

Everyday Simple Solutions Recipe Guide Book

Here is an assortment of simple, very flexible recipes you can use over the next few weeks, if you choose. Use the "Cheat Sheet" found at arbonne.com as your guide for what foods to eliminate and to how to fill your plate. Whether you are busy working or parenting from home, someone on the front lines, dislike cooking or love spending time in the kitchen, you can find success with this program. Focus on filling at least half your plate with veggies and using your Arbonne simple solutions (protein, greens, fizz, protein bars) when you are in a hurry or in a pinch! Choose what works best in your home from this list, recipes in our group or using the Arbonne cheat sheet as your guide to create your own meals. Think - Veggies with protein, seasoned by a variety of flavors through herbs, citrus, nut butters and more! Enjoy!

Pantry Must-Haves: Italian Salad Dressing (recipe included), garlic, salt, pepper, ginger, olive oil, coconut aminos (If possible. This is a substitute for soy sauce.), coconut oil, lemons

Breakfast Options (use for a quick lunch, too):

Oatmeal with Fruit

Eggs with Veggies

Chunky Monkey Oatmeal

Arbonne Protein Shakes (see Recipe Packet in the File Section of Healthy & Happy FB Group)

Sweet Potato Egg Hash

Sweet Potato Breakfast Bowl

Breakfast Egg Muffins

Overnight Oats

Arbonne Protein Crepes

Dinner Options (make enough for lunch leftovers):

Grill: So Simple Loaded Burgers

Grill: Lemon Chicken or Fish with Veggies

Sheet Pan: Italian Chicken & Veggies

Sheet Pan: Tilapia & Asparagus

Instapot: Shredded Chicken Tacos

Instapot: Tuscan White Bean Soup

Chicken Tortilla Soup

Ground Turkey Sweet Potato Skillet - 1 Pan Meal

Crispy Baked Quinoa Crusted Chicken

Tasty Tacos

Simple Spaghetti

Roasted Veggie Quinoa Salad

The Best Shredded Kale Salad

A Zucchini Noodle Bowl That's All About The Peanut Sauce

Roasted Sweet Potatoes and Brussels Sprouts

Roasted Butternut Squash Scoops

Roasted Root Vegetables

Sweet & Savory potatoes

Veggie Kabobs with Avocado Sauce

Crumb-Topped Brussels Sprouts

4 Ingredient Garlic Cauliflower "Mashed Potatoes"

Lemony Sautéed Green Beans

Breakfasts

Oatmeal with Fruit

Ingredients:

Oatmeal (quick oats, old fashioned or steel cut - your preference), one serving

Your Favorite Fruits

Milk of your choice (non-sweetened, non-dairy) such as almond milk or rice milk

Instructions:

1. Cook oatmeal according to directions on the container
2. Add milk of your choice (non-dairy, non-soy, non-sweetened) to desired consistency
3. Stir in your favorite fruit (apples and cinnamon or berries are simple choices)

Eggs with Veggies

Ingredients:

2 eggs or 3 egg whites

1 cup of veggies (one kind or a mix, some recommendations are onion, garlic, peppers, asparagus, spinach)

Olive oil

Salt & pepper (to spice it up, replace with Trader Joe's Everything But the Bagel Seasoning)

Instructions:

1. Chop your veggies
2. Heat olive oil in a skillet
3. Add veggies and cook until tender (except if you are using spinach...add it after eggs are cooked, heat slightly)
4. While veggies are cooking, whisk eggs in a bowl
5. Add eggs to veggies and cook thoroughly

Chunky Monkey Oatmeal

Ingredients:

Oatmeal (quick oats, old fashioned or steel cut - your preference), one serving

1-2 scoops Arbonne Protein Powder OR 1-2 T cocoa and 1-2 teaspoons stevia

1-2 T. natural, non-sweetened, peanut butter

Banana (optional)

Instructions:

1. Cook oatmeal according to directions on the container
2. Add 1-2 scoops of Arbonne Chocolate Protein based on taste preference OR 1-2 tbs. of unsweetened cocoa powder and 1-2 teaspoons stevia or sweetener of choice
3. Add 1-2 tbs. natural peanut butter (no sugar added) to the middle
4. (optional) Cut up 1 banana and layer around outside.

Sweet Potato Egg Hash

Prep time: 10 minutes

Cook Time: 65 minutes

Serves: 1

Ingredients:

1 medium sweet potato

1 egg

1 cup veggies (asparagus, onion, peppers, zucchini, mushrooms, etc.)

Avocado

Clean Turkey Bacon (optional)

Instructions:

1. Preheat your oven to 375 degrees and bake your sweet potato for about 65 minutes or until a fork can easily pierce (see Sweet Potato Breakfast Bowl recipe for details on baking a sweet potato).
2. Dice your veggies small. Put them in foil with a bit of water. Stick in the oven with 35 minutes left for your potato.
2. Cook your egg - over easy when you take your sweet potato out of the oven.
3. Remove your sweet potato and veggies from foil. Combine. Top with an egg, avocado and clean Turkey Bacon.

Sweet Potato Breakfast Bowl

Prep time: 10 minutes

Cook Time: 1 hour, 20 minutes

Serves: 2

Ingredients:

1 very large sweet potato, 16+ ounces (or 2 small sweet potatoes 8-10 ounces each)

Honey to taste, OR half of a slightly ripe mashed banana for sweetness

Cinnamon, to taste
2 T chopped nuts
2 T almond butter

Instructions:

1. Preheat oven to 375 degrees. Wash and lightly dry sweet potato(es). Poke with a fork several times and wrap in aluminum foil. Bake large sweet potato for around 80 minutes, or smaller sweet potatoes for 65 minutes, until a fork can easily pierce through the entire sweet potato. Let cool for at least 5 minutes before peeling.
2. Peel cooled sweet potato and lightly mash with cinnamon and honey (or banana)
3. Top with chopped nuts, or other toppings, if desired. If enjoying right away, drizzle with almond butter. If enjoying later, top with almond butter just before serving and reheating.

Breakfast Egg Muffins...Garlic Mushroom & Peppers

<https://cafedelites.com/breakfast-egg-muffins-3-ways/>

Prep Time: 15 mins

Cook Time: 20 mins

Serves: 12

Grab and go while running out the door! Protein packed eggs muffins are just like mini frittatas, can be cooked ahead of time and refrigerated for when you need them to grab and go!

Ingredients:

12 large eggs
2 T finely chopped onion, (red, white or yellow/brown)
Salt and pepper, to taste
3/4 cup sliced brown mushrooms
3/4 cup red bell pepper, (capsicum), diced
3 T fresh chopped parsley
3/4 teaspoon garlic powder or 1 teaspoon minced garlic

Instructions

1. Preheat oven to 350°F | 180°C. Lightly spray a 12-cup capacity muffin tin with nonstick oil spray.
2. In a large bowl, whisk eggs and onion. Season with salt and pepper, to taste.
3. Add egg mixture halfway up into each tin of a greased muffin tin.
4. In a separate bowl, stir together the remaining ingredients.
5. Add, evenly into each of the 12 tins, the mushrooms, peppers, parsley and garlic.
6. Bake for 20 minutes.
7. Serve OR store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve.

Overnight Oats: Carrot Cake Overnight Oats (See website for 8 recipes you can modify)

<https://lifemadesweeter.com/overnight-oats-8-ways/>

Ingredients:

Mason Jar or Resealable Container

Overnight oats base recipe:

1/2 cup rolled or old fashioned oats

2/3 - 3/4 cup almond milk

2 teaspoons chia seeds

For Carrot Cake Combo:

1 T maple syrup, honey, or low carb sweetener

1/2 teaspoon ground cinnamon

1 T grated carrots plus more for topping (if desired)

1/2 T shredded coconut plus more for topping

1 teaspoon chopped pecans

1/2 teaspoon raisins optional, plus more for topping

For Berries & Cream:

Add a bit more almond milk and your favorite berries before serving

For Apple Cinnamon:

Add diced apples before refrigerating overnight.

Serve with cinnamon

Instructions:

1. Start by combining rolled or old fashioned oats and almond milk in a [8 oz. mason jar](#), [resealable container](#) or a [bowl](#).
2. Add maple syrup, cinnamon, carrots, coconut, pecans, and raisins to mason jar.
3. Shake jar or mix and combine with a spoon. Seal and chill in fridge for at least 4 hours or overnight. Enjoy cold or heat up in the microwave or stove-top.
4. Serve with more milk as desired and sprinkle with additional coconut, pecans and raisins before serving (optional).
5. Seal up the container and park it in the fridge overnight.

Notes: The next morning, you can heat the glass jar up in the microwave for a hot breakfast or enjoy your overnight oats cold straight from the fridge. Feel free to add more milk and any fun toppings of your choice.

FOR SUNDAY MEAL PREP:

Double or triple the batch and divide into separate [mason jars](#) or [resealable containers](#).

Arbonne Protein Crepes

Crepe Ingredients:

4 egg whites
1 scoop Arbonne vanilla protein powder
1 T of ground flaxseed
1/4 teaspoon cinnamon

Toppings:

Almond butter
Strawberries
Cinnamon

Instructions:

1. Mix crepe ingredients together in a bowl.
2. Heat a skillet with oil.
3. Cook like thin pancakes (pour 1/4 cup onto skillet, allowing it to spread out thin. Flip and cook other side)
4. Remove from heat and spread .5 ounces almond butter on inside,
5. Top with diced strawberries (apple or other fruit are good too).
6. Optional: Roll up and top with cinnamon!

Nutrition Info: 248 cal, 27g protein, 13.3g carbs, 8.9g fat, 6.7g sugar and 3g of fiber
Enjoy hot or cold. Some people prefer them cold from the fridge the next day!

Dinners

Grill - So Simple Loaded Burgers

1 burger for each person dining (whatever kind of burger is your style...turkey, veggie, beef, etc.)
Veggie Toppings (choose 2-5 veggies for toppings...hot topics, wrap in foil with a little olive oil, about 2t, and some water, about 2T)

Hot Toppings: bell peppers, hot peppers, onions, shredded zucchini

Cold Toppings: lettuce, tomato, cucumber, avocado, sprouts

Serve with a salad or veggie of your choice.

Grill Meal - Lemon Chicken or Fish & Veggies

1/2 Chicken breast or 1 Fish Fillet/person

1 T olive oil / chicken breast

1t juice from lemon / chicken breast

1t herb of your choice (rosemary, thyme, parsley, etc.) / chicken breast

Garlic salt

pepper

Juice from lemon

Combine olive oil, lemon juice and herb. Coat chicken or fish. Sprinkle on garlic salt and pepper to taste. Grill until cooked through.

To keep fish from overcooking, leave out the lemon juice from the combination and slice the lemon into circles instead. Place the lemon slices on top of the fish while grilling.

VEGGIES

2 cups of veggies/person (carrots, zucchini, beets, etc.).

Wrap in foil with 1t olive oil and 2T water. Grill until cooked through.

Sheet Pan Meal - Italian Chicken and Veggie Dinner

Adapted from www.skinnytaste.com

2 cups of veggies/person eating, all diced into 1-inch pieces (zucchini, carrots, bell peppers, onion, Brussel Sprouts, beets, parsnips)

1/2 chicken breast/person eating, halved.

1 clove crushed garlic

4 T olive oil

Italian Seasoning Blend from Skinny Taste OR use a pre-made blend you have at home OR a mix of any that you have on this list.

1 t salt

1/2 t onion powder

1/2 t dried oregano

1/2 t dried basil

1/4 t thyme

1/8 t pepper

Preheat oven to 450 degrees.

Line 1-2 large sheet pans with parchment or foil. Spray with oil.

Cook in lower half of oven.

Season chicken with 1/2 teaspoon salt.

Combine the oil, garlic and Italian Blend/seasoning ingredients in a large bowl. Add the chicken and veggies. Mix to coat.

Put the chicken in the middle of the pan. Put all veggies around chicken, but not touching it, onto your sheet pan(s) and spread into a single layer. Bake about 20 minutes, turn and bake an additional 10 minutes until roasted and tender.

Sheet Pan Meal - Tilapia and Asparagus

Adapted from www.damndelicious.net

6 T olive oil

4 cloves garlic, minced

4 (6-ounce) tilapia fillets

1 1/2 c cherry tomatoes

2 T freshly squeezed lemon juice, or more, to taste

1 t

1 pound asparagus, trimmed

2 T chopped fresh parsley leaves (optional)

Salt and pepper

Preheat oven to 425 degrees. Lightly oil a baking sheet or coat with nonstick spray.

In a small bowl, whisk together 6T olive oil, lemon juice and seasonings.

Place asparagus in a single layer on one side of the prepared baking sheet. Place tomatoes in a single layer in the middle of the prepared baking sheet. Place tilapia in a single later on the opposite side of the prepared baking sheet.

Drizzle all with oil mixture.

Place in oven and bake until fish flakes easily with a fork and the tomatoes begin to burst and have softened, about 11-13 minutes.

Serve garnished with parsley, if desired.

2-in-1 Meal Prep Chicken with Veggies on Rice AND Fried Rice

3c brown rice

1 chicken breast/person eating

3 cups veggies/person eating, diced into 1-inch (cauliflower, broccoli, carrots, celery, peppers, etc.)

1/2 Onion

4 garlic cloves

2T olive oil

Salt and pepper

For Meal 2:

4 T olive oil

1 inch fresh ginger

2-3 t Coconut aminos/soy sauce

1/4 t ground ginger

1/2 t agave (optional)

Cook 3 cups rice according to package directions. Set aside 1/2 after cooked.

Sauté chicken breasts in olive oil. When browned, add veggies to pan. Brown veggies; once veggies start to “sweat,” add onion and garlic.

Cover with lid to steam cook until desired tenderness.

Set aside 1/2 of chicken and 1/2 of the veggies.

Refrigerate rice, chicken and veggies you have set aside.

Meal 1: Serve chicken and veggies on a small bed of rice.

Meal 2: Fried Rice

Remove rice, chicken and veggies you set aside from the refrigerator.

Cut apart the chicken into 1 inch pieces.

Heat 4T olive oil in skillet.

Dice 1 inch fresh ginger.

Add chicken and veggies and ginger when skillet is heated.

Stirfry until heated through.

When warmed, add coconut aminos/soy sauce to taste (about 2-3 teaspoons), 1/4 t ground ginger and 1/2 t agave (optional)

Add-ons:

Frozen peas (add with chicken and veggies)

Egg (scramble and add in at end)

Unsweetened Coconut Flakes (garnish, at end)

Cashews, crumbled (garnish, at end)

Instapot/Crockpot Meal - Shredded Chicken Tacos

Adaption from www.lemonblossoms.com

2 pounds chicken breast halves, boneless and skinless (about 4)

2 Tablespoons clean taco seasoning or 1 1/2 T cumin and 1/2 T cilantro

3/4 cup chicken broth

1 cup salsa (no sugar added, pico de Gallo works great)

2 T diced green chiles (mild or hot to your tast)

Salt and pepper to taste

Toppings as desired - black beans, avocado, sautéed peppers and onions, black olives, tomatoes, lettuce

Season the chicken breasts with half of the cumin. Place the chicken breast at the bottom of the bowl of the instant pot (no trivet is needed).

Add the broth, salsa and chiles. Sprinkle in the remaining cumin.

Close the lid, seal the pot and set the vent to “sealed” for fresh or thawed chicken breasts, cook on high pressure for 13 minutes. For frozen chicken breasts, cook on high pressure for 16 minutes.

When done, let the pressure release naturally for 5 minutes, then do a quick release to get rid of any remaining pressure. Open the lid and shred with 2 forks. Season with salt and pepper.

Instapot/Crockpot Meal - Tuscan White Bean Soup

www.brit.com/instant-pot-tuscan-white-bean-soup-recipe/

1 cup diced celery

1 1/2 cups diced onion (about 1 medium onion)
2 cups chopped leek, white & light parts only
2 cups diced carrot
1 1/2 cups diced zucchini (about one medium zucchini)
8 ounces cremini mushrooms, sliced
4 garlic cloves, minced
3-15 ounce cans cannelli beans, drained and rinsed well
1-28 ounce can diced tomatoes
4 cups vegetable or chick stock
1 T dried Italian seasoning herb mix (or mix of your choice - basil, oregano, rosemary, parsley, thyme, chili flakes)
1 pound Italian turkey sausage links, left whole (optional)
1 bunch kale, shredded
1/2 bunch fresh Italian parsley, chopped
Thinly sliced rounds of lemon, chopped
Salt & pepper to taste

Combine all but the kale, parsley and lemon in the instant pot. Close and seal. Set for 5 minutes on high of the "Manual" setting. Let pressure release naturally. Remove sausage links, if using, and slice into bite-size pieces. Replace pieces into the soup.

Stir the shredded kale, parsley, and chopped lemon into the soup. Season to taste and serve hot.

Chicken Tortilla Soup

2-4 boneless chicken breasts
2 10oz cans Rotel
1 can black beans
1 can kidney beans
1 onion (chopped)
2 cans chicken broth
2 cups water
1 T garlic powder
1 T Chile powder
1 T ground cumin
1 T dried cilantro

Place all ingredients in a crockpot, stir. Cook on low 8-9 hours. Before serving soup, shred chicken. Top with avocado, Beanitos white chips and Daiya 'mozzarella' cheese if you wish!

Ground Turkey Sweet Potato Skillet - 1 Pan Meal

<https://www.primaverakitchen.com/ground-turkey-sweet-potato-skillet/>

Prep time: 10 minutes
Cook time: 17 minutes
Serves: 4

Ingredients:

2 T extra-virgin olive oil
1 lb grass-fed extra-lean ground turkey
1 tsp garlic clove — minced
½ cup onions — diced
½ cup yellow pepper — diced
1 ½ cups sweet potato — diced
Salt and freshly ground black pepper
A pinch of red chili flakes
Fresh parsley for garnishing

Instructions:

In a cast iron skillet, heat olive oil over medium-high heat.
Add ground turkey and garlic. Use a wooden spoon breaking up the turkey while it cooks. Stir occasionally and cook for about 5 minutes.
Add onions and yellow peppers and cook until onions are soft.
Add the sweet potato, chili pepper, salt, and pepper.
Cover the skillet and cook until they are tender. Don't forget to stir occasionally. If necessary, add more olive oil or a little bit of water to cook the sweet potato faster.

Nutrition Information: Amount per serving (1/4) — Calories: 306, Fat: 14g, Saturated Fat: 5g, Cholesterol: 66mg, Sodium: 186mg, Carbohydrates: 20g, Fiber: 3g, Sugar: 6g, Protein: 31g

Crispy Baked Quinoa Crusted Chicken

Make it a meatless meal by subbing eggplant slices for the chicken breasts

Serves: 4

Ingredients:

4 boneless, skinless chicken breasts
salt and pepper to taste
1/4 cup gluten-free flour (almond flour works well)
1 egg, lightly beaten
1 1/2 cups cooked quinoa (~1/2 cup dry cooked with 1 cup liquid)
1 tsp clean Italian seasoning blend

(1 1/2 teaspoons dried oregano
1 teaspoon dried marjoram
1 teaspoon dried thyme
1/2 teaspoon dried basil
1/2 teaspoon dried rosemary
1/2 teaspoon dried sage)

2 cups spaghetti sauce (clean, no sugar, MSG, etc.)
2 TBS fresh basil, torn

Instructions:

Season the chicken with salt and pepper, dredge in flour, dip in egg and coat in the mixture of the quinoa and Italian seasoning. Place the chicken on a rack on a baking pan and bake in a preheated 400F oven until cooked and lightly golden brown, about 25-30 minutes. Plate the chicken and top with hot spaghetti sauce and fresh torn basil and enjoy!

Tasty Tacos

Ingredients:

1 pound ground chicken or turkey
2 carrots
1 celery stalk
romaine lettuce
salt
pepper
cumin (optional)
lime juice to taste (optional)
cilantro (optional)
optional toppings: avocados, onions, peppers (fresh or sautéed), olives, tomatoes

Instructions:

1. Finely chop (clean both and peel carrots, first) carrots and celery into small pieces.
2. Place meat and veggies in a large skillet.
3. Add seasonings to taste (salt, pepper, cumin, lime and cilantro)
4. Cook meat and chopped veggies in a large skillet until meat is thoroughly cooked.
5. Serve meat in romaine lettuce leaf and top with your favorite veggies

Simple Spaghetti

Ingredients:

Gluten Free, no sugar added pasta (quinoa, brown rice, lentil or a blend) OR Zucchini noodles
Jar of CLEAN pasta sauce (no sugar added is the main thing)

Optional: Turkey Meatballs

1 lb turkey

1 egg

1 clove garlic or 1/2 teaspoon ground garlic

2 Ts parsley or seasonings you have (rosemary, thyme, sage)

1/2 cup finely chopped onion

Optional: Diced veggies (carrots, zucchini, tomatoes, mushrooms), olive oil, salt and pepper

Instructions:

1. Simple Version: Cook pasta as directed on container. Warm sauce in a pan or microwave. Combine and enjoy.
2. With meatballs: Mix all Meatball ingredients together, form balls, put on a foil lined pan and bake at 350 degrees until cooked through (about 20 minutes).
3. With veggies: Dice veggies, drizzle with olive oil, add salt and pepper to taste, roast in oven until a fork can pierce. Add to sauce.

Roasted Veggie Quinoa Salad

This is protein-packed but feel free to add chicken or turkey

Serves: 4-6

Quinoa Ingredients:

1 cup quinoa

2 cup chicken or vegetable stock

1 tsp extra virgin olive oil

4 cloves garlic, chopped

1/2 tsp sea salt

Roasted Vegetables Ingredients (I double the veggies in this one so I can load up. It's also good with carrots and celery):

2 bell peppers, cubed

1 zucchini, cubed

1 squash, cubed

1 red onion, cubed

1 fennel bulb, cubed

4 garlic cloves, whole

1 Tbsp Herbs of Provence (or what you have of these spices: 1/2 t dried rosemary, 1/4 t. fennel seed, 1/2 t thyme, 1/2 t basil, 1/2 t marjoram, 1/2 t Italian parsley, 1/4 t oregano, 1/4 t tarragon, 1/8 t bay powder)

2 Tbsp extra virgin olive oil
1/2 tsp salt (for fun, add smoked salt if you have it)

Dressing Ingredients:

1/2 lemon, juiced and zested
2 Tbsp extra virgin olive oil
fresh herbs

Instructions:

Preheat the oven to 450 degrees, or fire up the grill. In a bowl, combine all the cubed veggies and toss with the Herbs de Provence, oil and salt. Place in a single layer on a lined baking sheet and bake for 30 minutes, flipping half way through. (or grill the veggies to your liking) In a small saucepan, heat the oil over low heat and add the garlic, sauté for 1 minute, then add the rinsed quinoa and chicken stock. Bring to a boil, cover and reduce heat to a simmer. Cook for about 20 minutes. Turn off heat, let sit for 5 minutes and fluff with a fork. In a serving bowl, combine cooked quinoa with roasted veggies. Add dressing, toss and enjoy hot, room temperature or cold!

The Best Shredded Kale Salad

<https://ohsheglows.com/2013/11/25/the-best-shredded-kale-salad/>

Prep time: 30 minutes
Cook time: 10 minutes
Serves: 4 small bowls

Ingredients for the salad and dressing:

2 medium bunches destemmed lacinato/dinosaur kale, finely chopped (8 to 9 cups/300 to 340 g chopped)
2 large garlic cloves
1/4 cup (60 mL) fresh lemon juice
3 to 4 T (45 to 60 mL) extra-virgin olive oil, to taste
1/4 teaspoon fine sea salt
1/4 teaspoon freshly ground black pepper (just eyeball it)
1/4 to 1/2 cup (35 to 70 g) dried sweetened cranberries, for garnish

Ingredients for the pecan parmesan or use Italian in “must haves”:

1 cup (120 g) pecan halves, toasted
1 1/2 T nutritional yeast
1 T extra-virgin olive oil
2 pinches fine sea salt

Instructions:

Preheat the oven to 300°F. Spread the pecans onto a baking sheet and toast in the oven for 8 to 10 minutes until fragrant and lightly golden.

Remove the stems from the kale and discard. (You can save them for smoothies if you are hardcore!)

Finely chop the kale leaves (the smaller, the better).

Wash the kale and spin dry. Place dried kale into a large bowl.

For the dressing: In a mini food processor, process the garlic until minced. Now add the lemon, oil, salt, and pepper and process until combined. Adjust to taste, if desired. Pour the dressing onto the kale and mix it into the kale with your hands or toss with spoons. Keep mixing for about 1 minute to ensure everything is coated perfectly.

For the Pecan Parmesan: Rinse out the mini processor and pat dry. Add the pecans into the processor and process until the pecans are the size of peas or a bit larger. Now add in the nutritional yeast, oil, and salt and process again until it has a coarse crumb texture. Be sure not to over process—we still want a nice crunchy texture here, not powder.

Sprinkle the Pecan Parmesan all over the salad. Toss on a handful or two of dried cranberries. Wrap and place in the fridge for 30 to 60 minutes to soften, or you can simply enjoy it right away. In the past, I've tried letting this salad sit overnight in the fridge and I greatly prefer the flavor of the salad served the day of, so I don't recommend making this salad the day before and letting it sit in the fridge overnight.

Tips: Instead of a mini processor, you can chop/whisk the dressing and pecan "parmesan" by hand.

A Zucchini Noodle Bowl That's All About The Peanut Sauce

<https://www.mindbodygreen.com/0-25281/a-zucchini-noodle-bowl-thats-all-about-the-peanut-sauce.html>

Serves 2

Ingredients for dressing:

1-inch piece of ginger, grated

1 garlic clove, finely chopped

1 T tamari (substitute coconut aminos...liquid aminos or soy sauce in a pinch)

3 T peanut or almond butter

2 T warm water, plus more

1 teaspoon apple cider vinegar or rice vinegar

Ingredients for noodles:

2 medium zucchini, spiralized or peeled with a julienne or vegetable peeler into noodle-like strips

1 medium carrot, spiralized or peeled with a julienne or vegetable peeler into noodle-like strips

1 small red bell pepper, cut into thin strips

1 cup red cabbage, thinly sliced

1 cup cooked chickpeas

Garnishes (optional, but encouraged)

Avocado

Scallions

Basil

Soft-boiled or fried egg

Instructions:

1. First, prepare all of your vegetables. Spiralize or peel your zucchini and carrot into noodle shapes. Finely slice red pepper and cabbage.
2. Combine all dressing ingredients in a jar with a lid and shake to combine, adding small amounts of warm water to thin the dressing to desired consistency. (I like mine thin enough so it can easily be poured.) Whisk a little with a fork if you need to break up any lumps.
3. Heat a large pan with high sides over medium-high heat. Add zucchini and carrot noodles and red bell pepper to the pan to heat through, about 3 minutes. Stir cabbage through. Toss with 2 or 3 spoonfuls of sauce.
4. Serve zucchini noodle mixture in bowls. Top with chickpeas, desired garnishes, and another drizzle of sauce.

Roasted Sweet Potatoes and Brussels Sprouts

<https://thefoodcharlatan.com/roasted-sweet-potatoes-and-brussels-sprouts-recipe/>

Serves Serves 6-8

Ingredients:

1 pound Brussels sprouts, trimmed
1 large sweet potato (1 pound)
2 cloves garlic, smashed
1/3 cup olive oil
1 teaspoon cumin
1/4 or 1/2 teaspoon garlic salt
1 teaspoon salt
pepper to taste
1 T lemon juice
fresh thyme, to garnish

Instructions:

1. Preheat your oven to 400 degrees F.
2. Trim Brussels by cutting off the little brown end. If there are any yellow leaves, pull them off. Cut any large ones in half. Add to a large bowl.
3. Peel your sweet potato and chop into 1-2 inch pieces. Add to the large bowl.
4. Smash 2 cloves of garlic and add it to the bowl.

5. Pour 1/3 cup olive oil over the vegetables.
6. Add cumin, garlic salt, salt, and pepper to taste. Stir to coat.
7. (Line a large sheet pan with foil if you want super easy cleanup)
8. Drizzle a little olive oil onto the sheet pan and rub it all over the pan (or foil) with your hand. Or you could spray it really well with nonstick spray.
9. Pour the veggies onto the pan.
10. Roast at 400 for about 30-40 minutes. The veggies are done when they are brown and a fork slides into them easily.
11. Place the veggies in a serving bowl and toss with 1-2 Ts red wine vinegar to taste. Garnish with fresh thyme if you want. Eat hot!

Recipe Notes: The garlic is there to add flavor, not necessarily to be eaten, although I do think it's quite tasty. If you want to reheat these, take them out of the oven and let cool. (Skip adding the red wine vinegar.) Store in a tupperware in the fridge for up to 2 days. When you are ready to eat, spread the veggies on a greased pan and roast at 400 for about 5-10 minutes until you can hear them sizzling and they are hot. Remove from the oven, add a little red wine vinegar, and serve!

Roasted Butternut Squash Scoops

Ingredients:

1 medium-large butternut squash
2 Tbsp clarified butter / ghee, melted, OR avocado oil, OR extra virgin olive oil
sea salt and fresh ground black pepper, to taste
1/4 cup water
a small bunch of fresh thyme or oregano

Instructions:

Preheat the oven to 375° degrees

Cut the butternut squash in half, scoop out and discard the seeds.

Place both halves in baking dish and season with sea salt and pepper, then brush with butter or oil.

Turn the squash flesh side down and pour the 1/4 cup water into the bottom of your dish.

Bake for about 40-45 minutes, until the squash becomes fork tender.

Once cooked, allow it to cool a bit, then scoop out the flesh with an ice cream scoop nicely as shown.

Sprinkle with fresh oregano and enjoy!

Roasted Root Vegetables

Prep time 15 minutes

Cook Time: 50 mins

Servings: 8 cups

Ingredients:

2 Ts avocado or melted coconut oil
2 Ts fresh oregano, chopped
2 medium sweet potatoes, chopped into chunks
1 pound carrots or parsnips, peeled, cut into 3/4 inch thick rounds (about 4 cups)
1 medium red onion, peeled, and cut into 1/2 inch thick wedges
1 teaspoon sea salt
1/2 teaspoon ground pepper

Instructions:

Preheat oven to 425°F.

Stir the oil and oregano in a large bowl. Add sweet potatoes, carrots (or parsnips) and onion. Toss to coat veggies. Sprinkle vegetables generously with sea salt and pepper and spread on a baking sheet. Make sure the veggies are in one layer so they roast instead of steam. Roast veggies until tender, about 50 minutes. Remove from the oven half-way through cooking to toss veggies.

This dish can be made up to 4 hours ahead. Let it stand at room temperature. If desired, rewarm in 350°F oven for about 15 minutes, or serve at room temperature.

Sweet & Savory potatoes – Practical Paleo – Diane Sanfilippo BS, NC

Ingredients:

2 large sweet potatoes (to yield 2 cups chopped)
1 tsp coconut oil melted
1/4 tsp onion powder
1/4 tsp garlic powder
1/2 tsp cinnamon
Sea salt and black pepper to taste

Instructions:

Preheat oven to 375 degrees

Peel the sweet potatoes and chop them into 1 inch-pieces. In a medium-sized mixing bowl, toss the sweet potato pieces with the coconut oil, coating them evenly.

In a small mixing bowl, combine the onion powder, garlic powder, cinnamon, sea salt, and black pepper. Add the spice blend to the sweet potatoes, and toss again to spread the spices evenly.

Place the potatoes evenly on a baking sheet, and bake for approximately 30 minutes or until the potatoes are fork tender.

Veggie Kabobs with Avocado Sauce

Ingredients:

2-3 medium zucchini - chopped into medium-thick pieces

1-2 bell peppers- chopped into large pieces

1 pint of cherry or grape tomatoes

Skewers for the kabobs

Seasoning salt

Lemon Pepper seasoning - I love the Lemon Pepper Grinder from Trader Joe's. It's just lemon rind and pepper. (A great staple for veggies and fish)

Avocado Sauce Ingredients:

2 avocados - chopped

2 cloves of garlic - minced

1 small shallot, minced

2-3 lemons - juice of

1/8 to 1/4 tsp cayenne

About 1/2 cup cilantro chopped, leaves only

Veggie Kabobs Instructions:

1. Soak wooden skewers in water for at least 20 minutes before grilling
2. Chop zucchini and bell pepper - keep the pieces about the same size so they cook uniformly
3. Choose the best cherry tomatoes
4. Toss all the veggies in a bowl with a little olive oil, seasoning salt and lemon pepper (I do this before skewering them because i think they season better, but you can do it after if you prefer)
5. Skewer the veggies in whatever order you would like
6. Make sure to keep enough room at the end of the skewer to turn while cooking
7. Roast in oven at 400 for 20-25 minutes
8. Watch them to avoid overcooking

Avocado Sauce Instructions:

1. Get out your bullet, food processor or blender
2. Blend together chopped avocados, minced garlic and shallot, lemon juice, chopped cilantro and cayenne until smooth and creamy
3. Add salt, pepper and cayenne to taste.
4. If mixture is too thick, you can add more juice or a little water to thin it out a bit
5. Mix and serve with your yummy kabobs! Easy peasy!

Crumb-Topped Brussels Sprouts

Ingredients:

2 to 3 tbsp coconut oil
1 small head red or green cabbage, sliced into 1-inch-thick wedges
2 dozen Brussels sprouts trimmed and cut in half lengthwise
½ tsp sea salt
½ tsp black pepper

Topping Ingredients:

¼ C round almonds or almond meal – store bought or homemade
¼ tsp onion powder
¼ tsp granulated garlic
¼ tsp ground cinnamon
½ tsp sea salt
½ tsp black pepper

Instructions:

Preheat oven to 375 F.

Pour a thin layer of the coconut oil in the bottom of a 9-inch square baking dish, reserving the rest.

Arrange the cabbage and Brussels sprouts in the dish, sprinkle on the salt and pepper, then pour the remaining oil over the top of the vegetables.

In a small bowl, combine the topping ingredients and set aside.

Bake the vegetables for 30 minutes then remove from the oven and sprinkle the topping evenly over the veggies.

Bake for an additional 10 minutes or until the topping is lightly browned and the vegetables are tender.

4 Ingredient Garlic Cauliflower "Mashed Potatoes" Author Michelle Tam

Prep time: 10 minutes

Cook time: 20 minutes

Serves: 6-8

This Whole30 vegetable side dish is delicious and low carb! No one will know that you're serving mashed cauliflower instead of mashed potatoes!

Ingredients:

1 large head cauliflower (~3 pounds)
5 large cloves garlic, peeled
2 Ts ghee, olive oil, avocado oil, or fat of choice

¼ teaspoon freshly ground nutmeg
Salt & ground black pepper to taste

Instructions:

1. Start by filling a large (6-quart) stock pot with an inch or two of water. Put the pot on a burner set on high, dump in a steamer insert, and put on the lid.
2. While the water heats up, wash and trim a large head of cauliflower and cut up the florets and stem. Grab 5 cloves of peeled garlic and slice them up. Don't worry about how everything looks because it'll get pulverized later in the food processor.
3. Once the water in the pot is boiling, throw in the stems, half of the florets, and all of the garlic. Salt everything liberally.
4. Then, toss in the rest of the cauliflower, season with more salt, replace the lid, and steam everything until soft (~10 minutes). You won't overcook it – trust me.
5. Once the florets are done, dump everything into a colander and let it drain.
6. Transfer everything into a food processor and add some freshly cracked black pepper, microplaned nutmeg, and the ghee.
7. Process everything until smooth. Taste and adjust for seasoning. Serve your “mashed potatoes” immediately or store in a covered bowl in the fridge.

Notes: These faux “mashed potatoes” will keep for 4 days in the fridge and they reheat well.

Lemony Sautéed Green Beans

Ingredients:

2 lbs fresh green beans, ends trimmed (not frozen...but freshest possible)
2 Tbsp olive oil
1 large onion, peeled and thinly sliced
2 fresh garlic cloves, minced or pressed
2 T fresh squeezed lemon juice
2 T sliced almonds almond

Instructions:

Bring a large pot of salted water to a boil. Add fresh beans cook for 3-4 minutes until tender but still very firm. Drain and immediately rinse under very cold water or an ice bath. This stops the cooking process.

Heat oil in a large pan over medium-high heat. Add in the onions and sauté until soft and golden, about 3-4 minutes.

Add garlic and cook for 1 minute more, until fragrant.

Add the green beans, and sauté stirring constantly, for an additional 2 minutes.

Remove from heat, and squeeze lemon juice over and sprinkle with almond flakes.

Pantry Must Haves

Italian Salad Dressing

1 tbsp garlic powder

1 tbsp onion powder

1 tbsp powdered stevia

2 tbsp oregano

1 tsp white pepper (I use less)

1/4 tsp thyme

1 tsp basil

1 tbsp dried parsley

1/4 tsp celery seed

In salad shaker bottle mix:

1/4 cup Apple Cider Vinegar

2/3 cup extra virgin olive oil

2 tbsp water

2 tbsp coconut aminos

2 tbsp of the dry mix

Shake to mix and enjoy as a dressing or marinade.