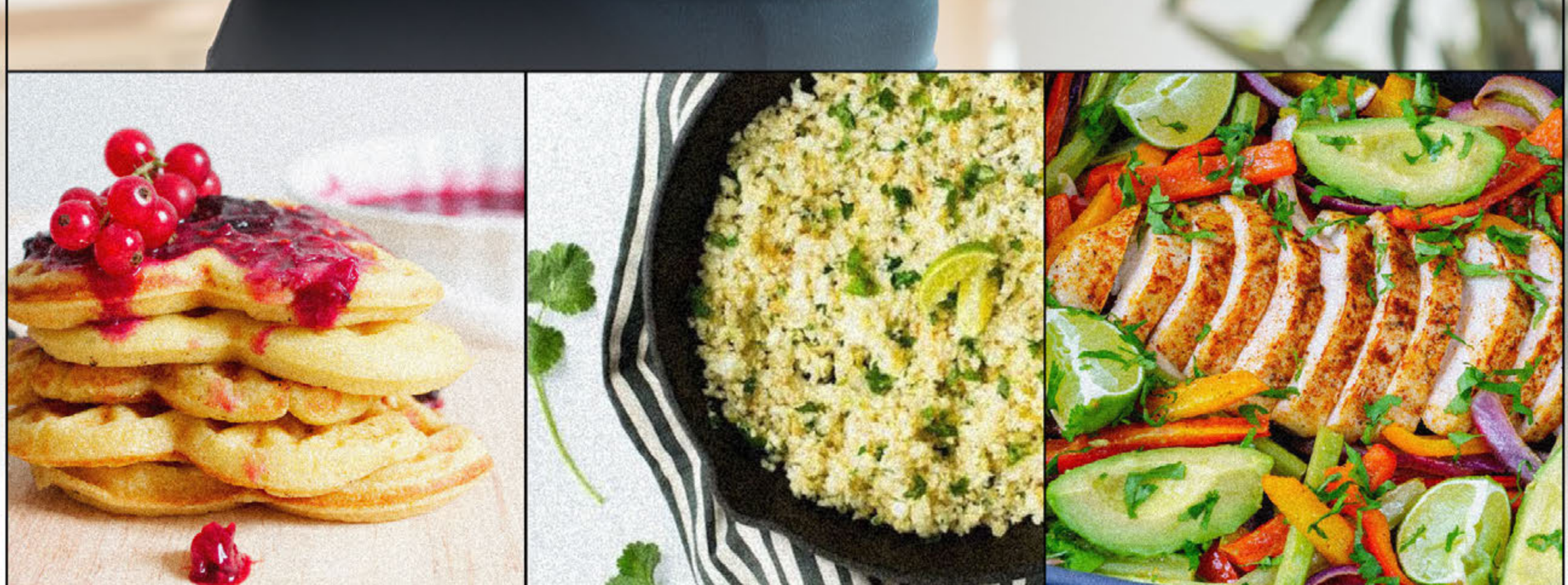
Clean Eating

Easy Recipes for a Healthy Life



Body Balance Cookbook



This Body Balance Cookbook is part of a complete system designed to help you achieve your health and wellness goals and transform your life! Are you ready for that kind of change? We know you're ready.

Using this cookbook in conjunction with the Body Balance System, you will have all the tools you need to truly make a lifestyle transformation that lasts — not some gimmicky diet that ends in 90 days.

These tried-and-true recipes will help get you started on the right track!

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Key

VEGAN

DF – Dairy Free

VEGETARIAN

NF – Nut Free

GF – Gluten Free

Body Balance Cookbook



Breakfast & Shakes



Piled-High Protein Breakfast

VEGETARIAN/DF/GF | SERVES 1

Ingredients

- 2 medium eggs
- 3½ oz. fresh spinach
- ½ oz. plain cashews
- 8 plum tomatoes, halved
- 1 oz. pepper (any color), diced
- 1 tsp. olive oil mixed with 1 tsp. balsamic vinegar

Directions

Boil the eggs in lightly salted water for 10 minutes. Meanwhile, steam the spinach gently for 3-4 minutes, until wilted. Remove the eggs from heat and cool for 1 minute with cold water, then peel and slice.

Place the spinach in a serving bowl and drizzle the oil/vinegar mixture over it. Add the eggs, pepper, tomatoes and cashews.



Ingredients

- 1 c. applesauce, unsweetened
- 1 Tbsp. Moa
- 3 tsp. fresh lemon juice
- ¼ c. blueberries
- ¼ c. raspberries
- ½ c. stemmed cherries
- 1 Tbsp. coconut flakes, unsweetened/dehydrated

Directions

In a bowl, stir applesauce with Moa and lemon juice. Rim a stem glass with a cut lemon, then dip the rim in the coconut to frost the rim. Stuff the raspberries with the blueberries.

To serve, place the applesauce in the glass and top with the berries and cherries. Sprinkle leftover coconut on top of the compote.



Body Balance Cookbook

PureNourish Overnight "Oats"

Ingredients

- ½ c. quinoa flakes
- ½ c. dairy-free milk
- ¼ c. dairy-free yogurt
- 1 Tbsp. chia seeds
- 1 scoop PureNourish

Flavors

PB&J

- 2 Tbsp. fresh raspberries, crushed
- 1 Tbsp. almond butter
- 1 tsp. pistachios, chopped

Carrot Cake

- ¼ c. shredded carrot
- 1 Tbsp. shredded coconut
- 1 Tbsp. raisins
- ½ tsp. vanilla extract
- ½ tsp. cinnamon

Strawberry Protein

- ¼ c. strawberry, diced
- 1 Tbsp. sliced almonds
- ½ tsp. vanilla extract

Directions

Add all the ingredients into a sealable jar or bowl and stir until combined.

Let soak in the fridge for at least 2 hours, but it's best to soak overnight for 8 hours. This will yield a creamier consistency. When ready, add your favorite toppings.

Eggs Florentine

VEGETARIAN/DF/GF/NF | SERVES 2

Body Balance Cookbook

Eggs Florentine

Ingredients

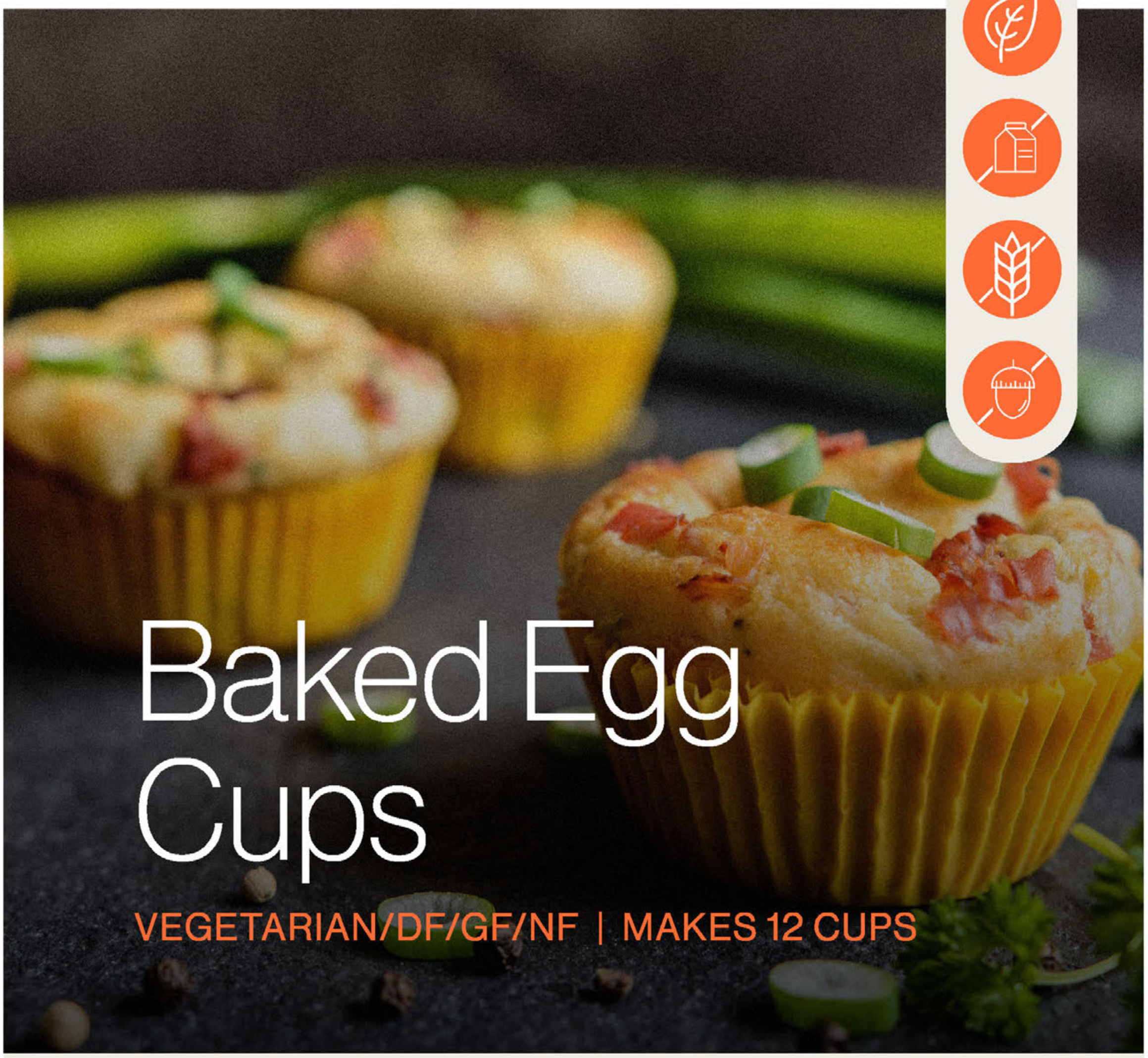
- 1 Tbsp. coconut oil
- ¼ c. finely diced onion
- 6 oz. fresh baby spinach
- Pinch of crushed red pepper flakes
- 2 large eggs
- Salt and pepper, to taste

Directions

Heat oil in a medium non-stick skillet over medium heat. Add the onion and spinach and cook until spinach cooks down, about 3 minutes.

Season with salt, pepper and crushed red pepper flakes.

Push the spinach aside to make 2 open areas. Crack the eggs into the open areas. Place a lid on the skillet and cook until egg whites are set.



Baked Egg Cups

VEGETARIAN/DF/GF/NF | MAKES 12 CUPS

Ingredients

- 12 large eggs
- Himalayan sea salt and pepper, to taste

Optional toppings:

- Italian seasoning, to taste
- 1 c. cauliflower rice
- 24 shaved sweet potato ribbons
- 24 shaved carrot ribbons
- 24 shaved zucchini ribbons

Directions

Preheat oven to 375°F and grease or line a 12-cup muffin pan.

Line the bottom and sides of each muffin tin with toppings of your choice.

Mix and match toppings, if desired.

Baked Egg Cups

For Over-easy Eggs

Crack an egg into each muffin tin. Season with salt and pepper. Add optional toppings.

Bake for 12-15 minutes or until eggs are firm. Remove and serve hot.

For Omelet-Style Eggs

Crack the eggs in a large measuring cup. Season with salt, pepper and herbs of your choice. Pour mixture into muffin cups, dividing evenly.

Bake for 12-15 minutes or until eggs are firm. Remove and serve hot.

Note: These can be frozen in the silicone muffin cups and are great for a breakfast on the go, or in a lunch box.

Cauliflower Toast

DF/GF | SERVES 4

Body Balance Cookbook

Cauliflower Toast

Ingredients

- 5 c. cauliflower florets
- 1 large egg, beaten (for vegan, use 2 chia "eggs": 2 Tbsp. chia seeds, 3 Tbsp. water)
- ¼ tsp. pepper
- ⅛ tsp. salt
- 4 slices veggie or turkey bacon
- 1 c. shredded vegan cheese, optional

Directions

Place oven racks in upper and lower thirds of oven. Preheat to 425°F. Line one large baking sheet with parchment paper.

Place cauliflower in a food processor. Process until finely grated. Transfer to a microwave-safe bowl.

Cover loosely and microwave on high for 3 minutes. Let cool. Transfer the cauliflower to a clean kitchen towel and wring out excess moisture.

Return to the bowl and stir in vegan cheese, egg, salt and pepper. Using about ¼ c. of the cauliflower mixture for each, create 8 separate 3-in. squares on the baking sheet.

Bake until the toasts are browned and crispy around the edges, about 22-25 minutes.

Serve with bacon of your choice.



Body Balance Cookbook

Tofu Scramble

Ingredients

- 1 small onion, diced
- 1 small green bell pepper, diced
- 1 block tofu, drained and pressed
- 2 Tbsp. coconut oil
- 1 clove garlic, crushed
- 1 Tbsp. tamari
- ½ tsp. turmeric
- ½ tsp. black pepper
- 2 Tbsp. nutritional yeast

Directions

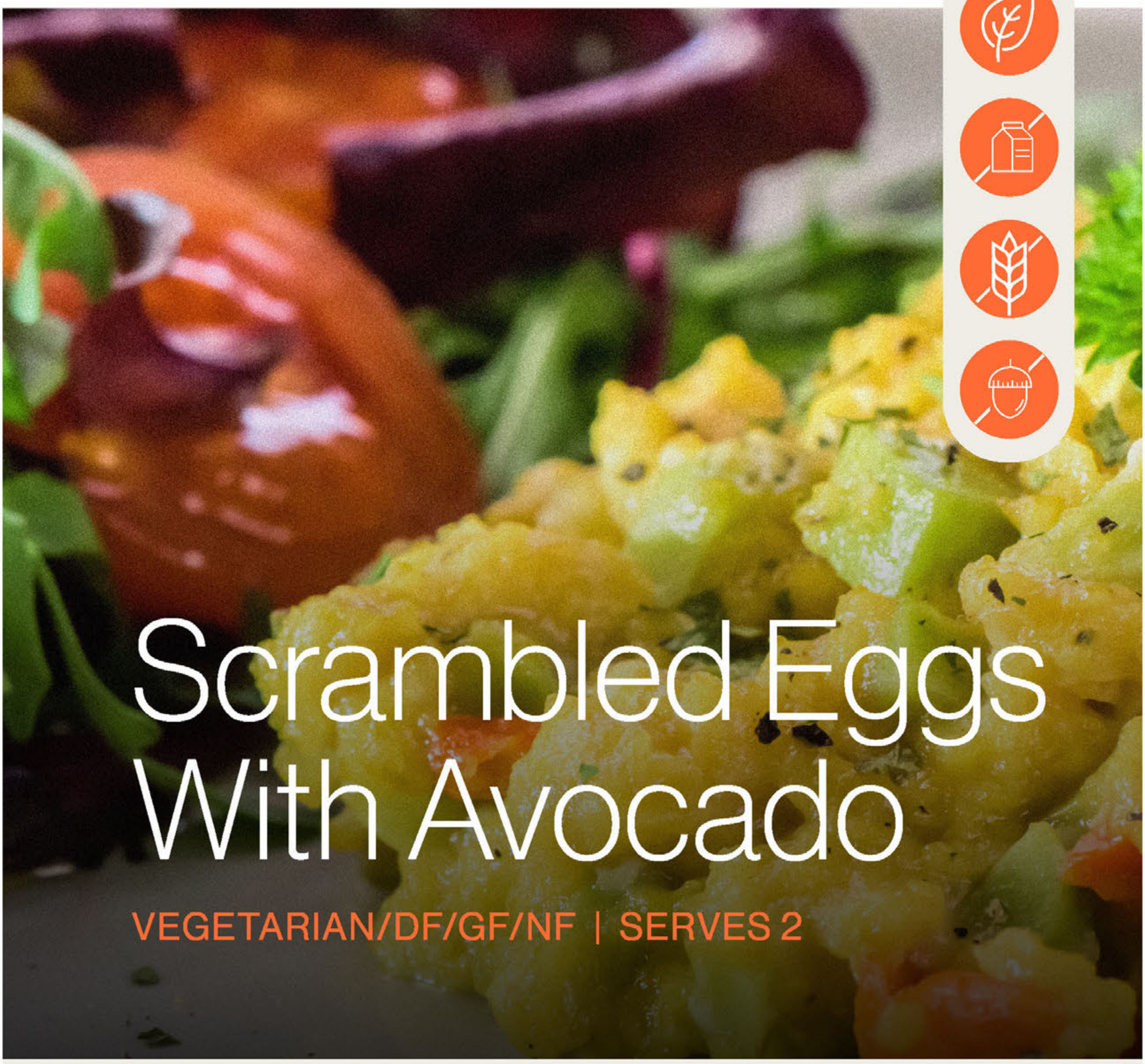
Slice drained and pressed tofu into approximately 1-in. cubes, then crumble.

Heat coconut oil in a large skillet or frying pan and sauté the chopped onion, pepper, and crumbled tofu for 3 to 5 minutes, stirring frequently.

Add the turmeric powder, black pepper and tamari and reduce the heat down to medium.

Allow tofu to cook 5 to 7 more minutes, stirring frequently and adding a bit more oil, if needed.

Add the nutritional yeast and stir to combine, making sure the tofu is well coated. Serve with chopped salad.



Ingredients

- 4 eggs
- ½ tsp. salt
- ½ tsp. black pepper
- 1 avocado, diced (hard avocado is better)
- 1 Tbsp. coconut oil, for frying

Directions

In a bowl, beat eggs. Add salt and pepper. Stir in avocado.
In a skillet over medium heat, add 1 Tbsp. coconut oil.
Add egg mixture.
Cook and stir gently until the eggs are completely set.
Serve with chopped salad.

Turkey Bacon Cups With Egg

DF/GF/NF | SERVES 4

Turkey Bacon Cups With Egg

Ingredients

- 12 pieces turkey bacon (2 pieces per cup)
- 6 eggs
- 2 Tbsp. chopped chives
- ½ tsp. nutritional yeast
- ½ tsp. salt
- ½ tsp. pepper
- Coconut oil, for oiling sides of muffin tin

Directions

Preheat oven to 350°F.

Use coconut oil to coat the bottoms and sides of a 12-cup muffin tin.

Line each muffin cup with 2 pieces of turkey bacon. Overlap the pieces to create a cup.

Top each muffin cup with one egg. Season with nutritional yeast, salt and pepper, to taste.

Bake for 20-25 minutes, or until egg whites are set.

Top each egg cup with a pinch of chives. Let cool for 5 minutes before removing.



Body Balance Cookbook

Low-Carb "Pancakes" With Blueberries

Ingredients

- ½ c. almond flour
- 2 Tbsp. coconut flour
- 1 tsp. cinnamon
- ½ tsp. baking powder
- 3 eggs
- ¼ c. non-dairy milk
- ¼ c. blueberries
- 1 tsp. xylitol, optional
- Coconut oil, for frying

Directions

In a high-speed blender, add all ingredients, except blueberries, and mix until thick.

Pour batter into a large mixing bowl and stir in blueberries. Let batter sit for 5-10 minutes. If batter is too thick, add more milk.

Preheat a large non-stick pan over low-medium heat. Ensure the pan is greased with coconut oil. Once hot, pour ¼ c. portions of the batter onto the pan and cover immediately. Allow pancakes to cook for 2-3 minutes, until the edges turn golden. Flip and repeat. Serve immediately or cool and freeze.



Sweet or Savory Egg Crepe Rolls

VEGETARIAN/GF | SERVES 4

Ingredients

Crepes

- 6 eggs
- ¼ c. non-dairy milk
- 1 tsp. salt
- Pepper, to taste

Directions

Whisk together the eggs and non-dairy milk until well-beaten.

Heat a large, non-stick frying pan over medium-high heat and lightly coat with coconut oil.

Pour in a small amount of the egg mixture, swirling pan to coat the entire bottom of the pan. Allow to cook for 1 minute then carefully flip over and cook on the other side. Remove and repeat.

Sweet or Savory Egg Crepe Rolls

Filling Ideas

Sweet

- Strawberry
- Apple, pecans and cinnamon

Savory

- Mushroom and chicken
- Smoked salmon, mustard and lettuce
- Spinach and tofu
- Asparagus, spinach and turkey bacon



PureNourish Non-dairy Yogurt Parfait

VEGAN/DF/GF | SERVES 4

Ingredients

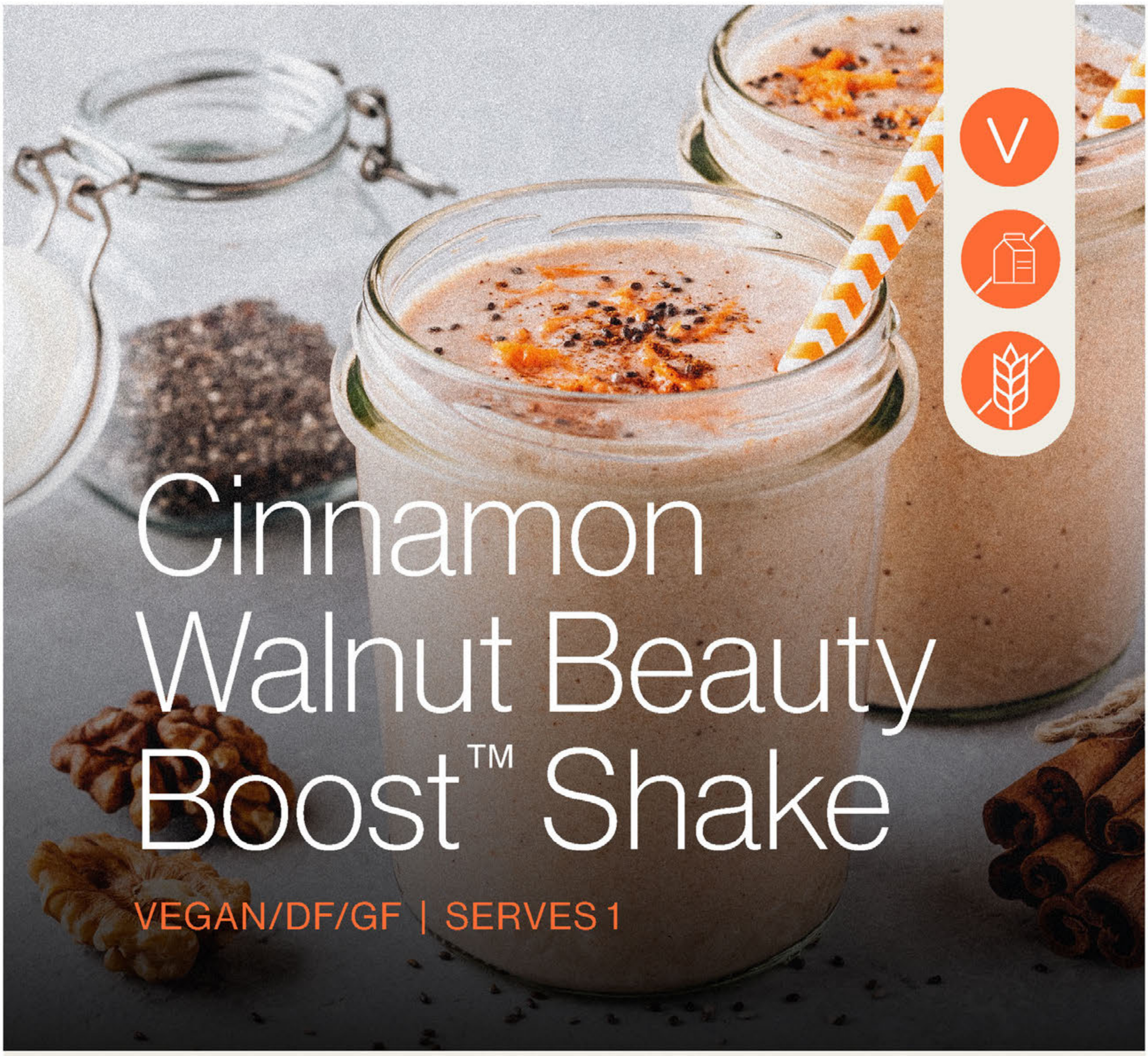
- 2 c. non-dairy yogurt
- 2 scoops PureNourish
- 2 scoops Power Boost™
- 1 c. blueberries
- 1 c. strawberries, chopped

Directions

Split yogurt into to 2 bowls. Add PureNourish to 1 bowl and Power Boost to the other bowl and mix well.

Alternate

1 Tbsp. of PureNourish, 1 Tbsp. blueberries, 1 Tbsp. Power Boost, 1 Tbsp. chopped strawberries and continue to layer until glass is full. Refrigerate until ready to serve.



Ingredients

- 2 c. filtered water
- 1 c. walnuts
- 1 Tbsp. ground cinnamon
- 1 scoop Beauty Boost

Directions

Soak the walnuts in water for a few hours (or overnight). Drain the liquid and discard.

Place the filtered water and walnuts in a blender and pulse until smooth. Add the cinnamon and Beauty Boost and pulse again.

Sweet & Tart Valentine's Shake

VEGAN/DF/GF | SERVES 1

Sweet & Tart Valentine's Shake

Ingredients

Smoothie

- ½ c. frozen cranberries
- ½ c. water
- 2 scoops PureNourish
- 1 tsp. lemon juice
- ½ c. crushed ice

Power Boost Bark Topping

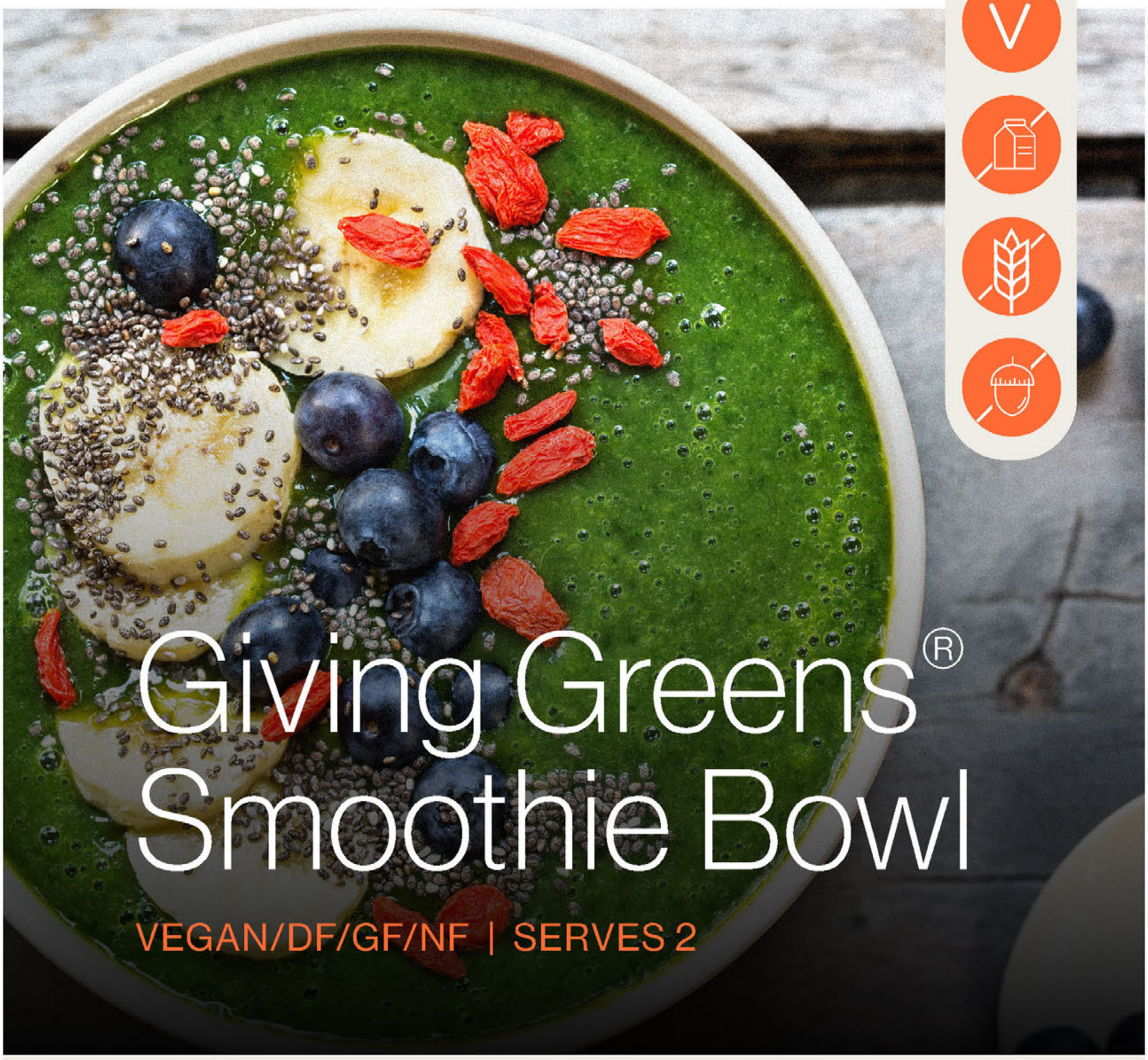
- 2 tsp. Power Boost
- 1 Tbsp. coconut oil, melted
- 1 Tbsp. chopped walnuts

Directions

In a blender, blend cranberries and water. Add PureNourish and lemon juice, and blend thoroughly. Turn blender to high and add ice. (If not using ice, increase water to about 1 c.) Serve with Power Boost Bark Topping, broken into small pieces.

Topping

Whisk melted coconut oil with Power Boost and sprinkle with walnuts. Spread thinly on a small plate in a circle. Freeze for 10 minutes.



Ingredients

Smoothie

- ½ c. almond milk
- 1 c. frozen blueberry
- 2 scoops Giving Greens
- ¼ medium avocado
- ½ c. ice
- 1 scoop Power Boost, optional

Toppings

- Fresh blueberries
- Pumpkin seeds
- Hemp seeds
- Goji berries
- Chopped Brazil nuts

Directions

Put milk, avocado, Giving Greens and Power Boost (if using) in a blender and blend until smooth.

Add the frozen blueberries and ice. Blend again.

Transfer the smoothie to a bowl and top with your favorite toppings.

Body Balance Cookbook



Soups & Salads



Ingredients

- 2 white onions, thinly sliced
- 2 cloves garlic, crushed
- 3 tsp. coconut oil
- 2 apples, peeled and chopped
- 5 beetroots, raw or cooked (vacuum-packed)
- 8½ c. yeast-free vegetable stock
- Pinch of pepper
- Small bunch flat-leaf parsley, chopped

Directions

In a large saucepan, heat the oil and fry the onions until golden and crispy. Set aside half of the crispy onions for garnish.

Add the beetroot and apple to the remaining onions. Stir in the vegetable stock and pepper and bring to a boil. Simmer for 15 minutes (longer if using raw beetroot).

Remove from heat and blend until smooth. Garnish with crispy onions and flat-leaf parsley.



Roasted Sweet Potato/ Yam Soup

DF/GF | SERVES 6

Ingredients

- 4 medium yams/sweet potatoes
- 1 bulb garlic
- 3 c. chicken stock
- 1 c. almond milk
- Chipotle powder
- Salt and pepper, to taste

Topping

- 1 tsp. pecans
- 1 Tbsp. coconut cream
- Dash cinnamon

Alternative Topping

- 1 tsp. pumpkin seeds
- Pinch Himalayan salt

Roasted Sweet Potato/ Yam Soup

Directions

Preheat oven to 350ºF. Cut the top off the garlic and coat with coconut oil.

Roast the yams and garlic for 45-60 minutes, or until tender. Remove from oven, cool to room temperature and peel the sweet potatoes and garlic. Cut the potatoes into chunks, and purée the potatoes and garlic together in a blender with just enough chicken stock to keep the vegetables in motion — about 1 c. Work in batches if necessary.

When smooth, place in a saucepan with the remaining chicken stock and almond milk and bring to a slow simmer. Season with chipotle powder, salt and pepper. Serve and top with your favorite topping. Add more broth or almond milk for the consistency you prefer.



Broccoli Soup With Browned Broccoli "Croutons"

VEGAN/DF/GF/NF | SERVES 4

Ingredients

Broccoli Soup

- ¼ c. coconut oil or vegan butter
- 5 c. broccoli, chopped (approx. 2 heads)
- ⅔ c. carrots, chopped (approx. 2 carrots)
- ⅔ c. celery, chopped (approx. 2 ribs)
- ⅔ c. onion, chopped (approx. 1 onion)
- 2 cloves garlic, minced
- 6 Tbsp. gluten-free coconut flour
- 4 c. vegetable broth
- 2 c. non-dairy milk
- ¾ c. canned coconut milk (or sub with more non-dairy milk)
- ¼ c. nutritional yeast
- 1 tsp. lemon juice
- Salt and pepper, to taste

Browned Broccoli "Croutons"

- 1 c. broccoli florets
- 1 Tbsp. coconut oil
- Salt, to taste

Broccoli Soup With Browned Broccoli "Croutons"

Directions

Broccoli Soup

In a medium saucepan, heat coconut oil or vegan butter over medium heat. Add broccoli, carrot, celery, onion and garlic. Sauté until onion is translucent and softened, about 5 minutes.

Sprinkle vegetables with flour. Cook 1-2 minutes, stirring often.

Gradually add vegetable broth and non-dairy milk, stirring constantly to prevent lumps. Add coconut milk and nutritional yeast. Simmer soup over medium-low heat for 10-15 minutes, or until the vegetables are tender.

Blend the soup to your liking. It's recommended puréeing ½ to ⅔ of the soup smooth. If desired, adjust consistency with vegetable broth or non-dairy milk. Stir in white wine vinegar. Taste and adjust seasoning with salt, pepper and vinegar.

Croutons

In a separate saucepan or skillet, heat coconut oil over medium heat.

Add the broccoli florets and sprinkle with salt. Sauté until nearly tender. Turn the heat to high and continue to cook, stirring sporadically, until the broccoli has a nice golden-brown edge on at least 1 side. Remove from heat and set aside until ready to use.



Chopped Mediterranean Salad

VEGAN/DF/GF/NF | SERVES 2

Ingredients

- 1 English cucumber, chopped
- 1 c. cherry tomatoes, chopped
- 1 c. Kalamata olives
- 1 can hearts of palm, sliced
- 1 can artichoke hearts, sliced
- 1 sprig fresh oregano, chopped
- 1 Tbsp. olive oil
- Juice of 1 lemon

Directions

Assemble salad. Drizzle with olive oil and lemon juice.

Grilled Chicken Salad

DF/GF | SERVES 2

Body Balance Cookbook

Grilled Chicken Salad

Ingredients

- 2 lbs. skinless chicken breasts
- ¼ oz. smoked paprika
- 1 lemon
- 2 oz. celery
- 3 oz. shallot
- 5 oz. large leaf arugula
- 1 oz. almonds
- Salt and pepper, to taste
- Olive oil

Directions

Pound chicken to ½-in. thick. In a small bowl, combine ½ tsp. smoked paprika and ½ tsp. each salt and pepper. Season the chicken and add 1 tsp. olive oil. Set aside.

Dressing:

Zest and squeeze half of the lemon into a large bowl. Add 2 Tbsp. olive oil, and salt and pepper to taste. Thinly slice celery on a diagonal. Halve, peel and thinly slice half of the shallot lengthwise. Add to dressing.

Coarsely chop the almonds and set aside. Wash and drain the arugula. Grill the chicken until golden brown and juices run clear, about 3-4 minutes per side. Toss arugula with dressing, sprinkle with almonds and top with chicken.



Ingredients

Quinoa Salad

- 2 c. quinoa, cooked (about 1 c. uncooked)
- 1 red bell pepper, chopped
- ½ cucumber, chopped
- 1 c. chickpeas
- ½ small red onion, finely chopped
- ½ c. kalamata olives, cut in half
- ¼ c. sun-dried tomatoes, finely chopped
- ⅓ c. fresh basil, finely chopped
- ¼ c. crumbled vegan feta cheese, optional

Mediterranean Quinoa Salad

Lemon-Oregano Dressing

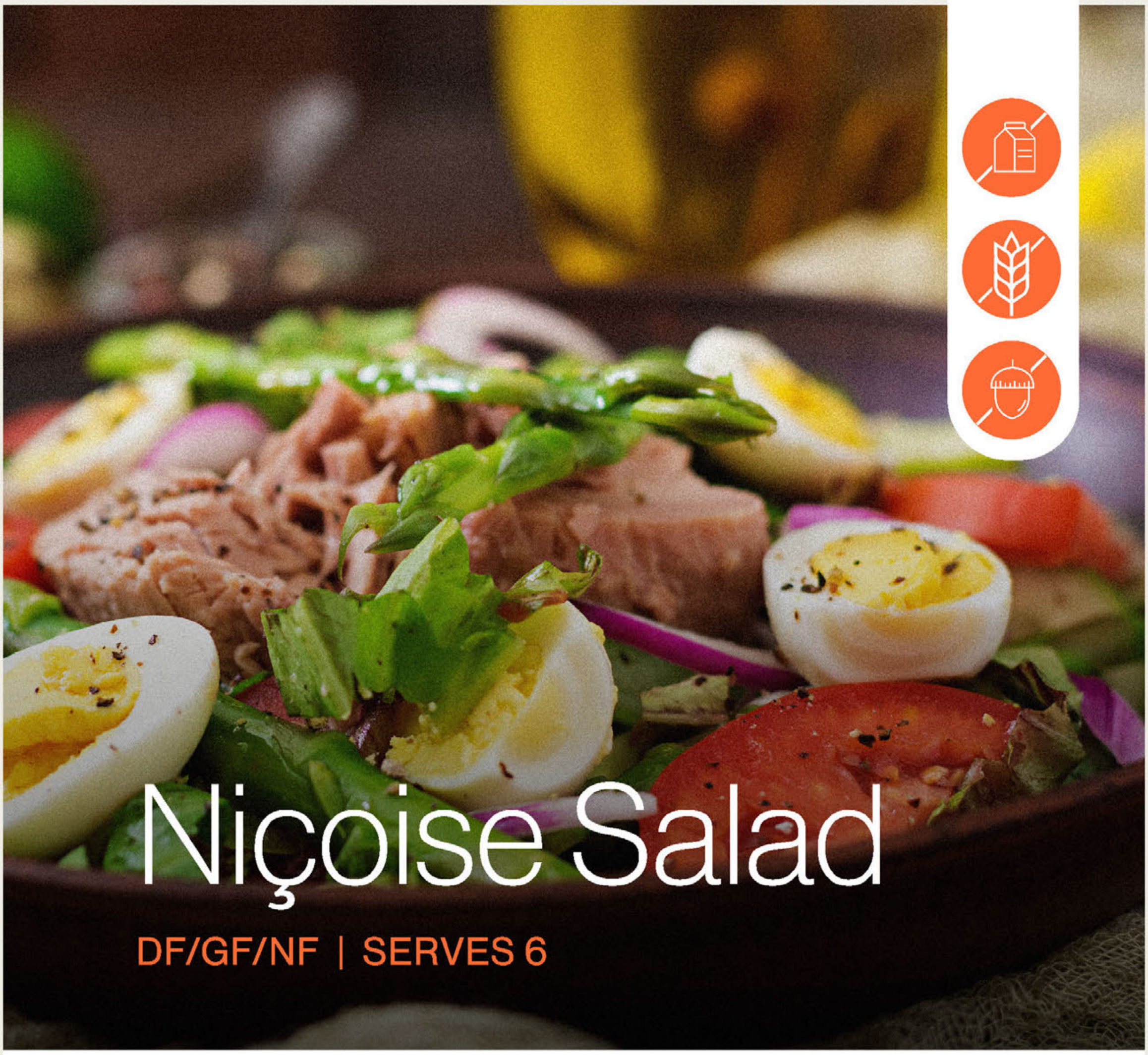
- 2 Tbsp. lemon juice
- 1 Tbsp. apple cider vinegar
- ⅓ c. olive oil
- 1 Tbsp. Dijon mustard
- ½ tsp. dried or fresh oregano
- ½ tsp. garlic powder
- ¼ tsp. ground cumin
- Salt and pepper, to taste

Directions

To prepare the salad, mix all the ingredients together in a large bowl.

Mix all the salad dressing ingredients together in a small jar. Cover with the lid and shake until incorporated.

Pour half the salad dressing onto the quinoa salad and taste. Add more or reserve the remainder.



Niçoise Salad

DF/GF/NF | SERVES 6

Ingredients

Vinaigrette

- ⅓ c. lemon juice
- ¾ c. extra virgin olive oil
- 3 Tbsp. shallot, finely chopped
- 2 Tbsp. fresh basil, finely chopped
- 1 Tbsp. fresh thyme, finely chopped
- 2 tsp. fresh oregano or tarragon, finely chopped
- 1 tsp. Dijon mustard
- Salt and pepper, to taste

Salad

- 2 8-oz. cooked tuna steaks or 2-3 cans of tuna (grilled, marinated tofu can be used as a substitute)
- 6 hard-boiled eggs, peeled and quartered lengthwise
- 1¼ lb. small new potatoes
- 2 medium heads lettuce, torn into bite-sized pieces
- 3 small ripe tomatoes, cored and cut into wedges
- 1 small red onion, thinly sliced
- ½ lb. green beans, trimmed and cut into 2-inch pieces
- ¼ c. niçoise olives
- 2 Tbsp. capers, rinsed
- Salt and pepper, to taste

Niçoise Salad

Directions

Vinaigrette

In a jar, place the oil, lemon juice or vinegar, shallots, herbs and mustard. Cover with a lid and shake until blended. Add salt and pepper, to taste.

Salad

Place onion slices in a small bowl and drizzle with 3 Tbsp. of vinaigrette.

Place potatoes in a large pot and cover with 2 inches of water. Add 1 Tbsp. of salt. Bring to a boil. Lower the heat to maintain a simmer. Cook for 10-12 minutes, until the potatoes are fork-tender. Drain.

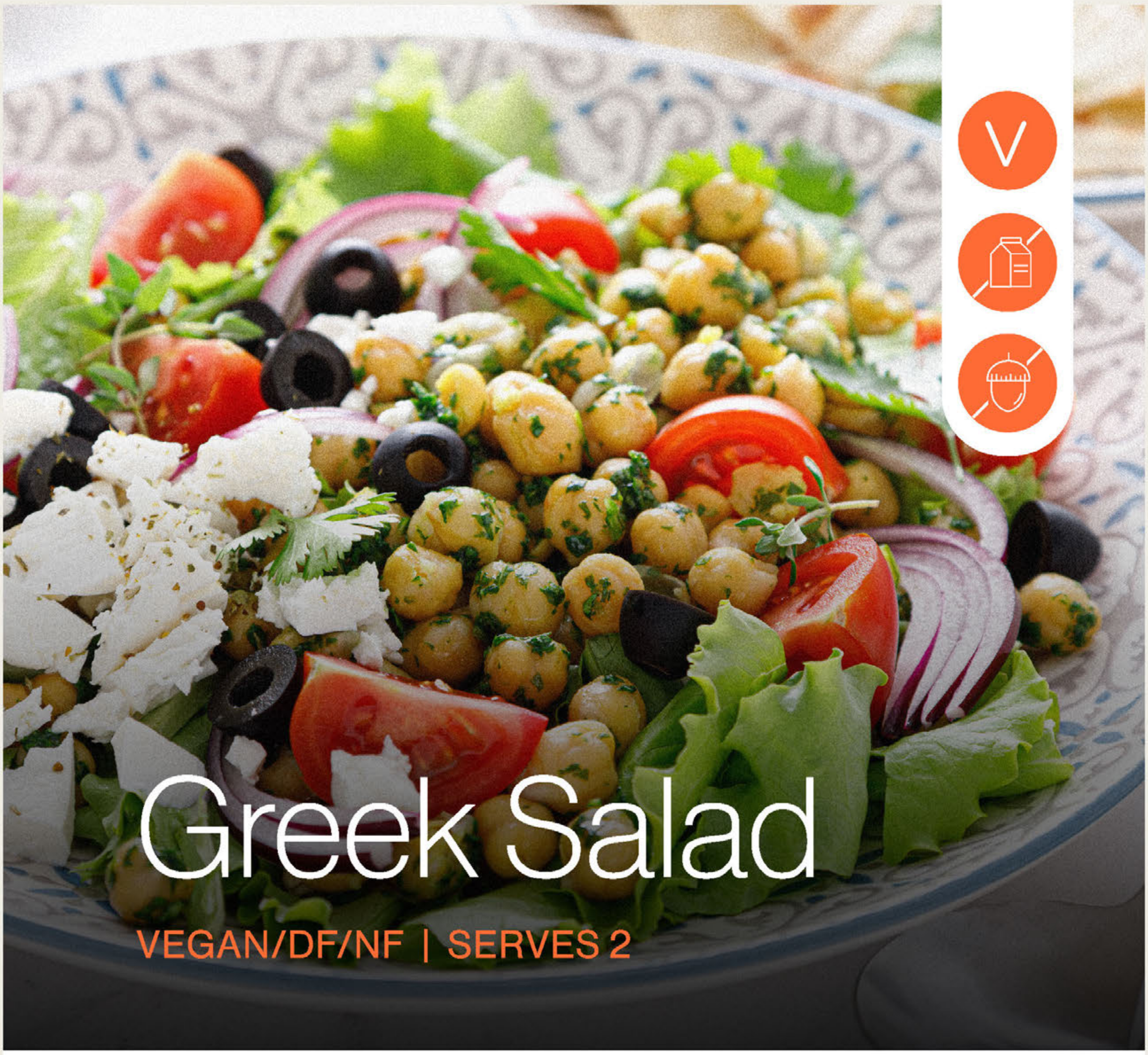
While the potatoes are still warm, cut them into halves or quarters, depending on the size of the potatoes.

Place them in a bowl and dress them with about ¼ c. of the vinaigrette.

While the potatoes are cooking, fill a medium-sized pot halfway with water, and add 2 tsp. of salt. Bring to a boil and add green beans. Cook until tender but still firm to the bite, about 3-5 minutes.

Drain and either rinse with cold water to stop the cooking, or shock for half a minute in ice water.

Arrange bed of lettuce on a serving platter. Cut tuna into ½-in. thick slices. Mound tuna (or tofu) in center of lettuce. Sprinkle the tomatoes and onions around it. Arrange the potatoes and green beans in mounds at the edge of the lettuce. Arrange hard-boiled eggs and olives on the lettuce bed. Drizzle with remaining vinaigrette. Sprinkle with capers, if using, and serve immediately.



Ingredients

- ½ cucumber
- 1 head of romaine lettuce, ripped into bite-sized chunks or 3½ oz. arugula
- Vegan feta cheese
- Cold-pressed extra virgin olive oil
- 2 large tomatoes
- 10 large olives, pitted
- 1 handful fresh flat leaf parsley, chopped
- 1 small red onion, sliced thinly
- 3½ oz. chickpeas, rinsed and drained
- Salt and pepper, to taste

Directions

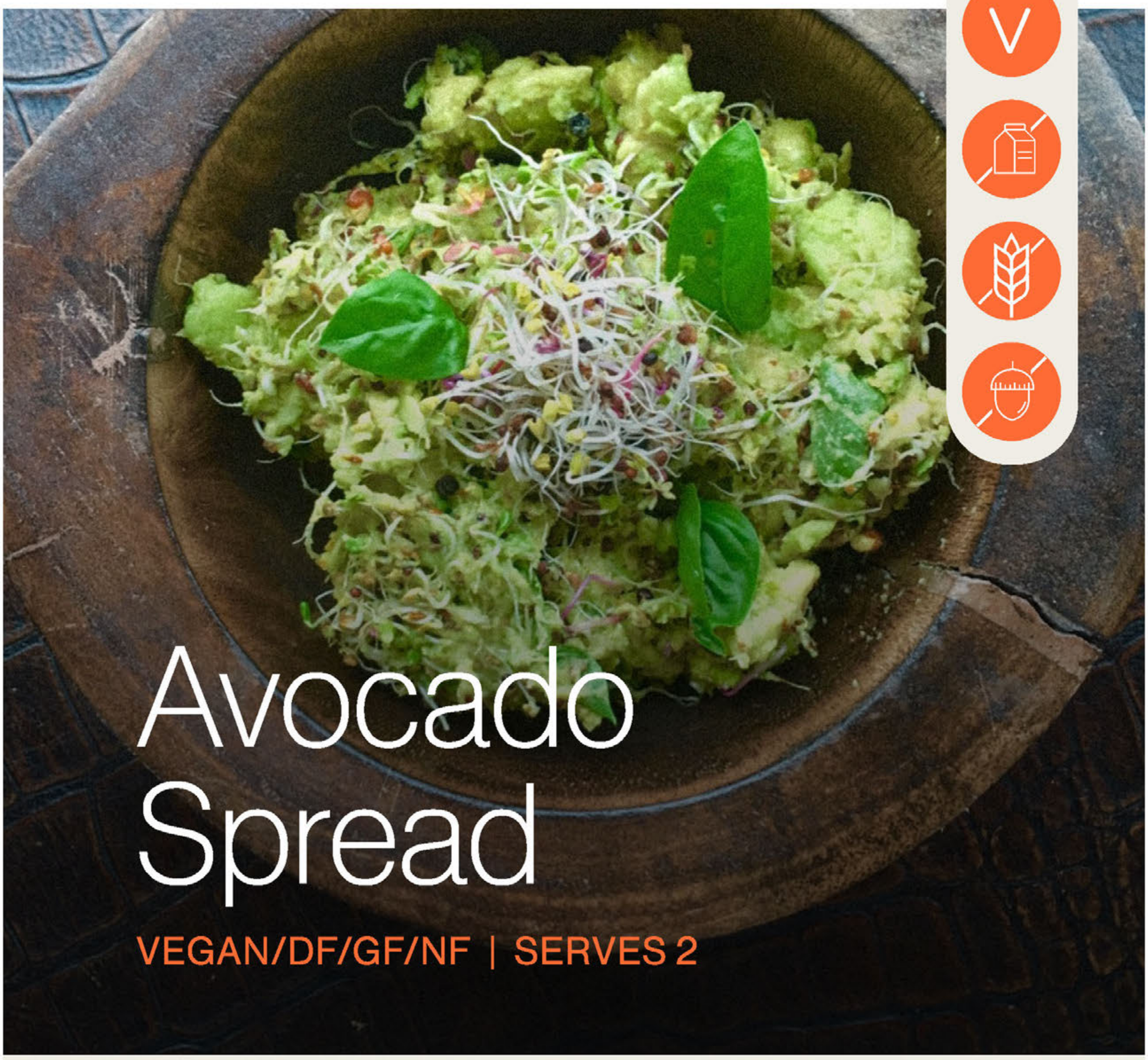
Wash, rinse and prepare all ingredients.

Add all ingredients in a bowl and drizzle with olive oil, salt and pepper and toss.

Body Balance Cookbook



Appetizers, Vegetables & Sides



Avocado Spread

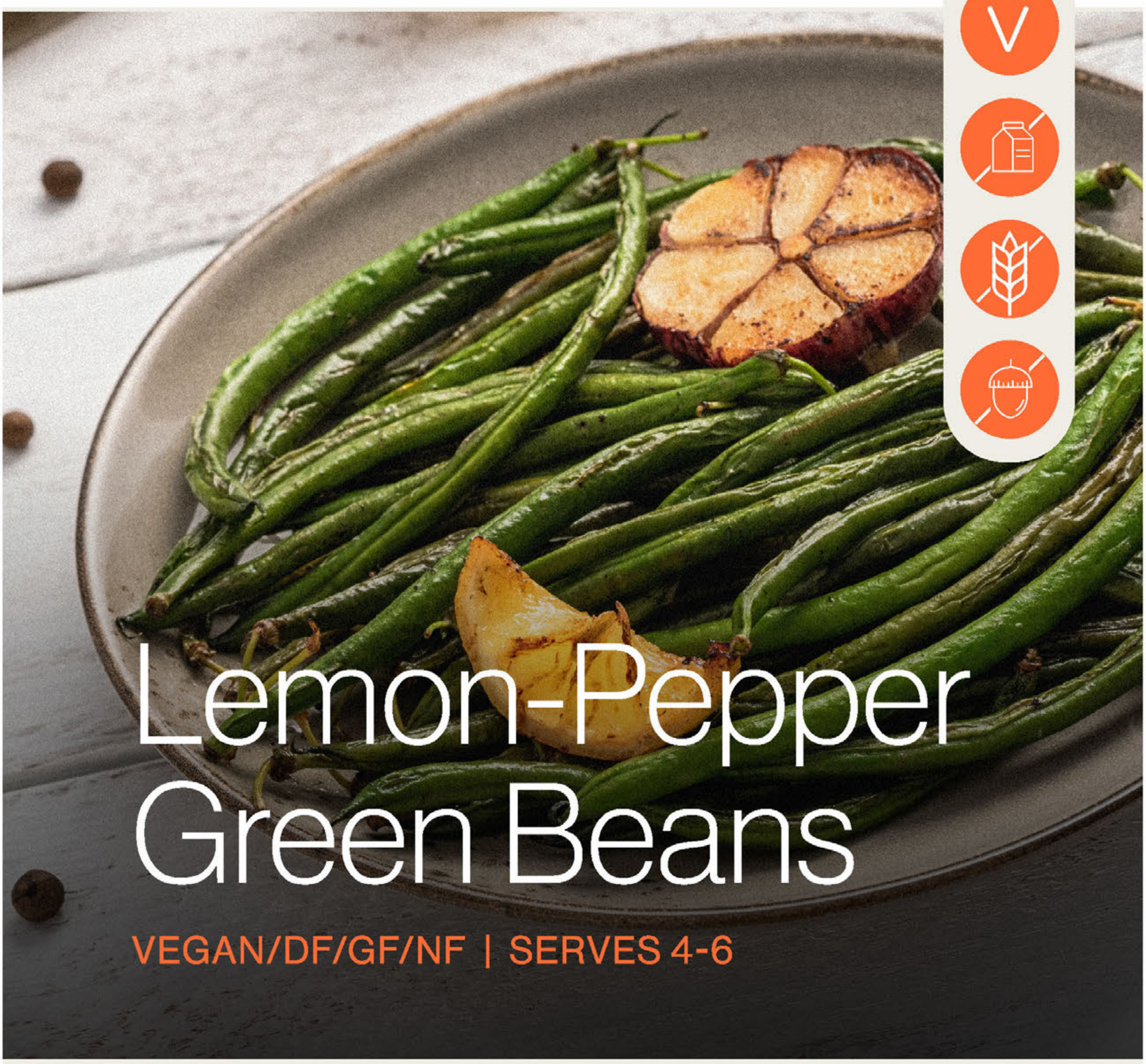
VEGAN/DF/GF/NF | SERVES 2

Ingredients

- 1 large avocado, mashed
- 3 Tbsp. nutritional yeast
- ¼ tsp. Herbamare Herbed Sea Salt

Directions

Mash the avocado in a large bowl with a fork. Stir in the nutritional yeast and Herbamare until well-blended. Add to your favorite (healthy) cracker, noodle or salad.



Ingredients

- 3 lbs. fresh green beans
- 2 Tbsp. coconut oil or ghee
- 2 cloves garlic, minced
- ¼ c. lemon juice
- 2 tsp. grated lemon peel
- Salt and pepper, to taste

Directions

In large skillet over medium-high heat, stir-fry green beans and garlic in coconut oil or butter until crisp-tender, about 10 minutes.

Reduce heat to medium. Add lemon juice, lemon peel, salt and pepper. Cover and let steam for 2-3 minutes, stirring occasionally.

Transfer to serving bowl and serve immediately.



Roasted Vegetables

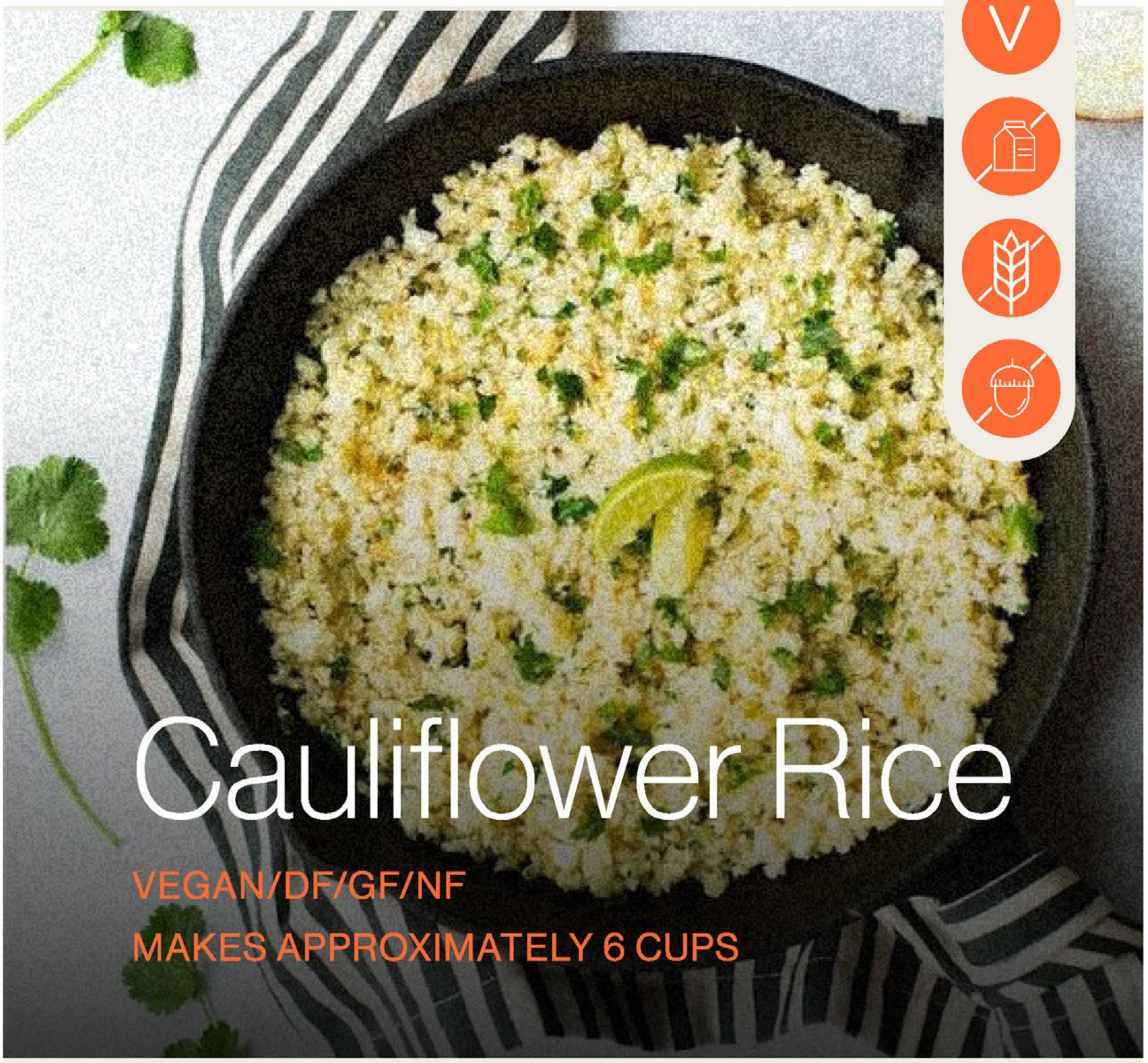
VEGAN/DF/GF/NF | SERVES 4

Ingredients

- 1 red onion, cut in large chunks
- 1 red bell pepper, cut in large chunks
- 1 green bell pepper, cut in large chunks
- 5 cloves garlic
- 2 yellow squash, sliced
- 2 zucchini, sliced
- 2 tomatoes, cut in large chunks
- 1 Tbsp. basil, sliced
- 1 tsp. lemon pepper
- 2 tsp. olive oil

Directions

Preheat oven to 425°F. Add all vegetables to roasting pan. Top with basil and lemon pepper. Drizzle with olive oil and bake for 45 minutes.



Cauliflower Rice

VEGAN/DF/GF/NF

MAKES APPROXIMATELY 6 CUPS

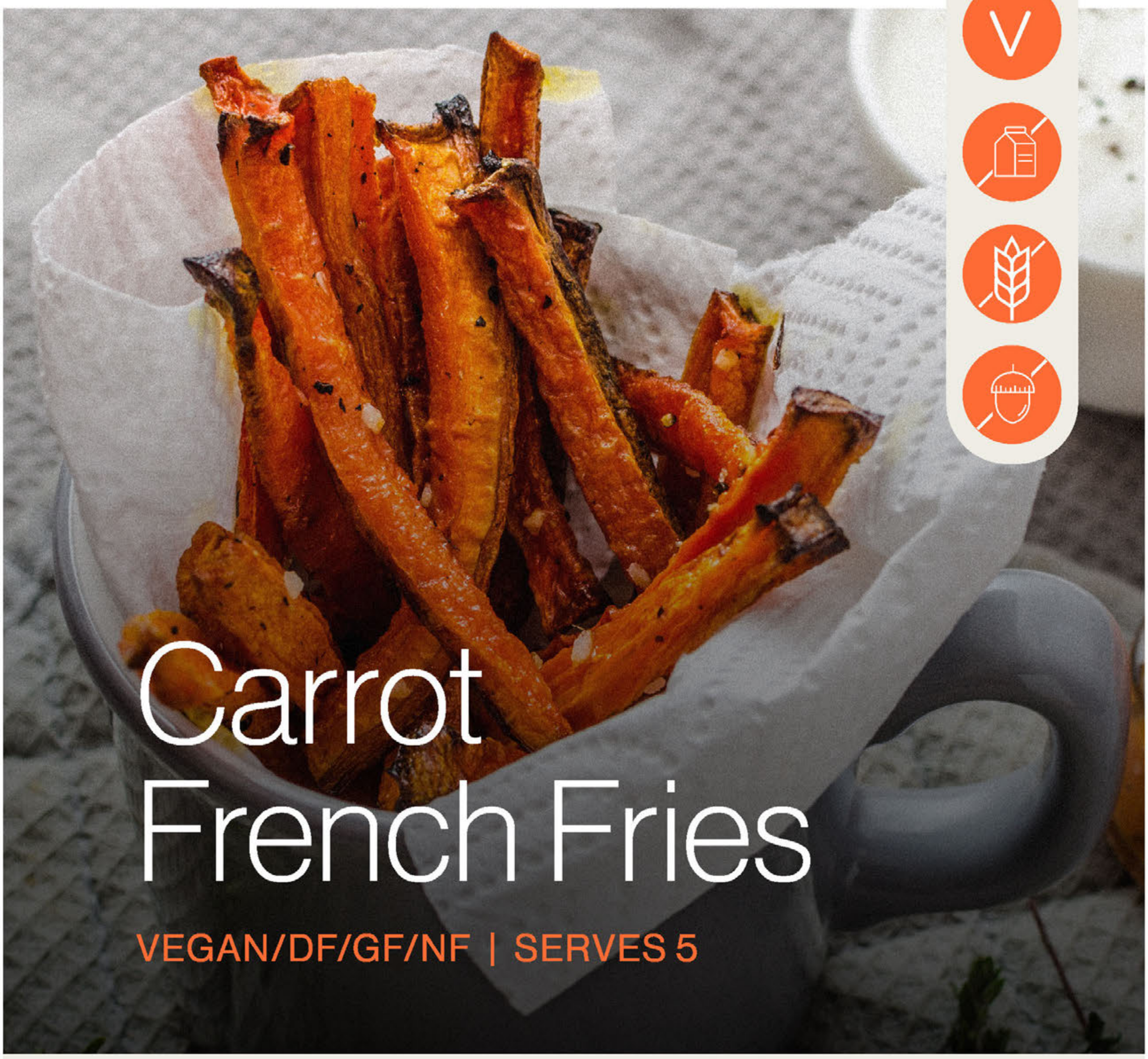
Ingredients

- 1 head of cauliflower, cut roughly into florets
- 1 medium yellow onion, cut into quarters
- 1 Tbsp. cooking oil
- 1 tsp. sea salt
- 1 Tbsp. fresh lemon juice

Directions

Put onion in food processor and chop finely. Add roughly chopped cauliflower. Process only until uniformly chopped.

Heat oil in a medium pot or cast-iron skillet. Add the cauliflower/onion mixture and stir. Keep the pan hot. Squeeze in some lemon juice and add salt and pepper, then stir and cook until tender. Season to taste.



Carrot French Fries

VEGAN/DF/GF/NF | SERVES 5

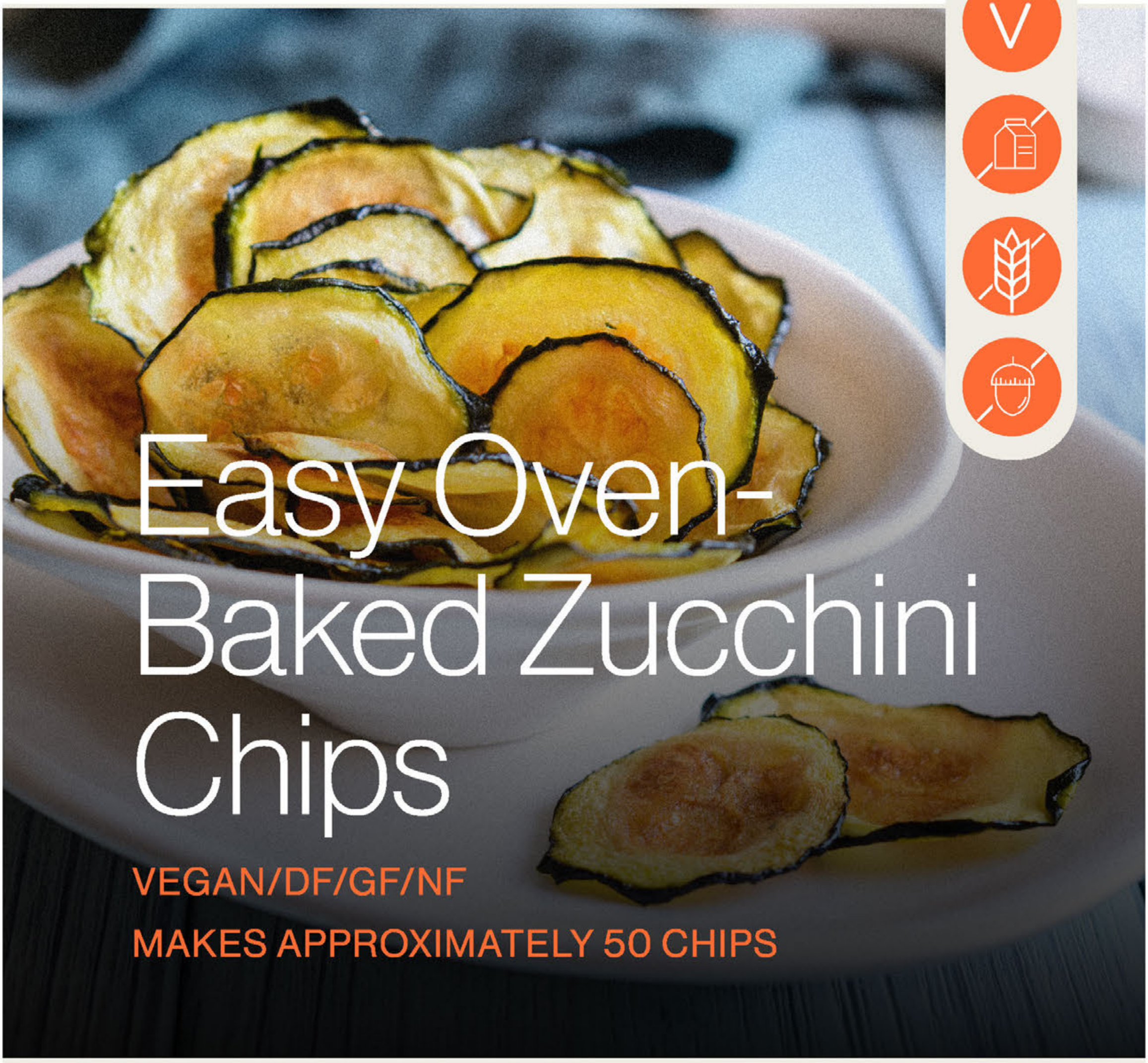
Ingredients

- 1 lb. fresh carrots
- 2 tsp. oil (coconut, olive oil, etc.)

½ tsp. kosher salt

Directions

Peel carrots into thick slices or cut into strips of desired thickness. Toss slices in oil and salt. Bake at 450ºF for 10-12 minutes, or until desired crispiness is achieved.



Ingredients

- 1 large zucchini
- 2 Tbsp. avocado oil
- Kosher salt

Directions

Preheat oven to 350ºF. Line two large baking sheets with silicon baking mats or parchment paper.

Slice zucchini on a mandolin. Place slices on a paper towel, with another paper towel on top, and press them.

Line up the zucchini slices on the prepared baking sheet, making sure not to overlap. Brush avocado oil on the top of each slice. Salt, bake for 30 minutes.



Brussels Sprouts With Beauty Boost Dressing

VEGAN/DF/GF/NF | SERVES 8

Ingredients

- 4 c. Brussels sprouts, sliced
- ¾ c. frozen peas
- ½ c. raw fennel, shaved thin
- ¼ c. fresh cilantro

Beauty Boost Dressing

- 3 Tbsp. coconut oil, melted
- 1 Tbsp. fresh lemon juice
- ½ tsp. Beauty Boost
- 1 dash nutmeg

Directions

Slice Brussels sprouts into thin discs. Steam until tender and keep warm.

Defrost frozen peas in a sealed bag in a bowl of hot water. Toss the uncooked warm peas and the fennel with the warm Brussels sprouts.

Dressing

Whisk all ingredients until emulsified. Serve Brussels sprouts with 2 Tbsp. of Beauty Boost Dressing and garnish with fresh cilantro.

Quinoa-Asparagus Risotto

VEGAN/DF

Body Balance Cookbook

Quinoa-Asparagus Risotto

Ingredients

- 1 10-oz. pack of spinach, pre-washed
- 1 Tbsp. extra virgin olive oil, cold-pressed
- 4 cloves garlic, minced
- ½ tsp. red chili flakes
- 1 c. quinoa, rinsed
- 4 c. low-sodium vegetable broth
- 10 stalks asparagus, trimmed
- 1 lemon, zested and juiced
- Salt and pepper, to taste
- Nutritional yeast, for garnish

Directions

Heat a large skillet over high heat. Add the spinach to wilt for 1 minute, tossing often. Turn heat off and set aside.

Warm the oil in another large skillet over medium-high heat. Add oil, garlic and red chili flakes. Cook 2-3 minutes until the garlic becomes fragrant but does not brown. If the garlic begins to brown, reduce heat to low.

Add quinoa and cook another minute, stirring once or twice to mix in garlic. Add the broth and bring to a slow simmer. Cook for 10-12 minutes until more than half of the liquid is absorbed.

Roughly chop the asparagus and wilted spinach. Stir it in along with the lemon zest, lemon juice, nutmeg and salt. Sprinkle with nutritional yeast and serve immediately.

Body Balance Cookbook



Entrées

Grilled Lime Chicken

DF/GF/NF | SERVES 4

Body Balance Cookbook

Grilled Lime Chicken

Ingredients

- 3-4 medium boneless, skinless chicken breasts
- 1 tsp. ground cumin
- 1 tsp. sea salt
- ½ tsp. freshly ground black pepper
- ½ tsp. smoked paprika
- ½ tsp. garlic salt
- ½ tsp. onion powder
- 1 Tbsp. avocado oil
- 2 limes

Directions

Preheat grill to medium-high heat.

Mix seasonings in a bowl. Add chicken breasts, oil and lime juice. Stir. Marinate if desired, or grill immediately.

Spray grill lightly with coconut oil cooking spray and place chicken on grill. Grill 5-6 minutes on each side, or until cooked through. Thinly slice chicken and squeeze more lime juice over pieces. Garnish with cilantro and lime wedges. Serve on top of salad, in tacos or in a burrito bowl.



Portabella Mushroom Pizza

VEGAN/DF/GF | SERVES 2

Ingredients

- 4 large portabella mushrooms, washed, dried, stems removed
- Filtered water

Pine Nut "Cheese"

- ½ c. pine nuts
- 1 Tbsp. fresh rosemary sprigs
- ½ Tbsp. minced garlic
- ½ tsp. sea salt
- 1 Tbsp. lemon juice (about half of 1 lemon)

Sauce

- 4 large, ripe tomatoes
- 4-6 sun-dried tomatoes, soaked
- Nutritional yeast
- ¼ tsp. dried oregano or other Italian herbs, to taste
- ½ c. mixed veggies of your choice, chopped (red pepper, broccoli, onion)
- 16 fresh basil leaves, for garnish
- Coconut or Bragg's liquid aminos, optional

Portabella Mushroom Pizza

Directions

Using just enough filtered water to cover them, soak the sun-dried tomatoes at least 30 minutes before preparing.

Preheat oven to 350ºF.

Crust: Place the portabella mushrooms in baking dish, top down. (Optional: Douse lightly with Bragg or coconut aminos.)

Sauce: In a blender, purée tomatoes, oregano, sun-dried tomatoes and nutritional yeast. Spoon 2-3 Tbsp. of sauce into each mushroom cap.

Pine Nut Cheese: In a food processor, blend pine nuts, fresh rosemary sprigs, garlic, lemon juice, and sea salt until creamy. Top the mushroom caps with a layer of cheese and garnish each with four basil leaves.

Warm (do not cook) in the oven for 5-7 minutes.



Chicken With Walnut Topping

DF/GF | SERVES 4

Ingredients

- 4 chicken breasts
- 2½ oz. walnuts, finely chopped
- 1 clove garlic, crushed
- 1 in. fresh ginger, grated
- Pinch of pepper
- 3 tsp. olive oil

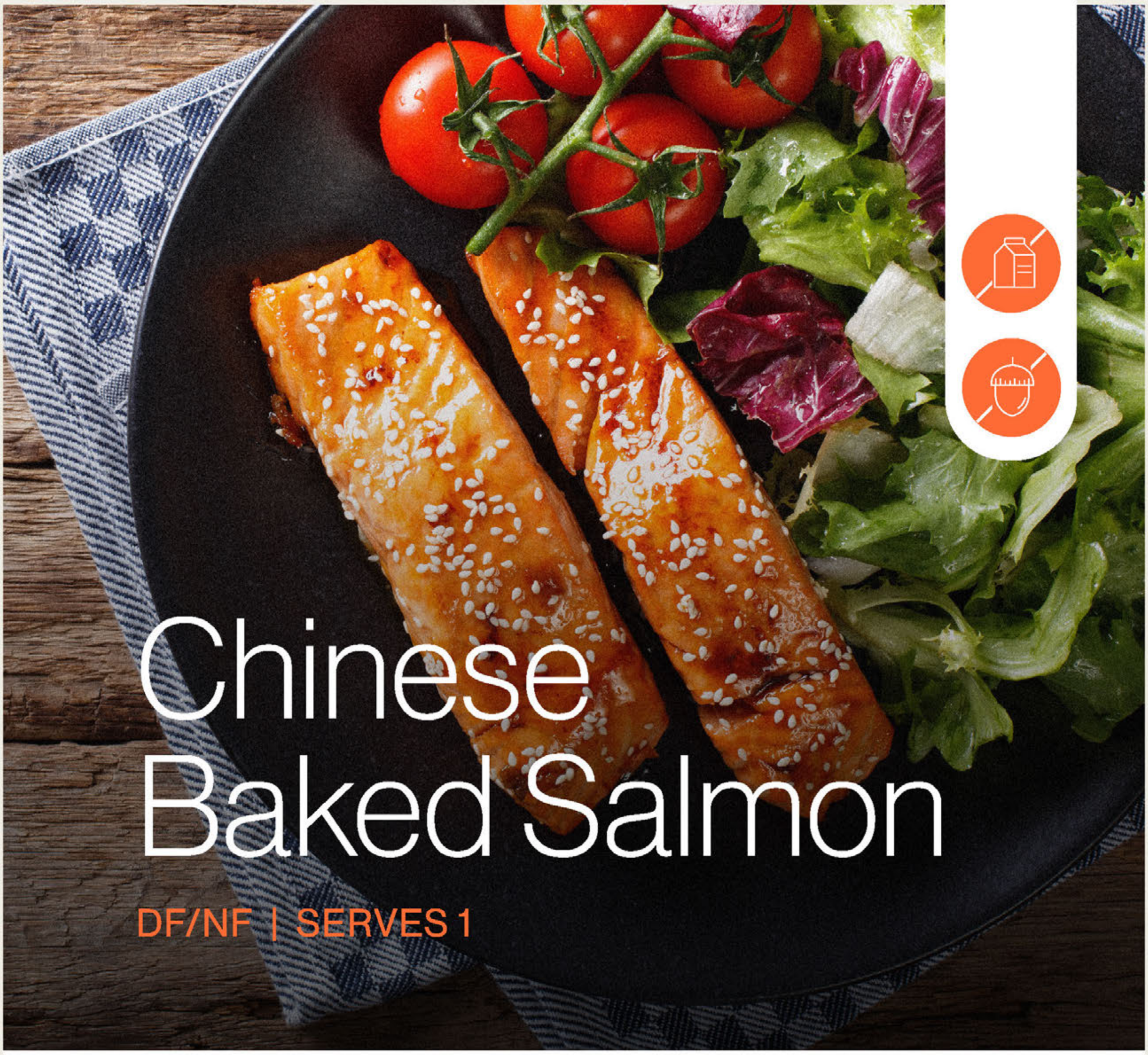
Directions

Preheat the oven to 350°F.

Combine all the ingredients for the walnut topping and make into a paste. Add more oil, if needed.

Evenly split the topping mixture into four and press onto the top of each chicken breast.

Place chicken breasts on baking sheet and bake for 20-30 minutes, or until juices run clear.



Chinese Baked Salmon

DF/NF | SERVES 1

Ingredients

- 2 pieces salmon (skin-on)
- 2 tsp. sesame seeds
- Drizzle of low-sodium soy sauce

Directions

Preheat oven to 340ºF.

Drizzle each piece of salmon with soy sauce. Sprinkle with sesame seeds. Bake for 30-35 minutes. Serve with a salad or lightly cooked vegetables.



Ingredients

- ¼ c. uncooked quinoa
- ½ c. water
- 1 Tbsp. coconut oil
- 1 small red onion, finely chopped
- 1 bell pepper, finely chopped
- 2 Tbsp. minced garlic
- 20 oz. ground turkey
- 1 Tbsp. tomato paste
- 2 Tbsp. coconut aminos, divided
- ¼ c. unsweetened applesauce
- 1 egg
- Garlic powder, red chili flakes, salt and pepper, to taste

Turkey-Quinoa Meatloaf

Directions

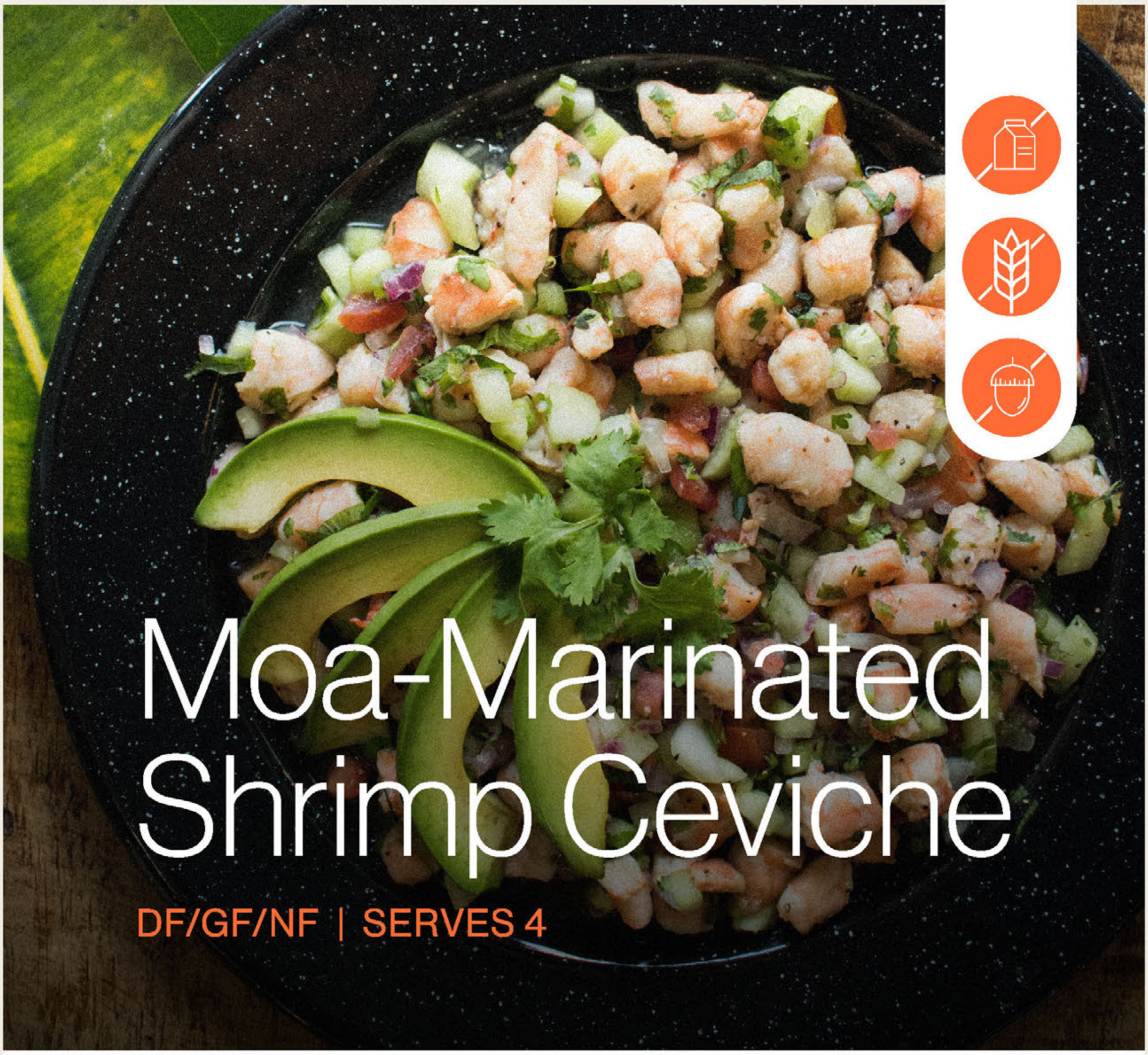
In a small pot over high heat, bring quinoa and water to a boil. Reduce heat to low, and simmer covered for approximately 15-20 minutes. Set aside.

Preheat oven to 350ºF. Line baking sheet with foil and lightly coat with cooking spray.

Bring skillet to medium heat and melt coconut oil. Add red onion and bell pepper, and cook until slightly softened, approximately 5 minutes. Add minced garlic and red chili flakes and cook for another minute. Remove from heat and allow to cool.

In a large bowl, combine ground turkey, tomato paste, coconut aminos, applesauce, egg and seasonings. Add cooked quinoa, onion, bell pepper and garlic to turkey mixture and mix until thoroughly combined.

Form turkey mixture into a loaf on prepared baking sheet. Bake for approximately 50 minutes (or until internal temperature reads 160ºF). Serve with roasted veggies.



Moa-Marinated Shrimp Ceviche

DF/GF/NF | SERVES 4

Ingredients

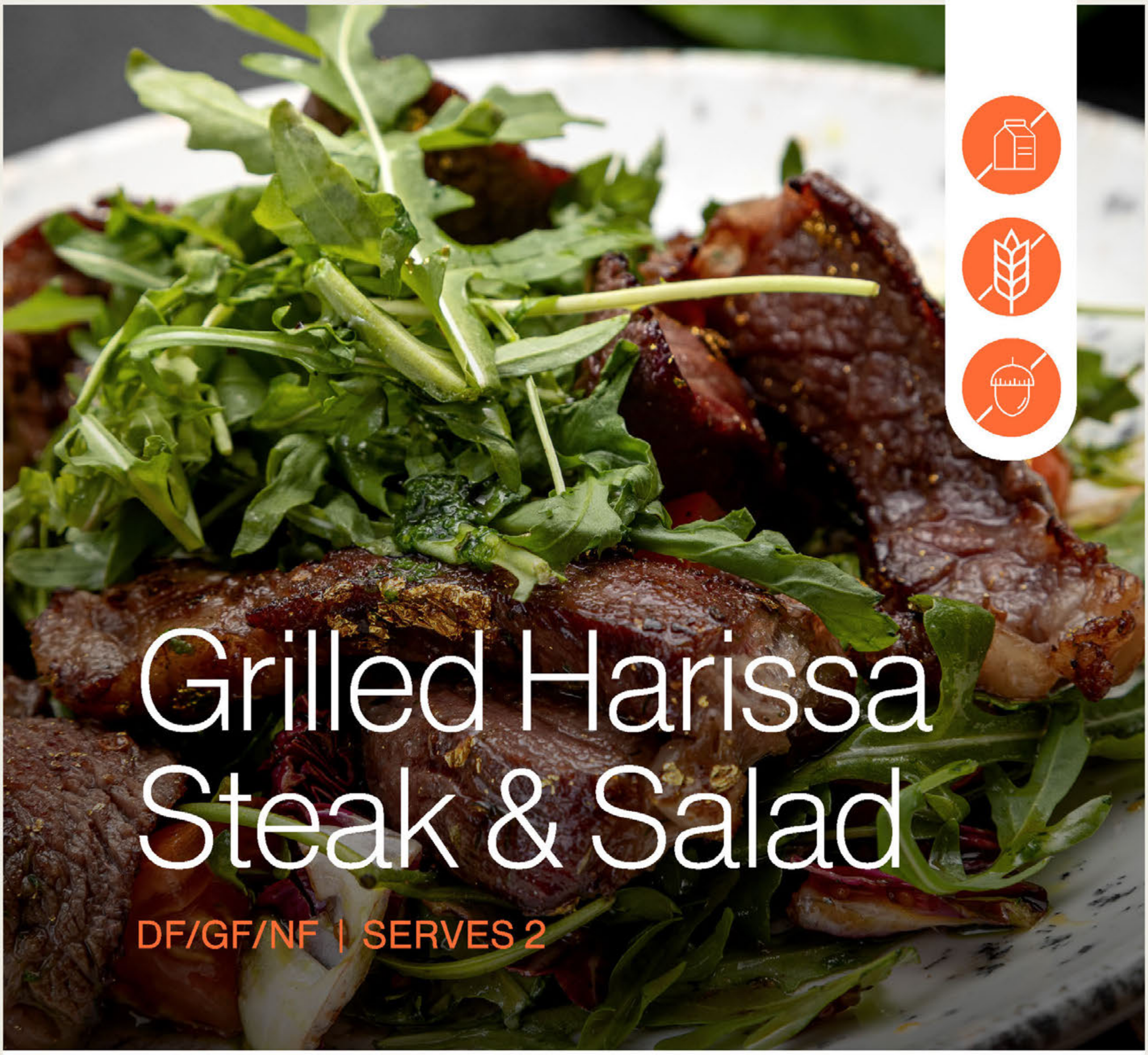
- 16 oz. shrimp, peeled deveined and chopped
- ¾ c. fresh lemon juice
- 3 Roma tomatoes
- ½ onion, chopped
- ¼ c. cilantro, roughly chopped
- 2 Tbsp. raw coconut aminos
- ¼ c. Moa
- 1-2 tsp. hot sauce
- Salt and pepper, to taste
- Avocado, for topping

Directions

In a large bowl, combine shrimp and lemon juice. Let stand for approximately 5 minutes or until shrimp turns slightly opaque. Mix in tomatoes, onions and cilantro. Cover and refrigerate for 30 minutes.

Remove from refrigerator and mix in coconut aminos, Moa, hot sauce, salt and pepper. Cover and refrigerate for an additional 30 minutes.

Serve ceviche topped with fresh avocado and more hot sauce for extra heat!



Grilled Harissa Steak & Salad

DF/GF/NF | SERVES 2

Ingredients

For the salad:

- 9 oz. ripe tomatoes
- 2 Tbsp. avocado oil
- ½ tsp. salt
- ½ tsp. pepper
- 1 Tbsp. fresh lemon juice
- 3 oz. baby arugula

For the onion:

- 7 oz. red onion
- 1 tsp. avocado oil
- Pinch of salt and pepper

For the steaks:

- 2 sirloin steaks
- ½ tsp. Harissa spice blend
- ½ tsp. salt
- ½ tsp. pepper

Grilled Harissa Steak & Salad

Directions

Core tomatoes and cut into quarters. Slice quarters crosswise ¼-in. thick. Transfer to a large bowl. Add avocado oil, salt, pepper and lemon juice. Stir and let marinate until ready to serve.

Slice onion into ½-in. thick rounds. Brush with avocado oil and season with salt and pepper.

Pat steak dry, rub with oil and sprinkle with Harissa, salt and pepper.

Heat grill to medium-high. Add the steak and onion, turning once until lightly charred in spots and medium rare (internal temperature of 135 ºF). Cook longer if desired. Transfer steak to a cutting board and allow to rest for 5 minutes. Cut onions into quarters, add to tomato mixture, and toss with arugula.



Body Balance Cookbook

Chicken Fajitas

Ingredients

- 2 tsp. chili powder
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. ground cumin
- ½ tsp. smoked paprika
- 1 tsp. salt
- ½ lb. chicken breast
- 1½ Tbsp. walnut or avocado oil, divided
- 1 yellow bell pepper, sliced thin
- 1 red bell pepper, sliced thin
- 1 red onion, sliced thin
- 4 stalks of celery
- Fresh lime wedges and avocado, for serving
- Fresh cilantro, for garnish
- Salt and pepper, to taste

Directions

Preheat oven to 350ºF.

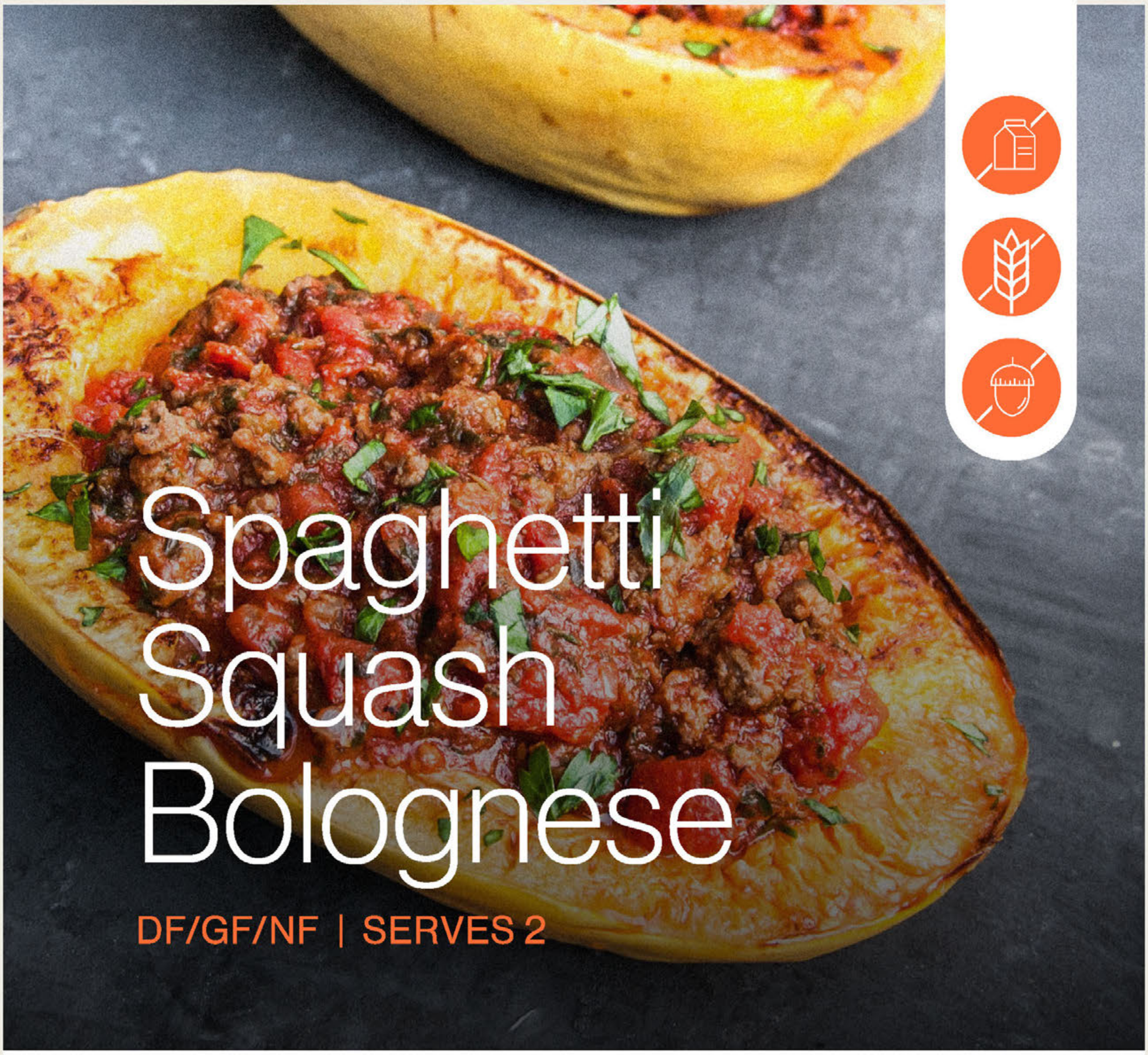
Combine spices and divide for use on chicken and vegetables.

Rub chicken breast with oil, salt and spices, and place on a baking tray. Roast for about 20 minutes.

In a large bowl, combine onion, bell pepper, celery, avocado oil, spices, and salt and pepper to taste. Toss to coat.

Remove chicken from oven, slice, and add the vegetables to the baking tray. Return to the oven for 15 minutes more, until the chicken is cooked through and the veggies are roasted but still a bit crunchy.

Squeeze lime juice over fajita mixture, and top with avocado and fresh cilantro.



Ingredients

- 1 Tbsp. avocado oil, divided
- 1 spaghetti squash, sliced in half lengthwise, seeds removed
- ½ lb. ground beef
- ½ medium yellow onion, finely diced
- 1 clove garlic, minced
- 1 16-oz. can crushed tomatoes, plus water (or pre-made spaghetti sauce for more flavor)
- ¼ tsp. crushed red pepper flakes
- ½ tsp. dried oregano
- Fresh basil leaves, cut into thin ribbons, or left whole
- Salt and pepper, to taste

Spaghetti Squash Bolognese

Directions

Preheat oven to 400ºF.

Place the spaghetti squash halves cut-side up on a baking sheet. Drizzle with ½ Tbsp. avocado oil, salt and pepper. Turn the squash over so it's cut-side down, and roast for 50-60 minutes, or until a knife pierces into the thickest part of the squash easily. Strands should be soft, but not mushy. Let cool for 10 minutes.

When cool, use a fork to loosen the squash strands right in their shells. Drizzle with remaining ½ Tbsp. avocado oil, salt and pepper.

While squash is cooking, in a large pan heat the remaining Tbsp. of walnut oil over high heat. Add beef and cook, breaking it up, until it begins to brown, about 5 minutes. Add onion and garlic, and season with salt and pepper. Cook until the onion is soft, about 5 minutes. Add the crushed tomatoes (or spaghetti sauce) and red pepper flakes and oregano. Bring to a rapid simmer. Cover and let it continue to cook for 15 minutes, stirring occasionally, until the liquid is slightly reduced. Taste and season with salt and pepper.

Serve sauce over spaghetti squash, right in their shells, one half per person. Garnish with fresh basil, if desired.

Mediterranean Spaghetti

VEGAN/DF/GF/NF | SERVES 2

Body Balance Cookbook

Mediterranean Spaghetti

Ingredients

- 2 Tbsp. coconut oil
- 1½ c. red onion, coarsely chopped
- 1-2 Tbsp. garlic, chopped
- 2 Tbsp. lemon juice
- 3 c. eggplant, cubed
- 2 c. tomatoes, chopped
- 1½ c. bell peppers, chopped
- 4 c. spiral-cut zucchini noodles
- 2 artichoke hearts, sliced
- 2 Tbsp. fresh parsley, torn into pieces
- Salt and pepper, to taste
- 1 tsp. Italian seasoning

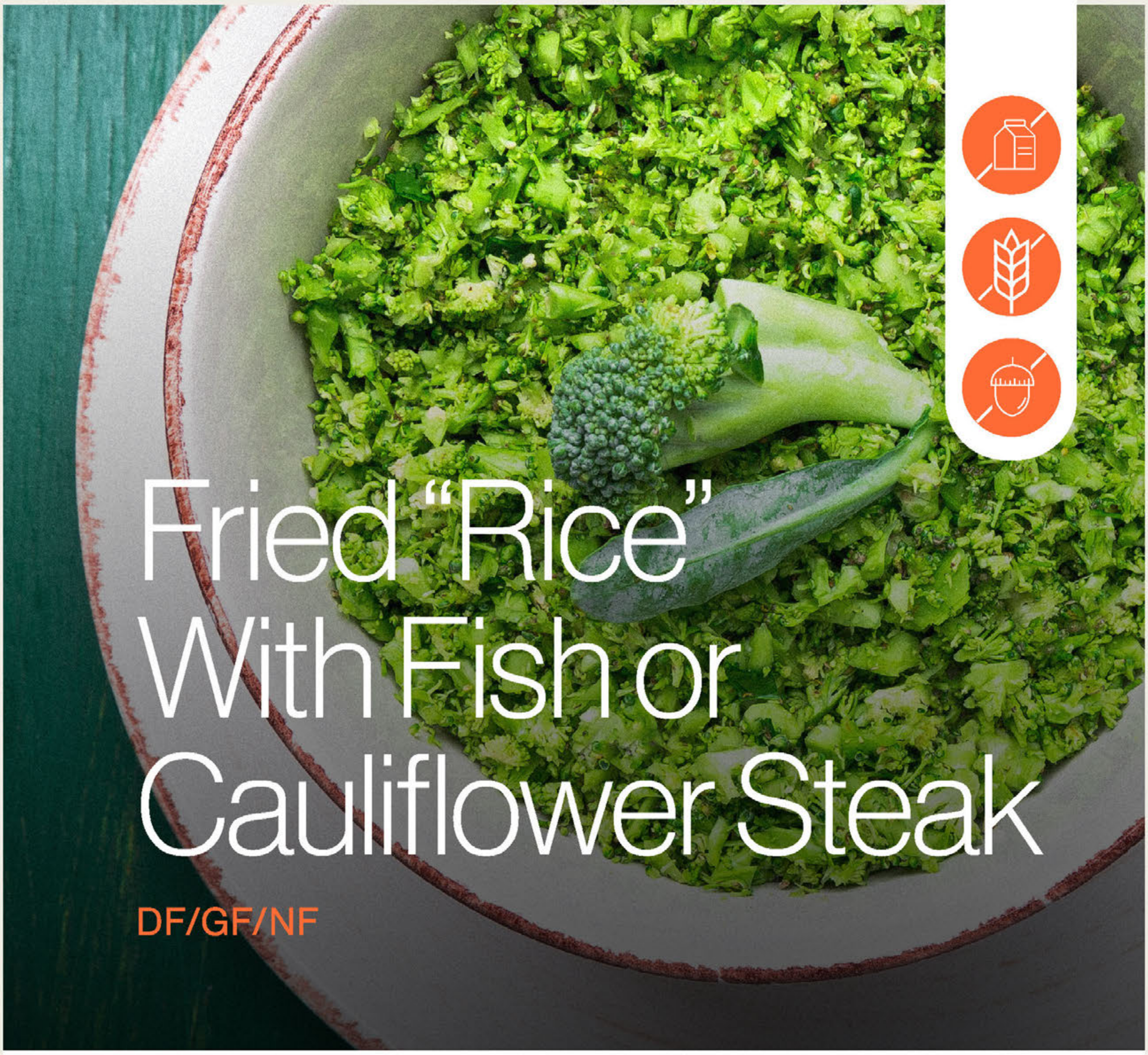
Directions

Heat coconut oil in a large skillet. Add the onion, garlic, lemon juice and eggplant, and cook over low heat until the vegetables are soft, about 10 minutes.

Add chopped tomatoes and Italian seasoning. Bring to a boil, lower heat, then simmer for about 15 minutes.

Add the bell peppers and continue cooking for another 10-15 minutes. Season with salt and pepper. Season the zucchini noodles with sea salt and red pepper flakes (optional).

Pour the sauce over zucchini noodles and garnish with parsley and artichoke hearts.



Fried "Rice" With Fish or Cauliflower Steak

DF/GF/NF

Ingredients

Broccoli "Rice"

- 2 heads broccoli
- 1 Tbsp. coconut oil
- Salt and pepper, to taste

Fish

- 2 6-oz fish filets, ½- to 1-in. thick
- 3 Tbsp. coconut oil
- 2 sprigs fresh thyme, tarragon or chives
- Salt and pepper, to taste
- 1 Tbsp. chopped flat-leaf parsley, optional
- Lemon wedges, for garnish

Cauliflower Steaks

- 1 large head cauliflower (about 2 lb.)
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. paprika
- ½ tsp. fine sea salt
- 1 tsp. coconut oil, as needed for greasing pan



Fried "Rice" With Fish or Cauliflower Steak

Directions

Broccoli "Rice": Use a knife to cut the broccoli into 1-in. sized florets.

Food Processor: Fill ¾ full with florets and pulse until small pieces form, scraping the sides of the bowl as needed. Work in batches if needed.

Blender: Add florets to a blender and process on medium-high speed until small pieces form, about 15-60 seconds, scraping the sides of the container. Work in batches if needed.

Add broccoli to a microwave safe bowl. Add 1 Tbsp. of oil and stir to combine.

Cover bowl tightly with plastic wrap and microwave for 2 minutes. Mix and cook for 1-2 minutes until the broccoli rice is bright green and tender. Season with salt and pepper.

Fish: Pat filets dry with a paper towel. Season on both sides with salt and pepper.

Heat a 10-in. non-stick or cast-iron skillet over high heat. When the pan is hot, add oil. Place the filets in the pan, skin side down (if applicable). If filets have skin, press down gently with a spatula for about 20 seconds to prevent curling.

Directions (cont'd)

Lower heat to medium and cook until fish is golden and caramelized around edges, about 2-3 minutes. Carefully flip filets and add a drizzle more olive oil and thyme to pan. Use a spoon to baste fish. Continue basting until golden all over and cooked through, 45-90 seconds more, depending on the thickness of your fish. Serve immediately with chopped parsley (if using) and lemon wedges.

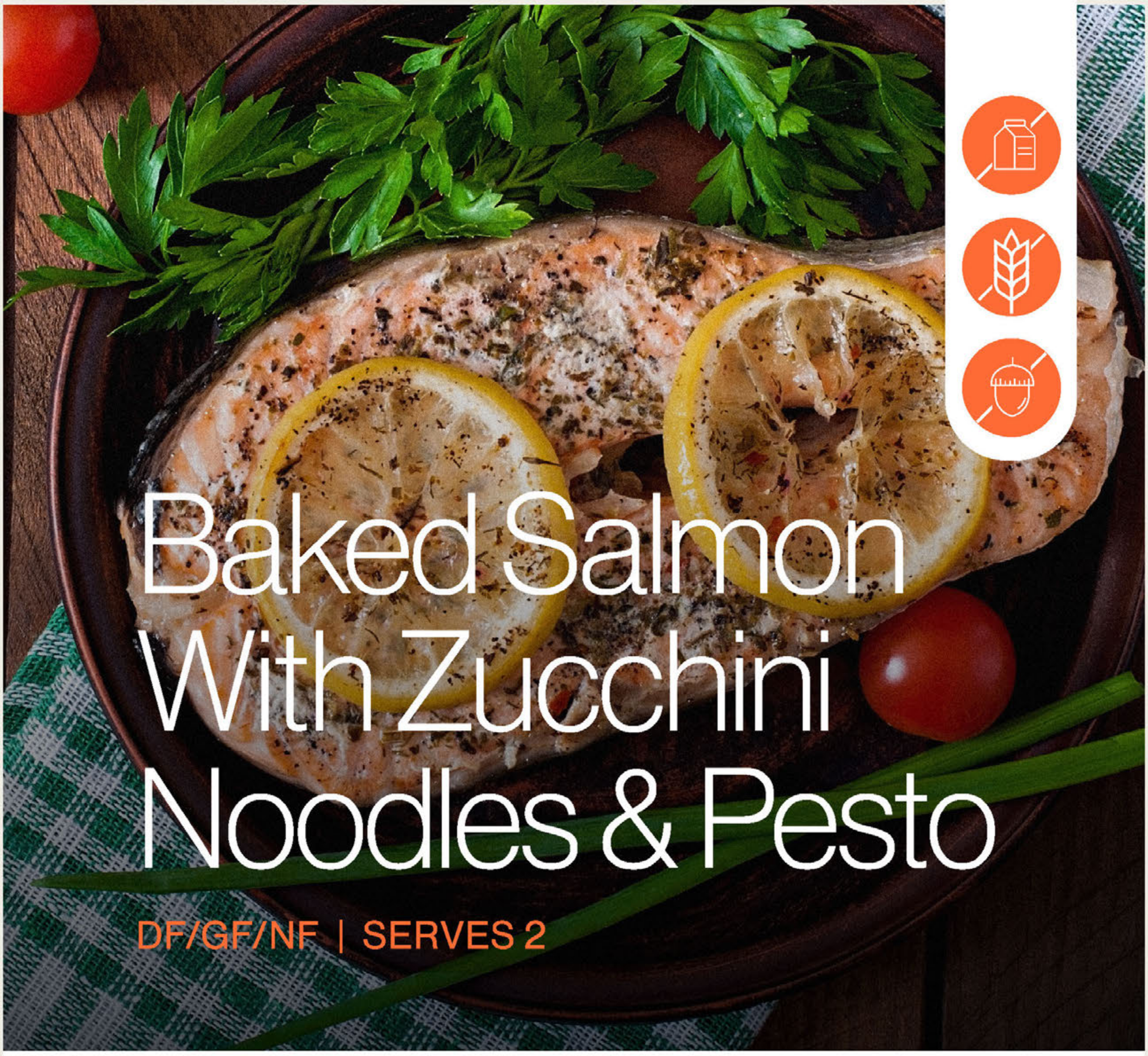
Cauliflower Steaks : Preheat the oven to 450°F and grease a baking sheet with coconut oil.

Remove the green leaves from cauliflower and cut off excess stems. Slice off one side of the cauliflower, right at the edge of the stem in the center.

Cut cauliflower into slabs, right through the center of the stem, roughly ¾- to 1-in. thick. You should be able to get 2 to 3 steaks per large head of cauliflower. If you cut the steaks too thin, they could fall apart.

Place the cauliflower steaks on the baking sheet and drizzle them lightly with olive oil on both sides. Season evenly with garlic powder, onion powder, paprika and salt on both sides.

Place the pan in the oven for the cauliflower to roast for 15 minutes. Flip steaks and return to the oven to roast until fork-tender, about 10-15 minutes. The center stem should be easily pierced by a fork.



Ingredients

Lemon & Garlic Salmon

- 1¼ lb. salmon filets
- 3 medium lemons (2 squeezed & 1 sliced)
- 2 tsp. lemon zest
- 3-4 garlic cloves, minced
- 2 Tbsp. coconut oil
- 1 tsp. Himalayan crystal salt
- ½ tsp. pepper, plus additional, to taste
- 1 handful fresh parsley, finely chopped

Zucchini Noodles

- 3 medium zucchinis

Hemp Seed Pesto

- 2 c. (or large handfuls) fresh basil
- 2 cloves garlic
- ¼ c. hemp seeds
- ⅓ c. nutritional yeast
- ⅓ c. coconut oil (or extra virgin olive oil)
- Salt and pepper, to taste

Baked Salmon With Zucchini Noodles & Pesto

Directions

Lemon & Garlic Salmon

Preheat the oven to 390°F and grease a baking dish that can fit all pieces of salmon with some oil.

Whisk lemon juice, garlic, oil, salt and pepper in a bowl. Place the salmon fillets into a Ziploc bag and marinate for at least 30 minutes.

Layer the lemon slices into your prepared the dish and arrange the salmon on top.

Bake the salmon for 12-15 minutes until cooked through.

Once done, lay a few slices of lemon on top of your cooked salmon and switch the oven to the broil setting and broil for 3 minutes.

Garnish with parsley and serve.

Zucchini Noodles

For curly spaghetti noodles using a countertop spiralizer: Trim off the tip of the zucchini and secure it between the blade and the teeth of the spiralizer. Turn for noodles.

For angel hair noodles using a julienne peeler: Simply hold the zucchini with one hand and pull the julienne peeler across it.

Baked Salmon With Zucchini Noodles & Pesto

Directions (cont'd)

For fettucine noodles using a mandolin and a knife: Slice thin zucchini planks with the mandolin, and then cut those planks into fettuccine-sized strips.

For pappardelle noodles using a regular vegetable peeler: Use the peeler to simply peel thin strips of zucchini.

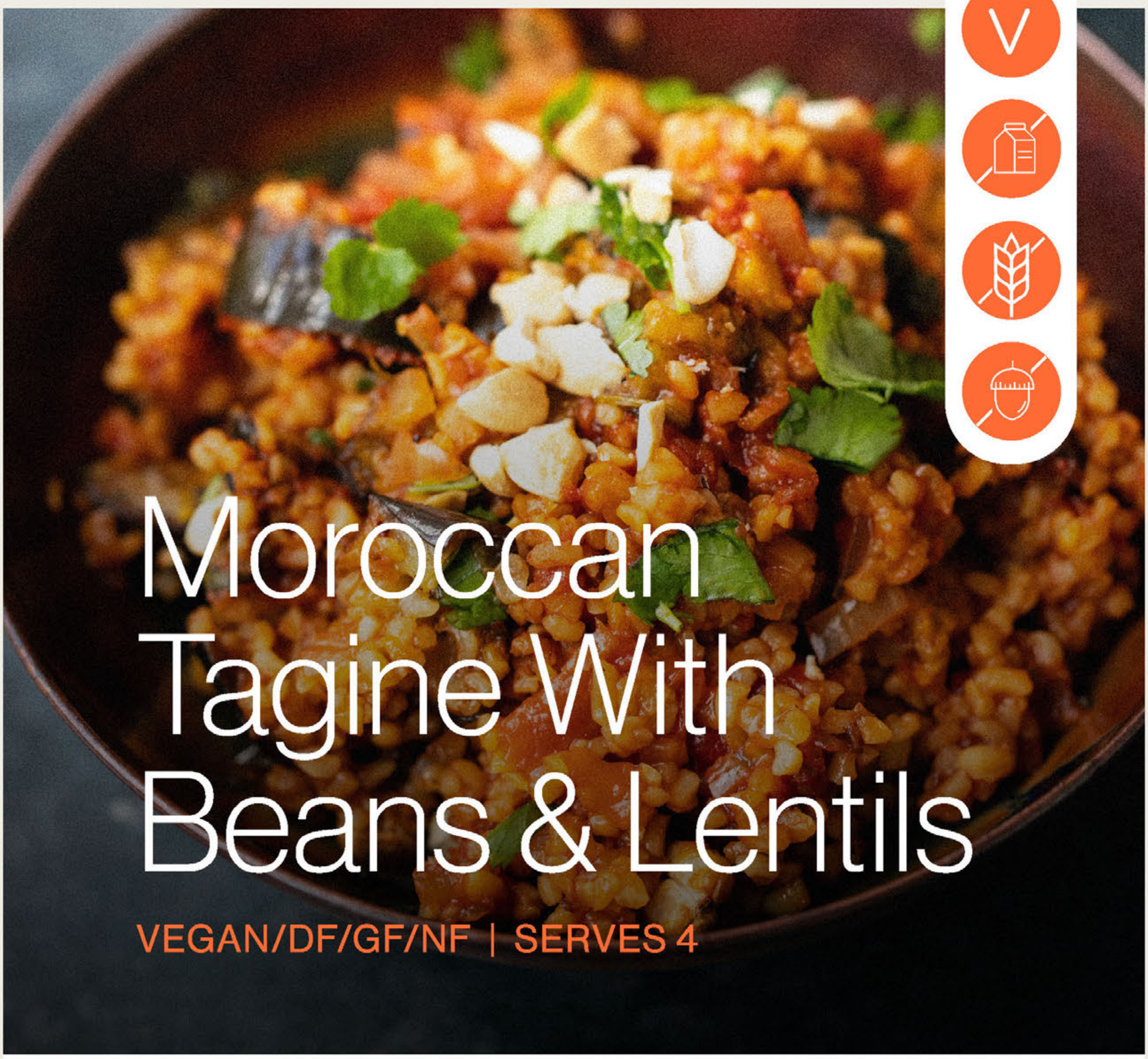
Serve the zucchini noodles raw or heat a skillet to medium heat, brush with olive oil, add the noodles and heat 1 minute, or until just warmed through.

Hemp Seed Pesto

Wash and dry basil leaves.

Add all ingredients to a food processor or blender. Process until well-combined, adjusting salt and pepper, to taste. If a thinner consistency is desired, add a splash of water or extra olive oil and blend again.

Store in a glass container in fridge.



Moroccan Tagine With Beans & Lentils

VEGAN/DF/GF/NF | SERVES 4

Ingredients

- 2 c. pre-cooked lentils
- 1 onion, chopped
- 3 cloves garlic, chopped
- 2 carrots, chopped
- 2 plum tomatoes, chopped
- 1 Tbsp. each paprika and cumin
- ½ tsp. each cayenne pepper and ground cinnamon
- 1 tsp. saffron or ½ tsp. turmeric
- 1 bay leaf
- 1 whole cinnamon stick
- 1 in. fresh ginger, minced
- 2 Tbsp. tomato puree
- 1 c. vegetable stock
- 4 Tbsp. pitted green olives
- ¼ c. raisins
- 1 lemon
- Salt and pepper, to taste
- Fresh mint, optional

Moroccan Tagine With Beans & Lentils

Directions

Mix all spices together in a bowl.

Fry garlic and onion in oil for 5-7 minutes until translucent and aromatic.

Add carrots, spices and a splash of water, stir and cook for about 3 minutes. Add lentils and stir. Add tomatoes, tomato puree and hot vegetable stock.

Simmer on a low for 20-30 minutes, stirring frequently.

Add raisins and olives. Leave for 10-15 minutes. In the last 5 minutes add some chopped fresh mint if using it. Season with salt, pepper and a squeeze of lemon.



Moroccan Marinated Chicken

DF/GF/NF | SERVES 4

Ingredients

- 4 chicken legs
- 2 cloves garlic, peeled
- 2 Tbsp. cumin seeds
- 2 tsp. ground coriander
- 1 tsp. ground cinnamon
- 1 pinch chili powder (more or less, to taste)
- 1 good pinch sea salt
- 1 good pinch pepper
- 2 limes, juice and zest
- 1 large handful fresh cilantro and/or fresh mint
- Coconut oil, for cooking

Directions

Place everything in a food processor apart from oil and chicken, and process until smooth.

Drizzle a splash of oil, just enough to loosen everything up.

Use marinade on chicken and let sit in fridge at least 2 hours or up to 1 day.

Roast at 390°F for 30 mins, or until the juices run clear. Let the meat rest for 15-20 minutes before serving.

Souvlaki

DF/GF/NF | SERVES 4

Souvlaki

Ingredients

- 1 lb. cubed lamb, chicken or firm tofu
- ⅓ c. coconut oil
- ¼ c. apple cider vinegar
- ⅓ c. lemon juice
- 4 garlic cloves, minced
- 1 Tbsp. oregano
- 1½ tsp. salt
- 1½ tsp. black pepper
- 1 tsp. paprika

Directions

Prepare marinade by mixing all ingredients, except meat. Pour over the cubed meat and toss until all the meat is coated. Cover with plastic wrap and place in the fridge for 2-3 hours.

Set grill to medium-high heat. Thread the meat onto wooden skewers.

Place the skewers on the grill and cook 3-5 minutes and then flip. Chicken should be cooked until the internal temperature is 160°F. Lamb should be cooked to desired doneness (140°F for medium rare, 150°F for medium, and 160°F for well done). Firm tofu until hot and golden brown. Serve with Greek salad.



Lettuce-Wrapped Fish With Citrus Butter

DF/GF/NF

Ingredients

- 1 head romaine lettuce (you need 4 large outer leaves)
- 2 thick pieces white fish fillets, skinned (or tofu)
- 1 oz. coconut oil (or vegan margarine if you're using tofu)
- 1 shallot, finely chopped
- 1 orange, zested and juiced
- 1 lemon, zested and juiced
- 1 lime, zested and juiced
- Salt and pepper, to taste

Lettuce-Wrapped Fish With Citrus Butter

Directions

Bring a large pot of water to the boil and cook each lettuce leaf for 1 minute, then blanch in a bowl of ice water.

Lay two of the leaves on a board and put another one on top of each, slightly overlapping – you need to be able to wrap the fish (or tofu) completely. Put a piece of fish in the middle of each and season, to tase.

Fold over the lettuce, making a parcel (use a toothpick if the lettuce doesn't stick to itself).

Heat a little coconut oil in a pan on low and cook the parcels for about 3 minutes on each side, or until the fish parcels feel firm when you press them. Remove the pan from the heat and cover.

Put a knob of coconut oil into another pan, tip in the shallot and fry for a few minutes. Add all the zest, 1 Tbsp. of the lemon and lime juices, and 2 Tbsp. orange juice, then simmer quickly, seasoning to taste.

Open packets and drizzle butter over fish to serve.



Ingredients

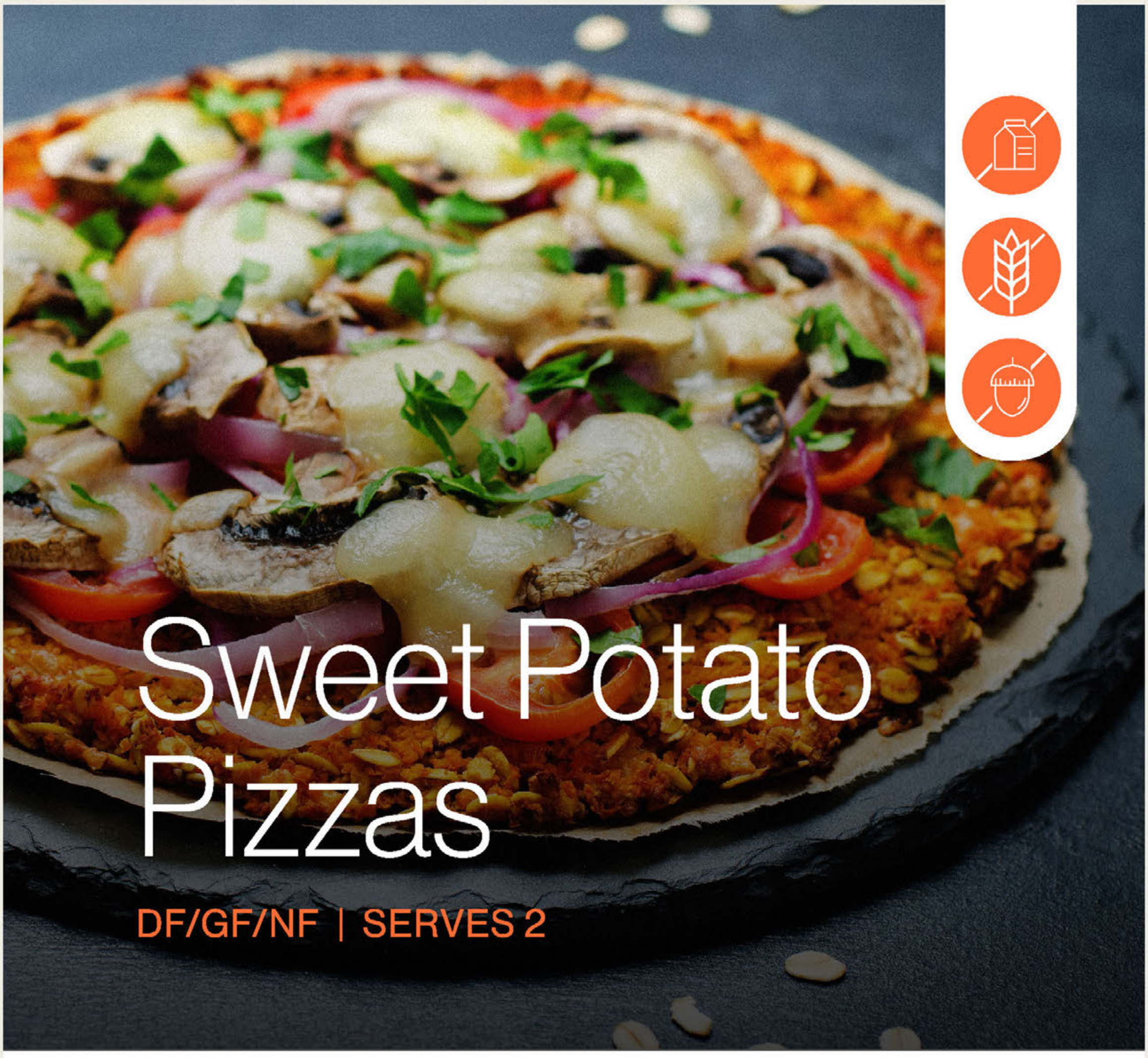
- 1 lb. beef (such as flank steak or top round, venison is also a good choice)
- 2 red chicory bulbs, quartered
- Salt and pepper, to taste
- Coconut oil

Directions

Season meat with salt and pepper.

Heat the coconut oil in a fry pan until hot.

Pan-fry meat and chicory together. The meat's juices will soften the chicory and add extra flavor.



Ingredients

- 2 small sweet potatoes
- Coconut oil
- Tomato paste
- Fresh basil
- Nutritional yeast flakes
- Salt and pepper, to taste

Topping Options

- White fish
- Beans
- Minced chicken or beef
- Turkey bacon

Sweet Potato Pizzas

Directions

Wash the sweet potatoes and keep the skins on.

Preheat oven to 350°F.

Cut the sweet potato into ½-in. rounds and place on a baking tray on parchment paper to stop them from sticking.

Brush sweet potato rounds with coconut oil and season with salt and pepper.

Place sweet potato into an oven for 10-15 minutes.

Prepare your toppings, then pull out the semi-baked sweet potatoes and layer on toppings starting with tomato paste, fresh basil and nutritional yeast, plus other toppings of your choice.

Place back in the oven for another 10 minutes.



Turkey Rolls With Turkey Bacon & Veggies

DF/GF/NF | SERVES 4

Ingredients

- 4 skinless turkey breasts
- 5¼ oz. shiitake mushrooms, finely chopped
- 1 Tbsp. coconut oil
- 3-4 fresh sage leaves, roughly torn
- 4 sun-dried tomatoes
- 1 tsp. wholegrain mustard
- 8 slices turkey bacon

Turkey Rolls With Turkey Bacon & Veggies

Directions

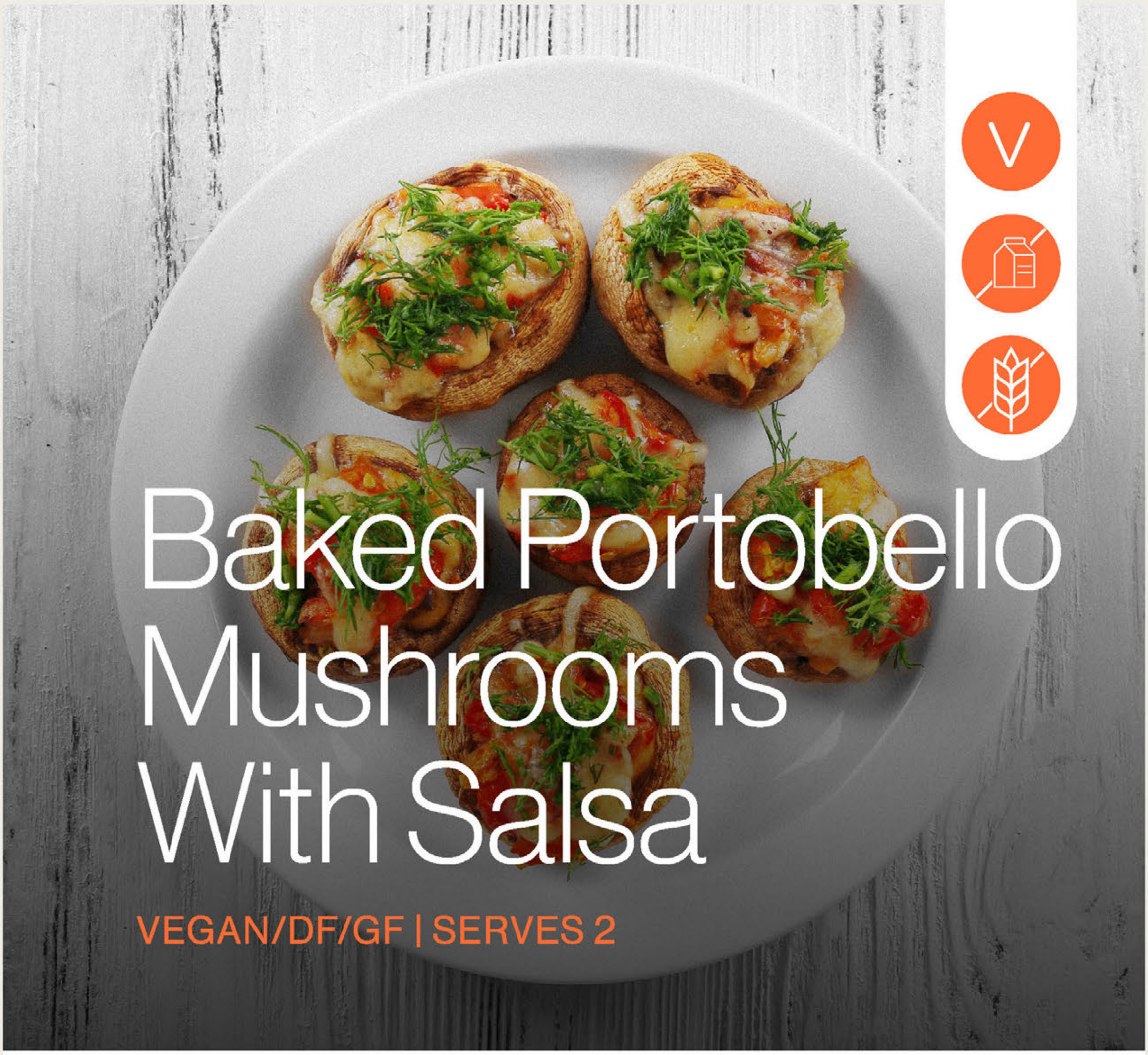
Preheat oven to 390°F.

Melt coconut oil in a large frying pan over a high heat and cook mushrooms for about 5 minutes, until tender and any liquid has evaporated. Add the sage and fry for a few seconds more. Set aside.

Meanwhile, slice turkey breasts in half horizontally through one side (keep other side attached). Open like a book, then place between greaseproof paper or clingwrap and smash thin with a rolling pin for an even thickness.

Mix mustard, sun-dried tomatoes and seasoning into the mushroom pan. Press a quarter of the mixture over one side of each breast, then fold over the other half to cover the stuffing. Wrap one or two pieces of turkey bacon around each breast to secure the stuffing. Put the breasts on a baking tray.

Cook in the oven for 20-25 minutes. Serve with seasonal vegetables.



Baked Portobello Mushrooms With Salsa

VEGAN/DF/GF | SERVES 2

Ingredients

- 4 large portobello mushrooms
- 1 Tbsp. coconut oil
- 2 tomatoes, finely chopped
- 2 cloves garlic
- 1 red chili, deseeded and chopped
- 1 small onion, chopped
- Salt and pepper, to taste

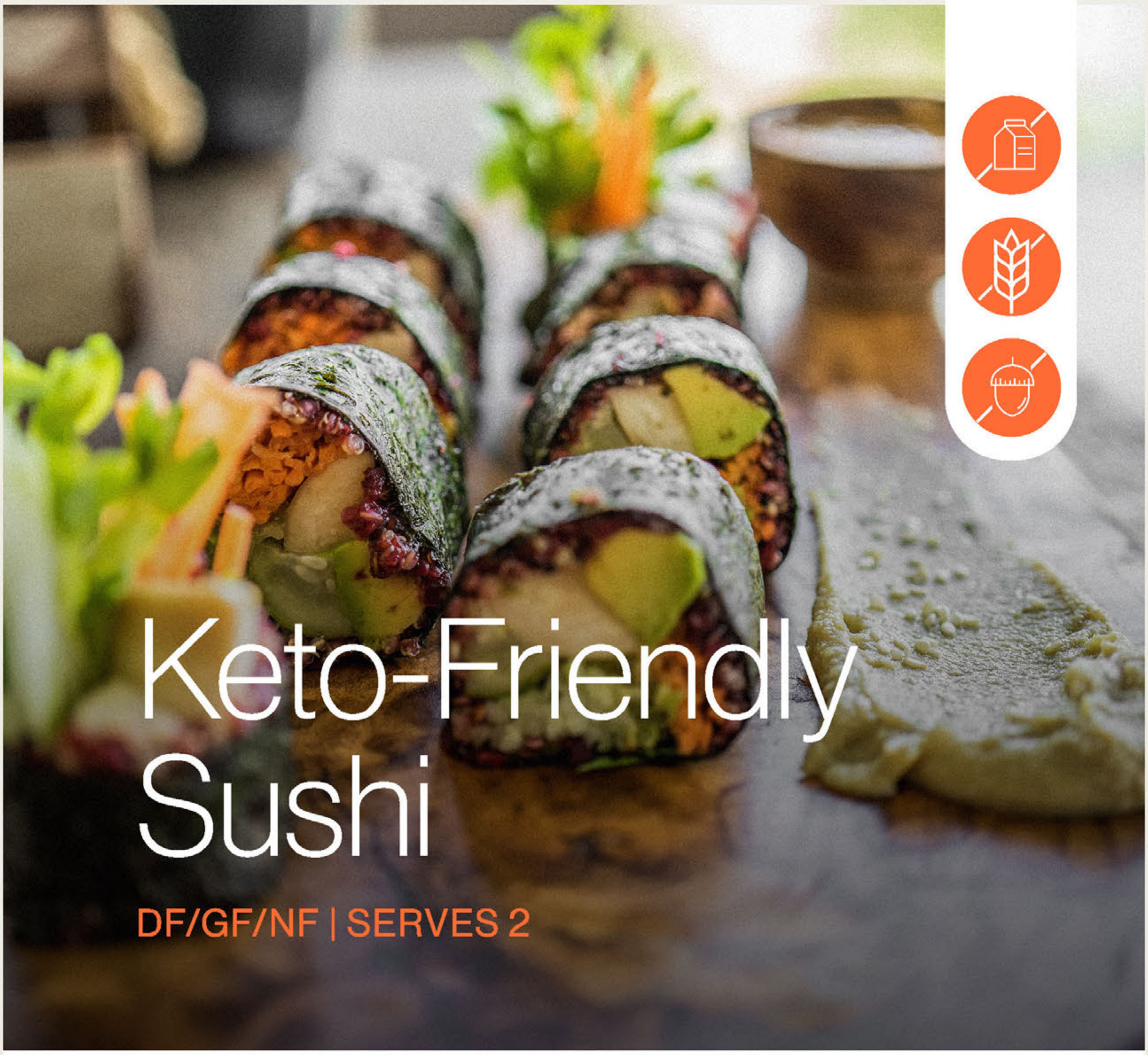
Directions

Wash and destem mushrooms. Scrape the gills to hollow the caps out.

Preheat the oven to 390°F.

In a frying pan, heat the coconut oil and fry the onion and garlic for 1 minute. Add chopped tomatoes and red chili. Season with salt and pepper. Fry for 5 minutes until fully soft and blended.

Scoop salsa mixture on top of the mushrooms and sprinkle with pepper. Place in the oven for 15 minutes, or until mushrooms are soft.



Keto-Friendly Sushi

DF/GF/NF | SERVES 2

Ingredients

- 3½ oz. smoked salmon
- 4 nori seaweed sheets
- 1 avocado
- 1 red pepper
- ½ cucumber
- ½ tsp. wasabi
- Tamari, for dipping

Directions

Mash avocado with wasabi.

Wash and finely chop red pepper and cucumber into thin sticks.

Lay the nori flat and spread the avocado wasabi mixture evenly over the 4 sheets, followed by the salmon.

Arrange a line of cucumber and pepper sticks near 1 side of the nori sheet, which makes it easy to roll. Roll up the nori sheets to make the rolls and serve with tamari.

Chicken Breast Stuffed With Asparagus

DF/GF/NF | SERVES 4

Body Balance Cookbook

Chicken Breast Stuffed With Asparagus

Ingredients

- 4 chicken breasts (skinless and boneless)
- 1 tsp. fresh sage, chopped
- 2 cloves garlic, crushed
- 1 tsp. paprika
- 12 asparagus stalks
- 4 sun-dried tomatoes, chopped
- Salt and pepper, to taste
- 1 Tbsp. coconut oil

Directions

Preheat oven to 350°F.

Create a pocket in the chicken breast by cutting each lengthwise. Be careful not to cut all the way through.

Place the chicken on a clean cutting board and sprinkle with salt, pepper and paprika

Add 3 stalks of asparagus and a couple of pieces of sun-dried tomatoes and some chopped sage in each chicken breast and close with a toothpick.

Heat coconut oil in a large, cast-iron skillet over medium-high heat. Add chicken and sear until golden brown, about 3-5 minutes per side.

Transfer cast-iron to oven and bake for 15-20 minutes, or until juices run clear.

Body Balance Cookbook



Snacks & Desserts

Crudité With Butterbean Paté

VEGAN/DF/GF/NF | SERVES 2

Body Balance Cookbook

Crudité With Butterbean Paté

Ingredients

- 1 medium onion
- 1 clove garlic
- 2 Tbsp. olive oil
- 15½ oz. white beans
- ¼ c. sun-dried tomatoes in oil
- ½ lemon, juiced
- 2 Tbsp. fresh parsley, fresh
- 2 Tbsp. fresh chives, fresh
- 1 Tbsp. water
- Salt and pepper, to taste

Directions

Roughly chop the onion and garlic.

Fry in oil for a couple of minutes, until lightly browned. When ready, move to a large mixing bowl.

Drain and rinse the beans and place them in the bowl.

Add the lemon juice and rest of the ingredients and using a hand blender (or a food processor) blend well.



Spicy Nut & Seed Mix

VEGAN/DF/GF | SERVES 10

Ingredients

- ½ c. sesame seeds
- ½ c. linseeds
- ½ c. sunflower seeds
- ½ c. pumpkin seeds
- ½ c. walnuts
- ½ tsp. flax seed oil or coconut oil
- ¼ tsp. salt
- 1 tsp. of your favorite dried spices such as paprika, jerk seasoning or curry powder

Directions

Add the smaller seeds to one tray and the larger seeds and nuts to another.

Bake in the oven at 350°F for 10-12 minutes, watching the smaller seeds closely in case they burn.

When they are golden, transfer them to a bowl. Mix in oil, salt and seasoning mix while still warm.

Devilled Eggs With Shiitake Mushroom Filling

VEGETARIAN/DF/GF/NF | SERVES 12

Body Balance Cookbook



Devilled Eggs With Shiitake Mushroom Filling

Ingredients

- 6 eggs
- 2 shiitake mushrooms, cleaned, stemmed and chopped
- ¼ c. minced onion
- 2 Tbsp. coconut oil
- 2 Tbsp. light mayonnaise
- 2 Tbsp. fresh dill (half if dried), chopped
- Salt and pepper, to taste
- Paprika, for garnish

Directions

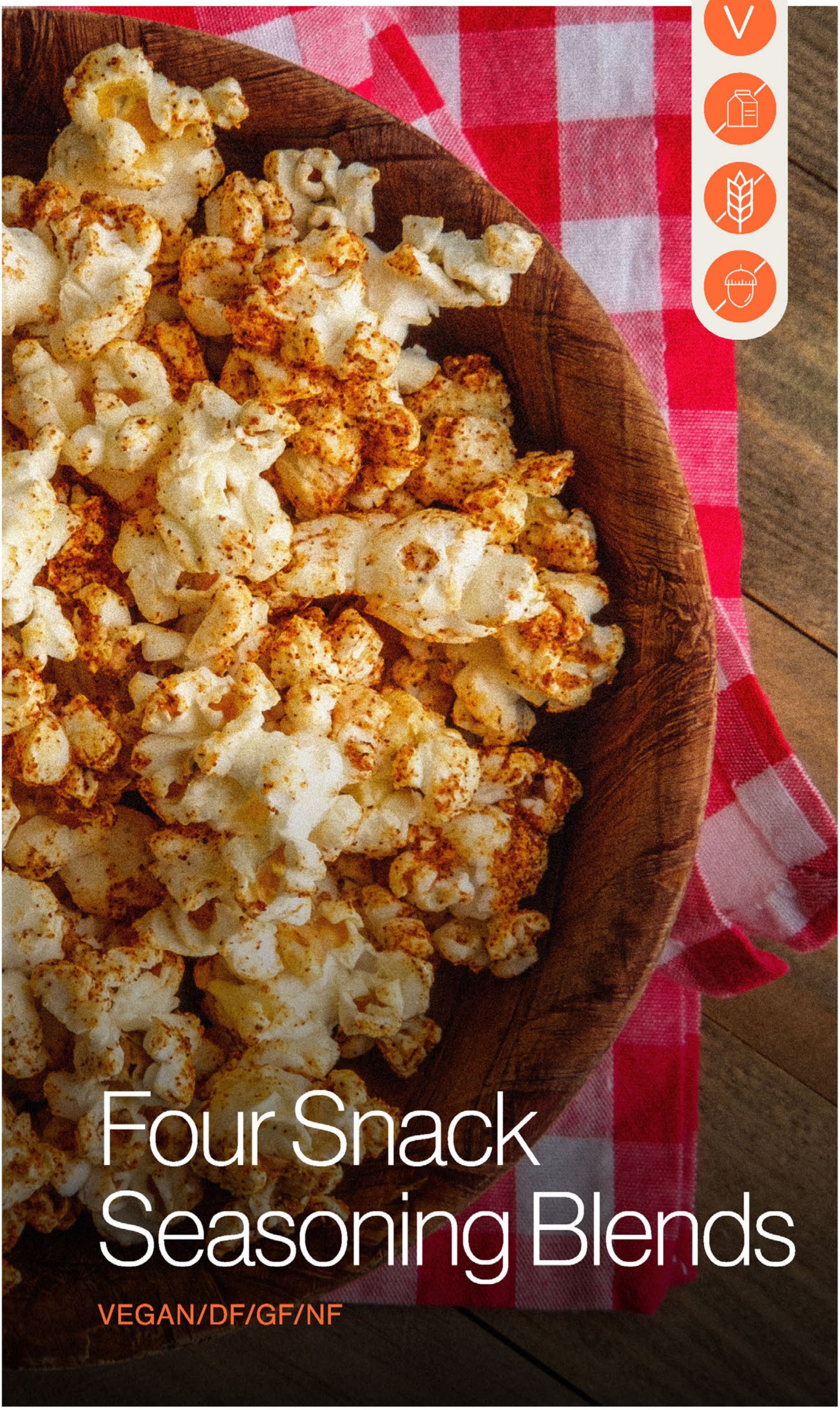
Simmer the eggs for 12 minutes, or until hard-boiled. Chill in ice water for 30 minutes.

Prepare the shiitake mushrooms, onion, dill and seasoning and mix together with mayonnaise.

Cut the cooled eggs in half, then scoop out the yolk and add to the shiitake mushroom mixture.

Blend together, then with a spoon or pipping bag, place the mixture back into the hollows of the eggs.

Garnish with paprika sprinkle, if desired.



Body Balance Cookbook

Four Snack Seasoning Blends

Ingredients

Ranch Popcorn Seasoning

- ½ tsp. dried dill
- ½ tsp. dried chives
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. salt
- ¼ tsp. pepper

"Dorito" Popcorn Seasoning

- 2 Tbsp. nutritional yeast
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. cumin
- ¼ tsp. paprika
- ¼ tsp. chili powder
- ¼ tsp. salt

Coconut Curry Popcorn Seasoning

- 1 Tbsp. unsweetened shredded coconut
- ½ tsp. curry powder
- ¼ tsp. salt

Mexican "Power Boost" Popcorn Seasoning

- 1 Tbsp. Power Boost
- 1 tsp. cinnamon
- ¼ tsp. salt
- 1 pinch cayenne pepper

Directions

Choose a blend and add all ingredients to a bowl. Stir to mix and use immediately on snacks such as popcorn or kale chips, or store in an airtight container.



Body Balance Cookbook

Power Boost Coconut Peppermint Poppers

Ingredients

- 1 c. coconut oil
- 3 scoops Power Boost
- Pinch of sea salt
- Pinch of cacao nibs
- 3 squirts vanilla-flavored liquid stevia
- 1 tsp. peppermint oil
- Ice cube tray-like candy molds

Directions

Heat coconut oil in a double boiler over medium heat until melted. Remove from heat. Add Power Boost and stir until smooth. Blend in stevia and peppermint oil. Spoon into candy molds. Sprinkle cacao nibs and sea salt on top.

Place in freezer to harden for 20 minutes. Pop out of molds to serve. Pops can be stored in freezer for several months.



Pumpkin Pie in a Mug

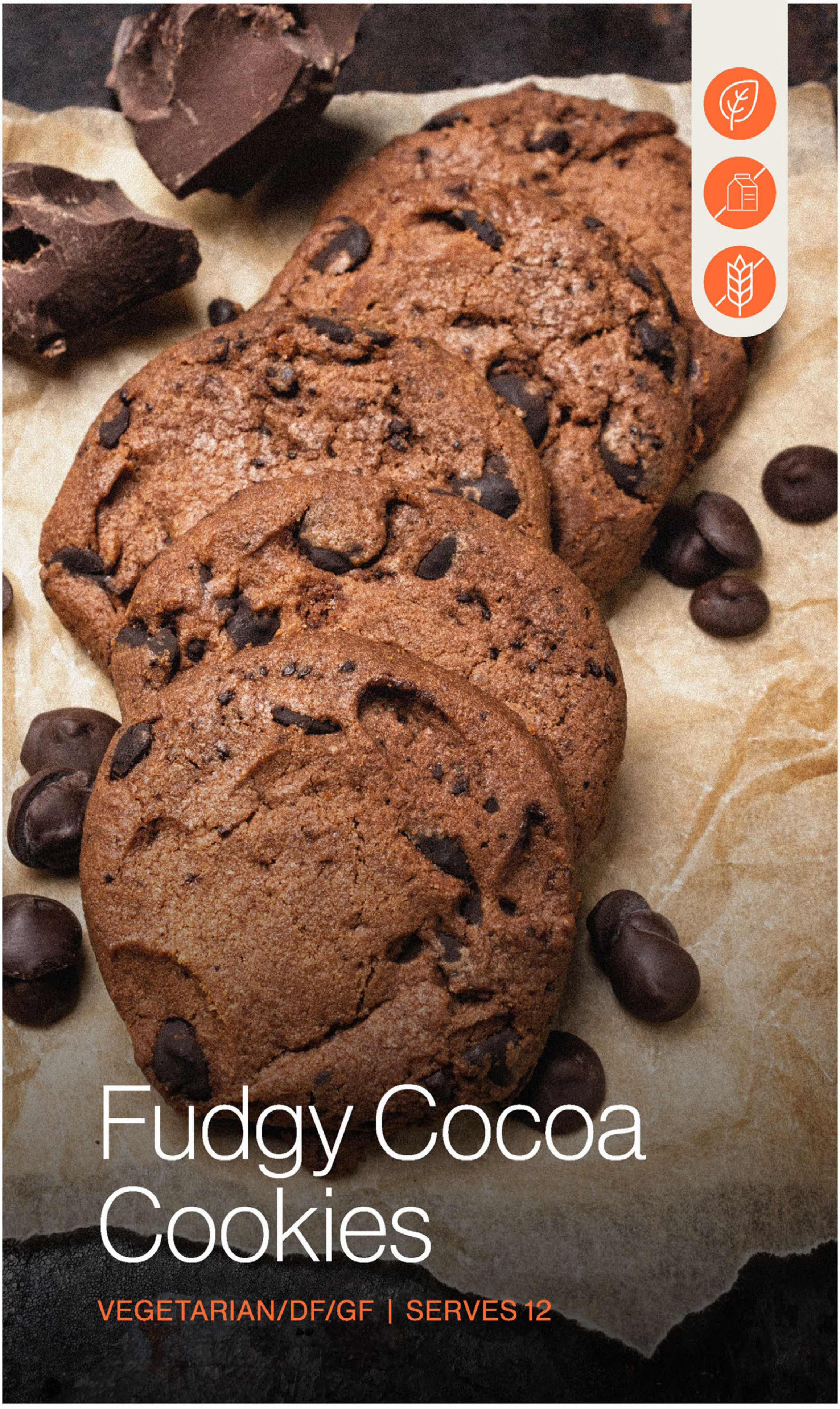
VEGETERIAN/GF/NF | SERVES 2

Ingredients

- 1 c. pumpkin purée
- 2 eggs
- 1 Tbsp. pumpkin pie spice
- 1 Tbsp. powdered stevia
- ½ tsp. baking powder
- Salt, to taste
- Coconut milk whipped cream topping, optional

Directions

Combine all ingredients in small bowl and stir well. Divide batter between two microwave-safe mugs. Microwave on high for 2-3 minutes. Top with whipped cream, if desired, and an additional sprinkle of pumpkin pie spice.



Body Balance Cookbook

Fudgy Cocoa Cookies

Ingredients

- 1 c. almond butter
- ¼ c. sugar alternative
- 1 egg
- ½ c. cocoa powder
- 1 tsp. baking soda
- 1 tsp. vanilla extract
- Pinch of salt

Directions

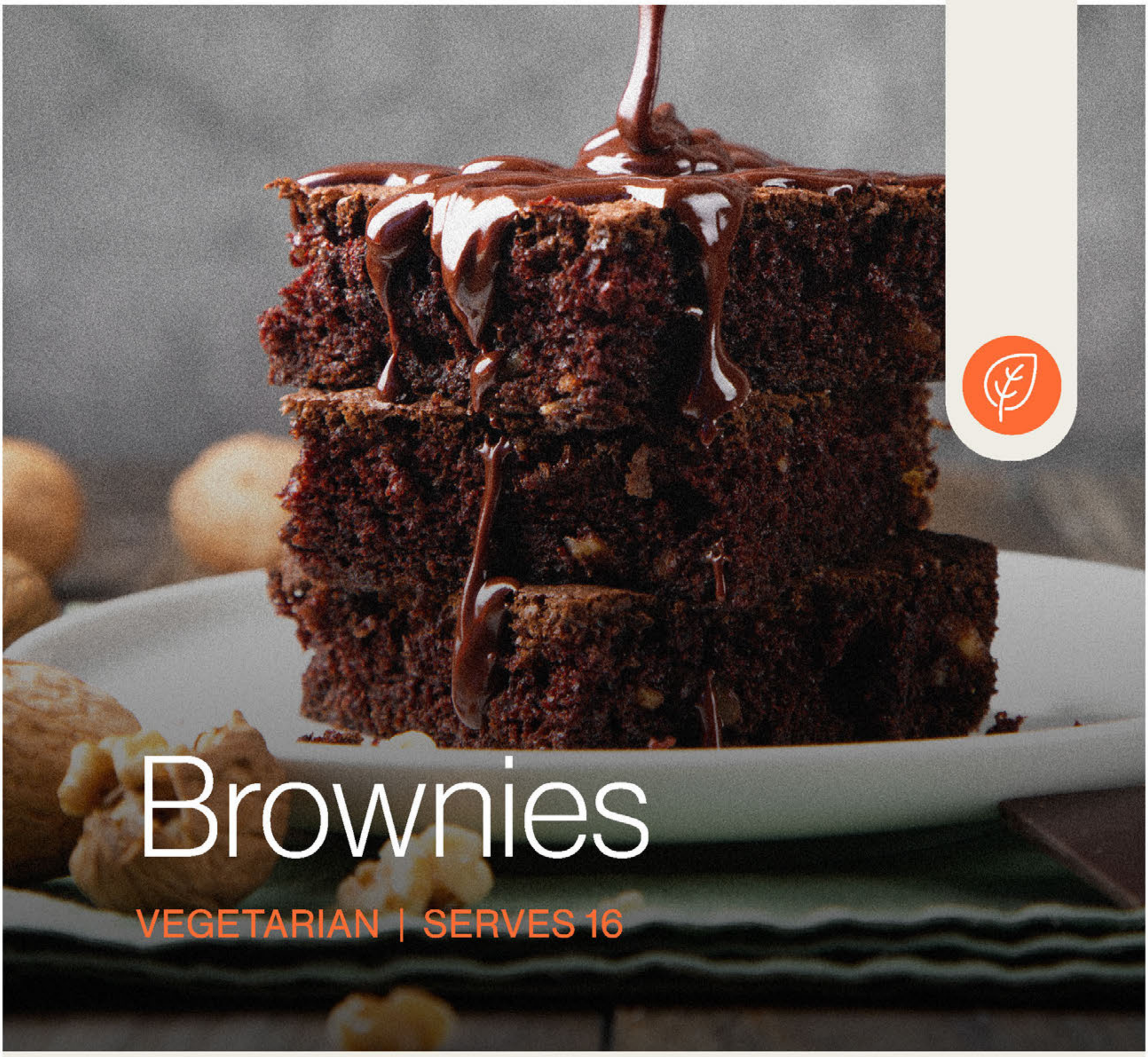
Preheat oven to 350ºF. Line baking sheets with parchment paper.

In a large bowl, mix almond butter (removing as much excess oil as possible), sweetener and egg until thoroughly combined.

Add cocoa powder ¼ c. at a time until batter is thoroughly combined.

Mix in baking soda, vanilla extract and salt.

Scoop by rounded tablespoonful and roll dough into a ball, then place on baking sheets. Using a fork, slightly flatten dough balls. Bake for 10 minutes. Allow cookies to cool approximately 5 minutes before removing.



Brownies

VEGETARIAN | SERVES 16

Ingredients

- ¼ c. coconut oil
- ¼ c. all-natural crunchy almond butter (remove as much excess oil as possible)
- ½ c. sugar alternative
- 2 eggs
- 1 tsp. vanilla extract
- ⅓ c. cocoa powder
- ½ c. almond flour
- ¼ tsp. salt
- ¼ tsp. baking powder

Optional Mix-Ins

- ½ c. walnuts, almonds, dark chocolate chips, etc.

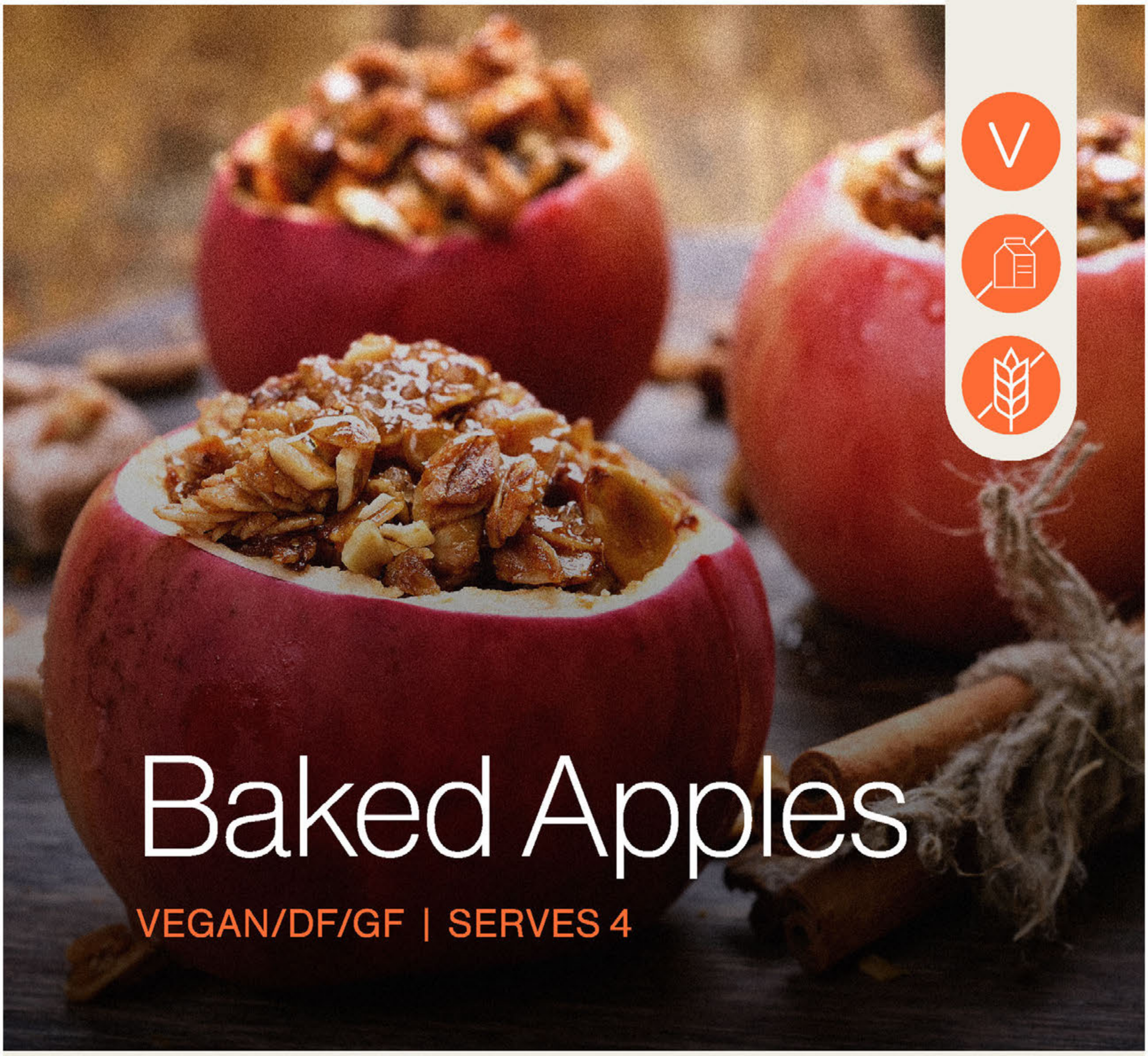
Brownies

Directions

Preheat oven to 350ºF. Line an 8x8-in. pan with foil and lightly coat with cooking spray.

In a large bowl, mix coconut oil, almond butter and sweetener until thoroughly combined. Mix in eggs and vanilla extract. Finally, mix in cocoa powder, almond flour, salt and baking powder one ingredient at a time. Fold in mix-in of choice.

Pour batter into prepared pan. Bake for approximately 30 minutes. Do not overbake. Remove the foil and brownies from pan and allow brownies to cool in foil before cutting.



Baked Apples

VEGAN/DF/GF | SERVES 4

Ingredients

- 4 apples
- 1¾ oz. sunflower seeds
- 1¾ oz. pumpkin seeds
- 1¾ oz. chopped walnuts
- 1 tsp. ground cinnamon

Directions

Preheat oven to 350°F.

Core each apple. Mix the sunflower seeds, pumpkin seeds and walnuts. Stand the apples side by side on a baking tray and divide the nuts and seeds mixture evenly among the apples. Bake for 20-30 minutes until apples are soft.



Almond Butter Fudge Protein Bars

VEGETARIAN/DF/GF | SERVES 8

Ingredients

Protein Bars

- ⅔ c. quinoa
- 1 c. zucchini, grated
- 3 scoops Beauty Boost
- 2 tsp. chia seeds
- 6 scoops PureNourish
- 1 scoop Power Boost
- 3 Tbsp. almond butter

Topping

- ½ scoop Power Boost
- 1 Tbsp. almond butter
- ⅓ c. crushed almonds

Almond Butter Fudge Protein Bars

Directions

Rinse quinoa several times until water is clear. Dry the seeds for 15 minutes and toast in a toaster oven or on the stovetop.

Grate zucchini and squeeze out excess water in a towel. Place the zucchini in a flat dish and sprinkle with Beauty Boost; this will pull a little liquid out. Sprinkle with chia seeds and let sit for 15 minutes until dissolved. This will thicken the zucchini.

In a food processor, put the zucchini on the bottom, then add the PureNourish and Power Boost with the almond butter. Pulse until the mixture comes together. Add the toasted quinoa seeds and pulse until mixed well.

Lightly coat a square dish with coconut oil. Pat the batter into the dish, forming an 8x5.5-inch square about ½-inch thick. Set aside.

Topping

Mix the Power Boost and almond butter together to form a paste. Pat this mixture on top of the batter, then press crushed almonds on top. Cover and store in refrigerator. When set (about 2 hours), slice into bars.



PureNourish Morsels

VEGAN/DF/GF | SERVES 6

Ingredients

- 1 scoop PureNourish
- ½ scoop Power Boost
- ½ Tbsp. almonds, ground
- 1-2 Tbsp. almond milk

Toppings (optional):

- Shredded, unsweetened coconut
- Cinnamon
- Almond slices

Directions

In a bowl, mix all the dry ingredients. Add 1 Tbsp. almond milk and work into a paste. A rubber spatula works well. Add small amounts of almond milk as needed. If too wet, add ground spices, such as cinnamon, or more Power Boost. Shape the paste into a log 4½ in. long and ¾-in. thick. This will yield 6 morsels when cut. Eat plain or top with favorite toppings.

Body Balance Cookbook

Bonus



Maintenance Phase *Recipes*



Pancake/Waffle Batter

VEGETARIAN/DF | SERVES 2-3

Ingredients

- 1 c. unsweetened vanilla almond milk
- 1 egg
- 2 Tbsp. coconut oil
- 1 Tbsp. honey
- 1 tsp. vanilla
- 1 c. gluten free flour
- 2 Tbsp. baking powder
- 1 tsp. sea salt
- Cinnamon, to taste

Directions

Combine wet ingredients in a bowl. Add dry ingredients and mix well. Ladle batter onto a hot griddle or waffle iron and cook until fluffy. Serve with your favorite toppings.



Jackfruit Crepe Rolls

VEGETARIAN/DF/GF | SERVES 4

Ingredients

Crepes

- 2 large eggs
- ¼ tsp. salt
- 1 c. buckwheat flour or unbleached all-purpose, gluten-free flour
- 1¼ c. almond milk
- Melted coconut oil, for cooking

Filling

- 2 Tbsp. coconut oil
- 4 c. shiitake mushrooms, sliced
- 2 Tbsp. minced shallots
- 1½ tsp. minced garlic
- 1½ tsp. fresh thyme leaves
- 1 tsp. minced fresh rosemary leaves
- 1½ Tbsp. coconut oil
- ½ lemon, juiced
- 7 c. baby spinach
- Salt and pepper, to taste
- ½ c. jackfruit, shredded

Jackfruit Crepe Rolls

Directions

Crepes

Combine the eggs, salt, flour and almond milk in a blender until well-mixed and let stand for 1 hour. The mixture should be the consistency of heavy cream.

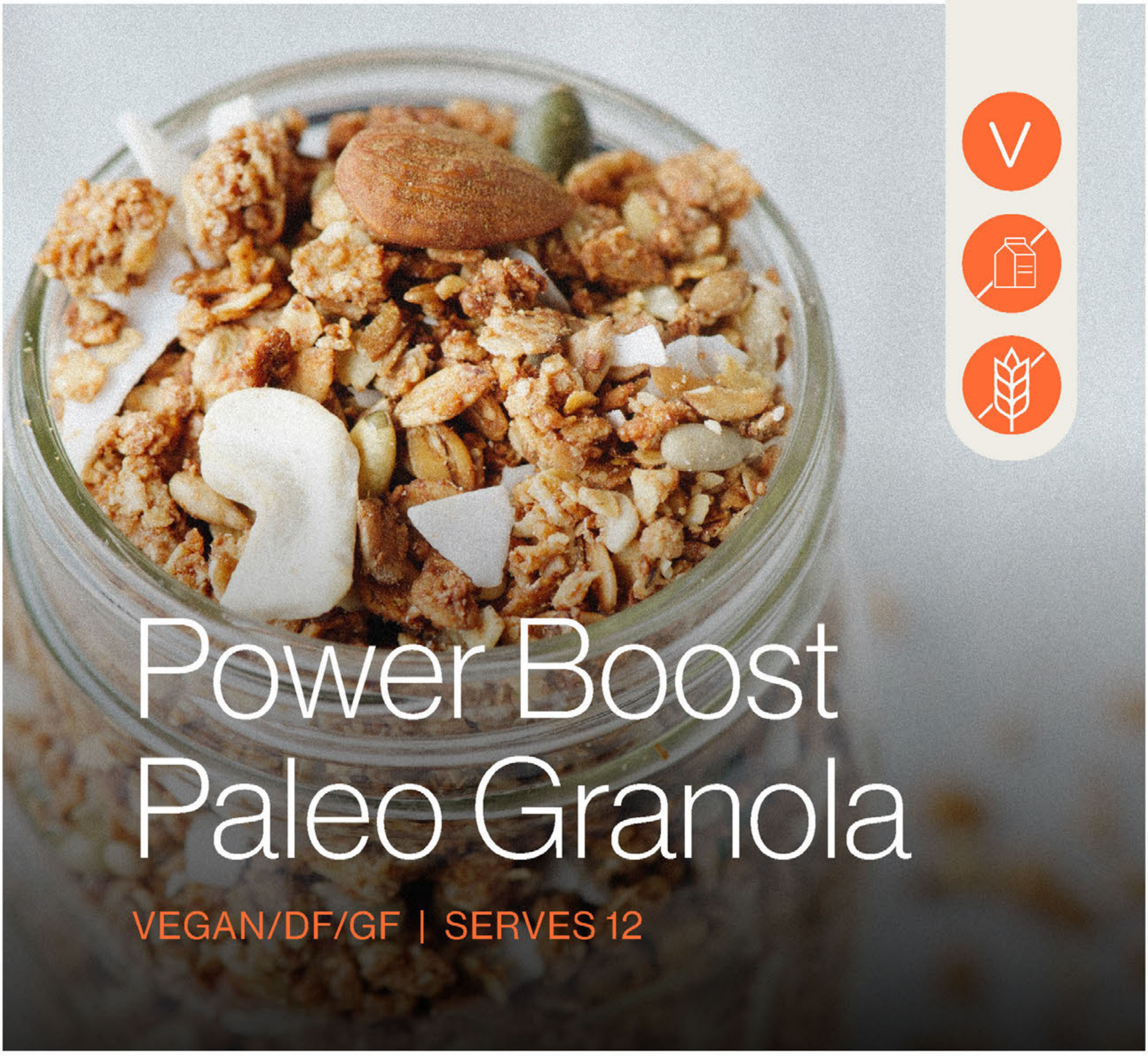
Heat a non-stick skillet over medium-high heat. Brush with the melted coconut oil, then pour ¼ c. of batter into the skillet, coating the bottom evenly. Fully cook until golden on one side, then flip and cook 30 seconds more. Move to a plate and repeat.

Filling

Heat the coconut oil in a large skillet over medium-high heat, then add the mushrooms and cook until reduced, stirring occasionally, about 5 minutes. Add in shallots, garlic, thyme, rosemary, coconut oil and jackfruit, and stir to combine for about 3 minutes.

Season with salt, pepper and lemon juice. Add the spinach and let it wilt. Stir to mix, then remove from heat.

Assemble the crepes by placing 1 heaped Tbsp. of the mixture on the crepe and rolling it up like a wrap.



Power Boost Paleo Granola

VEGAN/DF/GF | SERVES 12

Ingredients

- 3 c. unsweetened coconut flakes
- 2 scoops PureNourish
- 1 scoop Power Boost
- 1½ c. sliced almonds
- 1 c. shelled raw pumpkin seeds (pepitas)
- ½ c. sesame seeds
- ½ c. raw sunflower seeds
- ¾ tsp. kosher salt
- ½ tsp. ground cinnamon
- ⅛ tsp. ground cardamom
- ½ c. maple syrup
- 2 Tbsp. coconut oil
- 1 tsp. vanilla extract
- 2 Tbsp. chia seeds, optional
- 2 scoops Giving Greens, optional

Power Boost Paleo Granola

Directions

Preheat oven to 300°F. Line a rimmed baking sheet with parchment paper.

Toss coconut, almonds, pumpkin seeds, sesame seeds, sunflower seeds, chia seeds (if using), salt, cinnamon and cardamom in a large bowl.

Cook maple syrup, oil and vanilla in a small pot over medium heat, stirring occasionally until hot, about 1 minute. Pour over coconut mixture and stir. Spread mixture evenly on baking sheet and bake, stirring once halfway through, until golden-brown and crisp, about 20-25 minutes.

Toss in the PureNourish and Power Boost (and Giving Greens, if using) and let cool.



Inside-Out Smoothie Bowl, Two Ways

VEGAN/DF/GF | SERVES 1

Body Balance Cookbook

Inside-Out Smoothie Bowl, Two Ways

Ingredients

Smoothie

- 2 scoops PureNourish
- ½ c. almond milk
- ½ c. orange sections
- ¼ c. grapefruit sections
- ½ tsp. vanilla
- ½ tsp. nutmeg
- 3 Tbsp. lime juice
- 1 Tbsp. ginger, minced
- 1-2 Tbsp. cilantro

Toppings

- 1 Tbsp. chia seeds
- 1 Tbsp. hemp seeds
- 1½ tsp. unsweetened, dehydrated coconut
- 4 orange sections
- 4 grapefruit sections

Directions

Add almond milk and PureNourish to blender and blend for 15-20 seconds. On medium speed, add the remaining ingredients and blend until smooth. Pour into a wide-mouth glass or small bowl.

Sprinkle the chia seeds on top of the smoothie and let stand 3 minutes. Add the fruit pieces, hemp seeds and coconut on top of the smoothie.

Alternative

Add all smoothie and topping ingredients to your blender and blend until smooth.



Chocolate Peanut Butter Smoothie

VEGAN/DF/GF | SERVES 1

Ingredients

- 1 c. unsweetened vanilla almond milk
- 1 Tbsp. peanut butter
- 2 scoops PureNourish
- 1 scoop Power Boost
- 1 tsp. coconut oil
- 1 c. ice
- ½ banana, optional
- Spinach, optional

Directions

Add all ingredients to blender and blend until smooth.

Chicken & Wild Rice Soup

DF/NF | SERVES 4-6

Body Balance Cookbook

Chicken & Wild Rice Soup

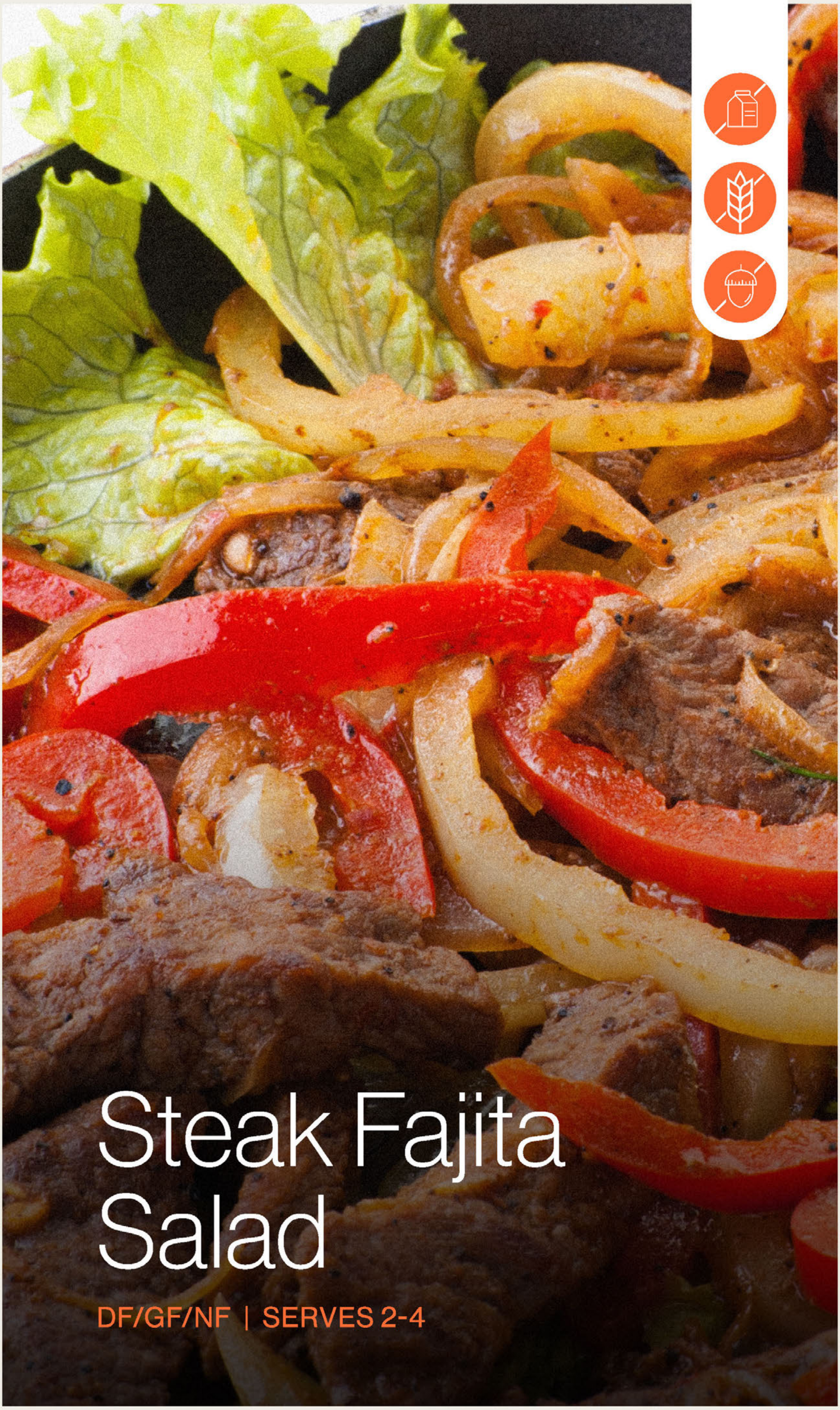
Ingredients

- 2 chicken breasts
- 1 package frozen mixed vegetables
- 1 c. dry wild rice, long grain (preferably fast-cook)
- 1 32-oz. box low-sodium chicken stock/broth
- 3 Tbsp. dehydrated onions
- 1 tsp. (or to taste) of the following: onion powder, parsley, garlic powder, celery salt (or sea salt), paprika, turmeric, pepper

Directions

Cook chicken breast, then cut into small, bite-size pieces (cook with onion if using fresh onion). Set aside.

Bring chicken stock and rice to boil in large pot. Simmer until rice is cooked. Add chicken, frozen vegetables, onions, and all herbs and seasonings. Simmer for 10-15 minutes.



Body Balance Cookbook

Steak Fajita Salad

Ingredients

- ½ lb. flank steak
- 1 tsp. salt
- ½ tsp. pepper
- 1 tsp. chili powder
- ½ tsp. oregano
- 2 cloves garlic, minced
- ¼ c. cilantro, divided
- ½ c. fresh orange juice
- ¼ c. lime juice
- 1 c. sliced bell pepper
- 1 c. sliced yellow onion
- 3 Tbsp. avocado oil
- 3 c. chopped romaine lettuce
- Pico de gallo
- Guacamole

Directions

Mix salt, pepper, chili powder, oregano, garlic, some of the cilantro, orange juice and lime juice in bowl. Add steak and place in refrigerator to marinate for 20 minutes.

Meanwhile, cook the onion and bell peppers in 1 Tbsp. avocado oil and fajita seasoning. When steak is done marinating, place in hot skillet and cook for 3-4 minutes on each side. Let rest 10 minutes, then slice.

While it's cooling, chop the romaine lettuce and place in skillet for 20 seconds to lightly cook. Assemble the salad and top with guacamole, pico de gallo and remaining cilantro.



Body Balance Cookbook

Grilled Yam Salad

Ingredients

- 2 large yams
- 2 tsp. coconut oil
- ¼ c. minced green bell pepper
- ¼ c. minced red bell pepper
- 1 small jalapeño pepper, seeded and minced
- 2 scallions, thinly chopped
- 1 tsp. fresh ginger
- ¼ c. rice wine vinegar
- ½ c. fresh-squeezed orange juice
- 1 scoop Beauty Boost
- 4 drops liquid stevia
- ¾ c. walnut oil
- 3 c. mixed greens
- Salt and pepper, to taste

Directions

Place the yams in a large pot and cover with cold water. Bring to a simmer and cook for 15 minutes or until the tines of a fork can be inserted ½ in., but the center is still firm. Do not boil, just simmer.

Remove from water and cool completely. Peel and slice ¼-in. thick. Brush slices with coconut oil and season with salt and pepper, then grill on a medium-high heat for 3-5 minutes on each side, or until done.

In a bowl, whisk together the remaining ingredients except greens. Taste and season, if necessary.

Place a mound of greens in the center of the salad plate and surround them with the yams. Drizzle the greens and yams with about 2 tsp. of dressing.

Simple Oat-Crusted Chicken Tenders

DF/GF/NF | SERVES 2-4

Body Balance Cookbook

Simple Oat-Crusted Chicken Tenders

Ingredients

- 18 oz. skinless chicken breast
- 1 egg
- 3½ oz. organic oats
- Seasonings of your choice (salt, pepper, chili flakes, herbs, smoked paprika, etc.).
- 1½ Tbsp. organic coconut oil

Directions

Preheat oven to 340ºF.

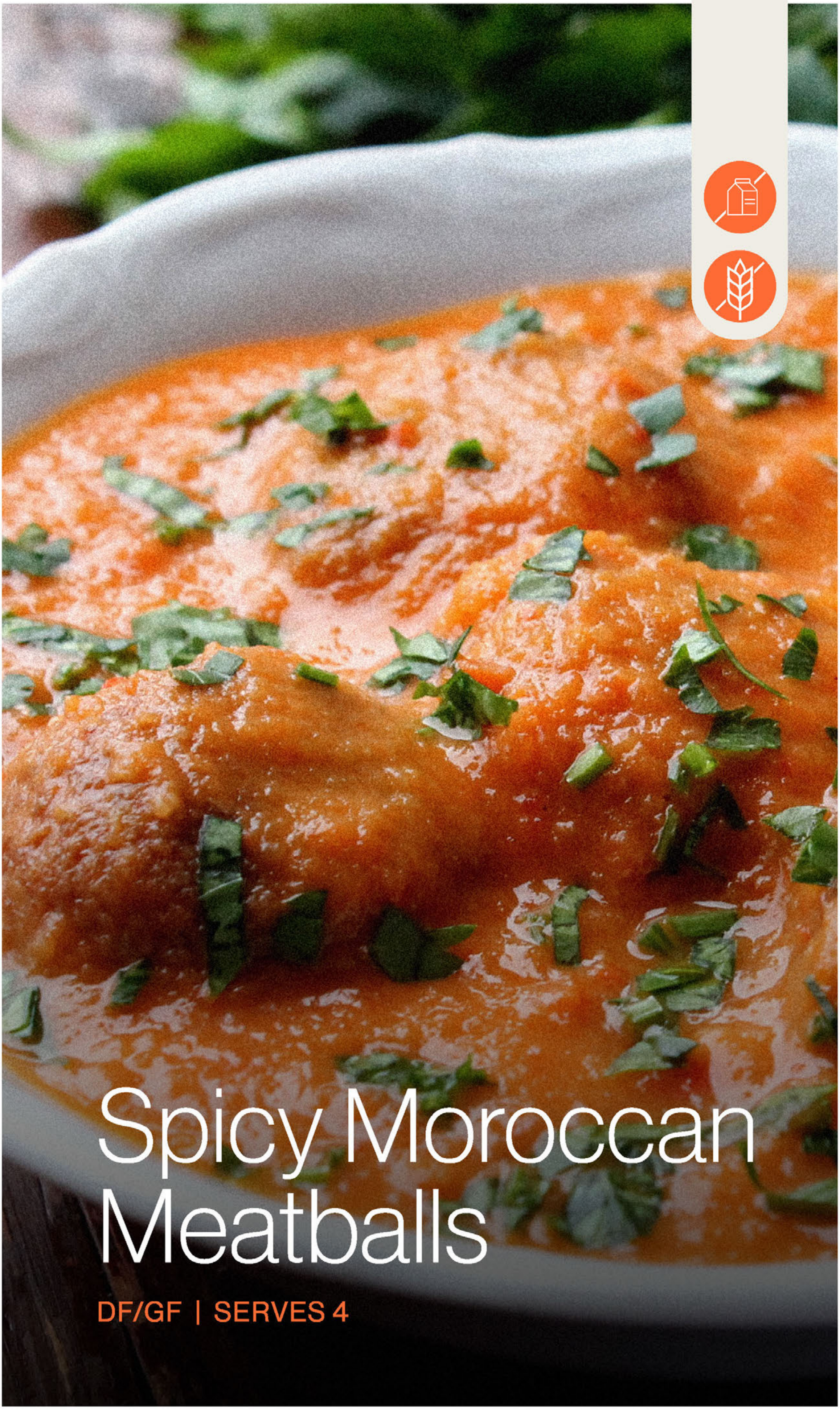
Slice chicken into tenders, 4-5 per serving.

Beat egg in a small bowl.

Blitz oats in blender, then place in a small bowl. Add your choice of seasonings and mix thoroughly.

Dip each chicken strip in egg, then coat with oats. Place on a nonstick baking sheet and bake for 25 minutes, or until juices run clear.

Melt the coconut oil in a frying pan and make sure it's nice and hot. Pop the tenders in the pan and brown each side. Serve with a crisp salad or roasted vegetables.



Body Balance Cookbook

Spicy Moroccan Meatballs

Ingredients

- 1 Tbsp. coconut oil
- 12¼ oz. minced beef or minced chicken
- 1 large onion, sliced
- 3½ oz. dried apricots, halved
- 1 small cinnamon stick
- 14 oz. chopped tomatoes
- 1 clove garlic, crushed
- 1 oz. toasted, sliced almonds
- 1 handful cilantro, roughly chopped

Directions

Heat the oil in a large deep-frying pan, then fry the meatballs for 10 mins, turning occasionally until cooked through. Scoop out of the pan and set aside, then cook the onion for 5 minutes, until softened.

Add the dried apricots, cinnamon stick, tomatoes and half a can of water to the pan, then bring to the boil. Simmer for 10 minutes. Remove cinnamon stick. Return the meatballs to the pan and coat well with the tomato sauce.

Serve sprinkled with the almonds and cilantro.



Body Balance Cookbook

Beef or Bean & Sweet Potato Cacciatore

Ingredients

Beef Cacciatore

- 1 lb. beef, cut into thin slices
- ¼ c. coconut oil
- 1 onion, chopped
- 2 red bell peppers, chopped
- 1 orange bell pepper, chopped
- 1 c. tomato sauce
- Salt and pepper, to taste
- Your choice of pasta (regular or gluten free), cooked, or prepared rice

Bean & Sweet Potato Cacciatore

- ¼ c. coconut oil, plus more as needed
- 1 lb. portobello mushrooms, sliced
- 1 large red onion, halved and sliced
- 1 red bell pepper, cored and sliced
- 1 Tbsp. chopped garlic
- ½ tsp. crushed red pepper, or to taste
- 1 28-oz. can whole tomatoes, undrained
- 1 lb. sweet potatoes, halved if large
- 1 Tbsp. chopped fresh oregano or 1 tsp. dried oregano, crushed
- 1 c. frozen fava beans, lima beans or edamame
- Salt and pepper, to taste
- 1 c. green olives, pitted, optional

Directions

Beef Cacciatore: Add coconut oil to a pot, heat on medium and then add meat and brown. Add onions and sauté for 1 minute. Add peppers and sauté for 2 minutes. Add tomato sauce and salt and pepper, to taste.

Bring to a simmer. Cover and cook until meat is tender, about 40 minutes.

Remove most of the sauce with the peppers (leave the meat in the pot) and puree in a food processor. Add back to the pot and simmer for an additional 5 minutes, stirring continually.

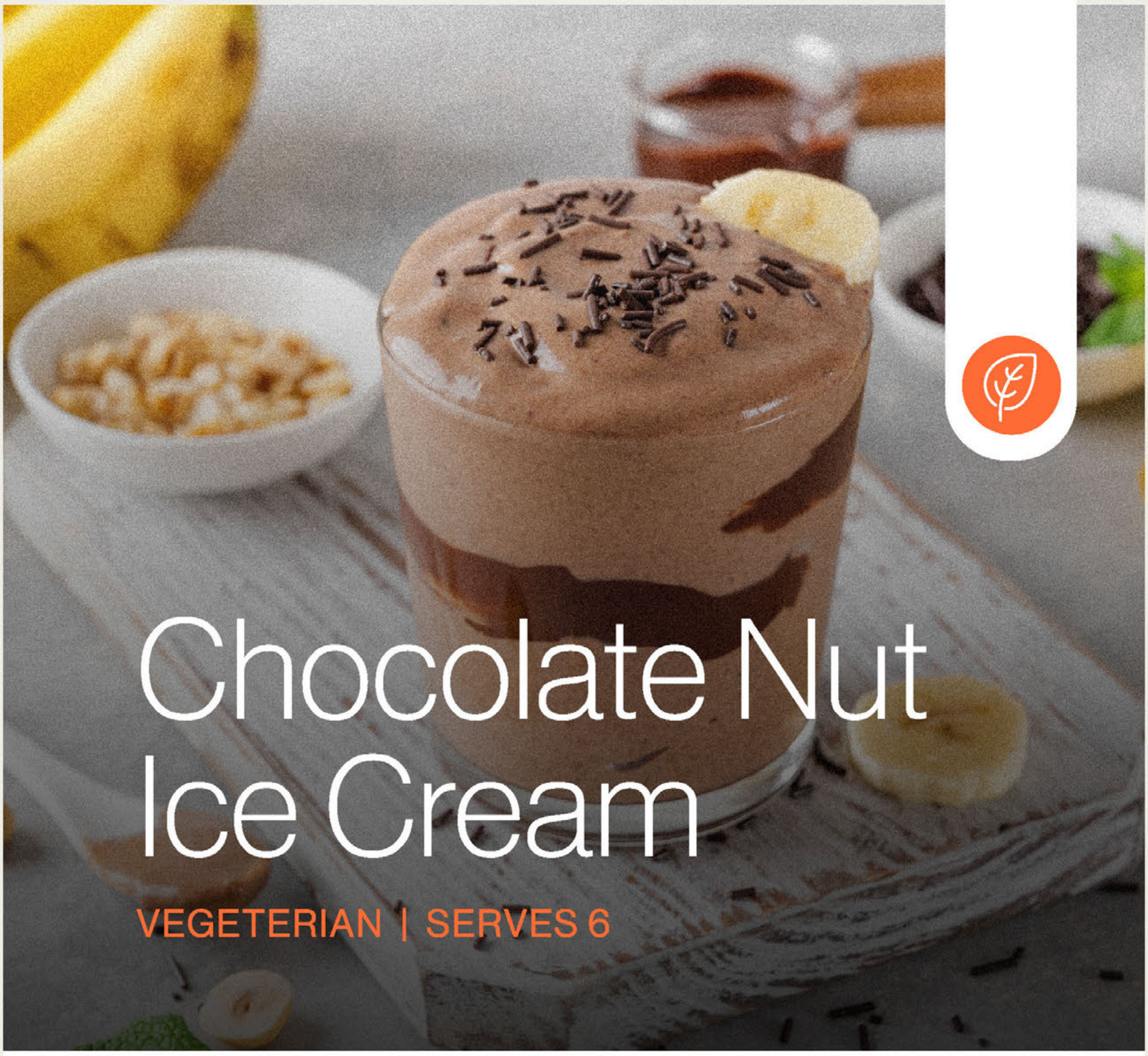
Serve with pasta or rice.

Bean & Sweet Potato Cacciatore: In an extra-large skillet heat ¼ c. oil over medium-high. Add mushrooms. Sprinkle with salt and pepper. Reduce heat to medium-low. Cover and cook for 5 minutes undisturbed. Uncover. (If mushrooms haven't released liquid, cover and cook 1-2 minutes more.)

Increase heat to medium-high. Cook uncovered for an extra 10 minutes or until skillet is dry and mushrooms are crisp. Set aside.

Add onion and bell pepper to skillet with additional oil if needed; season with salt and pepper. Cook over medium 3-5 minutes or until vegetables begin to soften, stirring occasionally. Add olives, garlic and crushed red pepper. Cook until fragrant, less than 1 minute. Add tomatoes, sweet potatoes and oregano. Bring to boiling. Reduce heat and simmer, covered, 20-30 minutes or until potatoes are tender.

Add mushrooms and fava beans to pot. Stir to coat. Simmer 5-10 minutes, or until beans are cooked.



Chocolate Nut Ice Cream

VEGETERIAN | SERVES 6

Ingredients

- 18 oz. fat-free Greek yogurt (use dairy free yogurt if preferred)
- 2 medium ripe bananas, sliced
- 2 oz. Power Boost
- 1 tsp. vanilla extract
- ½ oz. dark chocolate (minimum 70% cocoa), finely chopped
- ¾ oz. chopped hazelnuts

Directions

Put the yogurt, banana, Power Boost and vanilla extract in a blender. Pulse until creamy. Stir in the dark chocolate and nuts.

Divide into 6 freezer-proof bowls. Freeze for at least 2 hours. Remove from freezer 15 minutes before serving.



Chocolate Cheesecake Bars

VEGETARIAN/GF | SERVES 16

Ingredients

Crust

- ⅓ c. coconut oil
- ½ c. unsweetened, shredded coconut
- ¾ c. almond flour
- 1 Tbsp. sugar alternative

Filling

- 1 c. cottage cheese
- 2 Tbsp. almond milk
- 1 egg
- 2 tsp. vanilla extract
- 3 Tbsp. cocoa powder
- 1 Tbsp. sugar alternative
- Pinch of salt

Topping

- 1 14-oz. can unsweetened coconut milk
- 1 Tbsp. sugar alternative
- 1 tsp. vanilla extract
- Strawberries

Chocolate Cheesecake Bars

Directions

Preheat oven to 350ºF. Line an 8x8-in. pan with foil and lightly grease with cooking spray.

Crust

Mix coconut oil, shredded coconut, almond flour and 1 Tbsp. sweetener of choice until thoroughly combined. Press mixture into the pan and bake for approximately 12-15 minutes, or until golden brown. Allow to cool.

Filling

In blender or food processor, combine cottage cheese, almond milk, egg, vanilla, cocoa powder, sweetener and salt until completely smooth. Pour batter over baked crust and bake for approximately 25-30 minutes. Allow to cool and refrigerate.

Topping

After refrigerating can of coconut milk overnight, open can and scoop coconut cream solids into a cold mixing bowl. Beat coconut cream with sweetener and vanilla until stiff peaks form.

Top cheesecake bars with whipped coconut cream and fresh fruit. Enjoy!



Valentine Peanut Butter Cups

VEGAN | SERVES 10

Ingredients

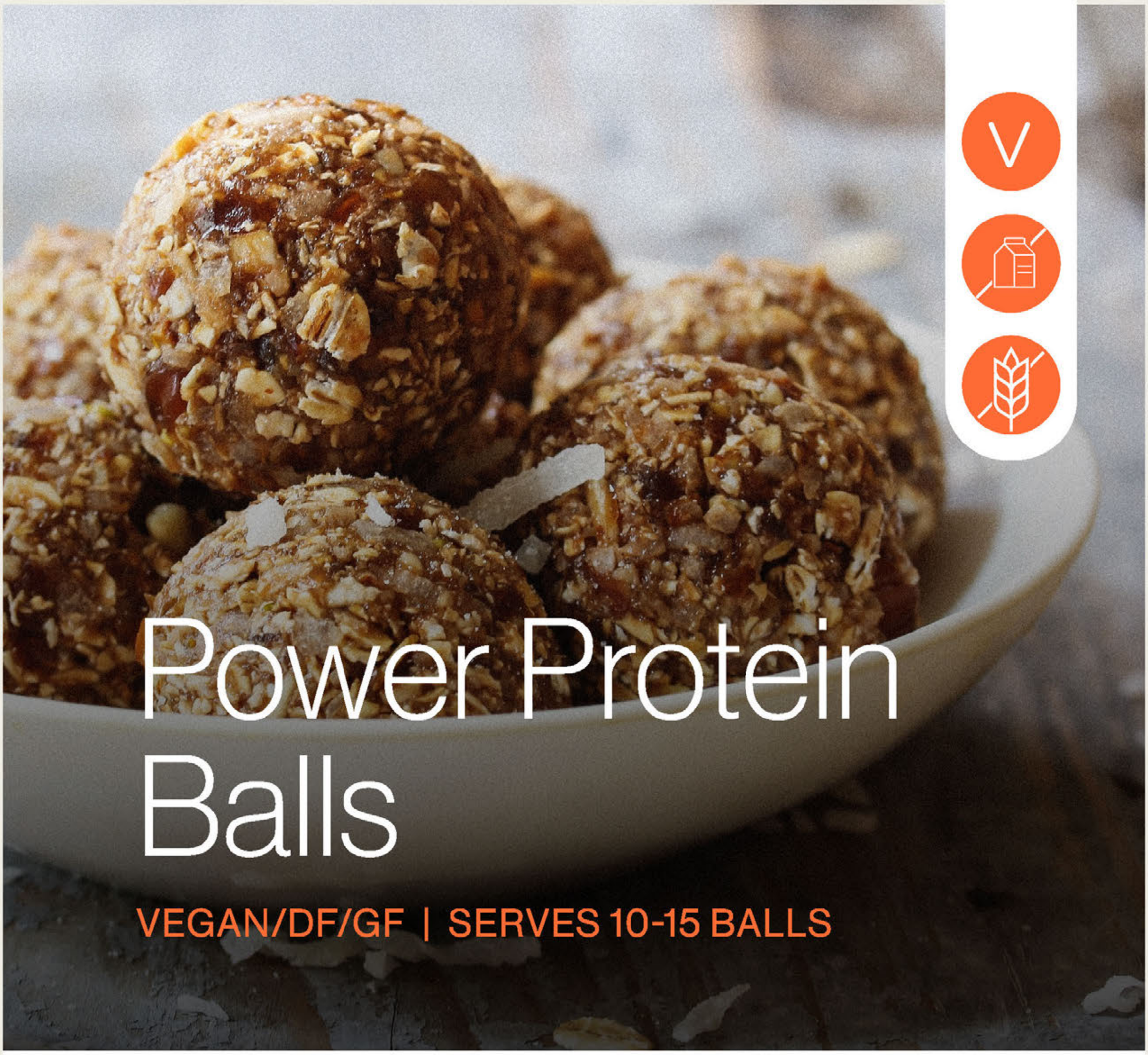
- 6 oz. carob chips (unsweetened or sugar-free chocolate chips)
- 2 Tbsp. coconut oil
- 2 Tbsp. peanut butter (natural, no sugar added)
- 2 packets stevia, powdered

Directions

Melt carob chips and coconut oil in double boiler on stove. Stir until completely smooth.

In another bowl, mix the peanut butter and stevia. Blend with chocolate.

In a silicone, mini heart-shaped mold or mini cupcake pan, fill each with 1 tsp. of chocolate. Refrigerate for 30 minutes to 1 hour and remove from mold.



Ingredients

- 4¼ oz. natural peanut or almond butter (sugar-free)
- 3 oz. maple syrup
- ½ tsp. vanilla extract
- 1 scoop PureNourish
- 2 scoops Giving Greens
- 1½ oz. flaxseeds (either whole or milled)
- 2¼ oz. rolled oats (gluten free, if desired)
- ½ tsp. cinnamon
- ½ oz. chia seeds
- 1 oz. unsweetened shredded coconut, for rolling

Directions

In a food processor, add all ingredients and pulse together until well-combined. Use a medium cookie scoop or your hands to grab dough and roll into 10 balls then roll them in coconut. Place in an airtight container. Store in the fridge for up to 1 week, or the freezer for up to 2 months.

Product Index

Nutrifii



Moa is the ideal superfood supplement to help the body reduce oxidative damage from free radicals, boost your metabolism, increase energy and support your cardiovascular and immune systems.

Moa Applesauce Berry Compote

Moa-Marinated Shrimp Ceviche

Slenderiiz



Giving Greens is a whole-food veggie, nutritive powdered drink mix that makes it easy to fuel your body with vital phytonutrients, vitamins and minerals.

Power Boost Paleo Granola

Sweet or Savory Egg Crepe Rolls

Giving Greens Smoothie Bowl

Power Protein Balls



Beauty Boost is specifically formulated to support hair, skin and nails, especially for those who've recently experienced rapid weight loss.

Cinnamon Walnut Beauty Boost Shake

Grilled Yam Salad

Brussels Sprouts With Beauty Boost Dressing

Almond Butter Fudge Protein Bars

Product Index

Slenderiiz



Power Boost supports lean muscle mass while boosting mental cognition and promoting weight loss through a blend of L-glutamine (an amino acid found in your muscles) and medium-chain triglycerides.

Power Boost Paleo Granola

Sweet or Savory Egg Crepe Rolls

PureNourish Non-dairy Yogurt Parfait

Giving Greens Smoothie Bowl

Sweet & Tart Valentine's Shake

Chocolate Peanut Butter Smoothie

Four Snack Seasoning Blends

Chocolate Nut Iced Cream

Power Boost Coconut Peppermint Poppers

Almond Butter Fudge Protein Bars

PureNourish Morsels

Product Index

Slenderiiz



PureNourish is a dietary supplement designed to enhance digestion and optimize nutrient absorption.

PureNourish Overnight “Oats”

Power Boost Paleo Granola

Sweet or Savory Egg Crepe Rolls

PureNourish Non-dairy Yogurt Parfait

Inside-Out Smoothie Bowl, Two Ways

Sweet & Tart Valentine’s Shake

Chocolate Peanut Butter Smoothie

Almond Butter Fudge Protein Bars

PureNourish Morsels

Power Protein Balls



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Always check with your healthcare professional before starting any weight loss program, and before discontinuing or reducing dosage of prescription medications. Results may vary depending on diet and exercise.

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