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**MS Gut Restoration Protocol**  
Elimination Diet Recipe Book

# Digital Recipe Book

## Welcome to the MS Gut Restoration Protocol!

Among the many benefits of an elimination diet is the addition of nutrient-dense foods to your diet to soothe the gut and immune system. As you work through the elimination diet, **the goal is to replace potentially problematic foods with unprocessed, plant-based foods that will nourish you all the way down to the cellular level.** We encourage you to try new foods as well as new ways of preparing food, whether you are a beginner or pro in the kitchen. These skills will serve you well in maintaining your gut health far beyond this program.

**This recipe book is meant to be used digitally and NOT printed.** Click on the links to access the recipes selected from our favorite websites to support your journey throughout the protocol. **It is often much easier to think about what you CAN eat vs. what you can't eat.**

Keep in mind that these recipes can be adapted to your needs. When a recipe calls for sugar, feel free to skip it or cut it down significantly. When cooking at temperatures above 350 F, please avoid olive oil and use a higher smoking point oil like avocado or coconut oil.

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# Healthy Mango and Spinach Smoothie

Ingredients:

- 1 1/2 cups oat milk (or other non-dairy milk)
- 1 cup frozen mango (or peaches)
- 1 handful spinach
- 2 tablespoons cashew butter (or 1/4 cup roasted cashews)
- 4 ice cubes
- 1/2 tablespoon hemp seeds
- 1/2 tablespoon chia seeds

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# Cinadoodle Smoothie



Ingredients:

- 3/4 non-dairy milk or yogurt
- 3/4 cup ice
- 1 small banana (optional)
- 1/2 cup frozen cauliflower florets
- 1 pitted medjool date
- 1 tablespoon almond butter
- 1 tablespoon pecans
- 1 teaspoon cinnamon
- 1/2 teaspoon vanilla extract

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# David's Butternut Smoothie

Ingredients:

- 1 cup almond milk
- 1 fresh or frozen banana, chopped
- 1/2 cup roasted butternut squash
- 1/2 cup frozen diced mango
- 1 tablespoon smooth almond butter
- 1/2 teaspoon cinnamon

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## Apple Cider Mocktail

Ingredients:

- 1/4 to 1/2 cup apple cider vinegar
- 1 cup filtered or sparkling water
- Ice

Directions:

1. Add apple cider vinegar to 1 cup filtered or sparkling water on ice.
2. Add small amount of stevia or honey if needed,
3. Garnish with a mint leaf or two



# 4-Ingredient Chickpea Flatbread (Socca)

Ingredients:

## BASE

- 1 cup + 1 tablespoon sparking water
- 1 cup garbanzo flour
- 3 tablespoons olive oil (divided)
- 1/2 teaspoon salt

## CLASSIC VARIATION

- 1 teaspoon dried rosemary

## OLIVE VARIATION

- 1/4 cup sliced olives
- 1/4 teaspoon garlic powder

## PESTO VARIATION

- 1/4 cup pesto



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# Easy Zucchini Oatmeal

Ingredients:

- 1 cup old-fashioned rolled oats (certified gluten-free, if needed)
- 1 3/4 cups water
- 1 zucchini, shredded
- 1 teaspoon ground cinnamon
- Pinch of ground nutmeg
- Pinch of salt
- 2 tablespoons maple syrup (or sweetener of choice)

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# Overnight Oats



Ingredients:

## BASE RECIPE

- 1/2 cup rolled oats
- 3/4 cup milk of choice
- 1 tablespoon ground flax seeds
- 1 tablespoon maple syrup

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# Chia Pudding

Ingredients:

## BASE RECIPE

- 3 tablespoons chia seeds
- 3/4 cup milk of choice
- 1 tablespoon maple syrup, or other sweetener

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# Vegan Baked Banana Oatmeal Cups



Ingredients:

- 1 tablespoon ground chia seeds
- 3 tablespoons water
- 2 very ripe bananas, mashed
- 1 cup gluten-free rolled oats
- 1/4 cup water
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon baking soda

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# Toasted Coconut Baked Oatmeal



Ingredients:

## OATMEAL

- 2 Tbsp flaxseed meal (to make flax eggs)
- 5 Tbsp water (to make flax eggs)
- 2/3 cup unsweetened shredded coconut (divided)
- 2 cups old fashioned rolled oats (choose gluten-free )
- 2/3 cup slivered toasted almonds
- 3 Tbsp dried fruit (like blueberries, cherries or cranberries)
- 1 Tbsp coconut sugar
- 1/4 tsp sea salt
- 1/4 cup maple syrup
- 1 3/4 cup non-dairy milk (I used 1 cup unsweetened almond milk + 3/4 cup light coconut milk)
- 1/4 cup coconut oil (melted)

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# Herbed Turkey Burgers



## Ingredients:

- 1 pound(s) 93% lean ground turkey
- 2 scallions, chopped (white and light green parts only)
- 1 tablespoon olive oil
- 2 tablespoons fresh parsley
- 2 tablespoons fresh cilantro
- 2 small garlic cloves, minced
- 1/4 teaspoon freshly ground black pepper
- salt, to taste

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# Herb-Marinated Baked Chicken

## Ingredients:

- 3 boneless skinless chicken breasts, about 8 ounces each
- 4 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 tablespoon champagne vinegar (or white balsamic)
- 2 teaspoons dried rosemary
- 1/2 teaspoon onion powder
- 1/4 teaspoons salt
- freshly ground black pepper, to taste

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# Turmeric Salmon Macro Bowl



Ingredients:

## FOR THE BOWL

- 4 (5 ounce) salmon fillets
- 16 ounces riced cauliflower (fresh or frozen)
- 4 handfuls greens of choice (such as kale or spinach)
- 2 cups steamed beets, diced (optional)
- 2 avocados, diced
- 1 cup sauerkraut
- 2 teaspoons turmeric

## FOR THE TURMERIC TAHINI

- 1/4 cup EACH tahini, olive oil, water, and lemon juice
- 1/2 teaspoon turmeric
- 1/2 teaspoon salt
- black pepper, to taste

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# Herb-Roasted Salmon

Ingredients:

## SALMON

- 1 1/4 pounds salmon
- salt and pepper, to taste

## HERB VINAIGRETTE

- 1/4 cup grapeseed oil or avocado oil
- 1 1/2 tablespoons lemon juice
- 2 tablespoons fresh parsley, finely chopped
- 1/2 tablespoon honey
- 1/2 tablespoon dijon mustard
- 1 teaspoon dried oregano
- salt and pepper, to taste



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# How to: Poach Chicken

Ingredients:

- 2 boneless skinless chicken breasts (up to 9 oz each)

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# Pesto Quinoa with Greens

Ingredients:

- 4 handfuls arugula (or spinach)
- 3/4 cup cooked quinoa
- 1 zucchini, quartered and sliced
- 1/4 cup frozen peas (optional)
- 3 tablespoons basil pesto (store-bought or homemade)
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1/4 teaspoon EACH salt and pepper

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# Grilled Vegetable Bowls with Hummus



Ingredients:

- 2 cups cooked brown rice or grain blend
- 2 bell peppers (any color)
- 2 zucchinis
- 2 avocado, diced
- 1 cup hummus (store-bought or homemade)
- 2 tablespoons olive oil or avocado oil
- salt and pepper, to taste
- extra-virgin olive oil and lemon juice, for drizzling

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# Paleo Sweet Potato Falafel

Ingredients:

## FOR THE FALAFELS

- 3 3/4 cups riced cauliflower
- 1 large sweet potato
- 3/4 cup oil-packed sun-dried tomatoes, chopped (optional)
- 3/4 cup almond flour
- 6 tablespoons coconut flour
- 2 garlic cloves, sliced
- 1 1/2 tablespoons cumin
- 1/2 tablespoon coriander
- 3/4 teaspoon cardamom
- 3/4 teaspoon salt

## FOR SERVING (OPTIONAL)

- Tahini Sauce

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# Lentil Meatballs



Ingredients:

- 1 3/4 cups pre-cooked lentils (or black beans)
- 1 1/4 cups cooked white rice
- 1/2 cup mushrooms, diced (any variety)
- 1/4 onion, diced
- 1/4 cup cilantro or parsley
- 2 garlic cloves, chopped
- 1 tablespoon tomato paste
- 1/2 tablespoon olive oil
- 1 to 2 teaspoons seasoning of choice
- salt and pepper, to taste
- cooking oil, for frying

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# Simple Red Lentil Daal



## Ingredients:

- 2 cups red lentils, rinsed
- 5 cups water
- 2 tablespoons coconut oil
- 2 garlic cloves, chopped
- 1 tablespoon fresh ginger, chopped
- 1 tablespoon cumin seed (or ground cumin)
- 1/2 tablespoons coriander seeds, lightly crushed
- 1 teaspoon garam masala
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon cayenne pepper
- salt and pepper, to taste
- roma tomatoes, chopped (optional, for topping)

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# Arugula Salad with Blueberries and Cashews

Ingredients:

- 2 handfuls arugula
- 1/2 cup blueberries
- 1/4 cup roasted salted cashews, roughly chopped
- 1 tablespoon good quality extra virgin olive oil
- 1/2 tablespoon lemon juice
- 1/8 teaspoon sea salt

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# Quinoa Tabbouleh



Ingredients:

- 1/2 cup cooked quinoa, cooled
- 3/4 cup parsley leaves, chopped (about 1 bunch)
- 1/4 cup fresh mint, chopped
- 1 roma tomato, seeded and finely diced
- 2 scallions, sliced (white and light green parts only)
- 2 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons lemon juice
- 1/8 teaspoon salt and black pepper

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# Quinoa, Tomato and Avocado Salad

Ingredients:

- 1 cup cooked quinoa
- 2 handfuls arugula
- 1 large roma tomato, diced
- 1 avocado, diced
- 1/2 cup hummus (store-bought or homemade)
- 1/4 cup toasted pine nuts
- extra-virgin olive oil, to taste
- salt and pepper, to taste



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## Sergey's Romaine Salad



Ingredients:

- 1 romaine heart(s)
- 1 large carrot, sliced
- 1 cup cherry tomatoes, halved
- 1 green bell pepper, sliced
- 1 avocado, diced (optional)
- 1/2 cup pine nuts
- 3 tablespoons extra virgin olive oil
- lemon juice, to taste
- salt and pepper, to taste

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# Tomato, Avocado, and Basil Salad



## Ingredients:

- 1 large ripe avocado, diced
- 3 roma tomatoes, diced
- 12 to 16 fresh basil leaves, sliced
- 3 tablespoons olive oil
- flakey sea salt and black pepper, to taste

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# Lemon Broccoli Salad

## Ingredients:

- 12 ounces broccoli florets (about 1 1/2 heads)
- 1 large avocado, diced
- 3 tablespoons extra-virgin olive oil
- 1/2 lemon, juiced
- 1/4 teaspoon ground cumin
- salt and pepper, to taste

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# Kale and Cabbage Salad with Toasted Almonds



Ingredients:

## FOR THE SALAD

- 1 bunch lacinto or dino kale (about 6 handfuls)
- 1/2 small green cabbage (about 4 handfuls)
- 1 cup sliced almonds

## FOR THE DRESSING

- 6 tablespoons extra-virgin olive oil
- 2 tablespoons dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon shallot, minced
- 2 teaspoons apple cider vinegar
- salt and pepper, to taste

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# Kale, Apple, and Yam Salad

Ingredients:

## FOR THE SALAD

- 1 bunch dino kale, washed and dried
- 2 cups sweet potato, diced (about 10 ounces)
- 1 1/4 cups cooked quinoa
- 1/4 cup to 1/2 cup dried cranberries, adjust to taste
- 1 large tart apple, diced
- 1 tablespoon olive oil

## FOR THE DRESSING

- 4 tablespoons extra-virgin olive oil
- 2 tablespoons good-quality balsamic vinegar
- salt and black pepper, to taste

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# Kale Salad with Poppy Dressing

Ingredients:

- 1/2 bunch kale, washed and hard stems removed (about 3 big handfuls)
- 1 heaping cup fresh pitted cherries, halved (or strawberries)
- 1 cup red cabbage, thinly sliced
- 1 cup shredded carrots
- 1/2 cup radicchio, chopped
- 1/2 cup sunflower seeds
- 1/2 cup fresh mint leaves
- Poppy Dressing, to taste (store-bought or homemade)

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# Tomato and Cucumber Salad



Ingredients:

- 2 roma tomatoes, diced (about 1 cup)
- 1 cup english or persian cucumber, diced
- 1/4 cup red onion, finely diced (optional)
- 2 tablespoons parsley, chopped
- 2 tablespoons olive oil
- 1/2 tablespoon lemon juice
- 1/4 teaspoon dried oregano
- 1/8 teaspoon salt and pepper, to taste

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# Blueberry Hemp Seed Salad

Ingredients:

## FOR THE SALAD

- 1/4 bunch of kale
- 2 1/2 ounces arugula
- 1 cup blueberries
- 2/3 cup walnuts and/or diced avocado
- 1/4 cup hemp seeds

## FOR THE HERB VINAIGRETTE

- 1/2 cup olive oil or grapeseed oil
- 1/4 cup fresh parsley, finely chopped
- 3 tablespoons lemon juice
- 1 tablespoon honey
- 1 tablespoon dijon mustard
- 2 teaspoons dried oregano
- salt and pepper, to taste

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# Pear and Nut Quinoa Salad



Ingredients:

## FOR THE SALAD

- 2 cups cooked quinoa
- 1 celery stalk, thinly sliced
- 1 firm pear, diced
- 1/4 cup dried cranberries
- 2 scallions, chopped (white and light green parts only)
- 1/2 cup parsley, chopped
- 1/2 cup roasted almonds, roughly chopped

## FOR THE DRESSING

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- black pepper, to taste

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# Chicken and Mango Salad

Ingredients:

## FOR THE SALAD

- 8 ounces cooked chicken, sliced or diced
- 3 ounces mixed salad greens
- 1 cup mango, peeled & diced
- 1 avocado, sliced
- 1/2 cup cherry tomatoes, halved
- 1/2 cup cucumber, sliced

## FOR THE LIME VINAIGRETTE

- 4 tablespoons extra-virgin olive oil
- 2 tablespoons lime juice
- 2 tablespoons fresh mint
- 1 tablespoon champagne vinegar or white wine vinegar
- 1 tablespoon honey
- salt and pepper, to taste

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# Celery Radish Apple Salad

Ingredients:

## FOR THE SALAD

- 4 stalks celery, thinly sliced
- 6 radishes
- 1 tart apple (such as granny smith)
- 1/2 cup fresh parsley, chopped
- 3/4 cup walnuts, roughly chopped

## FOR THE VINAIGRETTE

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1 1/2 tablespoons lemon juice
- 1/4 teaspoon salt

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# Quinoa Almond Salad



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Ingredients:

## FOR THE SALAD

- 2 cups cooked rainbow quinoa
- 1/3 cup fresh parsley, chopped
- 1/4 cup fresh basil, chopped
- 4 scallions, chopped
- 1/2 cup whole raw almonds

## FOR THE VINAIGRETTE

- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1/2 teaspoon salt
- freshly ground black pepper, to taste (optional)

# Blueberry Orange Salad with Curried Almond Dressing

Ingredients:

## FOR THE SALAD

- 4 cups (or large handfuls) mixed greens
- 1 navel orange
- 1/2 cup blueberries
- 1/2 cup walnuts

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## FOR THE CURRIED ALMOND DRESSING

- 1/4 cup smooth almond butter
- 2 tablespoons water
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 1 tablespoon agave syrup
- 1 teaspoon curry powder
- 1 packed teaspoon fresh ginger, grated
- 1/2 teaspoon dijon mustard
- 1/2 teaspoon sea salt
- pepper, to taste



# Kabocha Pumpkin and Maybe Crab Soup

Ingredients:

- 1/2 small kabocha pumpkin (about 1 pound)
- 1/2 pound carrots, diced
- 1/2 pound fresh lump crabmeat (for topping, optional)
- 2 1/2 cups water
- 2 tablespoons olive oil
- 1/2 cup onion, diced
- 1/2 inch knob fresh ginger (optional)
- 1 garlic clove, chopped
- 1/2 teaspoon salt (adjust to taste)
- pepper, to taste

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# Vegetarian Split Pea Soup



Ingredients:

- 6 to 8 cups water (or vegetable broth)
- 1 cup dry split peas
- 1 large carrot, sliced
- 2 celery stalks
- 1 small yukon gold potato (or extra parsnip)
- 1/2 onion, diced
- 2 tablespoons olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt (reduce if using salted vegetable broth)

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# Carrot Ginger Soup



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## Ingredients:

- 2 pounds carrots
- 1 yellow onion, diced
- 2 garlic cloves, minced
- 4 tablespoons olive oil, divided
- 1 tablespoon grated ginger
- 1 1/2 teaspoons salt (adjust to taste)
- 1 teaspoon EACH cinnamon and coriander
- 2 teaspoons apple cider vinegar (or lime juice)
- 7 to 8 cups water
- black pepper, to taste

# Magic Mineral Broth (vegan)

## Ingredients:

- 6 unpeeled carrots, cut into thirds
- 2 unpeeled yellow onions, cut into chunks
- 1 leek, white and green parts, cut into thirds
- 1 bunch celery, including the heart, cut into thirds
- 4 unpeeled red potatoes, quartered
- 2 unpeeled Japanese or regular sweet potatoes, quartered
- 1 unpeeled garnet yam, quartered
- 5 unpeeled cloves garlic, halved
- 1/2 bunch fresh flat-leaf parsley
- 1 8-inch strip of kombu\*
- 12 black peppercorns
- 4 whole allspice or juniper berries
- 2 bay leaves
- 8 quarts cold, filtered water
- 1 teaspoon sea salt

## Directions

1. Rinse all of the vegetables well, including the kombu. In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves. Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil.
2. Remove the lid, decrease the heat to low, and simmer, uncovered, for at least 2 hours. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted.
3. Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath), then add salt to taste.
4. Let cool to room temperature before refrigerating or freezing.

\*Kombu is a mineral-rich seaweed that also adds an umami or savory flavor. When kombu is simmered with beans, it helps reduce their gas-producing properties making them more digestible. Kombu is usually found in the Asian section of a grocery store near the nori (seaweed sheets) that are used for sushi.



# Chicken Bone Broth

## Ingredients:

- 1 pasture-raised raw chicken
- 1.5 tbsp olive oil, avocado oil, or ghee
- 1 bunch fresh rosemary
- 1 yellow onion with skin
- 1 red onion with skin, quartered and then cut each piece in half
- 3 carrots, chopped in 2-3" pieces
- 1 full celery bunch, keep leaves on, chopped
- 6-7 cloves garlic, skinned, smashed
- 1-3 cups vegetable scraps (onion skins, chard stems, carrot tops, etc.)
- 2 tablespoon Bragg raw apple cider vinegar
- 2 tablespoon turmeric ground or fresh and chopped
- 2-3 bay leaves
- 1 tablespoon sea salt
- 2 tablespoons black peppercorns
- Filtered water



# Chicken Bone Broth

## Directions

1. Coat inside (cavity) and outside of pasture raised chicken with oil, sea salt, and black pepper. Roast chicken in oven at 350 F for 1.5 hours until the juices run clear.
2. Option: You may also use a pre-roasted rotisserie chicken. Debone and discard skin, reserve meat for chicken salad or soup.
3. Put the carcass into a 4-quart pot or slow cooker and pour in liquid from roasting pan. Cut the onions, carrots and celery into a few large pieces and add to the pot or slow cooker. Cover all bones and veggies with water.
4. Bring the pot to a boil, then reduce heat to a slow simmer. (Note: if using slow cooker, run on high for the first 4 hours.)
5. Add vinegar, turmeric, sea salt, and bay leaves. Simmer with lid on until bones are soft and broth is a rich yellow hue, for 24-36 hours. Do not agitate or stir broth once cooking to allow optimal collagen formation in the broth, allowing it to gel. If looking to make a more concentrated stock, remove lid for the last 4-6 hours to condense liquid.
6. Cool slightly and strain the stock into a freezer-safe container if not using within 5 days. Be sure to leave 1-2 inches room for expansion as it freezes, if using glass container.. If using plastic, cool completely in fridge in glass first before adding to plastic container.. Discard bones and vegetables.

You may also want to freeze bone broth in ice cube trays to allow for use in deglazing pans as well as sauces.



# Grass Fed Beef Bone Broth

## Ingredients:

- 5-8 lbs grass-finished beef bones (best to get some meaty and marrow cuts vs.. all knuckle for flavor)
- 2 teaspoons salt
- 1 tablespoon cracked black pepper
- 2 yellow onions, quartered and then cut each piece in half
- 1 bunch thyme
- Filtered water to fill stock pot, about 10-12 cups (enough to fully cover all bones and veggies)
- 2 tablespoon apple cider vinegar
- 2-3 Bay Leaves
- 6 stalks of celery, chopped into 2" pieces
- 2 large carrots, about 1.5 cups cut into large chunks
- 2 tablespoons black peppercorns
- 1 tablespoon or more salt to taste

Optional: A freezer bag full of vegetable scraps (carrot peelings, onion tops, celery leaves etc.) Don't use beets as they contribute an off-taste to the broth.



# Grass Fed Beef Bone Broth

## Directions

1. Preheat oven to 400° F. Rinse the bones under cool water. Pat them dry and place in a large roasting pan. Sprinkle salt and cracked pepper on bones.
2. Place pan in oven and roast the bones for 20 minutes. Remove from oven and add half of the chopped onions along with thyme sprigs. Mix onion into fat released from bones, scraping fat, onions, and thyme off the pan with metal or wooden spatula and stirring to coat.
3. Return pan with the bones, onions, and thyme to oven for another 30-35 minutes until the bones are well-browned and fragrant. Roasting the bones ensures a good flavor in the resulting beef stock. Failure to do so may lend a sour or off-taste to the end product.
4. Once the bones are browned, drain off any fat. Add the bones and onion pieces to a big pot or slow cooker. Add filtered water to cover and bring to a boil. Once you've brought the water to a boil, add the vinegar and bay leaves. Turn down the heat to low and continue to simmer for 24 hours.
5. At around the one day mark, add remaining onion, celery, carrots, and optional vegetable scraps you might have. Then return lid to stock pot or slow cooker and simmer for another 12-24 hours, making the simmering a total of 36-48 hours.
6. When the stock is done simmering, filter through a fine mesh sieve and bottle in mason jars. The stock should set just like gelatin, and the fat should rise to the top.
7. Pick off the fat and reserve it for cooking. This is tallow which is a great heat stable fat. Then scoop out the gelled stock and reheat to use in soup or broth in any cooking dish or to sip on 6oz daily. Store in the fridge for up to one week or freeze for up to 12 months in mason jars with ample space for expansion once fully cooled. The broth can also be frozen in ice cube trays so that you can quickly add a small portion to sauces or use a couple cubes to deglaze a pan!

# Simple Bone Broth



## Ingredients:

- 12 cups (2880ml) filtered water
- chicken bones
- 1-2 tbsp (15-30ml) apple cider vinegar (Alternative: lemon juice)
- salt to taste

## Directions

1. Save the bones from your roasted chicken (including legs and wings - if you have feet it is even better)
2. Then simply top with water until generously covered
3. Add in a bit of salt to season (you can add more later if needed)
4. Add apple cider vinegar, which is added primarily as the acidity breaks down the collagen and makes it more abundant in the broth
5. Bring to a boil, then reduce to a simmer then cover. Cook for at least 10-12hrs or until reduced by 1/3 or 1/2, leaving you with 6-8 cups of bone broth.
6. The more it reduces, the more intense the flavor becomes, and the more collagen is extracted
7. Strain and use or store.

# Sautéed Baby Bok Choy

Ingredients:

- 12 ounces baby bok choy
- 1 tablespoon avocado oil
- toasted sesame oil, to taste
- sesame seeds, to taste
- salt and pepper flakes, to taste



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# Cooked Dandelion Greens



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Ingredients:

- 1 large bunch dandelion greens
- 2 garlic cloves, peeled and left whole
- 1 tablespoon extra virgin olive oil
- salt and red pepper flakes, to taste
- lemon juice, to taste (optional)

# Mustard Greens with Tomato Sauce

## Ingredients:

- 1 large bunch mustard greens (about 8 ounces)
- 1 1/4 cups cherry tomatoes, quartered (175 grams)
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon salt
- red pepper flakes, to taste



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# Pan-Fried Broccoli



## Ingredients:

- 8 ounces broccoli florets
- 2 tablespoons olive oil
- salt and pepper, to taste

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# Boiled Greens (Horta)

Ingredients:

- 1 bunch mustard greens
- 1 bunch swiss chard
- extra-virgin olive oil, to taste
- lemon slices, for serving
- salt, to taste



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# Baked Sweet Potato Fries



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Ingredients:

- 1 pound sweet potato (about 2 medium-sized potatoes)
- 1 tablespoon avocado oil
- garlic powder, to taste
- salt, and pepper, to taste

# How to Make Lettuce Buns

Ingredients:

- 1 round-shaped head of iceberg lettuce

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# How to: Microwave Sweet Potatoes

Ingredients:

- 1 medium sweet potato

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# How to Make Cauliflower Rice

Ingredients:

- 1 medium head cauliflower (or 1 pound(s) fresh or frozen riced cauliflower)

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# Split Pea Purée

Ingredients:

- 4 cups water
- 1 cup dried green split peas
- 1/4 cup extra virgin olive oil
- salt and pepper, to taste



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# 2-Ingredient Celery Root Purée



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Ingredients:

- 1 pound celery root (about 2 medium bulbs)
- 2 tablespoons extra virgin olive oil
- salt and pepper, to taste



# Taha'a Sautéed Vegetables



## Ingredients:

- 2 celery stalks
- 1 bell pepper (any color)
- 1 large zucchini
- 5 radishes, cut into wedges
- 2 garlic cloves, minced
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon salt
- pepper, to taste

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# Purple Sweet Potato Mash

## Ingredients:

- 1 1/2 pounds stokes purple sweet potatoes
- 1/4 cup non-dairy milk (such as coconut milk)
- 1/4 cup shallots or onion, thinly sliced
- 2 tablespoons coconut oil or butter alternative
- 1 tablespoon extra virgin olive oil
- 1 garlic clove, minced or pressed
- 2 teaspoons fresh rosemary, chopped
- 1/2 teaspoon salt
- pepper, to taste

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# Roasted Vegetables with Pesto Vinaigrette



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Ingredients:

## FOR THE VEGETABLES

- 8 ounces broccoli and/or cauliflower florets
- 1 small sweet potato, peeled
- 3 ounces shiitake mushrooms, sliced (about 4 large caps)
- 1 bell pepper, sliced
- 2 tablespoons olive oil
- salt and pepper, to taste

## FOR THE PESTO VINAIGRETTE

- 2 tablespoon basil pesto (store-bought or homemade)
- 1 1/2 tablespoons olive oil
- 1/2 tablespoon balsamic vinegar
- 1/8 teaspoon sugar (optional)

# Herb-Roasted Sweet Potatoes

Ingredients:

- 2 pounds sweet potatoes, cleaned and unpeeled
- 3 tablespoons melted coconut oil, divided
- 2 garlic cloves, minced
- 1/4 cup fresh parsley, chopped
- 1 1/2 teaspoons dried rosemary, divided
- 1 1/2 teaspoons dried thyme, divided
- 1/2 teaspoon sea salt
- freshly ground black pepper, to taste

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# Warm Quinoa with Greens



Ingredients:

- 6 cups or handfuls of kale (about 1 bunch)
- 1 1/2 cups broccoli florets (about 4 ounces)
- 1/2 cup cooked quinoa
- 2 tablespoons coconut oil
- 1/4 teaspoon salt
- black pepper, to taste

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# Soft Cashew Cheese (Yeast-Free)

Ingredients:

- 1 cup raw cashews
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 garlic clove
- 1/2 teaspoon sea salt
- 1/2 teaspoon dried oregano
- black pepper, to taste



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# Cilantro Pesto

Ingredients:

- 1 cup cilantro, packed (leaves only)
- 1/4 cup extra virgin olive oil
- 1/4 cup slivered almonds
- 1 tablespoon balsamic vinegar
- 1/2 garlic clove, chopped
- 1/4 teaspoon salt

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# Avocado Crema



Ingredients:

- 1 avocado
- 1/2 lime, juiced
- 3 tablespoons water
- 2 teaspoons extra-virgin olive oil
- 1/4 teaspoon salt

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# Homemade Teriyaki Sauce (Soy-Free!)

Ingredients:

- 7 tablespoons coconut aminos
- 4 teaspoons balsamic vinegar
- 1 tablespoon orange juice or pineapple juice
- 1 teaspoon freshly grated ginger
- 1 garlic clove, minced (optional)
- 1 teaspoon tapioca starch
- 1 teaspoon cold water
- 1/2 teaspoon sea salt



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## Guacamole Recipe



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Ingredients:

- 2 large avocados (ripe and unblemished)
- 1 small lime, juiced
- 1/4 cup cilantro leaves, chopped
- 1/4 red onion, finely diced
- 1 small jalapeño, finely chopped (adjust to spice preference)
- 1/2 teaspoon salt

# Cashew Cream

Ingredients:

## FOR THE CLASSIC

- 1 cup raw cashews (not roasted!)
- 1/2 cup + 2 tablespoons water
- 2 tablespoons lime juice
- 1/4 + 1/8 teaspoon salt

## CHIPOTLE-STYLE (OPTIONAL)

- 2 chipotles, packed in adobo sauce



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# Bell Pepper Chimichurri



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Ingredients:

- 1/3 cup parsley, finely chopped (about 1/2 bunch)
- 5 tablespoons extra-virgin olive oil
- 2 tablespoons red bell pepper, finely chopped (about 1/4 bell pepper)
- 2 tablespoons white onion, finely chopped
- 1 garlic clove, finely chopped
- 2 1/2 teaspoons white wine vinegar
- 1/2 teaspoon dried oregano
- 1/4 teaspoon paprika
- 1/4 teaspoon salt

# Herb Drizzle Sauce

Ingredients:

- 6 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons fresh lemon juice
- 1 1/2 tablespoons drained capers, chopped
- 1 garlic clove, chopped
- 1 tablespoon fresh parsley (optional)
- 1/4 teaspoon dried oregano
- 1/4 teaspoon EACH salt and black pepper

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# Cashew Hummus



Ingredients:

- 1 3/4 cups raw cashews, soaked in hot water for 30 minutes
- 1/2 cup water
- 6 tablespoons lemon juice
- 1/4 cup tahin
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- olive oil, for topping

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# Chipotle Taco Seasoning

## Ingredients:

- 1 tablespoon chipotle powder
- 2 teaspoons ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder or granules
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt



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# Pineapple and Tomato Salsa



## Ingredients:

- 1 cup fresh pineapple, finely diced
- 1 cup tomato, finely diced (seeds removed)
- 1 tablespoon fresh cilantro, chopped
- 1/2 tablespoon jalapeño, chopped (optional)
- 1/2 tablespoon lime juice
- 1/2 tablespoon extra-virgin olive oil
- salt and pepper, to taste

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# Detox Salad Dressing

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 1/2 tablespoon honey
- 1 teaspoon fresh ginger, peeled and chopped (about 1/4 inch knob)
- 1/2 teaspoon dijon mustard
- 1/8 teaspoon salt



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# Easy Tahini Sauce



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Ingredients:

- 2 tablespoons tahini
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 tablespoons cold water
- 1 tablespoon maple syrup (optional)
- 1/4 teaspoon salt

# Fruit and Seed Bars

## Ingredients:

- 3/4 cup shelled pumpkin seeds
- 1/2 cup sunflower seeds
- 1/2 cup raisins
- 1/2 cup unsweetened shredded coconut
- 1/3 cup honey
- 1/4 cup goji berries (or cranberries)
- 3 tablespoons ground flax meal
- 1 tablespoon sunflower butter
- 1/8 teaspoon salt



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# Mango Ginger Energy Balls



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## Ingredients:

- 3/4 cups raw sunflower seeds
- 3/4 cup pitted medjool dates
- 1/2 heaping cup dried mango or papaya
- 1/4 cup dried apricots
- 4 tablespoons vegan protein powder (or more sunflower seeds)
- 1 1/4 teaspoons ground ginger
- 1 teaspoon maca
- 1/4 teaspoon cinnamon

# Raw Strawberry Banana Pudding



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Ingredients:

## **PUDDING**

- 1 cup raw pecans
- 1 ripe banana
- 6 medium to large strawberries
- 1 large medjool date, pitted
- 1/2 teaspoon vanilla extract
- salt, to taste

## **TOPPING**

- 1/2 cup raw pecans

