dressing when ready to enjoy.



Strawberry Kiwi Salad with Chicken HH

4 servings

5 minutes

Ingredients

3 tbsps Apple Cider Vinegar
3 tbsps Extra Virgin Olive Oil
20 grams Maple Syrup
Sea Salt & Black Pepper (to taste)
225 grams Mixed Greens
300 grams Strawberries (chopped)
4 Kiwi (peeled and chopped)
30 grams Sunflower Seeds
300 grams Chicken Breast, Cooked (sliced)

Directions

- 1 In a small bowl combine the apple cider vinegar, oil, and maple syrup. Season with salt and pepper and stir well.
- 2 Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Top with the chicken and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and chicken. Add the dressing just before serving.

Additional Toppings: Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

No Chicken: Top with cooked shrimp, fish, or tofu instead.

No Sunflower Seeds: Use pumpkin seeds, hemp seeds, or chopped nuts instead.



Tuna, Chickpea & Avocado Salad HH

4 servings
15 minutes

Ingredients

2 cans Tuna (drained, flaked with a fork)
350 grams Chickpeas (cooked, drained)
1 Cucumber (medium, chopped)
300 grams Cherry Tomatoes (halved)
1 Avocado (cubed)
80 grams Red Onion (sliced)
1/2 cup Italian Dressing
15 grams Parsley (fresh, chopped)

Directions

- 1 Divide the tuna, chickpeas, cucumber, tomatoes, avocado, and onion evenly between bowls. Top evenly with the dressing and parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Italian Dressing: Use olive oil and lemon juice instead.

No Tuna: Use other canned fish like salmon or mackerel.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Chickpea & Cranberry Rice

6 servings
35 minutes

Ingredients

300 grams Basmati Rice (dry)
15 milliliters Extra Virgin Olive Oil
160 grams Red Onion (chopped)
2 grams Cumin (ground, to taste)
500 milligrams Cardamom (ground, to taste)
328 grams Chickpeas (cooked)
1 Carrot (cut into matchsticks)
121 grams Dried Unsweetened Cranberries (soaked)
6 grams Sea Salt (to taste)

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, heat the oil in a large pan over medium heat. Add the red onion and cook with cumin and cardamom for two minutes.
- 3 Stir in the chickpeas, carrots, cranberries, and salt. Cook for five minutes. Stir in the cooked rice and serve. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Use whole cumin and cardamom seeds instead of ground and cook in oil before adding the onions. Add saffron and milk.

Additional Toppings: Top with fresh parsley.



Red Curry Poached Cod HH

4 servings
20 minutes

Ingredients

200 grams Basmati Rice (uncooked)
400 grams Green Beans (trimmed)
500 milliliters Canned Coconut Milk
60 grams Thai Red Curry Paste
1 White Onion (small, thinly sliced)
2 Cod Fillet
2 Lime (juiced)
12 grams Chives (finely chopped)

Directions

- 1 Cook the rice according to the package directions.
- 2 Add the green beans to a steamer over boiling water, cover, and steam for about four minutes, or until tender.
- 3 Place the coconut milk, curry paste, and onions in a pan over medium-high heat. Bring to a boil, reduce the heat to low, and simmer for two minutes.
- 4 Add the fish, cover, and cook for five minutes, or until cooked through.
- 5 To serve, divide the rice, green beans, fish, and the poaching liquid evenly between plates. Top with lime juice and chives. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

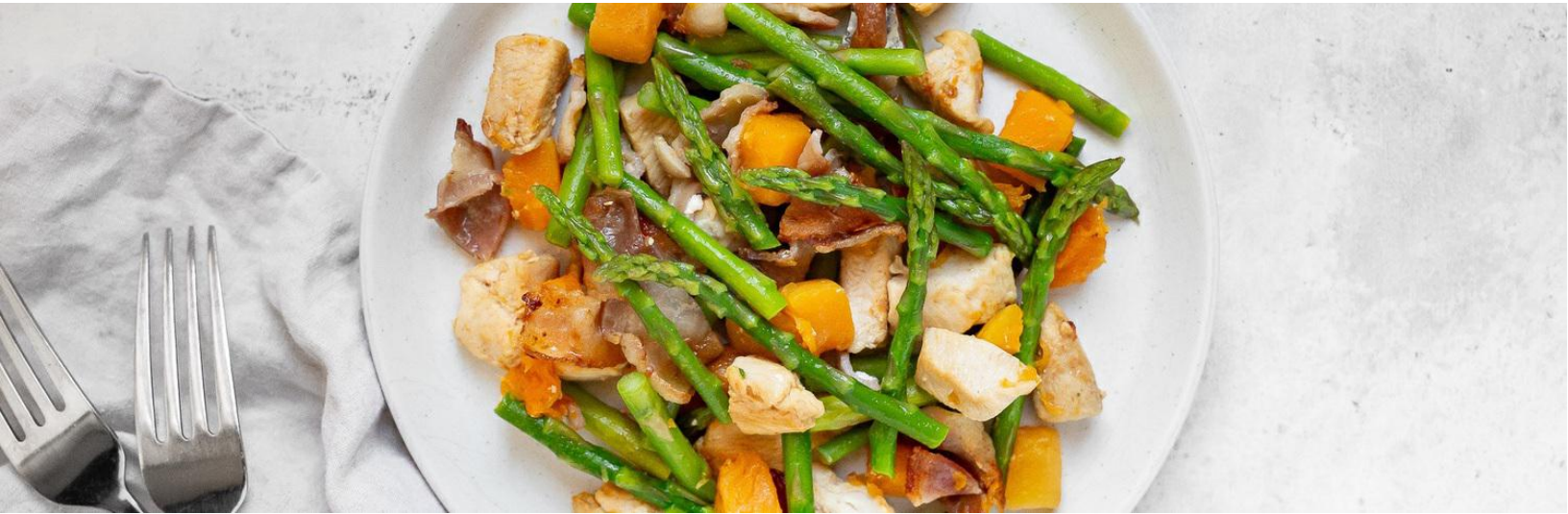
Serving Size: One serving is approximately 2 3/4 cups.

More Flavor: Add fresh ginger, garlic and/or Thai basil.

Vegetables: Use broccoli, cauliflower, bell pepper, carrots, kale, or spinach instead of green beans.

Make it Vegan: Use chickpeas, tofu, or tempeh instead of fish.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.



Lemon & Asparagus Chicken Skillet

4 servings
25 minutes

Ingredients

4 slices Bacon
454 grams Chicken Breast (skinless, boneless, cubed)
3 grams Sea Salt (divided, to taste)
280 grams Butternut Squash (peeled, cubed)
268 grams Asparagus (trimmed, chopped)
30 milliliters Water
15 milliliters Lemon Juice (to taste)

Directions

- 1 Heat a large skillet over medium heat. Cook the bacon until browned and crispy, about six to seven minutes. Transfer to a paper towel lined plate.
- 2 Add the chicken to the same skillet. Cook for seven to eight minutes, or until cooked through. Season with half of the salt. Set aside with the bacon.
- 3 Add the squash and remaining salt. Cook, stirring occasionally for five minutes. Add the asparagus and water, cover with a lid and let steam for five minutes. Add more water if needed.
- 4 Chop the bacon and return to the skillet along with the chicken. Stir and heat for one minute. Divide onto plates, squeeze lemon juice over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.
Serving Size: One serving equals approximately 1 1/2 to two cups.
More Flavor: Add garlic and your choice of dried herbs.
Additional Toppings: Top with fresh herbs or red pepper flakes.



Corn & Quinoa Salad with Steak

3 servings
30 minutes

Ingredients

85 grams Quinoa (dry, rinsed)
1 ear Corn on the Cob
283 grams Ribeye Steak, Boneless (room temperature)
Sea Salt & Black Pepper (to taste)
90 grams Baby Spinach
53 grams Red Onion (thinly sliced)
60 milliliters Cilantro Lime Dressing

Directions

- 1 Cook the quinoa according to package directions. Set aside to cool.
- 2 Using a cast-iron pan or grill, remove the husk from the corn. Cook the corn over medium-high heat for about one to two minutes per side until lightly charred on all sides. Once it is cooked, remove it and let it cool before slicing the kernels off the cob.
- 3 Pat the steak very dry with paper towel. Season with salt and pepper.
- 4 Use the same skillet and cook the steak for 10 to 12 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides and the steak is cooked to your liking. Remove and let rest for about 10 minutes.
- 5 Divide the quinoa, corn, spinach, and red onion evenly between plates. Top with the steak and cilantro lime dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Warm up the steak before serving.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add cherry tomatoes.

No Corn On The Cob: Use canned corn instead.



Sheet Pan Salmon & Squash with Miso Orange Dressing

4 servings
35 minutes

Ingredients

630 grams Butternut Squash (peeled, seeds removed, cubed)
30 milliliters Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
680 grams Salmon Fillet
18 grams Miso Paste (white)
30 milliliters Orange Juice
15 milliliters Rice Vinegar
3 grams Sesame Seeds

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 Toss the squash with 1/3 of the oil, salt, and pepper and arrange on the baking sheet. Bake in the oven for 15 minutes.
- 3 Remove the baking sheet and reduce the oven to 400°F (205°C). Move the squash around to make room for the salmon. Cover the salmon with 1/3 of the oil. Season with salt and pepper. Bake for 13 to 15 minutes, or until the salmon is cooked through. Let cool slightly and then roughly flake the salmon with a fork and set aside.
- 4 Meanwhile, in a small bowl or jar, combine the remaining oil, miso paste, orange juice, and rice vinegar. Mix or shake well to combine.
- 5 Place the squash onto a platter and top with the salmon. Top with the miso sauce and garnish with sesame seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately two cups.

More Flavor: Add minced ginger to the miso dressing, and/or sesame oil.

Additional Toppings: Top with cilantro.



Mango Shrimp Skewers

4 servings
20 minutes

Ingredients

8 Barbecue Skewers (10-inch, wood, soaked)
454 grams Shrimp (peeled, deveined)
2 Mango (peeled and cubed)
15 milliliters Avocado Oil
3 grams Sea Salt
1 Lime (juiced)
2 grams Cilantro (chopped)

Directions

- 1 Preheat oven to 450°F (230°C) or preheat grill.
- 2 Thread shrimp and mango evenly onto skewers.
- 3 Brush shrimp skewers with oil and season with salt.
- 4 Bake at 450°F (230°C) for five to seven minutes, until the shrimp are cooked through. Alternatively, place skewers on the grill and cook for two to three minutes per side.
- 5 Top with lime juice and cilantro. Enjoy!

Notes

Leftovers: Refrigerate in a resealable container for up to three days.

Serving Size: One serving is equal to approximately two skewers.

More Flavor: Season with garlic powder before cooking for extra flavor.



Spicy Shrimp Fried Rice

4 servings

30 minutes

Ingredients

170 grams Quinoa (uncooked)
356 milliliters Water
454 grams Shrimp (cooked, peeled and patted dry)
Sea Salt & Black Pepper (to taste)
2 grams Paprika
450 milligrams Cayenne Pepper
4 grams Chili Powder
2 Egg
1/2 Yellow Onion (diced)
160 grams Frozen Peas
2 Garlic (cloves, minced)
5 stalks Green Onion (chopped)
30 milliliters Extra Virgin Olive Oil (divided)
4 grams Red Pepper Flakes
36 grams Tamari

Directions

- 1 Place quinoa and water in a medium sized pot and bring to a boil over high heat. Once boiling, cover with lid and reduce heat to low. Let simmer for 12 minutes or until all liquid is absorbed. Remove from heat, fluff with a fork and set aside.
- 2 In a large bowl, toss the cooked shrimp with cayenne, paprika and chili powder. Season with sea salt and pepper to taste. Toss until well coated
- 3 Heat half of your olive oil in a wok or large frying pan over medium heat. Whisk two eggs together in a bowl with a fork and scramble in frying pan until cooked through. Place in a bowl and set aside.
- 4 Place wok back over medium heat. Add remaining olive oil and saute onions, garlic and red pepper flakes until onion becomes translucent. Stir in peas and let warm through.
- 5 Add in shrimp, quinoa, scrambled eggs and tamari. Stir until tamari is fully absorbed. Spoon into a bowl and garnish with green onion. Enjoy with chopsticks!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.



Layered Ratatouille

4 servings
1 hour 5 minutes

Ingredients

30 milliliters Extra Virgin Olive Oil (divided)
1/2 Yellow Onion (medium, diced)
3 Garlic (clove, minced)
2 grams Italian Seasoning
368 grams Tomato Sauce
Sea Salt & Black Pepper (to taste)
1 Eggplant (medium, sliced to 1/8-inch thickness)
2 Zucchini (medium, sliced to 1/8-inch thickness)
3 Tomato (small, sliced to 1/8-inch thickness)
21 grams Basil Leaves (chopped or torn for serving)

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Heat half of the oil in a pan over medium heat. Add the onion and cook for about five minutes or until softened. Add the garlic and Italian seasoning and cook for another minute. Stir in the tomato sauce and season generously with salt and pepper to taste. Continue to cook until the tomato sauce has warmed through.
- 3 Transfer the tomato sauce mixture to the bottom of a baking dish.
- 4 Arrange the eggplant, zucchini, and tomato slices in the baking dish in an alternating pattern standing on their sides. (Cut the eggplant slices in halve or thirds to better fit in the baking dish). Brush the top of the vegetables with the remaining oil.
- 5 Cover the baking dish with foil or a lid and bake for 30 minutes then remove the cover and continue to bake for 25 to 30 minutes or until the vegetables are tender.
- 6 Top with the basil leaves. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately equal to 1 1/2 cups.

More Flavor: Use your favourite marinara sauce or pasta sauce instead of tomato sauce. Add red pepper flakes or other dried herbs and spices to taste.

Serve it With: Pasta noodles, rice or protein of choice.

Baking Dish: An 8 x 11-inch baking dish was used for four servings.



Roasted Sweet Potato & Peaches with Rosemary

2 servings
35 minutes

Ingredients

1/2 Sweet Potato (large, cubed)
1 Peach (large, pitted, chopped)
80 grams Red Onion (diced)
3 grams Rosemary (chopped)
8 milliliters Avocado Oil
3 grams Sea Salt
15 milliliters Balsamic Vinegar
(optional)

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Add the sweet potatoes, peaches, onion, and rosemary to the baking sheet. Toss with the oil to coat. Add salt and bake for 30 minutes.
- 3 Remove from the oven and top with balsamic vinegar. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately one cup.

Additional Toppings: Add goat cheese, crushed hazelnuts, almonds, or brazil nuts.



Roasted Honey Mustard Cabbage Wedges

4 servings
40 minutes

Ingredients

534 grams Green Cabbage (sliced thick)
59 milliliters Extra Virgin Olive Oil
67 grams Honey Mustard
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Place the cabbage slices on the baking sheet.
- 3 In a small bowl, mix together the oil, honey mustard, salt, and pepper.
- 4 Using a brush or your hands, coat the cabbage slices in the honey mustard mixture. Add to both sides making sure they are well coated.
- 5 Bake in the oven for 35 to 40 minutes, rotating the pan halfway through until browned around the edges and crispy. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 1 1/2 cabbage slices.

More Flavor: Add chili flakes.

No Honey Mustard: Use an equal amount of dijon and honey or maple syrup.



Roasted Brussels Sprouts with Pomegranate & Tahini Dressing HH

4 servings
30 minutes

Ingredients

275 grams Brussels Sprouts (trimmed and halved)
3 tbsps Extra Virgin Olive Oil (divided)
6 grams Sea Salt (divided)
20 grams Tahini
30 milliliters Lemon Juice
1/4 cup Water
8 grams Parsley (minced)
1/4 cup Pomegranate Seeds

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Toss the Brussels sprouts with 2/3 of the oil and half of the salt. Spread them out on the baking sheet and roast for 15 to 20 minutes, flipping them halfway through until crispy and browned.
- 3 Make the dressing by mixing the tahini, lemon juice, water, and remaining salt together. Drizzle it over the Brussels sprouts and garnish with the parsley and pomegranate seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 3/4 cup.

More Flavor: Add maple syrup or honey, and/or garlic to the tahini dressing.

Additional Toppings: Top with chopped nuts or seeds.



Charred Broccolini with Lemon & Garlic

4 servings
25 minutes

Ingredients

2 bunches Broccolini
30 milliliters Extra Virgin Olive Oil
(divided)
Sea Salt & Black Pepper (to taste)
1/2 Lemon (juiced, zested)
1 Garlic (clove, minced)
9 grams Nutritional Yeast
600 milligrams Chili Flakes

Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 2 Place the broccolini on the baking sheet and toss with half of the oil, salt, and pepper. Mix well with your hands. Transfer the baking sheet to the oven and bake for 20 to 25 minutes, until charred and crispy.
- 3 Meanwhile, in a small bowl, mix together the remaining oil, lemon juice, lemon zest, garlic, nutritional yeast, and chili flakes.
- 4 Plate the broccolini and drizzle the oil and lemon mixture on top. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is half a bunch of broccolini.

No Nutritional Yeast: Use grated parmesan cheese.



Braised Cranberry Cabbage

4 servings
25 minutes

Ingredients

356 grams Purple Cabbage (shredded)
277 grams Cranberry Sauce
1/2 Yellow Onion (diced)
59 milliliters Apple Cider Vinegar
40 grams Maple Syrup
2 grams Sea Salt

Directions

- 1 Add all of the ingredients to a large pot. Stir to combine. Cook over medium-high heat for 25 minutes, stirring occasionally until the cabbage is cooked through and tender.
- 2 Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately one cup.

More Flavor: Add chopped apple.



Maple Balsamic Roasted Beets & Pears

4 servings
45 minutes

Ingredients

2 Pear (medium, chopped)
3 Beet (medium, chopped)
30 milliliters Balsamic Vinegar
40 grams Maple Syrup
3 grams Sea Salt

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, toss the pears and beets with the balsamic vinegar, maple syrup, and salt, until well coated. Transfer to the baking sheet. Bake in the oven for 40 minutes, or until fork tender. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1/2 cup.

More Flavor: Add fresh sage or rosemary.

Additional Toppings: Goat cheese, feta cheese, pecans, walnuts, and/or hazelnuts.



Sweet Potato & Parsnip Hash

4 servings

35 minutes

Ingredients

15 milliliters Avocado Oil
283 grams Lean Ground Beef
60 milliliters Coconut Aminos (divided)
3 grams Sea Salt (divided)
3 grams Garlic Powder (divided)
1/2 Yellow Onion (diced)
1 Sweet Potato (medium, cubed)
2 Parsnip (peeled, cubed)
533 milligrams Dried Parsley
60 grams Baby Spinach

Directions

- 1 In a large cast-iron skillet, heat the oil over medium heat. Add the beef and break it up as it cooks.
- 2 Add half of the coconut aminos, half of the salt, and half of the garlic powder. Mix to combine.
- 3 Cook the beef for seven to eight minutes or until it is cooked through. Using a slotted spoon, place the beef into a bowl and set aside.
- 4 Add the onions, sweet potato, parsnips, parsley, remaining coconut aminos, remaining salt, and remaining garlic powder to the skillet. Mix to combine.
- 5 Cook for 15 minutes or until the sweet potato is fork tender. Stir occasionally and add water if necessary to prevent sticking. Add the beef back in and mix to combine.
- 6 Lastly, add the spinach and cook until wilted, about two to three minutes. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

Additional Toppings: Sliced avocado, fresh herbs, and/or hot sauce.

No Ground Beef: Use ground turkey, chicken, or pork.



Herb & Garlic Whole Roasted Chicken with Veggies

6 servings

2 hours

Ingredients

1.8 kilograms Whole Roasting Chicken
44 milliliters Extra Virgin Olive Oil (divided)
6 grams Sea Salt (divided)
2 grams Rosemary (chopped)
2 grams Thyme (chopped)
546 grams Broccoli (chopped)
176 grams Brussels Sprouts (trimmed, halved)
8 Garlic (cloves)

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Place the chicken on a roasting pan and coat in half the oil. Rub half the sea salt, plus all the rosemary and thyme on all sides. Roast for 15 minutes.
- 3 Lower the heat to 350°F (177°C), rotate the pan and continue roasting until the internal temperature reaches 180°F (83°C), about 20 minutes per pound.
- 4 Approximately 30 minutes before the chicken is ready, add the broccoli, brussels sprouts and garlic to a separate baking dish. Toss in the remaining oil and sea salt and bake.
- 5 Remove both pans from the oven and let rest for 15 minutes before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Repurpose the leftovers in a salad, soup, wrap, stir-fry or fried rice.

Serving Size: One serving equals approximately 2/3 cup of cooked chicken and 2/3 cup of roasted veggies.

More Flavor: Add cumin, paprika and black pepper. Stuff the cavity of the chicken with more herbs, lemon wedges, onion and/or garlic. Slide butter under the skin or inside the cavity.

Zero Waste: Save the chicken carcass to make bone broth.



Roasted Cornish Hen with Potatoes

2 servings
1 hour 10 minutes

Ingredients

1 Sweet Potato (large, chopped into large chunks)
1 Yellow Potato (large, chopped into large chunks)
22 milliliters Extra Virgin Olive Oil (divided)
1 gram Dried Rosemary
500 milligrams Dried Thyme
3 grams Sea Salt
113 grams Cornish Hen (meat and skin)

Directions

- 1 Preheat the oven to 450°F (230°C).
- 2 Add the sweet potato and yellow potato to a baking dish and toss in half the oil.
- 3 Combine the remaining oil, rosemary, thyme, and salt in a bowl. Place the cornish hen on top of the potatoes and rub evenly with the mixture.
- 4 Reduce the heat to 400°F (205°C) and bake until the Cornish hen is cooked through, about one hour.
- 5 Remove from the oven, cover with foil and let sit for 10 minutes. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: Each serving equals approximately two ounces of cornish hen meat and skin and one cup of potatoes.

Cornish Hen: A 1.5 lb cornish hen will yield approximately four ounces of meat and skin.

Additional Toppings: Serve it with a side salad, sauerkraut or other pickled vegetables.



Maple Glazed Ham

10 servings
1 hour 40 minutes

Ingredients

2.3 kilograms Ham, Bone-in (fully cooked, rind removed, room temperature)
79 milliliters Water
80 grams Maple Syrup
36 grams Coconut Sugar
23 grams Dijon Mustard
2 grams Rosemary (fresh, chopped)

Directions

- 1 Preheat the oven to 300°F (150°C). Place the ham in a baking dish and use a sharp knife to score a diamond pattern over the surface. Fill the dish with the water and cover the ham with foil or a lid. Bake for 30 minutes.
- 2 Meanwhile, whisk together the maple syrup, coconut sugar, dijon mustard, and rosemary in a bowl.
- 3 Remove the ham from the oven and increase the temperature to 425°F (220°C). Discard the foil and coat the ham in 1/3 of the glaze, brushing in between the cuts. Return to the oven uncovered and roast for 15 minutes.
- 4 Repeat with the remaining glaze every 15 minutes until a dark golden-brown crust is formed. Let sit for 20 minutes before slicing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two weeks or freeze for up to one month.

Serving Size: One serving equals approximately six to seven ounces of ham.

More Flavor: Add butter, garlic, cinnamon, cloves, or black pepper to the glaze.

No Maple Syrup: Use honey instead.

No Coconut Sugar: Use brown sugar instead.



Pistachio Pomegranate Bark

4 servings
30 minutes

Ingredients

200 grams Dark Chocolate (at least 70% cacao)
140 grams Pomegranate Seeds
62 grams Pistachios (shelled and chopped)
20 grams Unsweetened Coconut Flakes

Directions

- 1 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 3 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 4 Once the chocolate is firm, break or cut it into pieces. Enjoy!

Notes

Storage: Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.



Chocolate Dipped Figs with Flaky Sea Salt

4 servings
25 minutes

Ingredients

- 99 grams Dark Chocolate
- 8 Fig (cut in half)
- 750 milligrams Sea Salt (flaky)

Directions

- 1 Line a baking sheet with parchment paper.
- 2 In a microwave-safe dish, melt the chocolate, working in 30-second intervals until the chocolate is smooth and melted.
- 3 Dip each fig into the chocolate and place on the parchment-lined pan. Top with sea salt. Place in the fridge for 20 minutes. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to four chocolate-dipped figs.