
THRIVE WITH PCOS

by Jennifer Roelands, MD



CONTENTS

- 
- 1 PCOS basics
 - 2 Know your numbers
 - 3 Food is medicine
 - 4 Guidelines
 - 9 Build a balanced plate
 - 15 Road map for PCOS treatment
 - 16 PCOS 4 week meal plan

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PCOS Basics

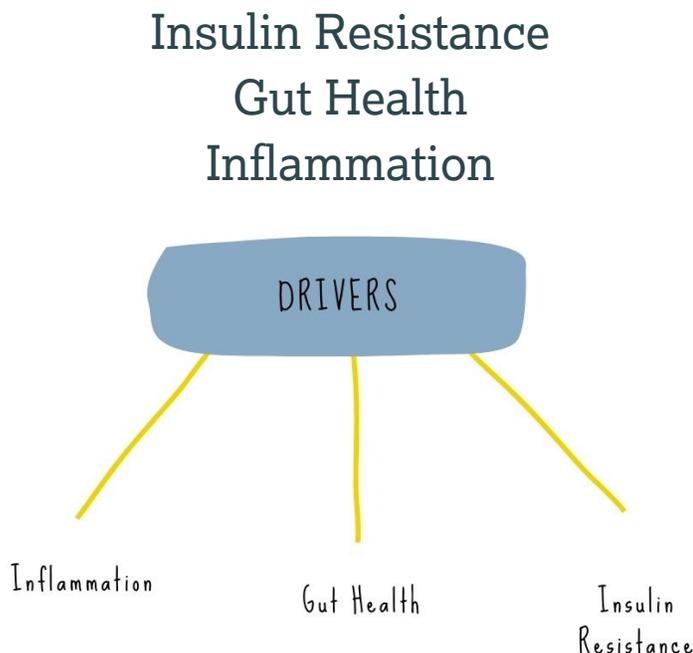
Polycystic Ovary Syndrome (PCOS) is one of the most common endocrine system disorders affecting women. According to the U.S. Department of Health and Human Services, PCOS affects about 1 in 10 women of childbearing age.

At the basic level, the cause of PCOS is a problem with aromatization. Women make estrogens from androgens. The enzyme aromatase converts the testosterone to estrogen. And if there is dysfunction in the enzyme and receptors this results in low estrogen which encourages the body to make more testosterone.

The symptoms of PCOS are a result of hormone imbalances, such as insulin resistance and overproduction of androgen (male) hormones. While both men and women make androgen hormones, higher than normal levels of androgen hormones in women disrupt the signals in the brain that result in ovulation causing anovulatory cycles, enlarged follicles, and excess hair and acne

Cause of PCOS Symptoms

To treat the symptoms of PCOS, you must look at what is causing them. What are the drivers of the symptoms? These can be broken down into three categories.



KNOW YOUR NUMBERS

Get tested for the cause:

- ✓ Insulin Resistance: fasting glucose, HbA1C, fasting insulin.
- ✓ Inflammation: CRP, toxins, heavy metals, nutrient deficiencies.
- ✓ Gut Health: food sensitivities, gene testing.

Advanced Hormone Testing:

Dried Urine Test: Looks at the above hormones as well as their metabolites (how the hormones are broken down). MY favorite is the DUTCH Complete Test. It includes:

- Progesterone & progesterone metabolites
- Estrogen & estrogen metabolites
- Androgens & androgen metabolites
- Cortisol & cortisol metabolites
- Cortisone
- Creatinine
- DHEA-S
- Melatonin
- Neurotransmitter organic acids for dopamine and norepinephrine/epinephrine
- Nutritional organic acids for B12, B6, and glutathione

Gene Testing: 3 x 4 genetic testing

Understand your genes so you can live a longer, healthier and better life.

THE JOURNEY TO TAKING CONTROL OF YOUR HEALTH BEGINS WITH UNDERSTANDING YOUR BODY. GENETIC TESTING EMPOWERS YOU TO DO THAT.

Your genes don't work in isolation – they work with each other and the body's environment. What we eat, how we move, our stress levels and our emotional lives affect how our genes behave. Understanding our individual genetic blueprint can guide us to make health choices that help us to live happier, longer and better.

PERSONALIZED ACTIONABLE HEALTH RECOMMENDATIONS



FOOD IS MEDICINE

What To Eat

Before we dive into eating with PCOS, it's essential to understand; this is NOT a diet. In this workshop, I want to help you ditch the diet mindset.

Instead, we will focus on the best foods for PCOS and how you can find the right nutrition plan for you.

We will not be calculating macros or counting calories either! That is not sustainable for PCOS (remember you are in this for the long haul).

We will focus on eating food that works for your body.

There is no one size fits all diet approach to PCOS. Women have different metabolisms, genes, gut microbiomes, degrees of insulin resistance and inflammation, lifestyles, food preferences. So how can there be ONE perfect diet? You'll need to find what works best for YOU!

GENERAL GUIDELINES



Whole Organic Food

Raw ingredients, they include grains, legumes, fruits, vegetables, nuts, and seeds. Pesticides and chemicals put on the food while they are being grown can disrupt your hormones, they are called endocrine-disrupting chemicals. The easiest best way to get organic is to buy local or GROW YOUR OWN!



Clean Proteins

Favor lean protein rather than protein that is high in saturated fat such as cured meats and poor-quality cuts of red meat. If you desire to add in a little red meat, purchase pasture-raised and grass-fed. Healthy lean proteins...Low Mercury Wild-caught seafood: Salmon, cod, sardines, shrimp, crab and clams



Healthy Fats

Not all fats are created equal. Understanding the difference between saturated fat vs trans-fat vs mono-unsaturated fats is important to making the right food choices. Diets high in animal proteins are associated with anovulation (not ovulating) and should be avoided. Instead focus on healthy, plant-based fats such as avocado, coconut, and flaxseeds/chia/nuts.



Get Enough Fiber

A high fiber diet is exceedingly beneficial to women with insulin resistant PCOS as a high-fiber diet has shown to reduce insulin levels.

The USDA's recommendation for fiber is 25 grams per day. But it is better to aim for 35 to 40 grams. Not only are high fiber foods helpful in controlling blood sugar, but many fiber-rich foods such as legumes, beans, and grains also contain inositol (a PCOS supportive nutrient.)

GENERAL GUIDELINES



Avoid Sugary Beverages

As comforting (and tasty!) as it is, sugar is a disaster for PCOS – even if you don't have predominantly insulin resistance type of PCOS.

Sugar has a massive effect on the hormone insulin, which regulates blood sugar levels in the body. You want your blood sugar to remain steady during the day and not erratic.



Avoid Refined Carbs

General Guidelines

WHOLE, ORGANIC FOOD

Whole foods that are not full of pesticides and chemicals are the healthiest choice. Whole foods mean literally raw ingredients, they include grains, legumes, fruits, vegetables, nuts, and seeds. Pesticides and chemicals put on the food while they are being grown can disrupt your hormones, they are called endocrine-disrupting chemicals. The easiest best way to get organic is to buy local or GROW YOUR OWN!

CLEAN AND LEAN PROTEINS

Favor lean protein rather than protein that is high in saturated fat such as cured meats and poor-quality cuts of red meat. If you desire to add in a little red meat, purchase pasture-raised and grass-fed.

Healthy lean proteins...

- Low Mercury Wild-caught seafood: Salmon, cod, sardines, shrimp, crab and clams

FIBER

A high fiber diet is exceedingly beneficial to women with insulin resistant PCOS as a high-fiber diet has shown to reduce insulin levels.

For women, the USDA's recommendation for fiber is 25 grams per day. But it is better to aim for 35 to 40 grams. Not only are high fiber foods helpful in controlling blood sugar, but many fiber-rich foods such as legumes, beans, and grains also contain inositol (a PCOS supportive nutrient.)

Foods high in fiber...

- Berries such as blueberries, raspberries and blackberries Seeds such as chia, flax and pumpkin
- Legumes and beans such as black beans, chickpeas and lentils Pseudo grains such as quinoa and buckwheat
- Gluten-free grains such as whole oats

General Guidelines

HEALTHY FATS

Not all fats are created equal. Understanding the difference between saturated fat vs trans-fat vs mono-unsaturated fats is important to making the right food choices. Diets high in animal proteins are associated with anovulation (not ovulating) and should be avoided. Instead focus on healthy, plant-based fats such as avocado, coconut, and Flaxseeds/chia/nuts.

15 to 30 grams of healthy fats daily aids in the stabilization and production of stress hormones, cortisol, and adrenaline. We need fat to absorb fat-soluble vitamins such as A, D, K, and E which are important for our health and especially cycle regulation. If you have PCOS, then this is extremely important to get the right fats to improve your fertility.

Healthy fats help you make hormones and aid in balancing a healthy inflammatory reaction.

Foods with healthy fats...

- Coconut, olive, hemp and flax seed oils
- Nut butter (sugar-free)
- Raw seeds and nuts
- Salmon, sardines and spirulina
- Pasture-raised organic eggs
- Raw seeds and nuts

If you are going to eat fat in dairy, make sure it is full-fat dairy. Low-fat dairy often contains a ton of sugar and is worse for you than full fat. If you have an autoimmune issue, I often recommend eliminating dairy.

General Guidelines

A hallmark of PCOS is insulin resistance which means the body will not metabolize glucose efficiently into energy. As insulin resistance gets worse, cravings get worse as well for carbs and sweets. If you focus on low GI foods, then you will keep your blood sugars stable. High GI (glycemic index) foods will spike insulin levels, and blood glucose levels remain high. Examples of low GI foods include legumes, nuts, whole grains like bran, and low-starch vegetables.

Foods with the right carbs...

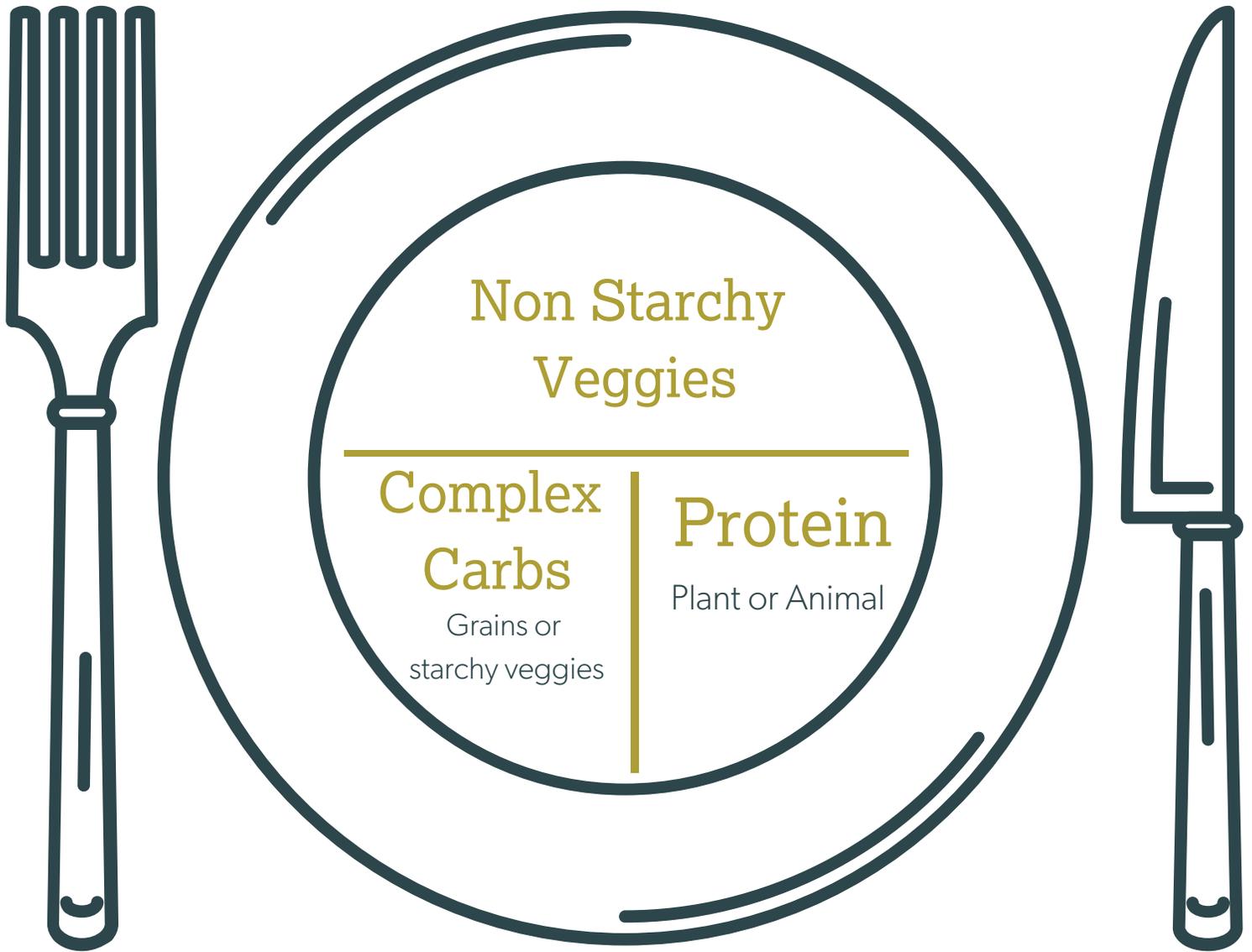
- Vegetables: Sweet potato, squash, carrots and parsnips
- Legumes and beans: Especially chickpeas and lentils which are high in inositol
- Gluten-free grains: Quinoa and buckwheat should be considered superfoods for women with PCOS!

WATER

It's so crazy how much we don't think about water intake. Adequate water is important for fertility. It helps make cervical mucus, so the environment is ready for fertilization. It can decrease inflammation

And help you maintain a healthy weight. It also gets rid of toxins in your body. The other thing that water does is gets rid of all the toxins in your body. You must be able to clear out all those excess toxins, especially estrogen. If you're estrogen dominant and you constantly are imbalanced, then you need to get rid of that extra estrogen. You need to think about hydration and the fact that whatever your weight is, you need to have half of your body weight in water. So, if you weigh 160 pounds, you need to have 80 ounces of water a day. And literally, it needs to be water.

Balanced Plate





4 Steps to a Balanced Plate

How you combine macronutrients (carbs, fats, and protein) is important to create a balanced plate. Here are the steps.

Step 1: Rainbow of Colors

1/2 plate should be non-starchy veggies. It should look like a rainbow of colors on your plate. Mix it up. Veggies provide minerals, vitamins, and phytonutrients that are good for your health.

- romaine
- spinach
- kale
- carrots
- celery
- tomatoes
- peppers
- frozen veggies are preferred over canned



4 Steps to a Balanced Plate

Step 2: Add Protein

1/4 plate should be lean protein, preferably organic or sustainably produced. Protein provides the building blocks for hormones like serotonin and dopamine that elevate your mood

- chicken (rotisserie or grilled)
- tofu
- tempeh
- fish
- turkey
- lean beef
- shrimp/lobster

Step 3: Add Healthy Fats

Fats are not bad. They are the building blocks for cells and hormones. Omega 3 fatty acids are the best for heart, hormone and brain health. Avoid trans and saturated fats.

- olive oil
- coconut oil
- nuts and nut butter
- seeds (can think about seed cycling)
- avocado oil
- MCT oil



4 Steps to a Balanced Plate

Step 4: Add Complex Carbs

1/4 plate should be starchy veggies. Complex carbs are slowly metabolized and won't spike blood sugar like refined carbs. They are minimally processed carbs (close to the real thing) and high in fiber.

- sweet potato
- brown rice
- steel cut oats
- whole fruit
- potatoes
- 100% whole grains
- lentils
- chickpeas
- legumes
- amaranth
- quinoa
- buckwheat
- barley

EAT FOODS THAT WORK FOR YOUR BODY

ANTI-INFLAMMATORY RICH FOODS

Because many women with PCOS experience inflammation, foods that balance a healthy inflammatory reaction are important as inflammation raises insulin levels, potentially making symptoms worse.

Foods high in antioxidants...

- Vegetables: Especially kale, spinach, beets and onions
- Fruit: low sugar fruit such as blueberries, strawberries, and lemons
- Herbs: Cilantro, oregano, basil and garlic
- Spices: Cinnamon, turmeric, cloves, and cacao powder

LOWER INSULIN RICH FOODS

Getting enough inositol in the diet is important for women because it exerts an insulin-sensitizing effect and reduces insulin levels in the blood. Inositol-rich foods include unrefined whole grains, beans, legumes, seeds and nuts.

If you've been restricting these foods, I encourage you to reintroduce them into your diet because studies show a diet rich in these foods can reduce insulin resistance and restore ovulatory cycles. If you have a hard time with these higher lectin foods, I suggest you soak, ferment or sprout them prior to eating to boost their digestibility.

NOURISH YOUR GUT FOODS

Did you know that your gut flora helps regulate hormone levels? The health of your gut has far-reaching effects. There is even research suggesting gut dysbiosis can trigger PCOS. I suggest adding 1-2 tbsp. of cultured foods to major meals – start slowly.

Cultured foods for gut health...

- Non-dairy yogurt with live cultures
- Cultured vegetables such as sauerkraut, beets, red cabbage, and
- Kimchi
- Fermented miso
- Tempeh
- Beet

EAT PCOS-FRIENDLY SNACKS BETWEEN MEALS IF YOU FEEL LOW

- ½ a green apple with one tablespoon almond butter and cinnamon ½ avocado with a dash of ACV and sea salt
- ½ cup cultured foods with 3 tablespoons hemp seeds
- 1 coconut milk with cinnamon and stevia
- 2 tablespoons of hummus and veggie sticks
- A green juice
- A protein smoothie
- Bone broth
- Canned salmon stuffed in ½ an avocado
- Chia pudding
- Coconut water with 2 tablespoons chia seeds
- Dairy-free yogurt with live cultures with hemp seeds and blueberries
- Dandelion coffee latte
- Deviled eggs
- Handful of raw seeds
- Kale chips

KICK UP THE SUPERFOODS

If you've been utilizing caffeine to get through the day, try boosting a smoothie with 1-2 of these superfoods for energy instead. You can also add superfoods to oats, soups, and salads. If you want a list of my favorite supplement companies, then go to my [favorites page](#) on my website.

- Dandelion greens
- Spirulina or chlorella powder
- Ashwagandha powder
- Cacao powder
- Maca root powder
- Chaga powder
- Green tea powder
- Hemp seeds
- Flax seeds
- Flax oil
- Turmeric root powder
- Cinnamon powder
- Ginger root

A Step-by-Step Guide

a roadmap for success

T

The right nutrition plan that works
for your body!

H

Habit changes

R

Reduce stress/toxins

I

Incorporate lifestyle changes

V

Celebrate victories

E

Empower others

Meal Plan Week 1

Recipes by Chef Kimber Dean, co owner/founder of Nourish Cafe and Market and author of Happy Food Cookbooks

Breakfast:

- Anti-Inflammatory Smoothie
- Knish

Snack:

- Lemon Garlic Hummus with vegetables or crackers of your choice
- Your favorite option from Dr. Jen's recommendations

Lunch:

- PCOS Bowl
- Spinach Salad with Lemon Honey Dijon Dressing

Dinner:

- Salmon and Roasted Veggies
- Meatball Pesto Bowl

Dessert:

- Strawberry Lemonade
Creamsicle



All recipes are free of gluten, dairy, soy, corn, processed sugar, peanuts, pork, hydrogenated oils, preservatives and artificial ingredients.

Week 1 Grocery List

- 36 ounces unsweetened cashew milk, or almond milk
- vanilla protein powder (I prefer Sunwarrior, Ora or Livwell)
- 2 ounces chia seeds
- 2 cup almonds, raw
- 1 ⅓ cups pepitas
- 5 tablespoons dijon mustard
- 3 tablespoons honey
- 2-4 ounces maple
- 1 cup breadcrumbs; I use bread I make from scratch
- ¾ cup salsa
- ½ cup kimchi
- Sauerkraut
- ¼ cup jalapeño slices
- ⅓ cup coconut aminos
- 1 cup raisins
- 1 cup quinoa, cooked
- 2 (16-ounce) can garbanzo beans
- 1 (16-ounce) black beans can
- 2 ounces almond butter
- 8 ounces tahini
- 32 ounces extra virgin olive oil
- 10 ounces avocado oil
- ⅓ cup ground cumin
- ground cinnamon
- ground turmeric
- ground ginger
- dried minced garlic
- ⅓ cup dried minced onion
- ground paprika
- dried oregano
- cayenne pepper
- dried parsley
- Sea salt
- Black pepper
- 6 avocados
- 4 bananas
- 9 cloves garlic
- 2 bunch parsley roughly chopped
- 8 cups sweet potatoes (around 2 lbs)
- 8 cups parsnip (around 6 parsnips)
- 1 bunch green curly kale
- 11 lemons
- 5 broccoli crowns
- 8 ounces fresh basil on the stems
- 4 cups spinach
- 1 red bell pepper
- ½ red onion
- 8 ounces cherry tomatoes
- 1 head cauliflower florets
- Vegetables or gluten free crackers for the hummus snack
- 4; 4 ounce salmon filets
- 1 ⅓ lbs ground beef, grass fed- grass finished if possible
- 1 egg
- 2/3 cup plain Coyo yogurt
- 1/2 cup unsweetened almond milk
- 1 lemon, juiced
- 4 strawberries, diced
- 2 tablespoons maple syrup

Menu Meal Prep for 1 Person

- 4x Anti-Inflammatory Smoothie
- 3x Knish
- 2x Lemon Garlic Hummus with vegetables or crackers
- Your favorite snack option from Dr. Jen's recommendations
- Quinoa balls
- 2x Steamed broccoli
- 4x Roasted sweet potatoes and parsnips
- Spinach Salad
- Lemon Honey Dijon Dressing
- 2x Roasted Salmon and Veggies
- Beef Meatballs
- Pesto
- Strawberry Lemonade Popsicles (optional)

Order To Do Meal Prep Most Efficiently

- 4x Roasted sweet potatoes and parsnips
- Quinoa balls
- Beef Meatballs
- 2x Roasted Salmon and Veggies
- 2x Steamed broccoli
- 2x Lemon Garlic Hummus
- Your favorite snack option from Dr. Jen's recommendations
- Lemon Honey Dijon Dressing
- Pesto
- Spinach Salad
- 3x Knish
- 4x Anti-Inflammatory Smoothie
- Strawberry Lemonade Popsicles (optional)

Equipment List

- Glass containers, non toxic containers or sandwich bags for smoothies.
- Glass containers, non toxic containers or gallon bags for meal items.
- High powered blender
- Measuring spoons
- Measuring cups for dry ingredients
- Measuring cups for wet ingredients
- Spatulas
- Whisk
- Cutting board
- Chef knife, or a good kitchen knife
- Pots and pans
- Cooking pans like cookie baking pans
- Mixing bowls
- Parchment paper
- Strainers
- Timers
- Citrus juicer
- Zester
- Steamer *optional
- 13x9" roasting pan
- ¾-1 oz cookie scoop
- Popsicle molds



Anti Inflammatory Smoothie

 16 oz smoothie  3 minutes

Grain Free | Vegan

ingredients

1 cup unsweetened cashew
or almond milk
1 banana, frozen
1 tablespoons almond butter
½ scoop plant based vanilla
protein powder
1-2 tablespoons maple syrup
1 tablespoon chia seeds
1 teaspoon ground cinnamon
¾ teaspoon ground turmeric
½ teaspoon ground ginger
1 scoop ice

instructions

1. Pour almond milk into the blender, add dry ingredients and frozen fruit. Put the lid on the blender, put the blender on the motor and blend.
2. Take the blender off the motor and wipe down the sides and bottom with a spatula. Put the lid back on the blender, put the blender back on the motor, and blend until smooth

*Prep Tip: Always prep your smoothies at the end of your meal prepping, while other items are cooking or cooling. These will last in your freezer for up to 6 months.

*Meal Prep: place all ingredients, except the liquid in an airtight container or ziploc bag. Keep your liquid in the refrigerator to use anytime you are going to make a smoothie.



Kale Hummus Bowl or Knish



1 serving



15 minutes

Grain Free | Vegan

instructions

ingredients

2 tablespoons olive oil
2 tablespoons water
2 cups kale, chopped
2 tablespoons jalapeño slices
1/4 cup Lemon Garlic
Hummus (pg 20)
1/3 avocado, diced
1/3 cup almonds, raw
1/4 cup salsa
1/8 cup kimchi

1. Place olive oil, water, kale and jalapeños in sauté pan while cold and turn to med-high heat. Sauté until kale is soft, about 5-8 minutes.
2. Add hummus to coat and cook until heated through, about 4 minutes.
3. Put into a bowl. Add avocado, almonds, salsa and kimchi. Eat warm.

Directions for Knish:

1. After sautéing the kale and jalapeños, add hummus. Spread the hummus so that all the kale is incorporated. Once the hummus begins to heat through, it is easier for the kale to incorporate. Then push the hummus and kale patty flat like a pancake and let each side get lightly browned, so the patty holds better. Top with avocado, almonds, salsa and kimchi

*Prep Tip: Cut the produce for this at the end of your meal prepping, while other items are cooking or cooling.



PCOS Bowl



1 serving



50 minutes (or 2 min if ingredients are already prepped)

Vegan

ingredients

3 quinoa balls (pg 21)
1 cup steamed broccoli (pg 23)
1-2 oz lemon garlic hummus (pg 20)
1 ½ cups cumin roasted parsnips and sweet potatoes (pg 22)
1 oz sauerkraut

instructions

1. Place all your prepared ingredients into an airtight container, however you would like.
2. Keep in the refrigerator for up to 5 days, or in the freezer for up to 2 months.
3. To reheat, use an oven, sauté in a pan or use a microwave.

*Prep Tip: Cut the produce for this at the end of your meal prepping, while other items are cooking or cooling.



Lemon Garlic Hummus



2 pints



10 minutes

Grain Free | Vegan

This recipe is super easy, delicious and creamy. Great as a dip, sandwich spread or to cook with.

ingredients

1 (16-ounce) can garbanzo beans
½ cup tahini
1 cup extra virgin olive oil
2 lemons, juiced and zested
2 tablespoons ground cumin
3 cloves garlic
2 ripe avocados, pitted
½ bunch parsley roughly chopped (optional)

instructions

1. Drain garbanzo beans; place beans in a food processor or blender.
2. Add tahini and pulse a few times.
3. Add extra virgin olive oil, lemon juice, lemon zest, cumin, garlic, avocado and parsley. Blend for one minute, then wipe down the sides. Blend well. Serve warm or cold, delicious!

*Prep Tip: Make hummus after you have all the other meal prep items are cooking.

This will last in your freezer for up to 6 months.



Quinoa Balls

 12 balls

 25 minutes

Vegan

ingredients

1 (16-ounce) black beans can
drained, rinsed
¼ cup coconut aminos
1 cup quinoa, cooked
1 tablespoon dried minced garlic
1 tablespoon dried minced onion
3 tablespoons Lemon Garlic
Hummus (pg 20)
1 teaspoon ground paprika
¾ teaspoon dried oregano
½ teaspoon cayenne pepper
1 teaspoon dried parsley

instructions

1. Preheat the oven to 400 and grease the parchment paper on a sheet pan.
2. In a high powered blender or food processor blend black beans and coconut aminos until smooth. Pour into a large mixing bowl.
3. Add remaining prepared ingredients to bean paste and mix well.
4. Form into $\frac{3}{4}$ -1 ounce balls (I use a hand scoop), squeezing them tightly together.
5. Bake for 18-24 minutes. Serve warm on top of pasta, with roasted veggies or any other dish.

*Prep Tip: Make quinoa first thing for your meal prep list so that you can be meal prepping other items while the quinoa cooks. Once the quinoa is done cooking, make it a priority to make the quinoa ball dough, and scoop them onto a tray whether you're going to bake them off right away for your meal prep, or freeze them for later.

*How to freeze Quinoa Balls: Scoop balls onto a tray close together, but not touching. When you are done scooping the balls, wrap the sheet tray and freeze. Once the balls have become frozen, you can take them off the tray and store them in an airtight container or bag. These will last in your freezer for up to 6 months.



Roasted Cumin Sweet Potatoes and Parsnips



4 cups



45 minutes

Grain Free | Vegan

ingredients

2 cups sweet potatoes,
peeled and cubed
2 cups parsnip, cubed
1/4 cup avocado oil
1 tablespoon cumin
1 tablespoon salt
1/2 teaspoon pepper

instructions

1. Preheat the oven to 350.
2. Place sweet potatoes, parsnips, avocado oil, and seasonings in a mixing bowl and mix, making sure vegetables are evenly coated.
3. Place the seasoned sweet potatoes on parchment paper and roast until golden brown. About 30-45 minutes depending on the size of your cubed sweet potatoes.

*Prep Tip: Bake these towards the beginning of your meal prepping so they have time to cool before you package them.



Steamed Broccoli

 4 cups

 15 minutes

Grain Free | Vegan

ingredients

2 broccoli crowns

instructions

1. If you have a steamer, put water in it and heat up while preparing the broccoli. *if you don't have a steamer, you can bring a pot of water to a boil to blanch your broccoli instead of steaming it.
2. Cut the broccoli crown so that you have bite sized florets cut from the stem. *save the stems for vegetable stock, compost or discard.
3. Once your steamer is hot and ready, add the broccoli, cover and steam for 4-6 minutes.
4. When the timer has gone off, remove the broccoli florets from the steamer. Enjoy hot right away, or place in an airtight container in the refrigerator once it has cooled

*Prep Tip: Steam these towards the beginning of your meal prepping so they have time to cool before you package them.



Spinach Salad



4 Salads



15 minutes

Paleo | Grain Free | Vegan

ingredients

4 cups spinach
1 red bell pepper, diced
½ red onion, chopped
8 ounces cherry tomatoes
1 cup broccoli crowns
1 cup cauliflower florets
1 avocado, diced
1 cup raw almonds
1 cup raisins
1 cup Lemon Honey Dijon
Dressing (pg 25)
* I throw diced jalapeños in
sometimes for added spice

instructions

1. Place all ingredients into a large mixing bowl, except the dressing, and toss.
2. Stir in dressing until all ingredients are covered with dressing, serve in serving bowls.

*Prep Tip: Make the Lemon Honey Dijon Dressing while things are cooking or cooling.
Prep the produce at the end of the meal prep while everything is cooling.



Lemon Honey Dijon Dressing

 1 pint

 10 minutes

Paleo | Grain Free

ingredients

3 cloves garlic, minced
1 lemon juiced, zested
5 tablespoons dijon mustard
3 tablespoons honey
1 1/2 cups extra virgin olive oil
1/4 teaspoon black pepper
1/4 tsp sea salt

instructions

1. Place all prepped ingredients into a mason jar. Shake well for 2-3 minutes. Use for salad dressing, over meats as a marinade and for pasta salads.

*Prep Tip: Make the Lemon Honey Dijon Dressing while things are cooking or cooling.
This will last in your freezer for up to 6 months.



Roasted Citrus Salmon with Veggies



2 servings



22 minutes

Paleo | Grain Free

ingredients

- 2 (4 oz) salmon filets
- 2 cups cauliflower florets
- 2 cups broccoli florets
- 2 tablespoons avocado oil
- 2 pinches sea salt
- 2 pinches black pepper
- 1 lemon, juiced

instructions

1. Preheat the oven to 400. Grease a sheet pan.
2. Place salmon, cauliflower and broccoli spread out on the sheet pan.
3. Drizzle them all with avocado oil, sea salt, pepper and lemon.
4. Bake for 13-19 minutes, until cooked through.

*Prep Tip: Cook this towards the beginning of your meal prepping, so it has time to cool before packaging.



Meatball, Roasted Veggie, Pesto Bowl



1 Bowl



50 minutes (or 2 min if ingredients are already prepped)

ingredients

3 beef meatballs (page 28)
2 oz pesto (pg 29)
3 cups cumin roasted parsnips
and
sweet potatoes (pg 22)
½ avocado, sliced
1 oz sauerkraut

instructions

1. Place all your prepared ingredients into an airtight container, however you would like.
2. Keep in the refrigerator for up to 5 days, or in the freezer for up to 2 months.
3. To reheat, use an oven, saute in a pan or use a microwave

*Prep Tip: Cook towards the beginning of your meal prepping so they have time to cool before packaging.

*How to freeze Meatballs: Scoop meatballs onto a tray close together, but not touching. When you are done scooping the meatballs, wrap the sheet tray and freeze. Once the meatballs have become frozen, you can take them off the tray and store them in an airtight container or bag. These will last in your freezer for up to 6 months.



Beef Meatballs



3 dozen
meatballs



35 minutes

ingredients

1 cup breadcrumbs; I use bread I make from scratch
¼ cup dry minced onion
2 teaspoons dry minced garlic
¼ teaspoon cumin
1 teaspoon sea salt
½ teaspoon black pepper
½ cup unsweetened almond milk
1 teaspoon coconut aminos
1 ⅓ lbs ground beef, I use Covered L
1 egg

instructions

1. Add all ingredients to a large mixing bowl and mix until all ingredients are incorporated.
2. Spray a sheet pan to grease, and roll the meat into 1 inch balls, and place on a baking sheet.
3. Cover your sheet with plastic wrap and refrigerate the meatballs for about an hour.
4. Heat the oven to 400 degrees
5. Bake the meatballs for about 20 minutes, or until cooked through.

*Prep Tip: Cook towards the beginning of your meal prepping so they have time to cool before packaging.

*How to freeze Meatballs: Scoop meatballs onto a tray close together, but not touching. When you are done scooping the meatballs, wrap the sheet tray and freeze. Once the meatballs have become frozen, you can take them off the tray and store them in an airtight container or bag. These will last in your freezer for up to 6 months.



Pesto



2 servings



18 minutes

Paleo | Grain Free | Vegan

ingredients

8 ounces fresh basil on the stems
1 bunch parsley
1⅓ cups pepitas (dry measuring cup)
1⅓ cups extra virgin olive oil
⅔ cup lemon juice
7 garlic cloves
1½ teaspoon sea salt

instructions

1. Pick all the leaves off the stems. Place leaves in high powered blender or food processor.
2. Place the rest of the ingredients into the blender. Blend all ingredients in food processor until smooth.

*Pesto can keep in an airtight container in the refrigerator for up to two weeks or in the freezer for up to 6 months.

*Prep Tip: Make this after every item that needs to be cooked has been made.

This will last in your freezer for up to 6 months.



Strawberry Lemonade Creamsicle



4 popsicles



10 min prep, 4 hours in the freezer

Paleo | Grain Free | Vegan

ingredients

2/3 cup plain Coyo yogurt
1/2 cup unsweetened almond milk
1 lemon, juiced
4 strawberries, diced
2 tablespoons maple syrup

instructions

1. Grease popsicle molds with pan spray.
2. Mix all ingredients together in a bowl with a spatula.
3. Spoon into mold, place a popsicle stick in it. Freeze for at least 4 hours before enjoying it

*You may need to run hot water over each popsicle mold to get them out a little easier.

Prep Tip: This has just the right sweetness and tartness. If it's a little hard when it first comes out of the freezer, don't worry it softens pretty nicely while you're eating it. If you want it a little sweeter add some more maple to it. These will last in your freezer for up to 2 months in a standard popsicle mold.

Meal Plan Week 2

Recipes by Chef Kimber Dean, co owner/founder of Nourish Cafe and Market and author of Happy Food Cookbooks

Breakfast:

- Anti-Inflammatory Muffins
- Almond Butter Yum

Snack:

- Chicken Bone Broth
- Your favorite option from Dr. Jen's recommendations

Lunch:

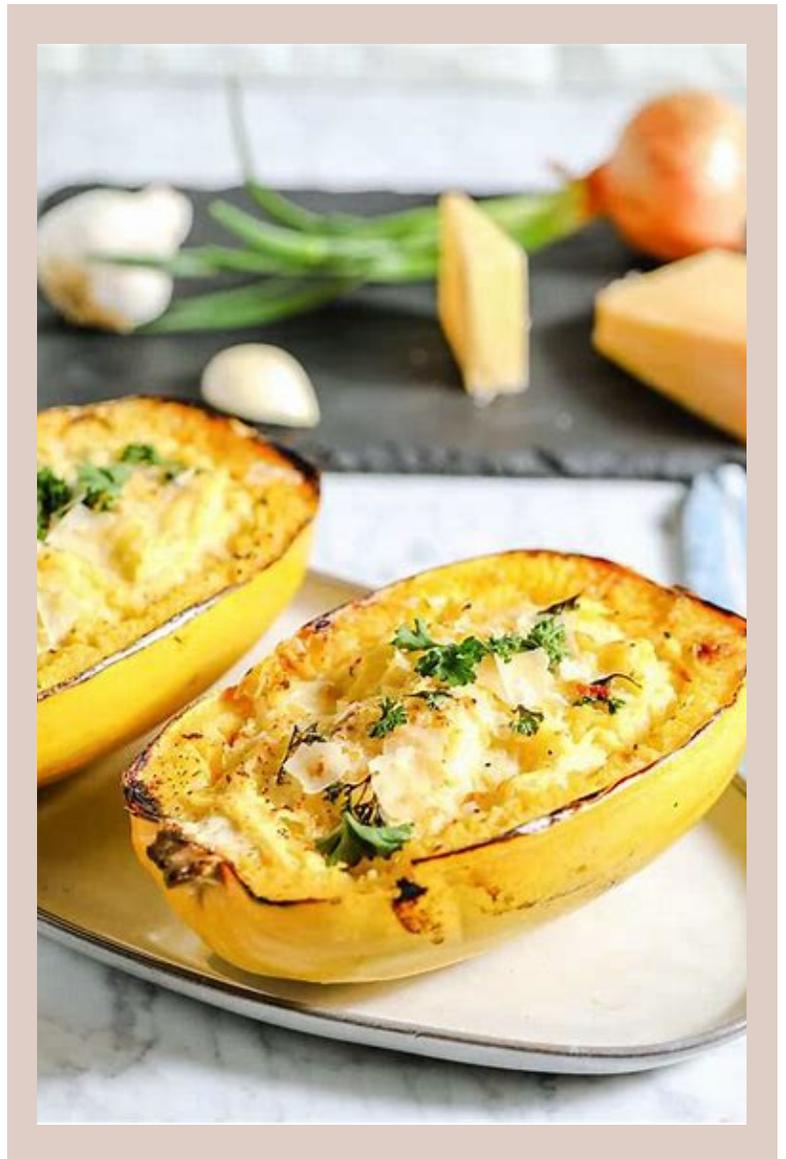
- Caesar Bowl
- Shrimp Cabbage Rolls

Dinner:

- Alfredo Spaghetti Squash
- Feta Roasted Carrots, Zucchini and Shrimp

Dessert:

- Almond Butter Tart



All recipes are free of gluten, dairy, soy, corn, processed sugar, peanuts, pork, hydrogenated oils, preservatives and artificial ingredients.

Week 2 Grocery List

- 4 oz almond butter
- coconut sugar
- 12 oz maple syrup
- 3 oz honey
- vanilla extract
- 1 cup coconut flour
- $\frac{3}{4}$ cup arrowroot starch
- $\frac{1}{2}$ cup cacao powder
- $\frac{1}{4}$ cup maca powder
- 1 $\frac{1}{4}$ cup nutritional yeast
- cinnamon, ground
- ginger, ground
- turmeric, ground
- baking powder
- guar gum
- sea salt, fine
- cumin, ground
- black pepper
- garlic powder
- 2 oz apple cider vinegar
- 2 tablespoons capers
- 3 oz dijon mustard
- 4 oz walnut oil (or avocado oil)
- 8 oz olive oil
- 4 oz avocado oil
- 1 cup coconut water
- 32 oz unsweetened almond milk
- 1 cup crumbled feta cheese (goat feta or vegan feta)
- 2 eggs
- $\frac{1}{2}$ bunch cilantro
- 6-8 large cabbage leaves
- 1 cup diced jalapeños (~2 jalapenos)
- 9 large tomatoes
- 3 zucchini
- 1 large red onion
- 1 large lime
- 1 large spaghetti squash
- 4 large beets
- 4 bananas
- 2 apples
- 7 avocado
- 2 carrots
- 1 onion
- 3 celery stalks
- 1 bunch green onions
- 5 lemons
- $1\frac{1}{3}$ cup lemon juice (~8 large lemons)
- 12 garlic cloves
- $\frac{1}{2}$ cup basil
- 2 lbs of chicken carcass, organs, bones, feet and/or back fat
- 40 ounces medium shrimp cleaned, deveined
- 2 cup red quinoa
- 1 cup raisins
- 5 cup cashew pieces
- 3 cans garbanzo beans
- 1 can black beans
- Almond Butter Tart Groceries (Optional)
- $2\frac{3}{4}$ cup raw cacao powder
- 1 cup brown rice flour
- $\frac{3}{4}$ cup arrowroot starch
- $\frac{1}{2}$ cup almond meal/flour
- 8 oz coconut oil
- 14 oz maple
- 6 oz creamy almond butter
- vanilla extract
- 2 tbs sea salt flakes
- 1 oz kimchi

Menu Meal Prep for 1 Person

- Anti-Inflammatory Muffins
- 4x Almond Butter Yum Smoothie
- Chicken Bone Broth
- Your favorite option from Dr. Jen's recommendations
- 2x Lemon Quinoa
- Roasted Chickpeas
- 2x Honey Roasted Beets
- Lemon Caesar Dressing
- Shrimp Cabbage Rolls
- 2x Alfredo Spaghetti Squash
- 2x Feta Roasted Carrots, Zucchini and Shrimp
- Almond Butter Tart

Order To Do Meal Prep Most Efficiently

- Chicken Bone Broth
- Alfredo Sauce
- Honey Roasted Beets
- Lemon Quinoa
- Spaghetti Squash
- Roasted Chickpeas
- Shrimp Cabbage Rolls
- Feta Roasted Carrots, Zucchini and Shrimp
- Your favorite snack option from Dr. Jen's recommendations
- Anti-Inflammatory Muffins
- Almond Butter Tart
- Lemon Caesar Dressing
- 4x Almond Butter Yum Smoothie

Equipment List

- Glass containers, non toxic containers or sandwich bags for smoothies.
- Glass containers, non toxic containers or gallon bags for meals items.
- High powered blender
- Measuring spoons
- Measuring cups for dry ingredients
- Measuring cups for wet ingredients
- Spatulas
- Whisk
- Cutting board
- Chef knife, or a good kitchen knife
- Pots and pans
- Stock pot
- Cooking pans like cookie baking pans
- Mixing bowls
- Parchment paper
- Strainers
- Timers
- Citrus juicer
- Zester
- Steamer *optional
- 13x9" roasting pan
- 2 oz cookie scoop
- Muffin tin
- Muffin liners



Anti Inflammatory Muffins



12 muffins



45 minutes

Grain Free

ingredients

1 cup coconut flour
¾ cup arrowroot starch
1 tablespoon cinnamon, ground
2 teaspoons ginger, ground
2 teaspoons turmeric, ground
3 tablespoons baking powder
1 teaspoon guar gum
1 teaspoon sea salt, fine
¾ cup avocado, mashed
½ cup walnut oil
½ c maple syrup
2 teaspoons vanilla extract
2 eggs
1 cup coconut water
Anti-Inflammatory Topping:
¼ cup coconut sugar
½ teaspoon cinnamon, ground
¼ teaspoon ginger, ground
⅛ teaspoon turmeric, ground

instructions

1. Preheat the oven to 350.
2. In a bowl add coconut flour, arrowroot starch cinnamon, ginger, turmeric, baking powder, guar gum, & salt, and set aside.
3. Mix all ingredients for anti-inflammatory topping together in a small clean bowl and set aside.
4. In a separate mixing bowl add avocado, walnut oil, maple syrup, and vanilla and mix well with whisk.
5. Add eggs to wet ingredients and whisk until incorporated.
6. Using a wooden spoon, slowly add dry ingredients to wet ingredients and mix slightly (about 8 strokes).
7. Slowly add coconut water. Mix just until incorporated, you want the batter still slightly lumpy.
8. Spoon 12, evenly measured out, dough into greased muffin tins.
9. Sprinkle muffins with anti-inflammatory topping.
10. Bake for 22-26 minutes or until the toothpick comes out clean.
11. Let cool for 5 minutes in the pan before putting muffins on a cooling rack. Cool completely before serving.

*Prep Tip: if you scoop the dough into the muffin tins with muffin liners, then freeze it. You can pull frozen muffins and bake them off in a muffin tin as needed each day.



Almond Butter Yum



1 smoothie



8 minutes

Grain Free | Vegan

ingredients

1 cup unsweetened almond milk
2-3 tablespoons maple
1 banana, frozen
2 tablespoons almond butter
2 tablespoons cacao powder
1 tablespoon maca powder
½ apple, frozen
½ avocado

instructions

1. Pour almond milk into the blender first, then dry ingredients, and frozen fruit. Put the lid on the blender, put the blender on the motor and blend.
2. Take the blender off the motor and wipe down the sides and bottom with a spatula. Put the lid back on the blender, put the blender back on the motor, and blend until smooth.

*Prep Tip: Always prep your smoothies at the end of your meal prepping, while other items are cooking or cooling. These will last in your freezer for up to 6 months.

For Meal Prep: place all ingredients, except the liquid in an airtight container or ziploc bag. Keep your liquid in the refrigerator to use anytime you are going to make a smoothie.



Chicken Bone Broth



4-6 qts



15 min prep time,

1-2 day cook time

Paleo

ingredients

2 carrots, cut in half
1 onions, quartered with skin on
3 celery stalks, cut in half
2 lbs of chicken feet and/or back fat
1/3 cup sea salt
1/4 cup apple cider vinegar
filtered water

Optional herbs:

1 teaspoon dried oregano
1 teaspoon dried parsley
1 teaspoon dried thyme
1 teaspoon dried parsley
1 teaspoon dried rosemary
1 teaspoon garlic powder

instructions

1. Preheat deck oven to 425.
2. Place all vegetables on a roasting pan and roast for 15 minutes.
3. In a large stock pot, add the roasted vegetables, chicken feet/back, sea salt, optional herbs and apple cider vinegar. Fill the pot to the top with filtered water, bring to a boil. Reduce to a very low simmer, top with a lid and continue to simmer for 12-24 hours. Every 6-8 hours add more water, to fill back up to the top of the pot.
4. After 12- 24 hours of simmering, strain the bone broth into an airtight container (or several if needed for storage space). Let cool completely in the refrigerator without a lid.
5. Once completely cooled, top with the lid. Store in the refrigerator for up to 2 weeks, or in the freezer for up to 6 months.

*Prep Tip: If you can cook this the day before you meal prep, and let it cool overnight, it makes it easier for packaging while you meal prep. These will last in your freezer for up to 6 months.



Caesar Quinoa Bowl

 1 bowl

 2 min prep with prepared ingredients

Vegan

ingredients

1 ½ cups lemon quinoa (pg 37)
1 cup roasted chickpeas (pg 38)
1 cup beets (pg 39)
1 oz kimchi
1-2 oz lemon caesar dressing
(pg 40)

instructions

1. Place the dressing in a 2 oz container.
2. Place all your prepared ingredients into an airtight container, however you would like.
3. Keep in the refrigerator for up to 5 days, or in the freezer for up to 2 months.
4. To reheat, use an oven, saute in a pan or use a microwave. Make sure to remove the lemon caesar dressing from the container before reheating.

*Prep Tip: If you can cook this the day before you meal prep, and let it cool overnight, it makes it easier for packaging while you meal prep. These will last in your freezer for up to 6 months.



Lemon Quinoa



4 servings



30 minutes

Vegan

ingredients

1 cup red quinoa
2 cups water
2 lemons juiced, zested
1-2 tablespoons maple syrup
2 tablespoons olive oil
Pinch of sea salt
1/2 cup raisins
1/2 cup cashew pieces
1/2 bunch green onions,
sliced

instructions

1. Bring water to a boil. Pour quinoa into the pot. Turn heat to simmer, cook for 20 minutes, or until quinoa is fully absorbed. Remove from heat, fluff with a fork and let sit, covered for 5 minutes.
2. Add lemon juice, zest, maple, olive oil and sea salt to quinoa and mix well. Add the raisins and cashews, mix well. Place in a serving bowl.
3. Sprinkle scallions on top of the salad to only heat them, if they mix in while it's warm it will cook them and make them shrivel.

*Prep Tip: Immediately start cooking your quinoa so it can cool while you are meal prepping, and you can season it at the end.



Roasted Garbanzo Beans



3 servings



30 minutes

Grain Free | Vegan

ingredients

3 cups boiled garbanzo beans
(~2 cans cooked beans)
2-3 teaspoons sea salt
1 tablespoon cumin, ground
1 teaspoon turmeric powder
½ teaspoon black pepper
2 tablespoons olive oil

instructions

1. Preheat the oven to 350.
2. Place all ingredients into a metal bowl and toss together until all the beans are evenly covered in the season.
3. Place parchment paper on a sheet pan. Pour seasoned beans on parchment paper and spread the beans in a single layer. Bake for 20-25 minutes.
4. Remove from the oven and let them cool.

*Prep Tip: If boiling your beans from dry, give yourself a couple hours to cook them.



Honey Roasted Beets



4 servings



50-70 minutes

Grain Free

ingredients

2 large beets
2 teaspoons honey
1 cup water

instructions

1. Preheat the oven to 375.
2. Clean, and peel whole beets.
3. Place whole beets in a roasting pan, and fill water $\frac{1}{4}$ of the way up the beets. Put 1 teaspoon honey on each beet and rub the honey all over the beets, using water to dilute honey if needed for even spreading.
4. Cover beets with parchment paper, then a lid or aluminum foil if you don't have a lid for your pan. Roast for 50-70 minutes, until a butter knife can pierce through the beets.
5. Let cool completely. Then dice for salads or whatever your heart desires.

Prep Tip: If you need the beets to cook faster you can cut them in half or in quarters for quicker cooking.



Lemon Caesar Dressing



3.5 qts



3 hours

Paleo | Grain Free | Vegan

ingredients

2 broccoli crowns
2 ½ cup cashews, raw
¾ cup nutritional yeast
1 ¼ cup lemon juice
2 tablespoons capers
5 garlic, cloves
¼ cup dijon mustard
2 teaspoons sea salt
1 ½ teaspoons black pepper
1 ¼ cup water, filtered
¾ cup extra virgin olive oil

instructions

1. Soaked cashews 2 hours-overnight. Drain and rinse before use.
2. Puree cashews, nutritional yeast, lemon juice, capers, garlic, dijon, sea salt, pepper, and water in a high powered blender.
3. Gradually drizzle in extra virgin olive oil to emulsify extra virgin olive oil.

Prep Tip: Soak the cashews overnight so the cashews are good and soaked before you meal prep.



Shrimp Cabbage Rolls



8-10 servings



30 minutes

Grain Free

ingredients

16 ounces medium shrimp
cleaned, deveined
3 large, diced tomatoes
1 large, diced red onion
1 large lime
1 can black beans drained,
rinsed
2 avocados, diced
1 can garbanzo beans drained,
rinse
1/2 bunch cilantro, chopped
1/2 teaspoon black pepper
1 tablespoon garlic powder
Pinch of sea salt
6-8 large cabbage leaves
1 cup diced jalapeños

instructions

1. Bring 2 quarts of water to a boil, add cleaned and deveined shrimp, and simmer for 8-10 minutes. Remove from heat, drain, and place cooked shrimp into a bowl of ice water to stop cooking and to chill.
2. While the shrimp is cooking, begin to prepare the vegetables. Take all other ingredients except the cabbage leaves and mix in a large bowl.
3. Chop cooked shrimp, add to salad mixture and mix well.
4. Open a cabbage leaf, spoon about 1/2 cup of the salad into it. Eat like a taco, wrap like a burrito, or roll into a wrap.

Prep Tip: You can leave the salad mixture in a container until you are ready to eat it on the cabbage leaves.



Spaghetti Squash with Cashew Alfredo



4 servings



Preparation Time: 2 hours 20 minutes minutes

Cook Time: 40-60 minutes

Paleo | Grain Free | Vegan

ingredients

- 1 ½ cups raw cashews, soaked
- 1 large spaghetti squash
- 2 tablespoons avocado oil
- 1 teaspoon sea salt
- 1 tablespoons lemon, juiced
- ⅓ cup nutritional yeast
- 5 cloves garlic
- 1 teaspoon dijon
- 1 teaspoon sea salt
- 1 cup water

instructions

1. Soak cashews for at least 2 hours, and no more than 24 hours. Drain water from cashews before using.
2. Discard water.
3. Preheat the oven to 400. Use a sheet pan and put parchment paper on it.
4. Cut ends off of the spaghetti squash. Stand squash horizontal, on the flat edge that you just cut, and cut squash in half. Scoop out the seeds and fibers like you would a pumpkin, and discard. Rub the insides of the squash with avocado oil and sea salt. Turn face down on parchment paper, and puncture the skin of the squash about 8-10 times, evenly spread out to help with cooking. Place in the oven and bake for 40-60 minutes, or until the top of the skin presses down easily. *Check out my youtube video to see how this step is done.
5. Place lemon juice, nutritional yeast, garlic cloves, dijon, sea salt, water in vitamix and blend very well, until there are no chunks and the sauce has a smooth consistency.
6. Once the squash has cooled to the touch, scoop squash noodles out of the skin into a large pan. Add alfredo sauce and turn heat on medium. Cook noodles in the sauce until warmed through, no more than 5-10 minutes. Enjoy!
7. Store sauce in airtight containers in the refrigerator for up to 1-2 weeks, or in the freezer for up to 4-6 months.

*Prep Tip: Make the Lemon Honey Dijon Dressing while things are cooking or cooling.

This will last in your freezer for up to 6 months.



Feta Roasted Tomatoes, Zucchini and Shrimp

 4 servings

 Preparation Time: 15 minutes
Cook Time: 40 minutes

Grain Free

ingredients

6 large tomatoes, cut into eight wedges
3 zucchini sliced into 1/4" rounds
3 tablespoons avocado oil
1 tablespoon honey
2 cloves garlic, minced
1 1/2 pounds shrimp; medium, peeled, deveined, cleaned
1/2 cup fresh basil, chopped
1 lemon, juiced
1 cup crumbled feta cheese; I use Goat cheese or vegan cheese to keep it dairy-free

instructions

1. Preheat the oven to 450.
2. Place tomatoes and zucchini in a 9x11 roasting dish. Mix avocado oil, honey and garlic together and drizzle over the tomatoes. Roast for 20 minutes.
3. Remove from the oven. Stir in shrimp, basil and lemon juice. Sprinkle with feta. Cook 10-15 minutes, stirring once.

* This dish can be served with cauliflower rice, brown rice or quinoa if desired.

Prep Tip: You can prep this in a pan, freeze it raw, then bake it from frozen when you're ready to eat it.



Chocolate Almond Butter Tart



10-12 servings



2.5 hours

ingredients

Crust

- 3/4 cup raw cacao powder
- 1 cup brown rice flour
- 1/2 cup maple
- 1/4 cup coconut oil, melted
- 1/2 cup almond meal
- 1/2 teaspoon ground cinnamon

Filling

- 3/4 cup creamy almond butter
- 3/4 cup arrowroot starch
- 1/4 cup maple

Topping

- 2 cups sifted raw cacao powder
- 1 cup maple
- 3/4 cup coconut oil, melted
- 1 teaspoon vanilla extract
- 2 tbsp sea salt flakes

instructions

1. Grease and flour a 9" tart pan.
2. Mix the crust ingredients in a bowl together with a wooden spoon, or I use my hands. Press the crust on the bottom and sides of the pan. Keep a small bowl of water nearby to dip your fingers into the water to press the crust easier. Refrigerate for 30 minutes.
3. Mix almond butter, arrowroot starch, and maple together. Spread over the crust. Refrigerate for 30 minutes.
4. For the topping mix raw cacao, maple, coconut oil, and vanilla together in a bowl and spread over the top of the almond butter. Sprinkle the topping with sea salt flakes Refrigerate for 1-2 hours. Serve cold.

Prep Tip: You can chill the tart in the freezer for 1-2 hours, then slice it and freeze individual slices so they are easy to pull from the freezer when you need one. These will last in your freezer for up to 6 months.

Meal Plan Week 3

Recipes by Chef Kimber Dean, co owner/founder of Nourish Cafe and Market and author of Happy Food Cookbooks

Breakfast:

- Detox Smoothie
- Banana Chocolate Oat Bar

Snack:

- Cilantro Lime Hummus
- Your favorite option from Dr. Jen's recommendations

Lunch:

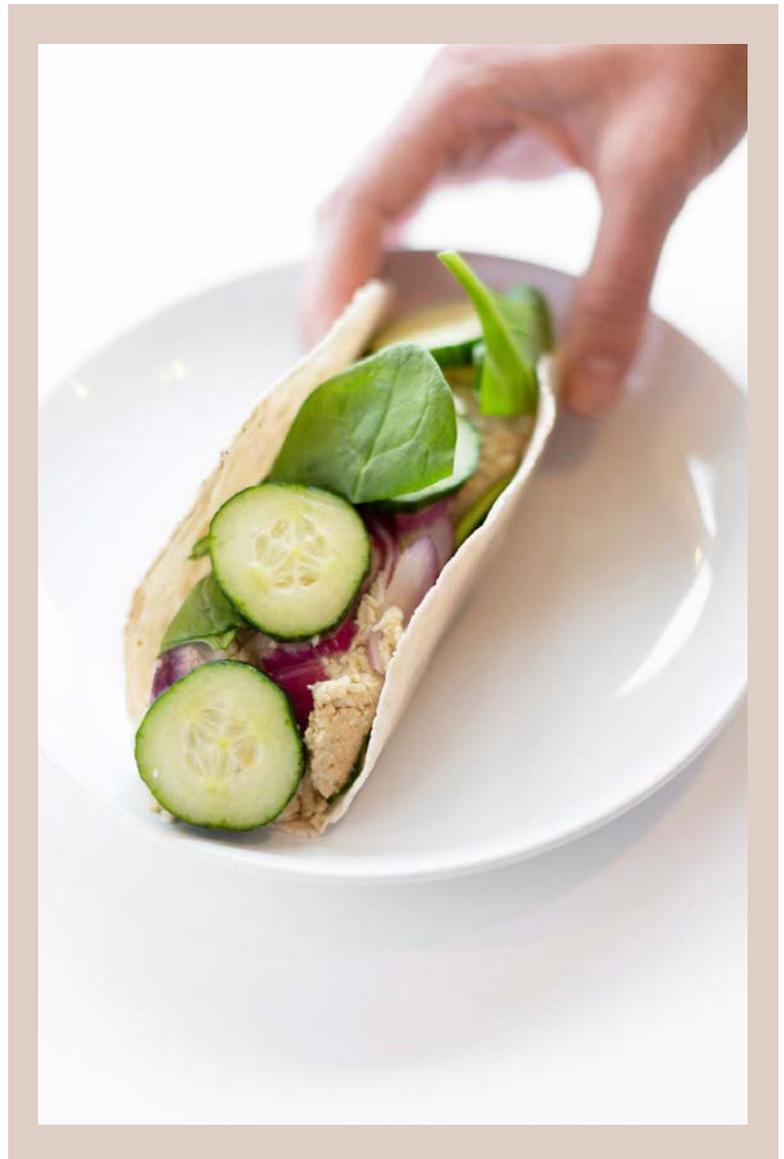
- Chicken Salad Wrap
- Veggie Pasta Salad

Dinner:

- Meatloaf with Mashed Potatoes and Peas
- Chili with "Cornbread"

Dessert:

- Banana Cream Pie



All recipes are free of gluten, dairy, soy, corn, processed sugar, peanuts, pork, hydrogenated oils, preservatives and artificial ingredients.

Week 3

Grocery List

1 ¼ cup spinach
5 large russet potatoes
1 cucumber
2 apple
5 banana
4 lemons
2 avocados
13 limes
3 garlic cloves
2 bunch cilantro
1 pound fresh asparagus
1 onion
1 red onion
2 green bell peppers
1 yellow bell pepper
1 red bell pepper
1 pound (1 pint) cherry tomatoes
1 bunch scallions
2 bag frozen green peas
¾ cup frozen blueberries
4 cups oats, quick cook * gluten free
½ cup quinoa
¾ cups brown rice flour
¼ cup arrowroot starch
1 cup coconut flour
⅔ cup coconut sugar
guar gum
baking powder
⅓ cup raw cacao
chlorella powder
chili powder
ground paprika
garlic powder
cayenne pepper
sea salt
black pepper
minced garlic

parsley
oregano
1 egg
10 oz unsweetened almond milk
24 ounces sweetened almond milk
2 (16-ounce) cans garbanzo beans
1 (16-ounce) can kidney beans
1 (28-ounce) can diced tomatoes
1 (4-ounce or 6 ounce) can tomato paste
2 (16-ounce) cans black beans
1 can black olives drained
1- 16 oz jar of jalapenos
coconut aminos
24 oz tahini
4 oz dijon mustard
apple cider vinegar
27 oz extra virgin olive oil
4 oz avocado
5 oz coconut oil
6 oz maple syrup
2 oz honey
1 pound chicken breasts, cooked and cold
2 1/2 pounds ground turkey
4 tortilla, 7"
10 ounces gluten free pasta (I prefer jovial or natural grocers brand)

Banana Creme Pie Ingredients (optional)

2 cups almond meal
¾ cup arrowroot starch
guar gum
2 cups dates
6 oz coconut oil
2 can coconut cream
2 oz almond butter
4 oz maple syrup
vanilla extract

Menu Meal Prep for 1 Person

- 3x Detox Smoothie
- Banana Chocolate Oat Bar
- 2x Cilantro Lime Hummus
- Your favorite option from Dr. Jen's recommendations
- Chicken Salad Wrap
- Veggie Pasta Salad
- Meatloaf
- Mashed Potatoes and Peas
- Chili with "Cornbread"
- Banana Cream Pie

Order To Do Meal Prep Most Efficiently

- Chicken Salad Wrap
- Veggie Pasta Salad
- Meatloaf
- Mashed Potatoes and Peas
- Chili
- "Cornbread"
- Your favorite option from Dr. Jen's recommendations
- Banana Cream Pie
- Banana Chocolate Oat Bar
- Cilantro Lime Hummus
- Detox Smoothie

Equipment List

- Glass containers, non toxic containers or sandwich bags for smoothies.
- Glass containers, non toxic containers or gallon bags for meal items.
- High powered blender
- Measuring spoons
- Measuring cups for dry ingredients
- Measuring cups for wet ingredients
- Spatulas
- Whisk
- Cutting board
- Chef knife, or a good kitchen knife
- Pots and pans
- Cooking pans like cookie baking pans
- Mixing bowls
- Parchment paper
- Strainers
- Timers
- Citrus juicer
- Bread loaf pan
- 8x8" baking pan
- 13x9" roasting pan
- 9" spring pan



Detox Smoothie

 16 oz smoothie  3 minutes

Grain Free | Vegan

ingredients

8 ounces sweetened
almond milk
1 teaspoon chlorella powder
¼ cup spinach
½ frozen apple
¼ cup frozen blueberries
1 frozen banana
1 lemon, zested (you can
add the lemon juice too if
you like the flavor)
½ scoop of ice

instructions

1. Pour almond milk into the blender first, then dry ingredients, and frozen fruit. Put the lid on the blender, put the blender on the motor and blend.
2. Take the blender off the motor and wipe down the sides and bottom with a spatula. Put the lid back on the blender, put the blender back on the motor, and blend until smooth.

*Prep Tip: Always prep your smoothies at the end of your meal prepping, while other items are cooking or cooling. These will last in your freezer for up to 6 months.

For Meal Prep: place all ingredients, except the liquid in an airtight container or ziploc bag. Keep your liquid in the refrigerator to use anytime you are going to make a smoothie.



No Bake Banana Oat Bar with Chocolate



10 bars



20 min prep time

2 hour fridge time

Raw | Vegan

ingredients

Bars

¾ cup banana, mashed well

½ cup water, warm

½ cup maple syrup, room temperature

⅓ cup coconut oil, melted

4 cups oats, quick cook *make sure gluten free

½ teaspoon sea salt

Chocolate

¼ cup coconut oil, melted

¼ cup maple syrup, room temperature

⅓ cup raw cacao

instructions

1. Grease an 8x8" pan.
2. In a large bowl, mix together the banana, water, maple and coconut oil with a whisk until incorporated.
3. Add oats and sea salt to wet ingredients and mix until incorporated. Pour mixture into the prepared pan. Place the pan in the refrigerator.
4. In a small bowl whisk together coconut oil and maple. Add raw cacao and whisk until smooth and shiny. May take a minute to whisk to shiny. Take the pan out of the refrigerator, pour chocolate over the bars and spread evenly over top. Wrap with plastic wrap and place back in the refrigerator for 2 hours to overnight.
5. Cut into 10 bars, serve immediately or store in an airtight container in the refrigerator.

*Prep Tip: You can chill the bars in the freezer for 1-2 hours, then slice it and freeze individual bars so they are easy to pull from the freezer when you need one. These will last in your freezer for up to 6 months. These will last in your refrigerator in an airtight container for up to a week.



Spicy Cilantro Lime Hummus



2 pints



15 min prep time

Vegan | Grain Free

ingredients

1 (16-ounce) can garbanzo beans
1 ½ cups tahini
¾ cup extra virgin olive oil
4 limes, juiced
1 bunch cilantro roughly chopped
1 tablespoon minced garlic
2 teaspoons ground cumin
1 cup jalapeño slices (from jar)
1 cup jalapeño juice (from jar)

instructions

1. Drain the garbanzo beans, discard the liquid.
2. Add the beans and tahini to a food processor or a blender. Pulse about 10 times.
3. Add extra virgin olive oil, lime juice, cilantro, garlic, cumin, jalapeños and jalapeño juice. Blend for one minute, wipe down sides and blend again until smooth.
4. Store in an airtight container in the refrigerator.

Prep Tip: If you boil the beans from dry, give yourself ~2 hours to cook them, and time for them to cool.

This will last in the freezer for up to 6 months.



Spicy Chicken Salad Wrap

 4 wraps

 25 minutes

ingredients

1 pound chicken breasts,
cooked and cold
1 ½ cup cilantro lime
hummus
⅓ cup lime juice
1 tortilla, 7"
5 spinach leaves
4 slices cucumber
½ avocado sliced
4 ounces chicken salad

instructions

1. Shred cold chicken in a standing mixer with paddle attachment or a hand mixer..
2. Add hummus and lime juice to shredded chicken, and mix until incorporated.
3. Lay tortilla on plate. Top with spinach, cucumber slices, avocado slices and chicken salad. Wrap like a taco and enjoy!

*My favorite tortilla is Cassava Mama here in Columbia MO. They are paleo.

Prep Tip: To keep the tortillas from getting soggy, don't make the wrap until the day you are going to be eating the meal. The chicken salad will last in the freezer for up to 6 months.



Veggie Pasta Salad



10 servings



Preparation Time: 2 hours

Cook Time: 20 minutes

Vegan

ingredients

10 ounces gluten free pasta
(I prefer Edison Grainery brand)
1 pound fresh asparagus, cut into thirds
1 bag frozen green peas
1 yellow bell pepper, diced
1 red bell pepper, diced
1 pound (1 pint) cherry tomatoes, halved
1 can black olives drained, chopped
1 1/2 cups scallions, sliced
1 1/2 - 2 cups Lemon Honey Dijon Dressing (pg 40)

instructions

1. Cook pasta as directed on the box.
2. While pasta is cooking, have another pot with 3 quarts of water, bring to a boil. Add asparagus, peas, yellow bell pepper and red bell pepper to the water. Simmer for 5 minutes. Drain.
3. Add all the ingredients, except scallions to a bowl. Mix well together, cover and place in the fridge for at least 2 hours. Before serving, mix in the scallions.

Prep Tip: This pasta is great the way it is, but if you need extra protein, you could add chicken, shrimp, crab or beef.



Turkey Meatloaf



6 servings



Preparation Time: 5 minutes

Cook Time: 35-40 minutes

ingredients

1 ½ pounds ground turkey
¼ white onion, diced
½ cup cooked quinoa
2 eggs or ⅓ cup flax meal
1 tablespoon coconut
aminos
1 teaspoon dried parsley
1 teaspoon dried oregano
1 teaspoon black pepper
1-2 teaspoon salt

instructions

1. Preheat the oven to 375. Grease a loaf pan.
2. Mix all ingredients together in a bowl.
3. Pour and press in the prepared pan, and bake for 40-60 minutes, until the toothpick comes out clean or the internal temperature is 165.

*You can substitute any ground meat in this recipe. These make great burgers too.

Prep Tip: You can freeze this raw, to cook later or you can freeze individual servings in airtight containers for up to 4 months.



Mashed Potatoes



8-10 servings



Preparation Time: 30 minutes

Cook Time: 10 minutes

Paleo | Grain Free | Vegan

instructions

ingredients

5 large russet potatoes
½ cup avocado oil
¼ cup unsweetened almond milk
½ teaspoon dijon mustard
1 tablespoon sea salt
1 teaspoon white pepper or black pepper
1 bag frozen peas

1. In a large pot bring 4 quarts of water to a boil. While water is heating up, cut potatoes into 1" cubes. I don't peel my potatoes but you are more than welcome to if you don't prefer the skins on.
2. Add cubed potatoes and simmer for 7-10 minutes. Poke with a fork. If the fork goes into the potato easily they are done. Drain.
3. Once drained, add back to the pot and mash. I use my hand mixer.
4. After potatoes are mashed, add avocado oil, almond milk, dijon, sea salt and pepper. Stir until everything is combined, and the potatoes are light and fluffy.
5. Pour in the bag of frozen peas, stir them in and let the heat of the mashed potatoes warm the peas through. Serve warm.

Prep Tip: These can last in the freezer in an airtight container for up to 6 months.



Chili with "Cornbread"

 12 servings

 Preparation Time: 15 minutes

Cook Time: 5-7 hours

Grain Free

ingredients

1 large red onion, roughly chopped
2 green bell peppers, roughly chopped
1 pound ground turkey
3 tablespoons chili powder
1 tablespoon ground paprika
1 tablespoon garlic powder
2 teaspoons ground cumin
2 teaspoons black pepper
1 teaspoon cayenne pepper
1 (16-ounce) can kidney beans
1 (28-ounce) can diced tomatoes
1 (4-ounce or 6 ounce) can tomato paste, whatever is easiest to find at your local grocery store.
2 (16-ounce) cans black beans

instructions

1. When you chop the onion and bell peppers, you want bigger pieces that take longer to cook, but not so big it's awkward to put into your mouth.
2. Add all ingredients into a slow cooker, cook on low for 5-7 hours. Stirring every few hours if you are home to do so. Amazing!

*Prep Tip: You can always freeze this raw to put in the crockpot later, or freeze it cooked to pull from your freezer and reheat. Making this a great staple in the freezer.



Sweet "Cornbread"



1 loaf



Preparation Time: 15 minutes

Cook Time: 20-25 minutes

Gluten Free

ingredients

¾ cups brown rice flour
¼ cup arrowroot starch
1 cup coconut flour
⅔ cup coconut sugar
1 teaspoon guar gum
1 teaspoon sea salt
3 ½ teaspoons baking powder
1 egg
½ teaspoon apple cider vinegar
1 cup unsweetened nut milk
⅓ cup olive oil

instructions

1. Preheat the oven to 375 degrees F. Spray or lightly grease a 9 inch round cake pan.
2. In a large bowl, combine brown rice flour, arrowroot, coconut flour, coconut sugar, guar gum, sea salt and baking powder and whisk to combine.
3. Stir in egg, apple cider vinegar, milk and olive oil until well combined. Pour batter into the prepared pan.
4. Bake in the preheated oven for 20 to 25 minutes, or until a toothpick inserted into the center of the loaf comes out clean.

Prep Tip: You can freeze in individual containers, and reheat as needed. These will last in the freezer in an airtight container for up to 3 months.



Banana Cream Pie



1 - 9 inch pie

Vegan | Raw



Prep Time: 20-25 minutes

Refrigeration Time: 2-24 hours

ingredients

Crust

- 2 cups almond meal
- ¼ cup maple syrup
- ¼ cup coconut oil, melted
- ¼ teaspoon sea salt, fine

Filling

- 2 cups dates, dry
- ½ cup coconut oil, melted
- ½ cup coconut cream, discard liquid or use for another dish
- ¼ cup almond butter
- 1 tablespoon vanilla
- ¼ teaspoon guar gum

Whipped Cream

- 1 can coconut cream, liquid removed
- ¾ cup arrowroot starch
- 2 tablespoon maple syrup
- 1 tablespoon vanilla extract
- ½ teaspoon guar gum

instructions

Crust:

1. Place all ingredients into a bowl and stir with a wooden spoon until a ball of dough forms.
2. Spray a 9" spring pan with pan spray.
3. Scoop dough into the greased pan and press the dough evenly across the bottom of the pan.
4. Chill in the refrigerator while making the filling.

Filling:

1. Soak dates for 2 hours up to 24 hours. Drain liquid before using.
2. Place all ingredients into a high speed mixer or food blender, on high until the ingredients make a smooth mixture.
3. Slice 2 bananas.
4. Remove crust from the refrigerator. Place banana slices on the crust in a single layer, evenly spread out.
5. Pour filling over the crust with banana slices. Smooth top of pie and place on a flat surface in the refrigerator.

Whipped Cream:

1. Place a metal or glass bowl into a freezer for at least 20 minutes.
2. Remove the bowl from freezer, and place ingredients in bowl
3. Mix on low speed until ingredients are incorporated, then mix on medium-high for 1 minute.
4. Remove pie from refrigerator and scoop whipped cream onto pie as you desire. You can make it taller in the middle or spread out evenly on the pie.
5. Place pie into refrigerator, chill for at least 2 hours before serving.

Prep Tip: You can chill the tart in the freezer for 1-2 hours, then slice it and freeze individual slices so they are easy to pull from the freezer when you need one. These will last in your freezer for up to 6 months.

Meal Plan Week 4

Recipes by Chef Kimber Dean, co owner/founder of Nourish Cafe and Market and author of Happy Food Cookbooks

Breakfast:

- Berry Breakfast Smoothie
- Biscuits and Gravy

Snack:

- Beef Bone Broth
- Your favorite option from Dr. Jen's recommendations

Lunch:

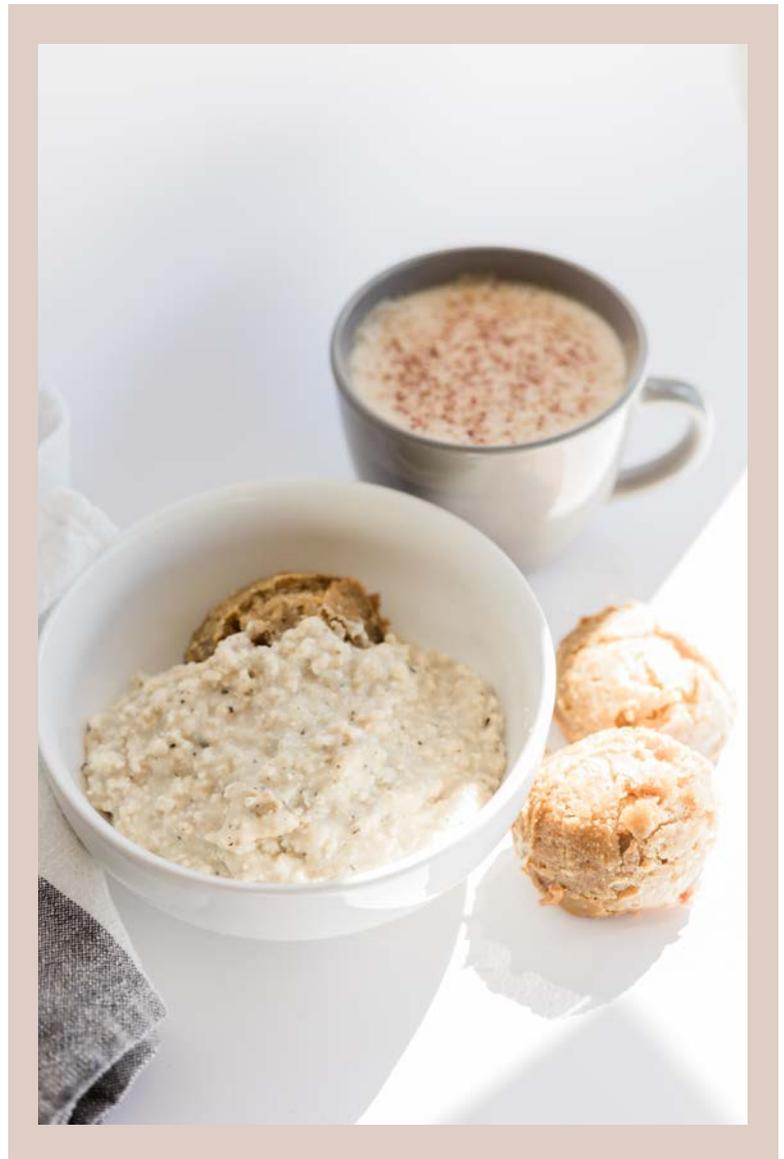
- PCOS bowl: roasted sweet potatoes, steamed broccoli, lentils, gravy topped with sauerkraut
- Broccoli Cheddar Soup with Herb Rolls

Dinner:

- Squash Stuffed Peppers with Lentils
- Veggie Pot Pie with "Cheesy" Biscuit

Dessert:

- Berry Tart



All recipes are free of gluten, dairy, soy, corn, processed sugar, peanuts, pork, hydrogenated oils, preservatives and artificial ingredients.

Week 4

Grocery List

- 2 eggs
- 2 lbs ground chicken
- 2 lbs of beef marrow bones
- 1 cup frozen peas
- ~10 oz blueberries, frozen
- ~10 oz raspberries, frozen
- 12 oz plain Coyo yogurt
- 2 cups dried lentils
- 2 oz hemp hearts
- ¼ cup ground chia seeds
- ¾ cup nutritional yeast
- 2 tablespoons active dry yeast
- 6 ¾ cups brown rice flour
- 4 ¼ cups arrowroot starch
- ⅓ cup baking powder
- 2 tablespoons guar gum
- ½ cup sea salt
- Black pepper
- cumin
- garlic powder
- Onion powder
- dried minced onion
- sage, ground
- thyme, ground
- Rosemary, ground
- Dried oregano
- Dried parsley
- Paprika
- 48 oz bone broth (Optional, can substitute water in the lentil recipe)
- 72 oz vegetable stock
- 12 oz orange juice
- 48 oz whole fat coconut milk
- 6 cups unsweetened almond milk
- 16 oz unsweetened coyo coconut or nancy's oat yogurt
- 4 oz maple syrup
- 4 oz coconut oil
- 14 oz avocado oil
- 7 oz olive oil
- 1 oz coconut aminos
- 3 oz apple cider vinegar
- dijon mustard
- Sauerkraut
- 2 dashes Arizona Peppers hot sauce
- 2 tablespoons tomato sauce
- 2 oz lemon juice (or 1-2 lemons)
- 4-5 cups cauliflower
- 1 ½ cups brussel sprouts
- 3 quarts broccoli chunks (crowns and stems if you need to use them up)
- 4 carrots
- 3 onions
- 2 mushrooms
- 3 celery stalks
- 4 cups sweet potato
- 2 green bell peppers
- 2 cups zucchini
- 2 garlic cloves
- 3 banana
- 1 cup dates, pitted
- 2 tablespoons maple
- 2 cups raw walnuts
- 1 tablespoon almond meal
- 6 oz strawberry jam
- 3 tablespoons chia seeds
- 1 oz coconut oil, melted
- 1 pint strawberries, quartered
- 1 pint blueberries

Menu Meal Prep for 1 Person

- 3x Berry Breakfast Smoothie
- 2x Biscuits
- 2x Gravy
- Beef Bone Broth
- Your favorite option from Dr. Jen's recommendations
- 3x PCOS Bowl
- Roasted sweet potatoes
- Steamed broccoli
- Broccoli Cheddar Soup with Herb Rolls
- Squash Stuffed Peppers
- 2x Lentils
- Veggie Pot Pie
- Berry Tart

Order To Do Meal Prep Most Efficiently

- Beef Bone Broth
- Veggie Pot Pie
- Broccoli Cheddar Soup
- 2x Gravy
- 2x Lentils
- 2x Biscuits
- Herb Rolls
- Roasted sweet potatoes
- Steamed broccoli
- Squash Stuffed Peppers
- Your favorite option from Dr. Jen's recommendations
- Berry Tart
- 3x Berry Breakfast Smoothie

Equipment List

- Glass containers, non toxic containers or sandwich bags for smoothies.
- Glass containers, non toxic containers or gallon bags for meal items.
- High powered blender
- Measuring spoons
- Measuring cups for dry ingredients
- Measuring cups for wet ingredients
- Spatulas
- Whisk
- Cutting board
- Chef knife, or a good kitchen knife
- Pots and pans
- Stock pot
- Cooking pans like cookie baking pans
- Mixing bowls
- Parchment paper
- Strainers
- Timers
- Citrus juicer
- Loaf pan
- Steamer *optional
- 13x9" roasting pan
- Muffin tin
- 2 oz cookie scoop



Berry Breakfast Smoothie



16 oz smoothie



3 minutes

Grain Free | Vegan

ingredients

1 banana, frozen
1/2 cup orange juice, fresh
squeezed if available
1/2 cup blueberries, frozen
1/2 cup raspberries, frozen
1/4 cup plain Coyo yogurt or
plain nancy's oat yogurt
1 tablespoon hemp hearts

instructions

1. Pour almond milk into the blender first, then dry ingredients, and frozen fruit. Put the lid on the blender, put the blender on the motor and blend.
2. Take the blender off the motor and wipe down the sides and bottom with a spatula. Put the lid back on the blender, put the blender back on the motor, and blend until smooth.

*Prep Tip: Always prep your smoothies at the end of your meal prepping, while other items are cooking or cooling. These will last in your freezer for up to 6 months.

For Meal Prep: place all ingredients, except the liquid in an airtight container or ziploc bag. Keep your liquid in the refrigerator to use anytime you are going to make a smoothie.



Biscuits and Gravy

 4 servings

 Preparation Time: 25 minutes
Cook Time: 16-20 minutes

instructions

ingredients

biscuits:

½ cup coconut oil
1 ¼ cup brown rice flour
¾ cup arrowroot starch
2 tablespoons baking powder
1 teaspoon sea salt
1 teaspoon guar gum
1 cup unsweetened coconut or oat yogurt
1 teaspoon maple syrup
2 tablespoons avocado oil
1 teaspoon lemon juice
1 egg

directions for biscuits:

1. Spread coconut oil thin and flat on a sheet pan with parchment paper or waxed paper down, and freeze for 15 minutes. Place parchment paper on another cookie sheet, and grease with non-stick spray. Whisk brown rice flour, arrowroot starch, baking powder, salt and guar gum in a bowl together.
2. Preheat the oven to 400. Take a plate with coconut oil out of the freezer. Cut or break with your hands the solid flat oil into pea-kidney bean sized pieces. Add to the dry ingredients bowl and mix with a pastry blender, fork or fingers. *You want to keep the coconut oil hard and pea sized in the dough.
3. In a separate bowl, whisk yogurt, maple syrup, avocado oil, lemon, and the egg. Pour into dry ingredients and mix with a wooden spoon about 40 strokes. You want the ingredients to just incorporate and be slightly lumpy.
4. Grease a 2 oz scoop, or ¼ dry measuring cup. Scoop dough flat onto the parchment paper, evenly spread out. Bake for 16-20 minutes, until the bottoms are golden brown. *Use a spatula to check the bottoms more easily.
5. Remove from the oven and let stand for 5-10 minutes before serving.

*Prep Tip: If you want to scoop your biscuits onto your prepared sheet pan in a single layer, wrap and freeze them. You can then bake them off from frozen or thawed as needed to keep them fresh.



Chicken Sausage Gravy

 4 servings

 Preparation Time: 10 minutes
Cook Time: 20 minutes

ingredients

gravy:

1 lbs ground chicken
1 ½ teaspoon garlic powder
1 ½ teaspoon dried minced onion
2 teaspoon sage, ground
½ teaspoon thyme, ground
2 teaspoon sea salt
¼ teaspoon paprika
1 tablespoon maple syrup
¼ cup avocado oil
⅓ cup brown rice flour
3 cups unsweetened almond milk
¼ cup filtered water
1 tablespoon arrowroot starch

instructions

directions for gravy:

1. In a medium sized bowl, mix chicken, garlic powder, minced onion, sage, thyme, salt, paprika, maple syrup until incorporated.
2. Brown meat in skillet or saucepan on medium heat.
3. Add and stir in avocado oil, then stir in brown rice flour. Slowly add in milk ½-1 cup at a time stirring constantly. Letting the milk come to a simmer before adding more, until all the milk is incorporated. Bring to a simmer.
4. In a small bowl or measuring cup, add the water and arrowroot starch. Mix with a whisk, fork or your fingers until the starch is liquefied, and pour into the gravy while whisking constantly. Simmer until desired thickness, I like it for 3-5 minutes after the water mixture is added.

*Prep Tip: This will last in the freezer for up to 6 months



Beef Bone Broth



4-6 quarts



prep time: 15 min

cook time: 1-2 days

Paleo

ingredients

2 lbs of beef marrow bones
2 carrots, cut in half
1 onions, quartered with skin on
3 celery stalks, cut in half
1/3 cup sea salt
1/4 cup apple cider vinegar
filtered water

Optional herbs:

1 teaspoon dried oregano
1 teaspoon dried parsley
1 teaspoon dried thyme
1 teaspoon dried parsley
1 teaspoon dried rosemary
1 teaspoon garlic powder
*you can use all the herbs, or a mixture of the ones you prefer

instructions

1. Preheat the oven to 425.
2. Place all vegetables and bones on a roasting pan and roast for 15 minutes. Stir the vegetables and bones, and roast for 10 more minutes.
3. In a large stock pot, add the roasted bones, vegetables, sea salt, optional herbs and apple cider vinegar. Fill the pot to the top with filtered water, bring to a boil. Reduce to a very low simmer, top with a lid and continue to simmer for 24-48 hours. Every 6-8 hours add more water, to fill back up to the top of the pot.
4. After 24 hours of simmering, strain the bone broth into an airtight container (or several if needed for storage space). Let cool completely in the refrigerator without a lid.
5. Once completely cooled, top with the lid. Store in the refrigerator for up to 2-4 weeks.

*Prep Tip: This will last in the freezer for up to 6 months.



PCOS Bowl



1 servings



2 min to assemble with
prepped ingredients

Vegan

ingredients

1/3 cup cooked lentils (pg 65)
1 cup steamed broccoli (pg 64)
1 1/2 cups roasted sweet
potatoes (pg 63)
4-6 oz chicken sausage
gravy (pg 60)
1 oz sauerkraut

instructions

1. Place all your prepared ingredients into an airtight container, however you would like.
2. Keep in the refrigerator for up to 4 days, or in the freezer for up to 2 months.
3. To reheat, use an oven, saute in a pan or use a microwave.



Roasted Sweet Potatos



1 quart



Preparation Time: 10 minutes

Cook Time: 30-40 minutes

Grain Free | Vegan

ingredients

4 cups sweet potato, cubed
¼ cup avocado oil
1 tablespoon cumin, ground
1 tablespoon sea salt
½ teaspoon black pepper

instructions

1. Preheat the oven to 375.
2. Place potatoes, oil and seasonings in a mixing bowl and mix. Make sure vegetables are evenly coated.
3. Place on parchment paper and roast until golden brown, about 30-40 minutes.

*Prep Tip: Bake these towards the beginning of your meal prepping so they have time to cool before you package them.



Steamed Broccoli

 4 cups

 Preparation Time: 10 minutes
Cook Time: 4-6 minutes

Grain Free | Vegan

ingredients

2 broccoli crowns

instructions

1. If you have a steamer, put water in it and heat up while preparing the broccoli. *if you don't have a steamer, you can bring a pot of water to a boil to blanch your broccoli instead of steaming it.
2. Cut the broccoli crown so that you have bite sized florets cut from the stem. *save the stems for vegetable stock, compost or discard.
3. Once your steamer is hot and ready, add the broccoli, cover and steam for 4-6 minutes.
4. When the timer has gone off, remove the broccoli florets from the steamer. Enjoy hot right away, or place in an airtight container in the refrigerator once it has cooled.

*Prep Tip: Steam these towards the beginning of your meal prepping so they have time to cool before you package them.



Lentils

 3 cups

 Preparation Time: 5 minutes
Cook Time: 25-30 minutes

Grain Free | Vegan

ingredients

1 cup dried lentils
3 cups bone broth, or water
2 teaspoons sea salt
1 tablespoon ground cumin

instructions

1. Rinse your lentils with fresh water before boiling to remove any dust or debris.
2. Cook on a stovetop, using 3 cups of bone broth or water to 1 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size.
3. Bring to a boil, cover tightly, reduce heat and simmer until they are tender.

*Prep Tip: Make these towards the beginning of your meal prepping so you can let them cool before using them to stuff your peppers and make your PCOS bowl.



Broccoli Cheddar Soup



4 quarts



Preparation Time: 60 minutes

Cook Time: 40 minutes

Grain Free | Vegan

ingredients

1 cup onions, julienned
2 quarts broccoli chunks
(stems or crowns)
¼ cup avocado oil
2 quarts vegetable stock
2 teaspoons sea salt
1 tablespoon garlic powder
1 tablespoon onion powder
1 quart "cheese" sauce
(pg 67)

instructions

1. Make cheese sauce. (pg 67)
2. Place prepared onions, broccoli and avocado oil into a large soup pot on medium high heat. Stirring occasionally for 5-10 minutes, until onions are sauteed and translucent.
3. Add stock, sea salt, garlic powder and onion powder to the stock pot and bring to a boil. Simmer for 20 minutes, then blend with a hand blender or vitamix.
4. Turn heat on low and add cheese sauce, stirring until incorporated. Keep on low heat for 10 minutes, remove from heat.
5. Serve Warm. Store in an airtight container in the refrigerator for up to 1-2 weeks.

*Prep Tip: Steam these towards the beginning of your meal prepping so they have time to cool before you package them.



"Cheese" Sauce



1 quart



Preparation Time: 30 minutes

Cook Time: 20 minutes

Grain Free | Vegan

ingredients

2 cups cauliflower, large dice
1 cup carrots, large dice
1 cup filtered water
1/3 cup olive oil
1/4 cup arrowroot starch
1 tablespoon sea salt
1 tablespoon lemon juice
1/2 cup nutritional yeast
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1 teaspoon dijon mustard

instructions

1. Place a large pot on the stove top and fill water 2/3 of the way up. Bring to a boil. Boil cauliflower and carrots until soft, about 5-10 minutes depending on size. Strain.
2. Place all ingredients into a high powered blender and puree until smooth, roughly 4-6 minutes. Halfway through blending, wipe down the blender to ensure all ingredients blend to smooth.
3. Store in a refrigerator for up to a week.

*Prep Tip: This will last in the freezer for up to 6 months.



Herb Rolls

 12 rolls

 Preparation Time: 30 minutes

Cook Time: 20-25 minutes

Nut Free | Vegan

ingredients

2 ¼ cups water
¼ cup maple
2 tablespoons active dry yeast
¼ cup olive oil
1 tablespoons apple cider vinegar
2 ½ cups brown rice flour
2 cups arrowroot starch
¼ cup ground chia seeds
1 tablespoon baking powder
2 teaspoons guar gum
1 teaspoon sea salt
¾ teaspoon dried oregano
½ teaspoon ground rosemary
¼ teaspoon ground thyme

instructions

1. Warm water and maple to 100 degrees. Add yeast, warm water and maple to the standing mixer and stir. Let stand for 10 minutes. If the yeast is foaming it is activating.
2. Place oil, and apple cider vinegar in a separate bowl.
3. In another separate bowl add brown rice flour, arrowroot, chia seeds, baking powder, guar gum, sea salt, oregano, rosemary and thyme.
4. Add oil and vinegar to a standing mixer bowl and mix on speed 1 for 30 seconds.
5. Slowly add in dry mixture to wet mixture, scraping down the sides and bottom of the bowl as you go. Once all ingredients are added, mix on speed 1 for 2 minutes. It should be the consistency of soft serve ice cream.
6. Scoop batter into greased muffin tins evenly. Smooth the surface.
7. Bake for 20-25 minutes, until you can stick a skewer in the middle of the bread and it comes out clean.
8. Cool completely on a cooling rack, or serve warm.

Prep Tip: Store in an airtight container or freeze individually so you can pull them from the freezer as needed and reheat.



Veggie Pot Pie



6-8 servings



Preparation Time: 20 minutes

Cook Time: 25 minutes

Paleo | Grain Free | Vegan

ingredients

½ head cauliflower, cut into florets
2 carrots, large dice
1 ½ cups brussel sprouts, quartered
1 tablespoons avocado oil
Pinch sea salt and pepper
½ cup avocado oil
½ red onion, diced
2 mushrooms, sliced
½ cup arrowroot starch
6 cups whole fat coconut milk
1 cups vegetable broth
1 tablespoons sea salt
2 tablespoons garlic powder
2 tablespoons ground rosemary
1 tablespoons onion, dried and minced
1 tablespoons oregano, dried
½ tablespoon black pepper
1 cup peas, frozen

instructions

1. Preheat the oven to 400.
2. Place prepared cauliflower, carrots, brussel sprouts, 1 tbsp avocado oil and pinch of sea salt and pepper in a roasting pan and toss to coat vegetables evenly with oil and seasoning. Roast for 15-20 minutes, remove from the oven and set aside.
3. Heat a large sauce pot to medium high heat and add the ½ cup avocado oil, onions and mushrooms and saute for 3-5 minutes; until onions are translucent. Add the arrowroot starch and whisk until you make a roux, continue whisking for 1 minute.
4. Slowly drizzle in coconut milk 1 cup at a time, whisking quickly to keep the roux from breaking.
5. Slowly drizzle in all the vegetable broth and whisk until incorporated. Add sea salt, garlic powder, ground rosemary, dried onion, dried oregano, and black pepper, whisk until incorporated.
6. Add in the pan of roasted vegetables and frozen peas. Simmer for 10-15 minutes.
7. Serve hot, and top with your favorite biscuit.

*Prep Tip: This will last in the freezer for up to 6 months.



Stuffed Bell Pepper



2 servings



Preparation Time: 20 minutes

Cook Time: 32-35 minutes

Vegan

ingredients

2 green bell peppers
2 cups zucchini
¼ cup red onion, small diced
2 cloves garlic, minced
3 tablespoons olive oil
¼ cup water
1 teaspoon sea salt
1 cup cooked lentils (pg 65)
1 tablespoon coconut aminos
2 tablespoons parsley, dried
2 dashes Arizona Peppers hot sauce
2 tablespoons tomato sauce
1/2 teaspoon black pepper
3 tablespoons nutritional yeast

instructions

1. Preheat the oven to 375. Have a loaf pan for baking, no need to grease.
2. Cut the tops off of the bell peppers, and clean out the seeds and center of the pepper; place in the loaf pan. Cut the tops of the bell pepper into small pieces and place in a bowl. Add eggplant, red onions and garlic to the bowl with the diced bell peppers.
3. Heat olive oil in a large sauté pan on medium heat. Add the bowl of bell pepper, eggplant, onions, garlic, water, and sea salt to the pan. Saute for 6-10 minutes.
4. Place cooked vegetables, quinoa, coconut aminos, parsley, hot sauce, tomato sauce, black pepper and cashew ricotta back into the large bowl and mix until well combined.
5. Stuff peppers full with mixture. Bake for 22-25 minutes. Serve hot.

*Prep Tip: If you want to stuff your peppers, and then wrap them individually, you can freeze them. When you are ready to eat one from frozen, you can bake it off as needed.

These will last in the freezer for up to 6 months.



Berry Tart



10-12 slices



Preparation Time: 15 minutes

Cook Time: 0 minutes

ingredients

Crust

- 1 cup dates, pitted
- 2 tablespoons maple
- 2 cups raw walnuts
- 1 tablespoon almond meal

Filling

- 3/4 cup strawberry jam, I use the recipe Happy Food Cookbook
- 3 tablespoons chia seeds
- 2 tablespoons coconut oil, melted
- 1 pint strawberries, quartered
- 1 pint blueberries

instructions

1. Soak dates in water for 2-24 hours. Drain before use.
2. Grease tart pan. Place dates and maple in a food processor and blend until Smooth. Add walnuts and almond meal, and blend until dough forms.
3. Press crust into the bottom and sides of the pan. Place in the refrigerator uncovered while you make the filling
4. In a bowl mix in the strawberry jam, chia seeds, and coconut oil. Mix in the berries until it is all coated. Pour and spread over the tart crust. Refrigerate for 3 hours before serving.
5. Store in an air-tight container in the refrigerator or freezer.

Prep Tip: You can chill the tart in the freezer for 1-2 hours, then slice it and freeze individual slices so they are easy to pull from the freezer when you need one. These will last in your freezer for up to 6 months.