



14 DAY
TRANSFORMATION



TOXIN TAKEDOWN

- **2-WEEK CLEANSE MENU**
- **SNACK IDEAS**
- **34 RECIPES**



Karen Malkin
Health Counseling



WEEK 1 CLEANSE MENU*

WEEK 1	BREAKFAST	LUNCH	DINNER
MONDAY	Transformation Smoothie (Recipe, page 9)	Beets & Beans Salad (Recipe, page 11)	Citrus-Glazed Baked Tofu + Steamed Vegetables (Recipe, page 12)
TUESDAY	Transformation Smoothie	Tofu & Veggie Chopped Salad** (Recipe, page 13)	Veggie-Baked Salmon + Grilled Asparagus + Cauliflower Rice (Recipes, pages 14+15)
WEDNESDAY	Transformation Smoothie	Salmon Patties** + Kale Salad (Recipes, pages 16+17)	Turkey Meatloaf + Brussels Sprouts (Recipe, page 18)
THURSDAY	Transformation Smoothie	Turkey Meatloaf in Coconut Wrap** + Kale Salad*	White Bean & Butternut Stew*** + Steamed Broccoli (Recipe, page 19)
FRIDAY	Transformation Smoothie	Lentil Burger with Avocado (Recipe, page 21)	Rotisserie Chicken + Roasted + Garlicky Sautéed Swiss Chard (Recipe, page 22)
SATURDAY	Transformation Smoothie	Chicken Caesar Salad** with Green Goddess Dressing (Recipe, page 23)	Grilled Rainbow Trout + Roasted Root Vegetables (Recipes, pages 24+25)
SUNDAY	2 Cage-Free Scrambled Eggs, ½ Avocado, and Fresh Organic Mixed Berries	Turkey Burger with Roots & Shoots Salad (Recipe, page 26)	“Spaghetti” (Squash) & Spinach Pesto (Recipe, page 27)

*NOTE: Not all suggested meals include recipes. Feel free to improvise as you see fit!
**Made with leftovers from the previous meal or a previously frozen portion.
***Freeze leftovers.

WEEK 2 CLEANSE MENU*

WEEK 2	BREAKFAST	LUNCH	DINNER
MONDAY	Transformation Smoothie	Turkey Meatballs + Carrot Ginger Soup + Mixed Greens (Recipes, pages 29+30)	Mediterranean Lentils + Salmon (Recipe, page 31)
TUESDAY	Transformation Smoothie	Mediterranean Lentils + Spinach Salad**	Sweet Potato, Turkey, & Kale Chili + Simple Green Salad (Recipe, page 32)
WEDNESDAY	Transformation Smoothie	Sweet Potato, Turkey, & Kale Chili**	Garlic Steamed Mussels + Nutty Broccoli Bake (Recipe, pages 33+36)
THURSDAY	Transformation Smoothie	Turkey Romaine Wraps with Avocado	Asian Tempeh Stir-Fry + Watercress Salad (Recipe, page 35)
FRIDAY	Transformation Smoothie	Mock Tuna Salad + Mixed Greens (Recipe, page 37)	Portobello Burger + Sweet Potato “Fries”
SATURDAY	Transformation Smoothie	White Bean & Butternut Squash Stew**	Grilled Shrimp + Mango Salsa + Steamed Baby Bok Choy (Recipe, page 38)
SUNDAY	Broccoli & Olive Frittata (Recipe, page 39)	“Zoodle” Salad (Recipe, page 40)	Thai Red Curry with Chicken + Cauliflower Rice (Recipe, page 41)

*NOTE: Not all suggested meals include recipes. Feel free to improvise as you see fit!
**Made with leftovers from the previous meal or a previously frozen portion.

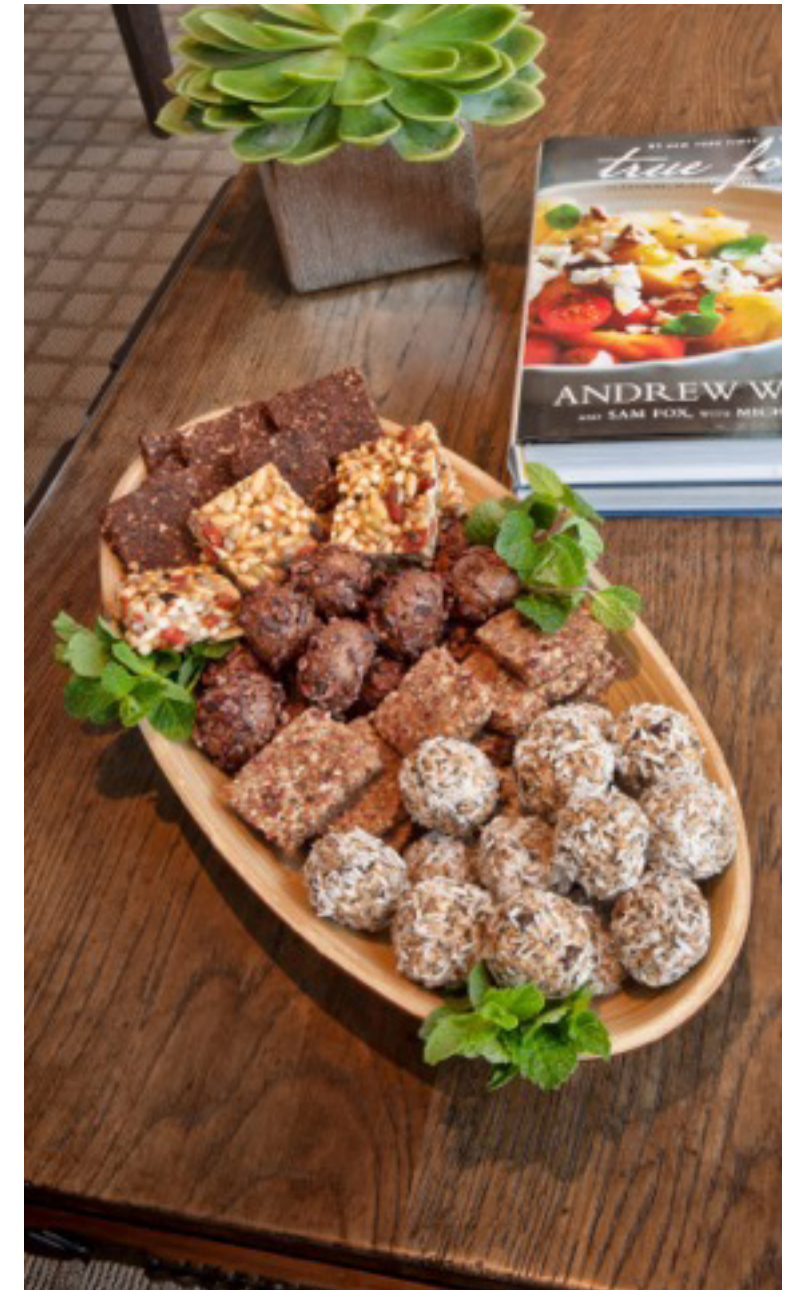




SNACK IDEAS

Ideally, during your 14-day Transformation, you'll only eat three meals per day. However, here's a list of healthy options if you feel you absolutely need an afternoon snack.

- 4 oz. pasture-raised turkey or chicken on romaine lettuce leaves with mustard
- 1 small handful organic, raw almonds or cashews
- 2 tablespoons almond butter + celery
- 2 tablespoons peanut butter + apple
- 1 cup vegetable or lentil soup
- 1 oz. nuts + apple
- Baked apple with walnut halves and cinnamon
- 3 oz. bag nitrite-free gluten-free turkey jerky or beef jerky
- 2 hard boiled eggs
- 1 cup edamame
- Carrot and celery sticks dipped in hummus
- Avocado and sliced tomatoes with a sea salt and black pepper
- On-the-Go Smoothie (2 scoops protein powder, 12 oz. water, 1 tablespoon flaxseed, handful greens, 1/2 cup frozen berries)
- 1 Transformation Bar
- 2 Cacao Truffles





TRANSFORMATION SMOOTHIE

Prep Time: 5 minutes

Cooking Time: none

Yield: Serves 1-2

INGREDIENTS

1 cup water or plant-based non-dairy milk

2 scoops [MCT Lean vanilla vegan protein blend](#)

1 tablespoon raw cacao nibs

1 tablespoon ground flaxseed

1 tablespoon chia seeds

1 cup organic frozen mixed berries

1 handful dark leafy greens (spinach, Swiss chard, kale)

¼ beet, cut into pieces

1 tablespoon coconut oil or [MCT Lean MCT Oil](#)

DIRECTIONS:

1. Using a high-powered blender or VITAMIX, add liquid and vegan protein powder and blend for about a minute.
2. Add remaining ingredients and blend for about 1 minute or until the desired consistency.
3. Add ice if needed.

MCT LEAN OFFER

Save 10% on MCT Lean products by ordering through www.mctlean.com and using the coupon code TTDETOX at checkout!



WEEK 1 RECIPES

BEETS & BEANS SALAD

Prep Time: 1 hour

Cooking Time: 30 minutes

Yield: 6 servings

INGREDIENTS

FOR THE SALAD:

3–4 large beets, steamed until tender and peeled

1½ cups green beans, cut into bite-size pieces and steamed until tender

1 cup cooked white beans

1 pear, cut into thin slices

1 leek, sliced (the white part)

Handful hazelnuts

FOR THE DRESSING:

2 tablespoons fresh parsley, chopped small

2 cloves garlic, minced

2 teaspoons mustard

2 teaspoons balsamic vinegar

¼ cup extra-virgin olive oil

DIRECTIONS:

1. Cut cooked beets into bite-size pieces.
2. In a large bowl, combine beets, green and white beans, pears, and leeks.
3. In a small bowl, whisk together all dressing ingredients.
4. Dress the salad, mix well, and store in the refrigerator for at least 45 minutes before serving.
5. Roast hazelnuts on a baking sheet in the oven until golden, 6–8 minutes.
6. Remove from oven, cool slightly, chop, and sprinkle over salad before serving.

NOTE:

- This can also be served warm; just skip the refrigeration!

CITRUS-GLAZED BAKED TOFU

Prep Time: 1 hour
Cooking Time: 35 minutes
Yield: 3 servings

INGREDIENTS:

- 1 pound extra-firm tofu
- ¼ cup fresh-squeezed orange juice
- Zest of 1 orange
- 2 tablespoons sesame oil
- 4 tablespoons wheat-free tamari
- 2 tablespoons honey
- 3 garlic cloves, minced
- 1 small knob ginger, minced

DIRECTIONS:

1. Drain tofu of excess water by placing it between 2 towels and putting something heavy on top.
2. While tofu is drying, mix together in a sealable glass container remaining ingredients.
3. Slice tofu into chunks or slabs. Marinate for at least 1 hour (up to 1 day), turning periodically by inverting the container.
4. Preheat oven to 375°F.
5. On a parchment-paper lined baking sheet, bake tofu for 10–15 minutes until browned. Flip and bake 10–15 more minutes until browned.
6. Broil for an extra 3 minutes to produce a crispier tofu.

NOTE:

- To make the tofu even more chewy, freeze the tofu the night before and let it thaw all day in the fridge, then wrap it in a kitchen towel and press it under the weight of a heavy object for an hour, turning occasionally.

TOFU & VEGGIE CHOPPED SALAD

Prep Time: 15 minutes
Cooking Time: none
Yield: 1 serving

INGREDIENTS

FOR THE SALAD:

- Leftover Citrus-Glazed Tofu
- Leftover steamed veggies (broccoli, carrots, etc.)
- ¼ red pepper
- Handful radishes
- 1 avocado
- ¼ cup cilantro
- ¼ cup mint
- Handful cashews

FOR THE DRESSING:

- 1 lime
- Zest of 1 lime
- ¼ cup extra-virgin olive oil

DIRECTIONS:

1. Roughly chop all ingredients and mix in a large bowl.
2. In a small bowl, juice lime and whisk together with zest and olive oil.
3. Dress salad and add salt and pepper to taste.

VEGGIE-BAKED SALMON

Prep Time: 8 minutes
Cooking Time: 25 minutes
Yield: 4 servings (or 2 servings + leftovers)

INGREDIENTS:

Salt and pepper to taste
4 (6-ounce) skinless wild salmon fillets (about 1-inch thick)
2 cups cherry tomatoes, halved
1 medium zucchini, finely chopped
10–15 kalamata olives, pitted and quartered
1 tablespoon extra-virgin olive oil

DIRECTIONS:

1. Preheat oven to 425°F.
2. Sprinkle salt and pepper over both sides of fish.
3. Place fish in a single layer in a parchment-paper lined 11- x 7-inch baking dish.
4. In a small bowl, combine remaining ingredients. Spoon veggie mixture over fish.
5. Bake for 22–25 minutes or until fish is flaky and cooked through.

CAULIFLOWER RICE

Prep Time: 15 minutes
Cooking Time: 15 minutes
Yield: 4 servings (or 2 servings + leftovers)

INGREDIENTS:

1 head cauliflower
1 tablespoon coconut oil
½ yellow onion, chopped
1 clove garlic, minced
Salt and pepper to taste

DIRECTIONS:

1. Rinse cauliflower under cool water and pat dry.
2. Using a cheese grater, grate the cauliflower to a coarse texture (approximately the size of rice grains).
3. Heat the coconut oil in a large cast-iron skillet over medium heat.
4. Sauté the onion and garlic for 3–4 minutes, or until the onion is translucent.
5. Add in the cauliflower rice and continue to sauté for 10 minutes.
6. Season with salt and pepper, and serve.

NOTE:

- Using a food processor to pulse the cauliflower to desired texture works as well.

SALMON PATTIES

Prep Time: 8 minutes
Cooking Time: 8 minutes
Yield: 2 servings

INGREDIENTS:

Leftover Veggie-Baked Salmon
Leftover Cauliflower Rice
Extra-virgin olive oil (to taste)
1/8 cup coconut flour
2 tablespoons coconut oil

DIRECTIONS:

1. In a food processor, pulse leftover Mediterranean Salmon and Cauliflower Rice. Add olive oil as needed until you get the desired consistency.
2. Form mixture into patties. Coat in coconut flour.
3. Melt coconut oil in large skillet over medium-high heat. Brown patties in skillet, 3-4 minutes for each side. Enjoy warm or reheat in the toaster oven.

KALE SALAD

Prep Time: 30 minutes
Cooking Time: 4 minutes
Yield: 4 servings

INGREDIENTS:

4 cups kale, chopped
2 tablespoons extra-virgin olive oil
¼ teaspoon sea salt
1 teaspoon ginger, grated
½ avocado, chopped
3 tablespoons pumpkin seeds
¼ red onion, finely chopped
½ red pepper, finely chopped
1 carrot, grated
Juice of 1 lemon

DIRECTIONS:

1. In a large bowl, mix kale and olive oil, and with clean hands, massage oil into leaves.
2. Sprinkle with salt and ginger. Add avocado and continue massaging until coated evenly.
3. Set aside for 15 minutes.
4. In a toaster oven or hot skillet, brown pumpkin seeds, watching so they don't burn.
5. Add onion, red pepper, carrot, and pumpkin seeds to kale mixture and toss well.
6. Drizzle lemon juice over salad, massage into the leaves and toss again.

TURKEY MEATLOAF

Prep Time: 15 minutes
Cooking Time: 1 hour
Yield: 4 servings

INGREDIENTS:

- 1 pound ground organic turkey
- 1 organic egg
- ½ medium yellow onion, finely chopped
- 1 celery stalk, finely chopped
- 1 large carrot, grated
- ½ cup parsley, minced
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried sage
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon dijon mustard (optional)

DIRECTIONS:

1. Preheat oven to 350°F.
2. In a large bowl, blend all ingredients well.
3. Pat mixture into a greased loaf pan.
4. Bake for 1 hour.

WHITE BEAN & BUTTERNUT SQUASH STEW

Prep Time: 20 minutes
Cooking Time: 45 minutes
Yield: 6 servings

INGREDIENTS:

- 2 tablespoons olive oil
- 1 large onion, diced
- 2 garlic cloves, minced
- 3 cups butternut squash, diced into 1-inch cubes
- 5 carrots, sliced
- 5 celery stalks, diced
- Fresh thyme leaves off 4 sprigs of thyme
- 1 tablespoon rosemary leaves, roughly chopped (this was roughly 1 sprig of rosemary for me)
- ½ cup almond milk
- 3 cups vegetable broth
- 2 15-ounce cans of cannellini beans, drained and rinsed
- Salt and pepper, to taste
- 3 cups loosely packed tuscan kale

DIRECTIONS:

1. In a large pot, add olive oil and heat to medium-high. Add onions and garlic and cook for 2 minutes.
2. Add squash, carrots, celery, and herbs. Cook until ingredients are slightly softened, 7–10 minutes.
3. Add almond milk, broth, and beans to the mixture. Season with salt and pepper. Bring to a boil then reduce to a simmer. Cover and simmer for 20–25 minutes, or until vegetables have softened and liquid has reduced slightly.
4. With an immersion blender, pulse the mixture to make it slightly creamy.
5. Add the kale and stir to incorporate.
6. Serve warm. Store leftovers in an airtight container in the refrigerator or freeze.

NOTE:

- If you don’t have an immersion blender, carefully pulse part of the mixture using a blender then pour it back into the stew.



LENTIL BURGERS

Prep Time: 10 minutes

Cooking Time: 1 hour

Yield: 8 servings

INGREDIENTS:

3 cups water

2 cups lentils

1 medium onion, chopped

2 cloves garlic, minced

1 tablespoon olive oil

½ cup fresh cilantro, finely chopped

2 tablespoons tamari soy sauce

1 tablespoon umeboshi vinegar

DIRECTIONS:

1. Boil water.
2. Add lentils, reduce heat to simmer and cook uncovered for 40 minutes until lentils become soft and lose their shape.
3. While lentils are cooking, sauté onion and garlic in olive oil for 10 minutes.
4. Remove from heat and set aside with remaining ingredients.
5. Preheat the oven to 400°F.
6. When the lentils are finished, transfer to large mixing bowl and cool in freezer for 10 minutes.
7. Remove from freezer and add all other ingredients and mix well.
8. Form into patties, 4 inches in diameter and 3/4-inch thick.
9. Place patties on a parchment-paper lined baking sheet and cook 10–15 minutes in the oven.

GARLICKY SAUTÉED SWISS CHARD

Prep Time: 7 minutes
Cooking Time: 8 minutes
Yield: 4 servings

INGREDIENTS:

2 bunches Swiss chard, leaves cut from stem, washed well, and chopped
Extra-virgin olive oil
2–4 cloves garlic, crushed
Red pepper flakes
Salt and pepper to taste
½ lemon

DIRECTIONS:

1. In a large pot, boil salted water.
2. Add Swiss chard leaves and boil until tender, about 5 minutes.
3. Drain, pressing out excess moisture with the back of a spoon.
4. In a skillet over medium-high heat, add olive oil, garlic, and red pepper flakes. Add drained chard leaves and toss to coat.
5. Season with salt and pepper and squeeze with fresh lemon juice.

GREEN GODDESS DRESSING

Prep Time: 10 minutes
Cooking Time: none
Yield: 16 servings

INGREDIENTS:

10-ounce package silken tofu
¼ cup olive oil
¼ cup fresh basil, chopped
½ teaspoon brown rice vinegar
¼ teaspoon sea salt
3 teaspoons tamari

DIRECTIONS:

1. Whisk together the tofu and olive oil until a mayonnaise consistency is reached.
2. Add the herbs, vinegar, salt, and soy sauce.
3. Mix well and refrigerate.

GRILLED RAINBOW TROUT

Prep Time: 20 minutes
Cooking Time: 5 minutes
Yield: 4 servings

INGREDIENTS:

- 4 trout fillets
- 1 medium white or yellow onion
- Large lemon
- 4–6 cloves garlic, crushed
- ¼ cup extra-virgin olive oil
- 4 sprigs fresh rosemary
- Salt and black pepper to taste

DIRECTIONS:

1. Heat grill to medium-high heat.
2. Rinse fillets and pat dry.
3. Slice onion into 1/8-inch rings, and set aside. Slice lemon into 1/8-inch rings, remove seeds and set aside.
4. Rub 1–2 cloves of crushed garlic over each fillet. Place each fillet in the center of a piece of aluminum foil. Top with a drizzle of olive oil, 2 to 3 onion rings, then season with salt and pepper, to taste. Cover fish with 1 or 2 lemon rings and 1 sprig rosemary. Fold aluminum foil around fish to create a sealed package.
5. Place packets on hot grill for 5 minutes or until cooked through, careful not to overcook.
6. Remove fish from foil and serve immediately.

ROASTED ROOT VEGGIES

Prep Time: 20 minutes
Cooking Time: 1 hour
Yield: 4 servings

INGREDIENTS:

- 5 medium carrots, cut into 1-inch pieces
- 3 medium beets, cut into 1-inch pieces
- 3 medium turnips, cut into 1-inch pieces
- 1 small sweet potato, cut into 1-inch pieces
- 3 tablespoons coconut oil, melted
- ½ teaspoon sea salt

DIRECTIONS:

1. Preheat oven to 400°F.
2. In a large bowl, combine all ingredients well.
3. Transfer to a baking dish and bake until soft and browned on the outside, about 1 hour. Stir a few times during cooking.

NOTE:

- If time permits, you can peel the vegetables. But you can also just scrub clean with a veggie brush and leave the skins on.

ROOTS & SHOOTS SALAD

Prep Time: 35 minutes
Cooking Time: 5 minutes
Yield: 4 servings

INGREDIENTS:

- 1 cup Bragg’s apple cider vinegar
- ½ cup water
- ½ teaspoon honey
- 1 small red onion, thinly sliced
- 1 cup fresh English peas, shelled
- 4 cups pea shoots
- 6 radishes, thinly sliced
- 1 tablespoons extra-virgin olive oil
- ½ tablespoons white wine vinegar
- Salt and pepper to taste

DIRECTIONS:

1. In a small bowl, combine cider vinegar, water, and honey, stirring until mixed. Add onion; let stand 30 minutes. Drain.
2. Cook English peas in boiling water for 2 minutes. Drain; rinse peas with cold water.
3. In a large bowl, combine red onion, peas, pea shoots, and sliced radishes.
4. Combine olive oil, white wine vinegar, salt and pepper. Drizzle oil mixture over pea mixture; toss gently.

SPAGHETTI SQUASH & SPINACH PESTO

Prep Time: 15 minutes
Cooking Time: 45 minutes
Yield: 4 servings

INGREDIENTS

FOR THE SQUASH:

- 1 spaghetti squash
- Extra-virgin olive oil

FOR THE PESTO:

- ½ cup walnuts
- 2 cups spinach leaves, chopped
- 8 basil leaves, chopped
- 1 clove garlic, chopped
- 1 tablespoon silken tofu
- ½ cup nutritional yeast
- 2 tablespoons olive oil
- Salt and pepper to taste

DIRECTIONS:

1. Preheat the oven to 425°F.
2. Carefully cut squash in half, lengthwise, and remove the seeds.
3. Rub the inside with olive oil, and place cut side down in a baking dish with ½ inch of water.
4. Bake 45 minutes, or until a fork pierces easily through the squash.
5. While squash is baking, prepare the pesto.
6. Place nuts in a food processor and chop for 30 seconds.
7. Add spinach, basil, and garlic, and pulse until all ingredients are finely chopped.
8. Add tofu and nutritional yeast and pulse 3–4 times to blend.
9. With the food processor running, drizzle in the oil.
10. Season with salt and pepper to taste.
11. When the squash has cooked and cooled a little, use a fork to scrape the meat into spaghetti-like strands.
12. Mix pesto and squash together in a bowl and serve.

NOTES:

- Add garlic, other veggies, or cooked chicken pieces to the sauce.

WEEK 2 RECIPES

TURKEY MEATBALLS

Prep Time: 8 minutes

Cooking Time: 30 minutes

Yield: 20 meatballs

INGREDIENTS:

1 pound organic ground turkey

¼ cup almond flour

1 egg

1 yellow onion, peeled and minced

2–3 tablespoons sriracha

1 teaspoon Italian seasoning

2 tablespoons dried Italian parsley

Salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 400°F. Line baking sheet with parchment paper.
2. In a large bowl, combine turkey, 1/4 cup almond flour and remaining ingredients. Combine thoroughly using a fork or your hands.
3. Form meatballs into 2" balls.
4. Place meatballs on baking sheet and bake meatballs for 25–30 minutes.

NOTE:

- For a crispier meatball, brown meatballs briefly in a sauté pan in coconut oil before baking.

CARROT GINGER SOUP

Prep Time: 10 minutes
Cooking Time: 30 minutes
Yield: 4 servings

INGREDIENTS:

- 6 carrots
- 1 medium onion
- 1 teaspoon sea salt
- 4 cups vegetable broth
- 6-inch piece fresh ginger, juiced
- Fresh parsley to garnish

DIRECTIONS:

1. Wash, peel and cut carrots and onion into chunks.
2. Place vegetables and salt in a pot.
3. Add broth and bring to boil. Cover with a lid.
4. Simmer on low heat for 25 minutes.
5. Transfer soup into blender, adding water if necessary to achieve desired consistency.
6. When blending is done, squeeze juice from grated ginger and add to soup.
7. Garnish with parsley.

NOTES:

- For extra flavor, sauté vegetables before cooking.
- Substitute carrots with squash, parsnip or beets. Squash and beets need 35 to 40 minutes to cook.
- You can also use an immersion blender to create a smooth consistency.

MEDITERRANEAN LENTILS

Prep Time: 15 minutes
Cooking Time: 30 minutes
Yield: Serves 4

INGREDIENTS:

- 2¼ cup dried French green lentils
- ¼ cup good olive oil
- 2 cups chopped yellow onions
- 2 cups chopped leeks (white and light green parts only)
- 1 teaspoon fresh thyme leaves
- 2 teaspoons salt
- ¾ teaspoon freshly ground black pepper
- 1 tablespoon minced fresh garlic
- 4 stalks celery, chopped
- 3 carrots, chopped
- 1½ cups vegetable stock
- 2 tablespoons tomato paste
- 2 tablespoons red wine vinegar

DIRECTIONS:

1. Place the lentils in a heat-proof bowl and cover with boiling water. Set aside for 15 minutes, then drain.
2. In a sauté pan, heat the oil and add the onions, leeks, thyme, salt, and pepper and cook over medium heat for 10 minutes, until the onions are translucent.
3. Add the garlic and cook for 2 more minutes.
4. Add the drained lentils, celery, carrots, vegetable stock, and tomato paste. Cover and simmer over low heat for 20 minutes, until the lentils are tender.
5. Add the vinegar and season, to taste.

SWEET POTATO, TURKEY, & KALE CHILI

Prep Time: 10 minutes
Cooking Time: 20 minutes
Yield: Serves 4

INGREDIENTS:

- 1 pound organic ground turkey
- ½ teaspoon salt
- ½ teaspoon cumin
- ½ cup onion, chopped
- 3 cloves garlic, crushed
- 1½ cups canned diced tomatoes
- 1 medium sweet potato, peeled and diced into small cubes
- 1½ cups tomato sauce
- ¾ cup water
- ¼ teaspoon chili powder
- ¼ teaspoon paprika
- 1 bay leaf
- 1 cup chopped kale
- Fresh cilantro, for garnish

DIRECTIONS:

1. In a large skillet, brown turkey over medium-high heat, breaking it up as it cooks into smaller pieces. Season with salt and cumin.
2. When meat is cooked through add onion and garlic; cook 3 minutes over medium heat.
3. Add the diced tomatoes, sweet potato, tomato sauce, water, chili powder, paprika, and bay leaf.
4. Cover and simmer over low-medium heat until potatoes are soft and cooked through, about 20 minutes stirring occasionally. Add ¼ cup more water if needed.
5. Add in chopped kale, and stir until kale is wilted. Remove bay leaf.
6. Garnish with cilantro and enjoy!

GARLIC STEAMED MUSSELS

Prep Time: 5 minutes
Cooking Time: 13 minutes
Yield: Serves 2-3

INGREDIENTS:

- 2 pounds mussels in shells
- 1 tablespoon olive oil
- 4 full sprigs of thyme
- 3 garlic cloves, minced
- 2 large shallots, chopped
- Salt and pepper to taste
- ¾ cup vegetable broth

DIRECTIONS:

1. Rinse mussels under cold running water. If you see hairy clumps around the shell (called beards), use a sharp knife or your fingers to pull them off, then scrub shells well with a vegetable brush.
2. In a soup pot with a tight-fitting cover, heat olive oil.
3. Add thyme, garlic, shallots, and a pinch of salt and pepper.
4. Sauté until shallots and garlic are softened, 3 minutes.
5. Pour in ale, wine, or broth and bring to a simmer. Add mussels and cover pot.
6. Let mussels steam, stirring once or twice, until they open, 5-10 minutes.
7. Use a slotted spoon to transfer mussels to bowls. Discard any that have not opened.



ASIAN TEMPEH STIR-FRY

Prep Time: 10 minutes

Marinade Time: 30 minutes

Cooking Time: 15 minutes

Yield: 4 servings

INGREDIENTS:

1 pound tempeh

2 to 3 tablespoons olive oil

2 tablespoons sesame oil

MARINADE:

1 tablespoon ginger juice

½ tablespoon tamari soy sauce

½ cup brown rice vinegar

½ cup toasted sesame oil

½ cup chopped fresh cilantro

2 cloves shredded garlic

DIRECTIONS:

1. Cut tempeh into 1-inch squares.
2. Combine ginger juice, tamari, vinegar, oil, cilantro and garlic in a medium-sized bowl.
3. Add tempeh to marinade and refrigerate for at least 30 minutes or overnight.
4. Heat olive oil and sesame oil in a skillet.
5. Add tempeh and quick stir-fry until it becomes golden brown.

NOTES:

- To make ginger juice, grate about 2 inches of ginger into a piece of cheesecloth or a dishtowel. Wrap the cloth or towel around the ginger and squeeze into bowl.

NUTTY BROCCOLI BAKE

Prep Time: 10 minutes
Cooking Time: 20 minutes
Yield: Serves 4

INGREDIENTS:

2 bunches broccoli , cut into 2-inch-long florets
½ cup chopped walnuts
¼ teaspoon red pepper flakes
4 cloves garlic , roughly chopped
¼ cup extra-virgin olive oil
Salt and pepper to taste

DIRECTIONS:

1. Preheat the oven to 450°F.
2. Add the broccoli to a large, rimmed parchment-paper lined baking sheet along with the walnuts, red pepper flakes, and garlic. Drizzle with olive oil.
3. Sprinkle with salt and pepper and toss to coat.
4. Roast until the stems are tender-crisp and lightly golden brown, 15 to 18 minutes.

MOCK TUNA SALAD

Prep Time: 10 minutes
Cooking Time: none
Yield: Serves 4

INGREDIENTS:

1 15-ounce can garbanzo beans, drained and rinsed
1 cup celery, chopped
½ cup red onion, chopped
1 cup vegan mayonnaise
1 tablespoon fresh squeezed lemon juice
1 teaspoon kelp granules or gomashio
1 teaspoon sea salt
½ teaspoon lemon pepper (optional)

DIRECTIONS:

1. In a large bowl, lightly mash garbanzo beans to a course texture.
2. Mix in celery, onion, mayonnaise, lemon, kelp or gomashio, salt, and lemon pepper.
3. Stir to combine completely.

MANGO SALSA

Prep Time: 15 minutes
Cooking Time: none
Yield: Serves 6

INGREDIENTS:

- 3 ripe mangos, peeled and diced
- 1 red onion, minced
- ½ bunch cilantro, chopped
- ½ lemon, juiced
- ½ lime, juiced
- 1 jalapeno pepper, minced (optional)
- 1 medium red bell pepper, minced
- Salt to taste

DIRECTIONS:

1. In a large bowl, combine all ingredients.
2. Store leftovers in the refrigerator for up to a week. (The flavors intensify the longer it sits!)

BROCCOLI & OLIVE FRITTATA

Prep Time: 10 minutes
Cooking Time: 30-40 minutes
Yield: 4 servings

INGREDIENTS:

- 2 broccoli crowns, cut into bite-size pieces
- 1 cup kale, shredded
- ½ cup pitted kalamata olives, cut in half
- 6 organic eggs, softly beaten
- ½ cup almond or rice milk
- 2 tablespoons chopped fresh basil (or 1 teaspoon dried basil)
- 1 teaspoon dried oregano
- Salt and pepper to taste
- 2 tablespoons olive oil
- Salt and pepper to taste
- ¼ cup cashews, ground fine for garnish

DIRECTIONS:

1. Preheat the oven to 400°F.
2. Grease a 9” round pan.
3. Place broccoli, kale, and olives in the pan, making sure to arrange them evenly.
4. In a small bowl, beat remaining ingredients (except cashews). Pour over vegetables.
5. Bake for 35-40 minutes or until the center has set. Broil for the last 2 minutes to brown the top.
6. Cool, slice into wedges and garnish with ground cashews.

“ZOODLE” SALAD

Prep Time: 20 minutes
Cooking Time: 15 minutes
Yield: Serves 4

INGREDIENTS

FOR THE SALAD:

- 4 medium zucchini
- Sesame oil
- 1 bunch sunflower sprouts, or pea shoots, chopped
- ½ cup chopped radish
- ½ cup chopped cucumber
- ½ cup chopped cashews

FOR THE DRESSING:

- ½ cup finely chopped fresh basil
- 1 tablespoon toasted sesame oil
- ¼ cup tahini
- 2 tablespoons tamari soy sauce
- 2-inch piece grated fresh ginger
- ½ lemon, juiced

DIRECTIONS:

1. Spiralize or peel zucchini so it resembles noodles.
2. In a pan over medium-high heat, add sesame oil and saute raw zucchini until tender, about 5 minutes.
3. In a large bowl, mix remaining ingredients (except cashews) with noodles.
4. In a small bowl, combine ingredients for dressing.
5. Pour dressing over noodles and vegetables, mix well to combine, and top with chopped cashews.

THAI RED CURRY WITH CHICKEN

Prep Time: 20 minutes
Cooking Time: 45 minutes
Yield: Serves 4

INGREDIENTS:

- 2 pounds skinless, boneless chicken breast
- Extra-virgin olive oil
- Salt and pepper to taste
- 1 can coconut milk
- 2 tablespoons Thai red curry paste
- ½ cup water
- 1 onion, chopped
- 1 cup chopped raw pumpkin
- 1 cup chopped green beans
- 1 red bell pepper, cut into strips
- 2 small zucchinis, chopped
- 2 tablespoons fresh basil leaves, cut in halves
- 2 tablespoons lemon juice
- 2 teaspoons brown rice syrup

DIRECTIONS:

1. Preheat oven to 400°F.
2. Rub chicken breasts with olive oil and sprinkle both sides with salt and pepper. Place chicken in a baking pan.
3. Cook for 10 minutes. Flip and cook for 15 additional minutes.
4. Meanwhile, in a large saucepan or wok, combine coconut milk, curry paste, and water. Bring to a boil, stirring occasionally.
5. Add onion and continue boiling for 3 minutes.
6. Add pumpkin and simmer over medium heat for 8 minutes or until nearly cooked.
7. Add beans, pepper strips, and zucchini, and simmer for another 5 minutes. Add water if sauce is too thick.
8. Shred or cut chicken into bite-sized strips. Add remaining ingredients to the saucepan and mix to combine.
9. Serve over cauliflower rice.

