



TRANSFORMATIONAL RECIPES

Real School's Be Healthy, Happy & Fit

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JUICES FOR LIVING HEALTHY

MAJOR ANTIOXIDANT JUICE

One of the first things I like to do each morning is juice, so I can get fresh nutrients and live enzymes into my body first thing. With the cold and flu season coming up, here is one of my favorite recipes, packed with beta-carotene and antioxidants to ward off those unnecessary evils.

1 grapefruit
2 oranges

3 carrots
1 inch ginger root

DETOXIFYING LEMONADE

This 'lemonade' reduces bloating, boosts weight-loss, helps clear your complexion, and is an excellent overall detoxifying juice.

2 liters water
1 medium cucumber, peeled
and thinly sliced
1 lemon thinly sliced

1 teaspoon freshly ground ginger
10-12 spearmint leaves
Steep overnight in the fridge, and
drink. The taste is so refreshing.

GLOWING GREEN JUICE

This can be blended as a smoothie as well.

1½ cups coconut water
1 head romaine lettuce, chopped
1 handful spinach
3 stalks celery

1 pear, cored and chopped
½ lemon
⅓ bunch parsley (stems okay)
1 apple, cored and chopped



BREAKFAST

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KALE, BLUEBERRIES & CREAM SMOOTHIE

[Makes 2 to 3 servings]

1 cup fresh/frozen blueberries	1 handful kale
1 cup coconut water or unsweetened almond/hemp/rice/ coconut milk	1 splash vanilla extract
1 tablespoon coconut oil	1 pinch cinnamon
1 tablespoon flax or chia seeds	1 tablespoon raw, organic honey or stevia to taste (optional)
	1 handful ice (optional)

Combine all ingredients in a high speed blender. Blend and enjoy.

ENERGY QUINOA

[Makes 2 servings]

1 ¾ cups water	1 tablespoon almond butter
¼ cup non-dairy milk	1 tablespoon raw, organic honey
1 cup quinoa	1 teaspoon cinnamon

Bring water to a boil. Pour quinoa and non-dairy milk into boiling water, cover, and turn stove to simmer for 15 -20 minutes. Once all liquid is evaporated and quinoa is light and fluffy, pour in remaining ingredients and stir until mixed.

BLUEBERRY SMOOTHIE

[Makes 2 servings]

1 handful frozen or fresh organic wild blueberries	1 tablespoon chia seeds
1 banana	1 pinch of cinnamon
1 tablespoon extra-virgin coconut oil	½ cup to 1 cup hemp milk, almond milk, oat milk, or coconut water as your base
1 tablespoon hemp seeds	

Optional: Stevia or 1 tablespoon raw honey if you need to sweeten it.

Put all ingredients into a high speed blender and blend until creamy.

DAIRY-FREE YOGURT BREAKFAST

[Makes 2 servings]

1 cup vanilla coconut yogurt
¼ cup gluten-free granola
¼ cup fruit, of your choice

½ teaspoon flax or chia seeds
1 teaspoon raw honey or 5 drops
stevia

Layer yogurt, granola, and fruit. Then, sprinkle with whole flax or chia seeds.
Top with raw honey or stevia.

PROTEIN PANCAKES

[Makes 2 servings]

1 scoop vanilla protein powder or
your favorite protein powder
¼ cup egg whites

½ banana, mashed
1 teaspoon cinnamon
1 tablespoon ground flax seed

Mix all the ingredients together in a bowl. Pour about ¼ cup of batter into a pan that has been sprayed with olive oil cooking spray and heat on medium. Cook one side until you see the little bubbles, just like cooking any pancake. Flip over carefully, and cook on the other side until the middle is done. Peek inside with a fork to check the middle.

Blueberry Pancakes: Add a handful of fresh or frozen blueberries after the above ingredients are mixed together.

Optional: Top with two sliced strawberries and powdered stevia. Enjoy your protein pancakes! If you need more carbohydrates, you may add 1 tablespoon raw honey or maple syrup for extra sweetness.

GLUTEN-FREE PANCAKES

[Makes 4 to 5 servings] – Adapted from Bob's Red Mill

1 1/3 cups gluten-free flour
1 teaspoon baking powder
½ teaspoon baking soda
2 large eggs

½ cup unsweetened almond,
coconut, rice, or hemp milk
2 tablespoons coconut oil

Combine the flour, baking powder, baking soda, and salt in a medium bowl. In a separate bowl, whisk together the eggs, non-dairy milk, and oil. Stir wet ingredients into dry ingredients until smooth. Ladle approximately ⅓ cup pancake batter onto hot griddle. Flip when bubbly and edges are slightly dry.

VEGGIE TOFU SCRAMBLE

[Makes 2 servings]

- | | |
|--|---|
| 1/4 cup chopped red onions | 1/8 teaspoon of Himalayan pink or Celtic sea salt |
| 1/2 jalapeño, seeded and membranes removed (if you like it hot, leave seeds) | 1 teaspoon dried coriander |
| 1/2 cup baby bella mushrooms, sliced | 1/2 teaspoon ground cumin |
| 1 teaspoon coconut oil | 1/4 teaspoon ground turmeric |
| 1/2 cup organic tofu or tempeh | 1/2 cup chopped, fresh tomatoes |

Sauté red onions, jalapeño, and mushroom in coconut oil until slightly softened. Crumble tofu (or tempeh) using a fork. Add seasonings and crumbled tofu to the sautéed mixture and cook for 3 minutes. Add chopped tomatoes and serve.

GINGER SMOOTHIE

[Makes 1 servings]

- 1/4 cup coconut or almond milk
- 1/4 cup pineapple chunks (frozen or fresh)
- 2 carrots, halved
- 1 Granny Smith apple, quartered
- 1/2 inch piece fresh ginger

Add ingredients to a high-speed blender and blend until desired consistency is reached.

TOMATO-SPINACH FRITTATA

[Makes 2 servings]

- | | |
|---------------------------|------------------------------|
| 2 tablespoons coconut oil | 1/3 cup organic tomato sauce |
| 1/4 cup onion, chopped | 1 teaspoon Italian seasoning |
| 3 cloves garlic, chopped | Salt and pepper to taste |
| 2 large eggs | 1/2 cup spinach |

Preheat the oven to 400° F.

In a skillet, add the coconut oil on medium-high heat, and then cook the chopped onions and garlic until translucent.

In a separate bowl, beat the eggs. Then, add tomato sauce, Italian seasoning, salt, pepper, and mix.

Add spinach to the skillet and cook until slightly wilted. Turn the heat down a bit, then add the egg mixture to the pan and gently stir by scraping the bottom of the pan with a spatula. Once the sides have started to cook a little (2 to 3 minutes), put the skillet in the oven.

Cook for about 10-20 minutes. Let it cool for about 15 minutes before serving.

SPICED KALE SCRAMBLE

[Makes 2 servings]

1 tablespoon coconut oil
2 large eggs
1 cup chopped kale

1 teaspoon turmeric powder
1 teaspoon garlic powder
Sea salt and pepper to taste

Heat the coconut oil in a skillet. In a separate bowl, whisk the eggs. Add chopped kale and spices to the skillet. Cook until slightly wilted. Then, add whisked eggs. Sauté until the eggs are firm.

PROTEIN-PACKED HEALTHY GLUTEN-FREE OATMEAL

[Makes 2 servings]

1 cup gluten-free oatmeal
2 cups water

¼ cup dried currants or fresh berries
1 teaspoon cinnamon

Optional: For extra energy, add a scoop of hemp protein or your favorite protein powder.

Mix the ingredients in a pot over medium-high heat. Cook for 3 to 5 minutes until the oats are well cooked.

QUINOA-BERRY BREAKFAST BOWL

[Makes 2 servings]

1 cup quinoa
2 cups water
1 tablespoon coconut oil

1-2 tablespoons coconut sugar
or stevia
¼ cup berries of your choice
Drizzle with coconut milk

Cook quinoa according to package directions. While still warm, add coconut oil. It will melt as you mix it around. Then add coconut sugar. Add berries of your choice and drizzle coconut milk over the berries. Enjoy!

CHOCOLATE KALE SMOOTHIE

[Makes 1 serving]

1 cup coconut, hemp, or almond milk
1 frozen banana
1 cup of kale

3 tablespoons cacao nibs
1 tablespoon raw cacao powder
5-6 ice cubes

Throw all ingredients in a high-powered blender and blend until smooth.

GREEN SMOOTHIE

[Makes 2 servings]

1 cup unsweetened coconut milk
1 teaspoon pure vanilla extract
2 ripe bananas, peeled and frozen
1 ripe avocado, peeled and pitted
1 ½ teaspoons cardamom powder

1 tablespoon chia seed
2 cups spinach
1 tablespoon coconut nectar
or 1 packet stevia (optional)

Combine all ingredients in a high speed blender. Blend and enjoy.

GLUTEN-FREE BANANA FLAX PANCAKES

[Makes 2 servings]

1 banana
1 tablespoon vanilla
2 tablespoons flax meal
2 tablespoons coconut oil
2 cups coconut milk
2 teaspoon lemon juice

½ teaspoon Himalayan pink or Celtic
sea salt
1 teaspoon baking soda
2 teaspoons baking powder
2 ½ cups all-purpose gluten-free flour

Measure and pour ingredients into your high speed blender and blend until smooth.

Coat a pan with coconut oil or vegan butter. Pour ¼ cup of batter into the pan. Wait until bubbles form before flipping the pancake with a spatula (about 3 minutes). If bubbles don't form, the pan isn't hot enough. Flip the pancake and cook for another 2 minutes or until brown.

LUNCH

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SPINACH SALAD WITH PUMPKIN SEEDS

[Makes 2 servings]

2 cups baby spinach
 ½ cup pumpkin seeds
 3 tablespoons goji berries

½ cup cherry tomatoes
 ½ cucumber, chopped
 ¼ cup red onion, thinly sliced

Chop all of your vegetables & mix into a large bowl. Add pumpkin seeds & goji berries. Top with your favorite salad dressing or whip up the Rainbow Slaw Dressing below.

Add your favorite protein to the salad if desired.

RAINBOW SLAW

[Makes 2 - 3 servings]

2 cups shredded carrots
 2 cups shredded purple cabbage

1 cup jicama (cut into long strips)
 Pumpkin seeds for garnish

Dressing:

½ cup orange juice, freshly squeezed
 2 tablespoons extra virgin olive oil

1 lime, juiced
 1 tablespoon ginger, grated

Combine vegetables in a large bowl. Whisk dressing ingredients, and pour over vegetables. Garnish with pumpkin seeds.

SUPER SILLY & FUN HERB STUFFED PEPPERS

[Makes 2 servings]

2 red peppers
 2 5-6 ounce cans tuna, salmon,
 or shredded chicken

1 cup lightly packed baby spinach
 ½ bunch fresh parsley, chopped

Dressing:

⅛ cup extra virgin olive oil
 1 ½ tablespoon fresh lemon juice
 1 teaspoon Dijon mustard

¼ teaspoon sea salt, finely ground
 ⅛ teaspoon pepper

Wash and core your red peppers. Shred your fish or meat into a bowl. In a separate bowl, whisk salad dressing ingredients well. Pour dressing over your protein, greens, and herbs. Mix well. Stuff the mix into peppers for fun. Eat up!

CURRIED CHICKEN SALAD

[Makes 3 - 4 servings]

¼ cup sliced almonds, toasted	1 cup halved red grapes
½ cup plain yogurt (dairy or non-dairy)	¼ cup chopped cilantro
2 tablespoons soy-free mayonnaise	Sea salt & pepper to taste
1 teaspoon curry powder	
2 ½ cups diced cooked chicken breasts, tofu, tempeh, or fish	

Mix everything but the grapes together. Fold the grapes into the mixture after everything else is thoroughly combined. If you would like to stuff your mixture into a wrap, use a brown rice wrap, corn tortilla, romaine lettuce, or a collard leaf. Add lots of fresh vegetables.

CORN CHOWDER

[Makes 3 - 4 servings]

4 cups fresh, organic corn kernels or frozen, organic corn kernels	⅓ cup coarsely chopped Vidalia or red onion
2 cups almond milk	½ teaspoon Himalayan pink sea salt
1 small avocado cut into chunks	2 tablespoons nutritional yeast
1 teaspoon ground cumin	¼ cup corn kernels for garnish
	Chili oil drops, for garnish

Combine 4 cups fresh corn, almond milk, avocado, cumin, chopped onion, salt, and nutritional yeast, to a high speed blender. Blend well. Pour the soup into serving bowls. Garnish with ¼ cup corn kernels and chili oil.

Optional: Add 4 ounces of animal or plant-based protein.

MEDITERRANEAN TUNA

[Makes 3 - 4 servings]

2 cans antibiotic free tuna	1 tablespoon capers
¼ cup chopped fresh parsley	3 tablespoons Dijon mustard
¼ cup finely chopped scallions	1 tablespoon lemon juice
2 tablespoons extra virgin olive oil	½ teaspoon finely grated lemon zest

Sea salt & pepper to taste

In a large mixing bowl, combine all of the ingredients. Feel free to stuff it in peppers, add it to gluten-free crackers, wrap it up in lettuce, or add it on top of mixed greens

BEETS WITH ONION AND CUMIN

[Makes 4 - 6 servings]

2 tablespoons extra virgin olive oil
1 small onion, chopped
1 clove garlic, minced
1 ½ teaspoons cumin seed
2 tablespoons brown rice flour

5 medium beets, peeled and quartered
2 tomatoes, peeled, seeded,
and chopped
1 ½ cups water
1 teaspoon Himalayan pink sea salt

Heat olive oil in a medium saucepan over medium-high heat. Sauté onion and garlic until translucent. Mix in cumin seed, and sauté an additional two minutes. Sprinkle in flour, and sauté one additional minute. Stir in beets, tomatoes, water, and salt. Decrease heat to low, cover pan with lid, and simmer 30 to 45 minutes until beets are tender.

BROCCOLI AND TOMATOES WITH TAHINI DRESSING

[Makes 3 - 4 servings]

¼ cup tahini
2 oranges, juiced
1 tablespoon freshly squeezed
lemon juice

3 heads organic broccoli
½ cup halved organic cherry tomatoes
¼ teaspoon Himalayan pink sea salt
¼ cup pumpkin seeds (optional)

Blend the tahini, orange, and lemon juice in a high speed blender. Shred the broccoli using the shredding blade in a food processor or slice with a knife. Place the broccoli and halved tomatoes into a medium bowl. Pour the tahini dressing into the bowl and mix well. Sprinkle pumpkin seeds on top.

MAKE-YOUR-OWN SALAD

[Makes 2 - 3 servings]

2 big handfuls of mixed greens
1 small handful of spinach
2 cucumbers, thinly sliced
1 small handful of grape tomatoes
¼ cup raisins

¼ cup walnuts
5 rolls of deli meats (hormone-
& antibiotic-free) or
½ cup cooked black beans
or tofu

Purchase Auntie Annie's gluten-free dressings from your local market, or make a simple dressing with olive oil, balsamic vinegar, sea salt & pepper. Combine mixed greens, spinach, cucumbers, and tomatoes in a large bowl. Sprinkle the raisins & nuts on top. Add your favorite nitrate-free, gluten-free deli meats, black beans, or tofu.

RICE & LENTIL SALAD

[Makes 3 - 4 servings]

2 tablespoons extra virgin olive oil
2 tablespoons apple cider vinegar
1 tablespoon shallots, minced
1 tablespoon Dijon mustard
½ teaspoon smoked paprika
¼ teaspoon Himalayan pink
or Celtic sea salt

¼ teaspoon freshly ground pepper
2 cups cooked brown rice
1 (15-ounce) can lentils, rinsed or 1⅓
cups cooked lentils
1 carrot, diced
2 tablespoons chopped fresh parsley

Whisk oil, vinegar, shallots, mustard, paprika, salt, and pepper in a large bowl. Add rice, lentils, carrot, and parsley. Mix well and enjoy.

VEGGIE WRAPS

[Makes 2 servings]

Brown rice wrap or lettuce leaves
1 avocado, cut into thin slices
¼ cup sauerkraut or kimchee
1 tomato, diced

1 cup sprouts, chopped chicken,
fish, or beans
3 tablespoons of salsa

Lay out the brown rice tortillas or lettuce leaves. Place all of the ingredients on each leaf, and roll up. Add spicy salsa for some extra flavor and some heat.

CABBAGE CILANTRO SLAW

[Makes 3 - 4 servings]

1 small head of cabbage, finely shredded
1 small onion, minced

2 tablespoons minced cilantro
1 English cucumber

Lime and Garlic Dressing:

½ cup extra virgin olive oil
⅓ cup lime juice, freshly squeezed

2 cloves garlic, minced or pressed
Sea salt and pepper, to taste

Mix cabbage, onion, and cilantro in a large bowl. Peel and seed cucumber. Cut into 3-inch sticks. Add the lime and garlic dressing (recipe below). Cover and refrigerate cabbage mixture and cucumber separately for at least an hour. This dish can be made a day ahead of time.

THE PERFECT GRILLED LEMON CHICKEN

[Makes 4 servings]

¼ cup coconut oil or olive oil
3 tablespoons garlic
⅓ cup freshly squeezed lemon juice
1 ½ teaspoons dried oregano
½ teaspoon dried thyme

1 teaspoon sea salt
½ teaspoon freshly ground black pepper
4 boneless, skinless chicken breasts

Combine oil, garlic, lemon juice, herbs, salt, and pepper in a large bowl. Transfer mix to a large plastic bag. Add the chicken breasts, and allow to marinate for 24 hours. The next day, preheat the oven to 350° F and bake for 30 minutes or until juices run clear

THE PERFECT ROAST BEEF

[Makes 5 - 6 servings]

2 ½ lbs. organic filet beef, trimmed
and tied
2 tablespoons Dijon mustard

1 tablespoon aged balsamic vinegar
1 teaspoon kosher salt or sea salt
1 tablespoon black pepper

Preheat the oven to 500°F. (Make sure your oven is very clean before turning it to 500°F, or the fire department will show up!)

Place the beef on a sheet pan. Combine the mustard, vinegar, and salt in a small bowl. Spread the mixture on the filet and brush it evenly over the top and sides. Sprinkle the black pepper evenly all over the meat.

Roast the filet for 25 minutes for rare, 30 minutes for medium-rare, and 35 minutes for medium well. Remove the pan from the oven, cover tightly with aluminum foil, and allow the beef to rest on the pan for 10 minutes. Slice, and serve hot or warm.



DINNER

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LEMON & BEET SALAD WITH CHICKEN

[Makes 3 - 4 servings]

1 cup chicken breast, chopped
2 medium green apples, peeled
and chopped
¼ teaspoon fresh rosemary,
finely chopped

1 lemon, juiced
1 cup canned beets (BPA-free can)
Sea salt to taste
1 tablespoon extra virgin olive oil
1 tablespoon pumpkin seeds

Combine all the ingredients in a large bowl and serve.

CHICKPEA MACARONI SALAD

[Makes 3 - 4 servings]

1 cup uncooked, gluten-free
macaroni pasta
1 (19-ounce) can chickpeas,
rinsed and drained
4 tomatoes, chopped
1 red onion, chopped
1 clove garlic, minced

6 ounces vegan Parmesan cheese
(optional)
1 cup pitted black olives
1 teaspoon Himalayan sea salt
½ teaspoon black pepper
⅓ cup extra virgin olive oil
¼ cup freshly squeezed lemon juice

Cook pasta until al dente in a large pot of salted, boiling water. Drain, and rinse under cold water.

In a large bowl, combine the pasta, chickpeas, tomatoes, onion, garlic, cheese, olives, salt, pepper, olive oil, and lemon juice. Toss together, and refrigerate until chilled.

PASTA PRIMAVERA

[Makes 5 - 6 servings]

12 ounces gluten-free spaghetti
or linguine
½ bunch of broccoli, cut into 1-inch
pieces (about 2 cups)
1 tablespoon extra virgin olive oil
12 ounces mushrooms, halved
1 small onion, minced
1 small carrot, cut into julienne slices
1 small red pepper, cut into ¼-inch
thick strips

8 ounces almond, coconut, rice,
or hemp milk
½ cup gluten-free, organic
vegetable broth
1 ½ teaspoons sweet rice flour or rice
flour
½ teaspoon Himalayan pink sea salt
2 cloves garlic, minced
1 medium-sized, organic Roma
tomato, seeded and diced
3 tablespoons shredded vegan

mozzarella cheese (optional)

2 tablespoons minced parsley

Cook pasta as directed on label in a large saucepan; drain, and return to saucepan. Keep warm.

Meanwhile, in a 2-quart saucepan over high heat, add broccoli pieces to 1 inch of boiling water. Cover and decrease heat to low. Simmer 2-3 minutes, stirring once or twice until tender. Drain.

Preheat a 12-inch skillet over high heat. When hot, add olive oil, garlic, onion, and carrot. Stir frequently until golden and tender-crisp. Add red pepper and mushrooms. Cook until vegetables are tender.

In a large bowl, add milk, broth, rice flour, and salt. Blend well with a fork until all the lumps are dissolved. Add the milk mixture to the vegetables in the skillet. Bring to a boil over high heat and cook for one minute. Add tomato, cheese, parsley, broccoli, and pasta, tossing to coat everything with sauce, and heat thoroughly.

PALEO CHICKEN, OR TURKEY MEATBALLS

[Makes 3 - 4 servings] – Adapted from EverydayMaven.com

¾ cup parsley, coarsely chopped
3 medium cloves garlic
¼ cup almond meal

1 egg
1 pound chicken, turkey, or beef
1 teaspoon sea salt
½ teaspoon ground pepper

Preheat oven to 350° F.

Combine together the coarsely chopped parsley and garlic. Add almond flour, egg, and meat to the bowl, and mix well with your hands. Then add salt and pepper, and mix until thoroughly combined.

Drop tablespoon-sized balls of the chicken mixture onto a parchment-lined baking sheet. Bake meatballs for 20 to 25 minutes. Serve warm with marinara sauce or with your favorite vegetable.

THE PERFECT BURGER

[Makes 4 - 5 servings]

1 pound ground beef or turkey
1 tablespoon chopped parsley
1 small onion, diced

1 tablespoon garlic powder
1 teaspoon kelp sprinkles
sea salt and black pepper to taste

Mix 1 pound grass-fed ground beef/turkey with chopped parsley, diced onion, garlic powder, kelp sprinkles, sea salt & pepper into a large bowl. Form into patties & fry in a little coconut or extra virgin olive oil. Wrap in lettuce leaves or add to your favorite gluten-free burger roll.

TAHINI CHICKEN

[Makes 4 servings]

2 pounds boneless, skinless chicken
breasts, cut into 1-inch cubes
sea salt and pepper to taste
5 tablespoons sunflower oil
2 tablespoons tahini
2 tablespoons sherry vinegar

3 carrots, grated
6 radishes, sliced
1 cup chopped cauliflower/broccoli
(cut small & lightly steamed)
½ cup sesame seeds, for garnish
(optional)

Season chicken with salt & pepper, and mix with 2 tablespoons of sunflower oil. Turn the oven broiler to high & cook for 10 minutes, stirring once or twice. Let it cool slightly. Whisk together remaining oil, tahini, and vinegar.

In a large bowl, add chicken and vegetables. Drizzle dressing on top & mix well. Serve over rice or pasta. Top with sesame seeds. Can be served at room temperature or chilled. Serve with a green salad. Refrigerate for 3-4 days.

SOUTHWESTERN SALMON BURGER

[Makes 4 - 5 servings]

2 BPA-free 8-ounce cans of pink
salmon
¾ cup almond meal
2 large eggs
1 red bell pepper, diced
1 tablespoon cilantro, minced
(optional)

1 tablespoon scallion, minced
1 teaspoon sea salt
1 teaspoon ground cumin
1 tablespoon ground chipotle
1 tablespoon fresh lime juice
2 tablespoons sunflower oil

Rinse the salmon, pat dry, and cut into ¼-inch cubes.

In a large bowl, combine salmon, almond meal, eggs, bell pepper, cilantro, scallions, salt, cumin, chipotle, and lime juice. Form mixture into 2-inch patties. Heat sunflower oil over medium-high heat. Cook patties for 4-6 minutes per side or until golden brown. Transfer to a paper towel-lined plate & serve.

Serve with 1 slice toasted gluten-free bread & a side of steamed broccoli. You can mash avocado on gluten-free toast or make an avocado sauce in a blender/food processor with avocado, lemon juice, sea salt & pepper.

For an even easier version, try Salmon Dill Burgers: Forget all the veggies & spices. Use ½ cup almond meal, 1 tablespoon lemon zest, 1 tablespoon finely chopped dill, and only ½ teaspoon salt. Refrigerate cooked burgers for 3 days.

SUN BUTTER VEGETABLE CURRY

[Makes 3 - 4 servings]

1-2 tablespoons coconut oil
1 cup chopped zucchini
1 cup chopped carrots

1 cup chopped red or green
bell pepper
Sea salt and pepper to taste

Sauce:

1-2 cups coconut milk
⅓ cup sunflower seed butter
1 tablespoon Thai red curry paste
2 teaspoons ground ginger
1 ½ teaspoons ground or minced garlic

1 teaspoon ground turmeric
½ teaspoon ground mustard seed
Sea salt and black pepper to taste
1 tablespoon lemon juice

In a large frying pan or wok, sauté the chopped veggies in oil for 5-7 minutes until they are soft. Sprinkle with salt and pepper to season.

Add the sauce ingredients and bring to a boil. Simmer for 5-6 minutes to mix the flavors, and let the milk and sun butter melt together with the spices and seasonings. Cover the pan, and simmer for an additional 3-5 minutes. Pour curry over rice noodles or brown rice.

QUINOA & ASPARAGUS RISOTTO

[Makes 2 servings]

1 cup quinoa
1 cup light coconut milk
1 cup asparagus, chopped
½ red pepper, chopped

juice of 1 lemon
pinch of cayenne
½ teaspoon thyme
sea salt, to taste

Heat oven to 400° F.

Cook the quinoa according to package directions. Once cooked, start adding coconut milk to it. Add ¼ of a cup at a time, stirring until the quinoa soaks it all up. You may not need the full cup. Meanwhile, steam your asparagus and red pepper. When those are tender, add them to the quinoa and coconut milk. Stir in juice of lemon, thyme, cayenne, and salt.

CHOPPED ASIAN SALAD

[Makes 2 servings]

1 cup kale, finely chopped
1 cup leafy green of choice
1 cup carrots, chopped
1 cup sprouts of choice
1 cup snap peas, chopped (if you cannot locate snap peas, substitute green beans)
3 scallions, diced

1 avocado, ½ for salad and retain ½ for dressing
2 tablespoons sunflower seed butter or tahini
½ teaspoon garlic powder
juice of 1 lime
1 tablespoon apple cider vinegar
1 teaspoon honey
¼ cup water

Place the kale in a large mixing bowl. Massage with hands until it becomes wilted. Literally "massage the kale" and it will get tender - about 2 minutes. Add greens, avocado, carrots, snap peas, sprouts and scallions to bowl with kale.

To make the dressing, combine ½ of the avocado, 2 tablespoons sunflower butter or tahini, garlic, lime juice, vinegar, honey, and water. Toss the salad ingredients in this dressing before serving.

Add your favorite protein such as grilled shrimp, tempeh, chicken, beef or any animal or vegetarian protein to this salad for a complete meal.

GLUTEN-FREE GRILLED LEMON CHICKEN

[Makes 3 - 4 servings] – Adapted from recipe by Ina Garten

1/3 cup lemon juice, freshly squeezed
1/3 cup extra virgin olive oil
1 teaspoon Celtic sea salt
1/2 teaspoon ground black pepper
1 1/2 teaspoons fresh thyme leaves, minced

1 pound boneless chicken breasts, halved and skin removed
1 head romaine lettuce, remove bottom and chop
2 large carrots, grated or julienned

In a medium bowl, whisk together lemon juice, olive oil, salt, pepper, and thyme to make marinade. Place chicken breasts in a 9x13-inch baking dish, then pour marinade over chicken, and refrigerate for 2 hours or overnight for a full burst of flavor. Heat grill, and cook chicken breasts for 10 minutes on each side until cooked through. Cool chicken and cut diagonally into 1/2-inch thick slices.

Place romaine on a serving platter, and then top with julienned carrots. Top lettuce and carrots with sliced chicken to serve.

CHIPOTLE LIME SALMON

[Makes 4 servings] – Adapted from recipe by Elana's Pantry

1 pound Coho salmon, cut into 4 fillets
1-2 tablespoons olive oil

2 limes, sliced in half
1 teaspoon Celtic sea salt
1 teaspoon chipotle powder

Preheat oven to 350° F.

Rinse salmon, pat dry, and place on a baking sheet. Rub each fillet with olive oil. Squeeze the juice from one-half lime onto each fillet. Sprinkle fillets with salt and chipotle powder, then place a slice of lime on top of each fillet.

Place salmon in oven, and cook for 8-12 minutes, depending on how well done you like your fish.

APPLE FENNEL SOUP

[Makes 2-3 servings]

2 tablespoons extra virgin olive oil
1 onion, chopped

2 (medium to large) fennel bulbs, stems removed and diced

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This is not intended to diagnose, treat, cure, or prevent any disease.
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2 large apples (peeled, cored, and diced)

1 quart vegetable broth
2-3 sprigs thyme

Heat extra virgin olive oil in a large pot. Sauté onion over low or medium heat for 10-15 minutes until soft and almost browned. Add fennel and apples. Cook for 5-10 minutes until they start to soften or brown. Add vegetable stock and thyme. Simmer for 10 minutes. Puree the soup in small batches in a food processor or blender until smooth and creamy. Reheat the soup before serving.

CHICKEN BONE BROTH SOUP

3-5 pounds of soup bones*
Water (enough to cover the bones)
1 tablespoon raw apple cider vinegar

* **Note:** ask at your local butcher shop. Soup bones are usually very cheap, if not free!

Make your stock. In the stock pot, cover your soup bones with enough water to cover. Add apple cider vinegar. Bring to a boil, and then reduce to a simmer for 24+ hours.

Store your stock. After about 24 hours, strain the stock into mason jars. Set them in the fridge to cool. Skim off the fat that rises to the top, and close tightly with a lid, or put in ice cube trays for quick use. Keeps in the fridge for a few days, or for four to six months in the freezer.

Make a chicken soup. If you would like to make a chicken soup, add a quart of your stock to a pot with your favorite vegetables. You can add tomatoes, celery, carrots, leeks, potatoes, sweet potatoes, yams, turnips, etc. Bring to a boil, and then simmer until the vegetables are soft. Once the harder vegetables are soft, you can add chopped leafy greens like spinach, Swiss chard, or kale, if desired. Add sea salt and pepper to taste. Top with fresh herbs like parsley, basil, dill, oregano, rosemary, etc.

BUTTERNUT SQUASH WITH A HINT OF APPLE SOUP

[Makes 4 - 5 servings]

2 tablespoons extra virgin olive oil
1 onion, chopped
2 garlic cloves, chopped
1 inch fresh ginger, minced

½ teaspoon turmeric
Pinch cinnamon
Pinch cardamom
Dash ground cloves

3 carrots, peeled and chopped
1 green apple, peeled, quartered,
and chopped

4 cups chopped butternut squash
Himalayan sea salt and pepper
to taste
3 cups water

Heat extra virgin olive oil in a medium saucepan over medium heat. Add onion and garlic, and cook until tender, about 6 to 8 minutes. Add ginger, turmeric, cinnamon, cardamom, and cloves, and cook until fragrant, about 1 minute. Add carrots, apple, squash, and 3 cups of water.

Bring to a boil. Cover partially, and reduce to a simmer. Use an immersion blender to purée the soup. Then season with Himalayan sea salt and pepper to taste. Cook until vegetables are tender, about 20 minutes. Let it cool slightly.

DID SOMEONE SAY DESSERT?

Real School's Be Healthy, Happy & Fit



ORANGE PINEAPPLE PUDDING

[Makes 4 - 5 servings]

½ cup freshly squeezed orange juice
¼ cup pineapple
½ banana
¼ teaspoon ginger, peeled

1 tablespoon chia seeds
2 tablespoons raw honey
or coconut nectar

Blend all ingredients in a high-speed blender. Refrigerate at least 1 hour before serving.

BANANA SPLIT SUNDAE

[Makes 2 servings]

½ cup almond, rice, hemp,
or coconut milk
½ cup frozen banana slices
½ cup strawberries, frozen

1 tablespoon raw cacao
3 tablespoons coconut nectar
or raw honey

Blend all ingredients in a high-speed blender or food processor.

STRAWBERRY SORBET

[Makes 3 servings]

2 cups frozen strawberries
¼ cup coconut nectar or raw honey

1 teaspoon lemon juice, freshly
squeezed
¼ teaspoon pure vanilla

Blend all ingredients in a high-speed blender or food processor until blended.