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WINTER
RESET
Guide



Welcome to the Winter Reset!!

An essential teaching of Chinese Medicine is that as the seasons change, so do our bodies' needs, and that adjusting to these changes with simple shifts in our diet, activity and lifestyle brings health, vitality and longevity.

The Winter Reset uses the power of whole, seasonal food; gentle movement; and simple self-care to help you feel more energized, balanced and aligned from within.

Inspired by the wisdom of Chinese Medicine, it harmonizes us with the rhythms of nature to create a sense of wholeness, balance, and flow.

From that place, healthy choices simply become more natural.

The goal for the next 10 days is to eat real, whole foods while eliminating foods that cause heaviness, sluggishness and inflammation in the body.

Winter is not a time for heavy detoxing or dieting...

Just like the natural world around us, this time is for slowing down, replenishing, and conserving our resources.

We do this by supporting our bodies with proper nourishment, rest and activity. (In Spring, we will visit the best way to detox.)

I look forward to supporting you to feel more alive, vibrant and radiant from the inside out!

As we go along, you can reach me at contact@stefaniecotter.com with any questions.

- Stefanie

***This reset is informed by Chinese Medicine dietary theory and my experience of what works for me and my patients. I am not a licensed nutritionist. If you have any questions or concerns, please advise with your Dr before starting.**

FOOD GUIDELINES

- **Eat whole foods** = as close to their original form as possible (veggies, fruits, whole grains, beans, nuts, seeds, clean protein sources)
- **Reduce or eliminate:**
 - processed foods
 - fried/heavy foods
 - refined flours (bread, baked goods, pasta, etc)
 - sugar (besides honey and low sugar fruits)
 - deli meats
 - dairy
 - raw/cold food and iced drinks
- **Eat what's in season and organic** when possible.
- Winter is associated with the **Water element, Salty flavor and the Black/Purple color** - we use these to guide our food choices
- **Eat warm, nourishing foods** like cooked veggies, grains and soups. The support the "Yang" energy in the body (important for circulation, digestion, metabolism, and more).
- **Eat hydrating, watery foods** like citrus fruits, apples, pears, celery, zucchini, mushrooms, bok choy - these support "Yin" energy) (important for hormonal balance, sleep, and more).
- When possible, **use water-based cooking methods** such as boiling, braising, steaming, and baking in liquid.
- **Drink lots of warm water** with lemon and herbal tea. (Coffee and green tea considered energetically cold, so limit those to once per day).
- **Clear out space in your fridge and pantry** just for all your healthy goodies!
- **Food Prep:** If possible, make large batches of foods you'll be eating throughout the week.
- **Cook and eat mindfully:** slow down, turn off your phone/TV, play some music, chew and enjoy your food fully. Take some deep breaths before and as you eat. Express gratitude. Keep all your senses open.

ACTIVITY, REST + SELF-CARE

- **Check in how you feel** during and after eating to notice any foods that may not be best for your body (feeling congested, bloated, heartburn, indigestion, headaches, anxiety). Contact me if you would like suggestions for modifications.
- **Listen to your body** - and adjust as needed - some days you may want hearty helpings of food, and other days you may feel like eating lighter. For example: if you're feeling run down or scattered, your body may need more grounding with whole grains, proteins and healthy fats.
- **Rest and Slow Down** - Winter is a time of slowing down, replenishing and conserving our resources. Listen to when your body needs more rest and sleep. Here are some ways you can embrace the slowness of the season:
 - pause to simply relax and breathe throughout the day
 - sip tea while watching the world through your window
 - take slow walks absorbing the stillness of nature
 - do pleasant creative activities
 - listen to calming music
 - cozy around a fire
 - meditate
- **Candle-Lit Bath/Shower** - a candle-lit bath/shower one of the best ways to connect with the Water element and that place of deep stillness inside ourselves. Add some epsom salts and essential oils of lavender, vetiver and sandalwood to bring grounding, peace and serenity.
- **Avoid intense exercise** and heavy sweating. Instead **practice gentle movement** like Qigong, Yin Yoga, stretching, walking.
- **Go outside for a walk**, especially on sunny days to absorb the warm Yang energy of the Sun.
- **Connect with nature** - go outside to absorb light and energy from the sun, take walks and open your senses, observing the changes each day

winter shopping list

*These are all suggestions - you don't need to buy everything on this list! Look over the Recipes below to see what you like to eat or would like to try, and start there. Most of the less familiar items can be found at your local health food store.

PRODUCE

- Greens - green/purple kale, collards, chard, radicchio, spinach, bok choy
- Roots - beets, purple potato, sweet potatoes, turnips, parsnips, radish, carrots
- Winter squashes
- Celery, cabbage, cauliflower, broccoli, mushrooms, onion, garlic, leeks, ginger, scallions, shallots
- Herbs - rosemary, thyme, cilantro
- Fruit - pear, apple, grapefruit
- Avocado, lemon, lime
- Hummus
- Fermented Veggies

PROTEIN

- Fish, seafood (wild caught if possible)
- Organic chicken
- Grass-fed beef, lamb
- Eggs
- Tofu, tempeh

FROZEN

- Ezekial sprouted bread /
- english muffins
- Frozen veggies (fresh is better but these are ok if you're pressed for time)

PANTRY

BLACK FOODS:

- Black rice, Black quinoa
- Chia seeds, Black walnuts
- Black Tahini, Black figs
- Black beans, Aduki beans, Black lentils
- Raw cacao powder

SALTY FOODS:

- Miso Paste, Olives
- Tamari (Wheat-free Soy Sauce) or Coconut Aminos
- Fermented veggies
- Umeboshi Plum Paste
- Gomasio (sesame, salt & seaweed mix)
- Seaweed - hijiki, kombu
- Sea Salt, Bone Broth

OTHER:

- Whole grains: rice, quinoa, farro
- Beans, lentils, chickpeas
- Nuts: walnuts, almonds
- Seeds: flax, hemp, chia
- Almond butter, tahini
- Rolled oats
- Canned coconut milk
- Spices: cinnamon, ginger, turmeric,
- Olive oil, coconut oil, sesame oil
- Coconut butter
- Apple cider vinegar, Dijon mustard
- Veg or chicken broth
- Unsweetened non-dairy milk
- Seed-based crackers (Mary's gone crackers, Flackers, etc)
- Maple syrup, honey, dates

MEAL PLAN IDEAS

(Recipes on following pages)

BREAKFAST

- Chia pudding
- Oatmeal
- Congee
- Winter smoothie
- Sprouted bread with avocado or tahini/ nut butter
- Eggs with Sauteed Veggies
- Root Veggie Hash
- Tofu scramble
- Steamed veggies with rice and homemade dressing
- Leftover dinner!

LUNCH / DINNER

Harvest Bowl
Winter Salad
One Pot Meal
Soup/Stew
Veggies (ideally steamed but sauteed or roasted ok)
Whole grains (rice/quinoa/etc)
Tofu, beans, chicken, fish, etc
Any of the recipes below!

SNACKS

Handful of nuts
Veggies with hummus or guacamole
Apple or pear with nut butter or tahini and sprinkled cinnamon & cardamom
Citrus - grapefruit, etc
Chia pudding
Winter smoothie

DRINKS

Room Temp Water, Lemon Water, Tea

*recommended no more than 1 cup coffee/day and no more than 1-2 cups wine/week

BREAKFAST - SWEET

CHIA SEED PUDDING

3 Tbsp chia seeds

3/4 to 1 cup of non-dairy milk (depending on desired thickness)

Mix to separate clumps and refrigerate for 15-20 minutes or overnight, until seeds expand and thicken.

ADD INS: diced apple or pear, slivered almonds, crushed walnuts, pumpkin seeds, hemp seeds, flax seeds

SWEET POTATO SMOOTHIE

3/4-1 cup unsweetened almond or oat milk

1/2 cup rolled oats

1/2 cup cooked sweet potato puree (I use canned)

2 Tbsp almond butter

1 Tbsp ground flax seeds

1 Tbsp maple syrup OR 1 Medjool date, pitted

1 inch fresh ginger (or 1 tsp dried ginger)

1 Tbsp cinnamon

1/4 tsp turmeric

sprinkle cardamom, nutmeg

Pinch sea salt

Hemp seeds (optional)

Add milk/water to thin to desired consistency. Top with hemp seeds.

CARROT CAKE OATMEAL

1 cup water

1/2 cup almond or oat milk

1/2 cup shredded carrot

1/2 cup rolled oats

1-2 dried black figs or dates,
chopped

1 Tbsp ground cinnamon

1 tsp ground ginger

1/8 tsp ground nutmeg

Pinch of salt

2 Tbsp chopped walnuts (optional)

1 tsp maple syrup (optional)

Combine almond milk, water, and carrots in small saucepan. Bring to a boil until carrots start to soften. Lower heat, add in the oats, figs/dates, cinnamon, ginger, nutmeg, salt, and nuts. Simmer, stirring frequently, until the oats are tender, about 5 minutes. Add liquid if needed. Turn off heat and stir in maple syrup. Top with walnuts or pecans.

BREAKFAST - SAVORY

ROOT VEGGIE HASH

2 Tbsp coconut oil

6 cups root vegetables (sweet potatoes, beets, carrots, parsnips, etc),
diced small

1 medium onion, diced small

2 tsp chopped fresh rosemary, thyme, etc

- Heat coconut oil in a large skillet.
- Add root veggies. Sauté & stir to prevent sticking, about 10 minutes.
- Add onion, and cook until all veggies are tender.
- Sprinkle rosemary & salt to taste.
- Can top with eggs, beans, avocado, etc

SCRAMBLED TOFU

1 tablespoon coconut oil

1 small onion, chopped

1 cup chopped veggies of choice (greens, broccoli, mushroom, etc)

1/2 tsp ground turmeric & cumin

1 block extra-firm tofu (14 oz.), drained well

1 heaping cup fresh spinach

Sea salt & pepper

1/4 - 1/2 avocado (optional)

- Drain and squeeze excess water from tofu.
- Heat oil in a skillet over medium heat, add onions.
- Stir until softened, about 5 minutes.
- Stir in veggies, turmeric, cumin, pinch of salt, and saute 2-3 minutes.
- Crumble the tofu into the pan and continue to stir and break apart until coated and cooked through.
- Add in a big handful of fresh spinach, and stir until wilted.
- Season with salt & pepper.
- Top with sliced avocado if desired.

CONGEE (RICE PORRIDGE)

Congee is a rice porridge traditionally eaten in many Asian cultures for breakfast, lunch and dinner. Super comforting and nutritious, it's cooked until the rice breaks down, making it easy to digest - great for when you feel run down. It's a blank canvas to be sweet or savory depending on what toppings you'd like to add. It's also incredibly economical.

1 cup organic black or jasmine white rice, rinsed
6 cups water
1 piece fresh ginger, peeled and finely diced
2 cups of bone/chicken/veggie broth (savory) OR coconut milk (sweet)
Sea salt to taste
Optional ingredients below

- In a large pot, add water and ginger.
- Stir rice into water, so that it separates.
- Bring to a boil, then lower the heat to a simmer, and cook with lid lightly ajar, for about 45 minutes.
- Add in broth or coconut milk, and simmer for another 15 minutes.
- Cook until the rice has a smooth, porridge-like consistency (cook longer for thicker consistency)
- Once finished, remove from heat and season with sea salt to taste.
- Leave pot uncovered for 15 minutes so that the porridge.
- Serve in bowls and top with optional ingredients (listed below).

Store it in the fridge. The porridge will continue to thicken. Reheat with a splash of water while stirring.

FOR SWEET CONGEE: Chopped walnuts, almonds, dates, goji berries, cinnamon, cardamon, nutmeg, raw honey, diced apples

FOR SAVORY CONGEE:

Sauteed veggies (shallots, ginger, garlic, mushrooms, carrots, bok choy, cabbage, etc)

Cooked chicken or tofu, soft boiled egg

Sliced scallions, water chestnuts or cilantro

Splash of sesame oil, tamari sauce

Sesame seeds, Gomasio

WINTER HARVEST BOWL

1. START WITH BASE

Brown/black rice, quinoa, farro
Greens- kale, spinach, cabbage
Spiralized zucchini, Cauliflower rice

2. ADD LOTS OF COLORFUL VEGGIES

COOKED: Steamed or roasted sweet potatoes, winter squash, beets, brussel sprouts, broccoli, cauliflower, carrots, string beans, kale, zucchini, mushrooms

RAW: Cabbage, beets, daikon radish, celery, fennel, carrots, sprouts

3. CHOOSE YOUR PROTEIN

Beans, lentils, chickpeas (**black beans** best for winter)
Tofu, tempeh
Chicken, salmon or beef
Canned wild salmon or sardines

4. INCLUDE HEALTHY FATS

Avocado
Hemp seeds
Walnuts

5. TOP WITH SOMETHING SALTY

Kalamata olives
Fermented veggies
Gomasio (sesame seed, seaweed and salt mixture)

6. DRESS IT UP

See dressings page



FUN TO DO
WITH THE
WHOLE
FAMILY!!

WINTER DRESSINGS

BASIC DRESSING

1/2 cup extra-virgin olive oil
3 Tbls apple cider vinegar
Salt + pepper

CAN ADD:

Lemon juice
1 Tbls dijon mustard
1 Tbls tamari or coconut aminos
1 tsp maple syrup or honey
2 medium cloves garlic, pressed
or minced

TAHINI DRIZZLE

1/4 cup tahini paste
2 Tbls lemon juice
2-3 Tbsp cold water
Salt & pepper
1 minced garlic clove
1/4 tsp paprika and turmeric
(optional)

Slowly whisk all ingredients until smooth. Add salt and pepper to taste. Add water to desired consistency

MISO GINGER DRESSING

1/4 cup olive oil
3 Tbsp apple cider vinegar
2 Tbsp miso paste
1 inch minced fresh ginger
1 tsp tamari sauce
1 tsp toasted sesame oil

Slowly whisk all ingredients until smooth. Add water to desired consistency

UMEBOSHI DRESSING

2 Tbsp umeboshi paste
2 Tbsp tahini
2 Tbsp water
1 Tbsp apple cider vinegar
1 Tbsp lemon or lime juice
1 inch minced fresh ginger (or
1 tsp dried ground ginger)
Salt & pepper
1 Tbsp Maple Syrup (optional)

WINTER SALADS

STEAMED KALE & PURPLE POTATO SALAD

4 small purple potatoes, 1 inch cubed
1 large kale, torn into pieces
2 stalks celery, thin sliced
Salad dressing of choice (next page)

Steam potatoes until tender.
Rinse with cool water and drain.
Steam kale 1-2 mins until soft, drain.
Place kale & potatoes in large salad bowl.
Toss in salad dressing to coat.
Top with celery.
Sprinkle with gomasio.

NAPA CABBAGE, GRAPEFRUIT AND ROASTED FENNEL SALAD

1 large or 2 small fennel bulbs, sliced wide
2 Tbsp olive oil
2 cups napa cabbage, sliced thin
8 slices grapefruit
Parsley to garnish

Cook fennel: Preheat oven to 400.
Toss fennel pieces in olive oil & salt and arrange on baking sheet. Bake for 35-40 mins until tender and browning.
Remove and let cool.

Assemble cabbage in large salad bowl. Drizzle dressing and toss to coat. Top with fennel, grapefruit slices and parsley.

WILD SALMON SALAD

1 Tbsp tahini
1 Tbsp apple cider vinegar
1/2 Tbsp dijon mustard
1 Tbsp water
1/4 tsp salt

1 can wild salmon, drained
2 stalks celery chopped
1 carrot shredded
1/4 red onion, chopped
1/4 cup parsley chopped

Combine & whisk first 5 ingredients into a bowl. When smooth, pour over remaining ingredients and coat.

RADICCHIO AND SAUTEED BRUSSEL SPROUT SALAD

1 cups brussel sprouts, outer leaves removed & sliced very thin
2 cups radicchio, chopped
Dressing: 2 Tbsp olive oil, 1 Tbsp lemon juice, 1 tsp honey or maple syrup, salt + pepper
2 Tbs walnuts

Whisk dressing ingredients together.
Saute Brussel sprouts in olive/coconut oil over medium heat, 4-5 minutes. Once cooled, toss with radicchio, dressing and walnuts in large salad bowl.

ONE POT MEAL

This is my favorite way to make an easy, quick and filling meal - with minimal clean up!! It's also great when you haven't gone grocery shopping in a few days and want to use what you already have.



CHOOSE FROM:

Grain of choice - rice, quinoa, farro

Hard veggies - sweet potato, carrot, winter squash, cubed

Soft veggies - zucchini, celery, broccoli, cauliflower, mushroom, cabbage,

Winter greens - kale, chard, collards, etc - cut into long ribbons

Avocado

Dressing of choice

Fermented veggies

- Start cooking grains, using a bit more water than directed
- Chop veggies while grains are cooking
- In last 15 minutes of grains cooking, add hard veggies and cook on a slow boil.
- Add softer veggies and continue to boil for 5-8 mins
- Stir in chopped greens and cook about 1 minute to wilt
- Turn off heat and let cool off for a few minutes
- Add salt and pepper
- Top with avocado, dressing, fermented veggies, etc

SIMPLE BLENDED SOUP

- 1 Saute some garlic and onion
2. Add ingredients from Combo Ideas below
3. Add liquids to cover (water, veggie /chicken broth)
4. Simmer veggies until soft
5. Add herbs or spices in the last minute
6. Remove from heat for 5-10 minutes, and then use a hand blender (or put in batches into a blender) and blend until smooth, or a little under if you like more texture
7. Add salt and pepper to taste
8. Garnish

COMBO IDEAS:

Black beans + Cumin + Chili
Butternut squash + Cinnamon + Turmeric
Celery Root + Broccoli + Red Potatoes
Cauliflower + Leek + Lemon Zest
Carrots + Ginger + Turmeric
Beets + Parsnips + Cumin
Kale + Cauliflower + Zucchini
Celery + White beans + Rosemary

GARNISH: Add some color and crunch ~
finely chopped scallions, dill, parsley, cilantro, thyme,
crushed red pepper, hemp seeds, toasted pumpkin seeds,
crushed walnuts, gomasio or kelp flakes,
drizzle of olive oil, coconut cream, squeeze of lemon

NEED SOMETHING HEARTIER?

Serve over cooked quinoa or brown rice, which makes for a more filling meal and nice added texture.

SOUP

IMMUNE BOOSTING MISO SOUP

1 to 4 inch strip of kombu seaweed, rinsed and patted dry
3 1/2 cups water
5 fresh shiitake mushrooms, sliced (or another mushroom if not available)
1 carrot, sliced into thin strips
Handful of dark leafy greens (kale, chard, etc) chopped into fine strips
1/4 of one package of firm tofu, chopped into squares
2-3 Tbsp miso paste
4 Tbsp chopped scallions

- Add water to a soup pot. Add the kombu, mushrooms and carrots.
- Bring to simmer covered for 15 minutes.
- Add cubed tofu and greens simmer 2-3 minutes.
- Turn off heat and REMOVE KOMBU.
- Stir until the miso is dissolved, then top with scallions.

ADUKI BEAN, MISO AND MUSHROOM SOUP

2 Tbsp coconut oil
3 large carrots, chopped
3 large celery stalks, chopped
1 small yellow onion, chopped
3 cloves garlic, finely chopped
1 inch ginger, finely chopped
1 cup cremini or shiitake mushrooms, trimmed and sliced
1 small sweet potato, diced
1/2 tsp ground cinnamon
4 cups low-sodium vegetable broth
1 can cooked azuki beans
1-2 cups lacinato kale or other winter green, cut into ribbons
2 Tbsp miso paste
2 Tbsp coconut cream (the solid part at the top of the coconut milk can) (optional)

- In a large pot on medium, heat oil.
- Add carrots, celery, onion and garlic and sauté until onions are tender, about 6 minutes.
- Add mushrooms, sweet potato, and cinnamon and sauté for 2 minutes.
- Stir in broth and beans. Bring to a boil and reduce heat to a simmer; cook for 20 minutes, or until vegetables are tender.
- In last minute of cooking, stir in greens until wilted.
- Turn off heat.
- Whisk in coconut cream and miso to dissolve.

SOUP

TURMERIC CHICKEN & SWEET POTATO SOUP

2 Tbsp coconut oil
1 small onion, diced
3 cloves garlic, minced
1 Tbsp fresh grated ginger
2 medium sweet potatoes, cut into 1-inch cubes
2 pounds boneless, skinless chicken breast
5 cups chicken broth or bone broth
2 tsp ground turmeric
salt & pepper to taste
1 head lacinato kale, de-stemmed and roughly chopped

Optional:

1 cup full-fat coconut milk
2 Tbls lemon juice
Chopped parsley or cilantro to garnish

- Melt the coconut oil in a large pot. Add the chicken and cook for 3-5 minutes per side until browned, then remove and set aside.
- Add the onion to the pot and cook for 5-7 minutes, until translucent, then add garlic and ginger and saute for about 1 minute, until fragrant.
- Return the chicken to the pot along with the sweet potatoes, then stir in the chicken broth, salt, pepper, and turmeric.
- Cover and simmer over medium-low heat for 30-40 minutes, until the chicken can be easily pulled apart with a fork.
- Remove chicken and shred with two forks. Add back to the pot with kale (and coconut milk, if desired.) Cook for 2-3 minutes until kale is wilted.
- Turn off heat and add the lemon juice. Season with salt and pepper.
- Serve and garnish with chopped parsley or cilantro.

VEGAN VERSION W CHICKPEAS

- Sub 1 can chickpeas instead of chicken and use veg broth
- Saute onion until translucent, then add garlic and ginger and saute for about 1 minute, until fragrant.
- Add broth, sweet potatoes, chickpeas, salt, pepper, and turmeric, cook for 15-20 minutes until sweet potatoes soft.
- Add coconut milk and kale. Cook for 2-3 minutes until kale is wilted.
- Turn off heat and add the lemon juice. Season with salt and pepper.
- Serve and garnish with chopped parsley or cilantro.

SOUP

BLACK LENTIL, BUTTERNUT AND SPINACH SOUP

2 Tbsp olive oil
2 cups butternut squash, chopped (or another winter squash, or carrots)
1 small onion, chopped
3 cloves garlic, chopped
2 tsp cinnamon, coriander, thyme
Salt & pepper
1 cup small black lentils
2 cups water
4 cups chicken or veg broth
3 cups fresh spinach, kale, etc
Squeeze of lemon, if desired

- Heat oil over medium-high heat in a soup pot.
- Add squash, onions and garlic and saute for 3-4 minutes.
- Add salt, pepper, spices and stir about 2 minutes.
- Add lentils, water and broth.
- Bring to a boil and reduce for 30 minutes or until lentils are tender.
- Add greens and lemon juice in last 1-2 minutes of cooking.
- Season to taste.

BLACK BEAN SOUP

2 Tbsp olive oil
1 medium onion, chopped
2-3 carrots, chopped
2-3 cloves garlic
1/2 tsp ground cumin
1/2 tsp dried oregano
1/2 tsp salt
1 can black beans (rinsed and drained)
2 cups vegetable broth
1/2 avocado
1/2 lime

- Heat oil in a soup pot and sauté onion and carrots for 3-4 mins, then garlic for 30 seconds.
- Add the cumin, oregano and salt and sauté another minute or two until the spices are fragrant.
- Add the black beans and vegetable broth. Increase heat to high to bring to a boil, then reduce and simmer 15 to 20 minutes.
- Using an immersion or countertop blender, purée about 1/2 the soup.
- Garnish with sliced avocado and a squeeze of lime.

SOUP

NOURISHING BEET BORSCHT

Borscht is a nourishing, iron-rich soup.

Bone broth adds minerals like calcium, magnesium, and potassium.

- 2 tablespoons extra-virgin olive oil
- 1 yellow onion, diced
- 4 stalks celery, chopped
- 1 fennel bulb, thinly sliced
- 3 carrots, chopped
- 5 garlic cloves, minced
- 4 cups of beef bone broth or vegetable broth
- 3 medium beets, peeled and chopped into 1-inch cubes
- 2 medium sweet potatoes, chopped into 1-inch cubes
- 1 bay leaf
- 1/4 lemon, for juice
- Sea salt and freshly ground black pepper
- Fennel fronds, dill, or parsley, chopped fine

- In a medium pan, heat 1 Tbsp olive oil.
- Add the onion, celery, fennel, carrots, salt, and pepper and saute for about 2-3 minutes.
- Add beets and potatoes and cook for about 10 minutes to slightly soften. Add in the garlic and saute for 30 seconds or until fragrant.
- Transfer the vegetables to a large saucepan.
- Add the broth, bay leaf and a touch more salt and pepper.
- Simmer for about 30 mins. Discard bay leaf.
- Garnish with lemon juice, drizzle of olive oil and fennel fronds, parsley or dill.

VEGGIES

MASHED ROOT VEGGIES

1 pound chopped root veggies – sweet potato, carrots, parsnips, beets, etc
1 cup salt
4 cloves garlic, peeled
1/3 cup coconut oil (or olive oil)

- Bring water to a boil in a large saucepan.
- Add veggies, garlic and 1 teaspoon salt and cook until veggies are tender, about 15 minutes.
- Drain veggies and garlic, reserving 1 cup of cooking liquid.
- Mash potatoes and garlic.
- Beat in coconut/olive oil and then thin
- Stir in reserved cooking liquid to desired consistency
- Season with salt & pepper to taste

STUFFED SWEET POTATOES WITH QUINOA AND BLACK BEANS

2-3 large sweet potatoes, whole
1 Tbsp coconut oil
1 large red onion, diced small
2 cloves garlic, minced
1 15oz can black beans, drained
3 cups cooked quinoa made from 1 cup dry
1 tsp cinnamon, 2 tsp chili powder
Salt + pepper
Tahini dressing, lime juice and cilantro to garnish.

- Preheat the oven to 400°F. Place sweet potatoes on a baking sheet and prick with a fork. Place in the oven and bake for 40 minutes.
- While sweet potatoes are cooking, heat the oil in a large skillet. Add the onions and cook for 1 minute, add garlic and cook 30 seconds. Stir in spices, black beans and quinoa and cook 2 - 3 more minutes.
- When sweet potatoes are fork tender, remove from oven and let rest for 5 minutes. Slice in half and place each half on a plate. Top with quinoa mixture and a drizzle of tahini. Garnish with squeeze of lime and cilantro.

VEGGIES

SPAGHETTI SQUASH WITH BEET NO-MATO SAUCE

FOR SQUASH:

1 medium spaghetti squash
1-2 Tbsp olive oil
Salt

FOR SAUCE:

1-2 Tbsp coconut oil
1/2 white or yellow onion
2 cloves garlic
1 tsp each dried thyme, oregano and basil
1 tsp garlic powder
2 large beets, diced small
3 carrots, diced small
1/2 sweet potato, diced small
1/2 cup water
2 Tbsp lemon juice

Preheat the oven to 400°F.

Cut squash in half lengthwise and scoop out seeds. Drizzle with olive oil & salt. Place cut-side down on baking tray and poke a few fork holes into skin. Bake for 20 minutes. Remove from oven, carefully flip over and use a fork to shred strands toward center, revealing more flesh. Return to oven cut side up and cook another 15-20 minutes. Once again, remove and scrape until all the shreds are loose. Set aside.

While squash is baking, heat coconut oil in a large skillet. Cook onions for 2 minutes, then garlic for 30 seconds. Stir in herbs and garlic powder. Add beets, carrots and sweet potato and cook, stirring until veggies start to brown, about 10 minutes. Add water and cook until evaporated and veggies tender, stirring and adding more water as needed.

Turn off heat, stir in lemon juice, season with salt & pepper, and let cool slightly. Carefully pour mixture into a food processor or blender in batches and puree, adding water if needed. When smooth, drizzle with olive oil and blend again. Pour sauce over squash and toss. Can serve in skin or separate bowl.



*Option to omit sauce
and simply top squash
with sauteed garlic, olive
oil, red pepper flakes &
fresh parsley*

VEGGIES

CAULIFLOWER FRIED RICE

1 head of cauliflower, stem removed, head cut into florets
2 Tbsp coconut oil
1/2 onion, diced
3 carrots, cubed small
2 cloves garlic, minced
1 Tbsp minced fresh ginger
1 Tbsp toasted sesame oil
1 cup frozen edamame or peas, rinsed
1 cup packed baby spinach or kale
3 Tbsp low-sodium tamari or soy sauce
Scrambled eggs or tofu

Rice:

- Pulse cauliflower in a food processor until rice-sized florets formed, or grate pieces into a bowl.
- Line a colander with paper towel and pour cauliflower rice over to drain.
- Heat oil in a large skillet on medium heat. Add onions and carrots and saute until soft. Stir in garlic and ginger until fragrant.
- Add sesame oil and cauliflower rice. Cook until tender, 3 to 4 minutes.
- Add edamame/peas and tamari and cook another 5 minutes, stirring and scraping the bottom of the skillet.
- Stir in greens and stir until wilted, 1 to 2 minutes.
- In a separate skillet, prepare scrambled eggs or tofu. Then combine.

Tofu: Drain one package extra-firm tofu and squeeze out excess water. Heat oil in a skillet over medium heat. Stir in turmeric and paprika and salt. Crumble the tofu directly into the pan and continue to stir and break apart until cooked through.

SAUTEED CABBAGE AND BOK CHOY WITH MISO

¼ cup extra-virgin olive oil
½ head green cabbage chopped
5 cloves garlic thinly sliced
1 bunch bok choy or other greens, chopped
1 Tbsp tamari
1 Tbsp apple cider vinegar
1 tsp white miso
Salt and pepper to taste

- Heat oil in a large pan on medium high heat.
- Add cabbage and sauté until slightly wilted, about 5 minutes, stirring occasionally,.
- Add garlic and cook until fragrant.
- Add bok choy and tamari and cook until wilted, about 4 minutes, stirring occasionally.
- Next, add in the apple cider vinegar and scrape up any bits from the bottom of the pan. Stir in the miso paste then season to your taste with sea salt and black pepper.

VEGGIES

RED WINE BRAISED RED CABBAGE

2–3 Tbsp coconut oil
2 cloves of garlic, minced
1 inch fresh ginger, minced (or 1 tsp dried)
A small handful of fresh thyme
1 medium red cabbage, cut into 1/2 inch strips
1 large carrot, sliced in long thin strips
2 teaspoons tamari
1 cup red wine
Salt & Pepper

- In a large pan, melt coconut over medium heat.
- Add garlic, ginger and thyme and cook until fragrant, 1-2 min
- Stir carrots and cabbage for 5 minutes.
- Stir in soy sauce for 1 minute, then add wine.
- Increase heat and bring to a gentle boil for 5-8 minutes until alcohol is cooked off and cabbage is tender.
- Season with salt and pepper to taste.

QUICK BRAISED KALE

2 bunches kale, trimmed and chopped
2 Tbsp olive oil
3/4 cup vegetable or chicken stock

- In a large pot heat oil and lightly saute garlic.
- Add kale and chicken stock.
- Cook covered for 12 minutes.
- Season with salt and pepper to taste.

WARM HIJIKI SEAWEED SALAD

1/2 cup hijiki seaweed
1 Tsp sesame oil
1/3 cup shredded carrots
1 Tsp tamari (soy sauce)
Juice of 1/2 lemon
1 Tsp sesame seeds

- Soak hijiki in bowl of cool water for 10 minutes.
- Heat sesame oil in a pan over medium heat, then add hijiki, carrots, and tamari.
- Saute for 3 minutes.
- Remove and squeeze on lemon juice.
- Sprinkle with sesame seeds.

TOFU / BEANS

PAN SEARED TOFU WITH SAUTEED VEGGIES

1 package of Extra Firm Tofu, drained well, cut into .5" thick slices
3 Tbsp tamari
1 Tbsp turmeric powder
3 Tbsp coconut oil
1-2 inches fresh ginger, minced
1 clove garlic, minced
Veggies of choice (carrots, cauliflower, mushrooms, zucchini, broccoli, greens)

- Place tofu slices in shallow bowl and cover with tamari and turmeric.
- Heat the oil in a large skillet until hot.
- Once you can hear a sizzle when placing tofu in oil, carefully place slices down in one level (making sure not to overlap or crowd pieces). Do 2 batches if necessary.
- Do not move tofu around while cooking. When you see a brown stripe on bottom of tofu, use a spatula to lift and flip to other side. It should lift off with no sticking.
- When both sides are cooked, set aside in bowl.
- Lower heat, add the ginger and garlic and cook for about 1 minute until fragrant.
- Add veggies of choice and cook, stirring, until all are tender. Add greens last.
- Turn off heat and mix tofu back into pan.

TURMERIC SAUTEED VEGGIES AND ADZUKI BEANS

1 Tbsp coconut oil
2 cups cauliflower chopped
1 zucchini cubed
1 tsp turmeric powder
1 can adzuki beans (or black beans)
2 cups greens (kale, collards, etc), cut in thin ribbons

- Heat coconut oil in wide pan.
- Add cauliflower and cook 4-5 minutes, stirring.
- Add zucchini and turmeric and cook until veggies soften and brown, about 5 minutes.
- Stir in beans and cook another 2-3 minutes.
- Add greens and cook another 2 minutes until wilting.
- Season with salt and pepper.
- Can serve over rice or quinoa

FISH

SIMPLE BAKED SALMON WITH HERBS + LEMON

4 salmon fillets – about 6 ounces each

2 Tbs olive oil

Salt + Pepper

2 garlic cloves, minces

1/4 tsp each dried thyme, parsley, oregano, and basil (or 1Tbs herb blend)

1 medium lemon

- Preheat oven to 400 F. Grease a large baking pan. Arrange salmon fillets and season generously with salt and pepper.
- Stir olive oil, garlic, herbs, and juice of 1/2 lemon. Spoon over salmon fillets. Thinly slice remaining 1/2 of lemon and top each piece of salmon with a slice of lemon.
- Bake for 12-15 minutes until salmon is opaque and flaky when pulled apart with a fork. You can broil the last 1-2 minutes if desired.
- Garnish with fresh thyme or parsley if desired and serve.

BAKED SESAME CRUSTED SALMON

1/2 cup sesame seeds (can mix black + white or use either)

4 filets salmon, each about 1/4 lb

Salt and pepper

2 Tbsp coconut oil, melted

- Combine white and black sesame seeds and spread evenly on a plate. Place salmon in the sesame seeds to coat both sides evenly. Sprinkle with salt and pepper
- Preheat oven to 425 F. Place shelf about 8" from the broiler at the top of the oven.
- Place salmon in baking dish. Drizzle top with oil.
- Bake for 10 minutes, then turn broiler on high – broil for 3 minutes until the top is a bit golden. Remove from oven, rest 3 minutes.
- Can serve with brown rice or quinoa and sautéed vegetables.

FISH IN PARCHMENT WITH THYME & GREEN OLIVE

1 fillet of fish – salmon, cod, halibut (preferably wild caught)

Salt and pepper

1 Tbsp olive oil or coconut oil

1 clove garlic, minced

Juice of 1 small lemon

1 sprig of thyme

2-3 jumbo green olives, pitted

- Preheat oven to 400°F.
- Heat oil in a small pan, saute garlic for about 10-15 seconds until fragrant. Set aside.
- Place individual fillets on their own sheet of paper (approx 15" x 15")
- Sprinkle with salt and pepper. Top with garlic, lemon, thyme and green olives.
- Roll the parchment paper inward on each side, creating a sealed "pouch" for the fish.
- Place on baking sheet and bake for about 15 mins, adjust time according to thickness.
- Open the parchment with caution, as there will be hot steam inside.

CHICKEN

EASY BAKED CHICKEN BREAST

1 pound chicken breast

1/2 cup salt

1 cup chicken broth

salt + pepper

- Brine chicken: place chicken in a large bowl, cover with water and salt. Let sit for 30-90 minutes. Then drain, rinse, and pat dry.
- Preheat oven to 425 F.
- Place chicken in a baking dish and pour broth over the chicken.
- Cover with aluminum foil tightly and bake 18-22 minutes depending on thickness, or until chicken has reached the temperature of 165° F.
- Remove from the oven, let rest in the pan for 5 minutes

HERB BAKED BONE-IN CHICKEN BREAST

4 bone-in, skin-on chicken breasts

1/2 cup salt

2 Tbsp olive oil

1 Tbsp powdered garlic

1 tsp each dried parsley, basil, oregano, thyme

Salt + pepper

Lemon or lime

- Brine chicken: place chicken in a large bowl, cover with water and 1/2 cup salt. Let sit for 30-90 minutes. Then drain, rinse, and pat dry.
- Preheat oven to 400F.
- Rub chicken breasts with olive oil and garlic, then sprinkle with dry herbs, salt, pepper.
- Arrange in large baking dish.
- Bake for around 45 minutes, until the tops are browned and the internal temperature has reached 165F.
- Remove from the oven, let rest in the pan for 5 minutes
- Squeeze some lemon or lime juice on the chicken before eating to make it brighter and more flavorful.

CHICKEN

PAN-SEARED CHICKEN WITH HERBS, OLIVES, ARTICHOKE + GREENS

1-2 pounds chicken breast

1/4 cup salt

2 Tbs olive oil

2-3 cloves garlic, chopped

Salt + pepper

1/2 cup each green olives and artichoke hearts, cut in half

1 tsp each fresh rosemary, oregano and thyme (or 1/2 tsp dried)

2 tsp tamari or coconut aminos

2/3 cup chicken broth (or 1 cup if not using wine)

1/4 cup white wine (optional - if omitting use more broth + 1 Tbsp lemon)

2-3 cups swiss chard, or other greens, rough chopped

- Brine chicken: place chicken in a large bowl, cover with water and salt. Let sit for 30-90 minutes. Then drain, rinse, and pat dry.
- Heat oil in a large skillet and add chicken, cook about 5-10 minutes each side depending on cut & thickness.
- As chicken is cooking, add salt, pepper, garlic, herbs, olives and artichoke to pan.
- Add tamari/aminos, wine/lemon, and broth, scraping bottom of pan.
- Simmer 5 minutes, spooning sauce over chicken until cooked through and the internal temperature has reached 165F.
- In last 1-2 minutes of cooking, heap greens over chicken and cover pan.
- Let sit 5 minutes, stir, and serve.

WINTER SQUASH AND CHICKEN STEW

2 Tbsp coconut or olive oil

1 medium onion, minced

3 cloves garlic, minced

2 pounds chicken leg or bone-in breast (or combo)

1 small winter squash, peeled, seeded, and cut into 3/4-inch cubes

2 Tbsp tamari or coconut aminos

1-inch knob of ginger, peeled and minced

1/2 tsp each garlic powder, cinnamon, turmeric and cumin

3 cups chicken broth

Salt + pepper

Fresh cilantro or parsley, chopped, for garnish

- In a large pot, heat the oil over medium heat. Add onion & garlic and cook until soft.
- Add chicken and cook until browned, about 3-4 minutes.
- Add squash, tamari/aminos, ginger, spices, broth, salt and pepper. Stir to combine.
- Turn heat to low and cook covered 25-30 minutes, or until the squash is tender and chicken cooked through and the internal temperature has reached 165F.
- If needed, add additional broth to keep covered
- Remove from the oven, let rest in the pan for 5 minutes
- Garnish with the cilantro or parsley

BEEF

SLOW COOKER SHORT RIBS

2 cups low sodium beef broth
1/2 tsp each dried oregano, thyme, rosemary and tarragon
2 bay leaves
3 pounds bone-in beef short ribs
Salt and freshly ground pepper, to taste
2 tablespoons olive oil
2 small yellow onions, thinly sliced
5 carrots, chopped
4 celery, chopped
4 cloves garlic, minced
2 cups dry red wine (optional - if omitting use 2 more cups broth + 1 Tbsp lemon juice)

- Set slow cooker to LOW for 8 to 10 hours, or on HIGH for 6 to 8 hours.
- Add beef broth to slow cooker with oregano, thyme, rosemary, tarragon and bay leaves.
- Season short ribs with salt and pepper.
- Heat olive oil in a large skillet and brown beef on all sides. You may have to do this in batches, depending on the size of your skillet.
- Carefully transfer to slow cooker.
- In same skillet, saute onions for 3 minutes. Stir in carrots, celery and garlic for 2 minutes.
- Add wine and scrape up all the browned bits from the bottom of the skillet. Pour the sauce over the short ribs.
- Cover and cook on LOW for 8 to 10 hours, or on HIGH for 6 to 8 hours.
- When ready, discard bay leaves and spoon some of the oily fat off the top.

If you don't have a slow cooker, simply make this in a large soup pot on the stovetop, starting with browning meat, then sauteeing veggies, and then adding stock, etc. Cook on a rolling simmer for 45-50 minutes until meat falling from bone.

SWEETS

BLACK BEAN BROWNIES

1 can (15 oz.) black beans, drained and rinsed
3 eggs or 3 flax eggs (2 Tbsp flaxseed meal + 5 Tbsp water)
2 Tbsp coconut oil
2 Tbsp coconut butter
1/2 heaping cup unsweetened raw cacao powder
1/2 cup pure maple syrup
1 tsp baking powder
1 tsp baking soda
2 tsp vanilla extract
1/4 tsp salt

- Preheat oven to 350 degrees F.
- Make flax egg in a small bowl by combining the flax-seed meal and water, mix well. Place in refrigerator for at 5 – 7 minutes to set.
- Grease inside of brownie pan with coconut oil.
- Combine all ingredients in a food processor/blender and blend until smooth. The batter should be about the consistency of pudding.
- Pour into pan and bake on middle rack for 22 – 25 minutes until a toothpick comes out clean.
- Let cool about 15 – 20 minutes.

SAUTEED APPLES AND COCONUT BUTTER

1 large apple, peeled and sliced into 1/4-1/2 inch segments (can also use pear)
2 Tbsp coconut oil
2 tsp ground cinnamon
1/4 tsp sea salt
3 Tbsp coconut butter melted
2-3 Tbsp walnuts (optional)

- Melt 1 Tbsp of the coconut oil in a skillet.
- Once heated, add the apples and cook for one minute.
- Sprinkle the salt evenly over the top and flip pieces, continue to cook until softened and starting to brown, about 3 minutes, adding more oil if needed.
- Lower the heat and stir in cinnamon.
- Melt coconut butter in microwave or stovetop and drizzle over apples.
- Top with walnuts if desired.

SWEETS

SPICED BAKED PEARS

- Cut a pear lengthwise, place cut side up in a baking dish.
- Sprinkle with cinnamon, ginger powder and a pinch of nutmeg.
- Bake at 350 F for 20-30 minutes, until the pears are tender.
- For a yummy crunch, toast some almonds or walnuts dry in a pan.
- Optional drizzle with 1 tsp maple syrup.

BLACK TAHINI ENERGY BALLS

1/2 cup black tahini
6-8 black figs (or brown figs/pitted dates)
1/2 cup walnuts
2 Tbsp coconut oil
1 tsp cinnamon
1/2 tsp cardamom
2 Tbsp maple syrup or honey (or 1-2 dates)
Pinch sea salt
1/3 cup chia seeds

- Blend tahini, figs/dates, walnuts, coconut oil & salt in a food processor, and press into small balls.
- Put chia seeds in a bowl and roll balls to cover.
- Place in fridge to firm.
- Store in a container in the fridge for 1 week.

COCONUT OIL CHOCOLATE BARK

1/2 cup coconut oil
1/2 cup raw cacao powder
3 Tbsp honey or maple syrup
1/2 teaspoon vanilla extract (optional)
Add-ins: coconut flakes, pumpkin seeds, chopped nuts, goji berries, candied ginger

Gently melt coconut oil in a saucepan over low heat. Stir cocoa powder, sweetener, and vanilla extract until well blended. Pour mixture onto baking sheet covered with parchment paper and sprinkle with additions. Refrigerate until chilled, about 1 hour, and then gently break apart with a knife. Store in container in fridge.