

Magic Mineral Broth

Yield: 6 quarts

Ingredients:

- 6 unpeeled carrots, cut into thirds
- 2 unpeeled yellow onions, cut into chunks
- 1 leek, white and green parts, cut into thirds
- 1 bunch celery, including the heart, cut into thirds
- 4 unpeeled red potatoes, quartered
- 2 unpeeled Japanese or regular sweet potatoes, quartered
- 1 unpeeled garnet yam, quartered
- 5 unpeeled cloves garlic, halved
- ½ bunch fresh flat-leaf parsley
- 1 8-inch strip of kombu seaweed
- 12 black peppercorns
- 4 whole allspice or juniper berries
- 2 bay leaves
- 8 quarts cold, filtered water
- 1 tsp. sea salt

Method:

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

Storage: Store in an airtight container in the refrigerator for 5 to 7 days or in the freezer for 4 months.

Cleansing Smoothies

Vitality Smoothie

Yield: 1 serving

Ingredients:

- 2 cups almond or hazelnut milk
- 1 scoop PaleoCleanse
- 1 scoop Pure Pea Protein
- 1 cup fresh or frozen berries of choice
- 2-4 Tbsp. ground flax seeds
- 1 Tbsp. coconut oil
- Juice of ½ lemon
- 1 cup fresh spinach or other leafy greens
- ½ tsp. sweet spices of your choice (cinnamon, nutmeg, cardamom, vanilla, etc.)

Method:

1. Combine all ingredients in a blender and puree.

Spinach, Grape and Coconut Smoothie

Yield: 1 serving

Ingredients:

- 1 cup seedless green grapes
- 1 cup packed baby spinach
- ½ cup ice
- ¼ cup coconut milk
- 1 scoop PaleoCleanse
- 1 scoop Pure Pea Protein

Method:

1. Place grapes, spinach, ice, coconut milk and protein powder in a blender.
2. Blend until smooth and frothy.

Cleansing Smoothies

Lemon Smoothie

Yield: 1 serving

Ingredients:

- 1 cup water
- 1 cup frozen blueberries
- 1 large handful parsley
- Zest of ½ lemon
- Juice of ½ lemon
- 1 tsp. ground flax
- ¼ inch fresh ginger
- 1 tsp. cinnamon
- 1 tsp. vanilla
- 10 drops liquid vanilla stevia
- ¼ cup Brazil nuts
- 1 scoop PaleoCleanse
- 1 scoop Pure Pea Protein

Method:

1. Blend all ingredients in a blender until smooth.

Mexican Salad

Yield: 2 servings

Ingredients:

- 2 chicken breasts, cooked and sliced
- 1 can black beans
- 2 handfuls mixed greens or lettuce of your choice
- ½ avocado, peeled and diced
- ½ tomato, diced
- 2 Tbsp. cilantro
- 1 Tbsp. chili powder
- 1 tsp. cayenne pepper
- 1 tsp. cumin

Method:

1. Reheat cooked chicken in a small pan. Season with chili powder, cayenne pepper and cumin.
2. Heat black beans in a small saucepan on the stove until warm.
3. Fill the bottom of shallow bowls with lettuce, then add beans and chicken. Top with avocado, tomato and cilantro. Sprinkle with hot sauce if desired.

White Bean and Tuna Salad

Yield: 4 servings

Ingredients:

- 1 Tbsp. extra virgin olive oil
- 1 cup chopped onion
- 3 cloves crushed garlic
- 1 can white beans of your choice (white kidney beans, pinto, navy or other)
- 2 Tbsp. lemon or lime juice
- 2 Tbsp. chopped fresh parsley or cilantro, trimmed
- 1 tsp. fresh dill, chopped
- 8 oz. albacore tuna, water packed
- Sea salt & freshly ground black pepper

Method:

1. Heat oil in a small frying pan and sauté onions until just translucent. Do not over-brown. Transfer pan contents to a large bowl. Add remaining ingredients and mix.
2. Serve on endive leaves or a bed of lettuce.

Lentil Soup

Yield: 6 servings

Ingredients:

- 3 Tbsp. extra-virgin olive oil
- 2 cups chopped onions
- 1 cup chopped celery stalks
- 1 cup chopped carrots
- 2 garlic cloves, chopped
- 4 cups (or more) vegetable broth
- 1 ¼ cup lentils, rinsed, drained
- 1 14.5oz. can diced tomatoes in juice
- Balsamic vinegar (optional)

Method:

1. Heat oil in heavy large saucepan over medium-high heat. Add onions, celery, carrots, and garlic; sauté until vegetables begin to brown, about 15 minutes. Add 4 cups broth, lentils and tomatoes with juice and bring to boil. Reduce heat to medium-low, cover, and simmer until lentils are tender, about 35 minutes.
2. Transfer 2 cups soup (mostly solids) to blender and puree until smooth. Return puree to soup in pan; thin soup with more broth by ¼ cupfuls, if too thick. Season with salt, pepper, and a splash of vinegar, if desired. Ladle soup into bowls. Garnish with celery leaves.

Gourmet Turkey Roll-Ups

Yield: 1 serving

Ingredients:

- 3 pieces sliced turkey breast (nitrate-free)
- ¼ avocado, sliced
- 3 Tbsp. hummus
- 3 Tbsp. microgreens or sprouts
- 3 tsp. Dijon mustard
- Sea salt & freshly ground pepper

Method:

1. Lay turkey slices flat – they will be the wrap for your roll-ups.
2. Spread mustard and hummus along one side of the turkey slice.
3. Layer avocado and microgreens on top and roll.

Cauliflower Salad with Olives and Capers

Yield: 4 servings

Ingredients:

- 1 medium cauliflower
- Juice of 1 lemon
- 3 Tbsp. extra-virgin olive oil
- ¼ cup olives, pitted and coarsely chopped
- 2 Tbsp. chopped parsley
- 1 Tbsp. capers, rinsed and chopped
- Sea salt and freshly ground black pepper

Method:

1. Trim the leaves and core from cauliflower and break apart or cut into small florets.
2. Cook until just done in salted boiling water. Drain and let cool.
3. Stir lemon, salt and pepper together in a large bowl. Whisk in olive oil.
4. Add the cauliflower and toss with the dressing. Taste and add salt and lemon as needed.
5. Add olives, parsley and capers and toss gently.
6. Serve with grilled chicken.

Cilantro-Pesto Crusted Salmon

Yield: 4

Ingredients:

- 4 salmon fillets
- 1 cup pumpkin seeds
- 1 bunch cilantro
- 2 Tbsp. olive or flax oil
- 2 cloves crushed garlic
- Salt & lemon to taste

Method:

1. Preheat oven to 400 degrees
2. Puff pumpkin seeds on stove over heat for 1-2 minutes
3. Place in blender and combine with cilantro, olive or flax oil, and crushed garlic.
4. Blend until smooth, adding water if necessary. Add salt and lemon to taste.
5. Brush a small baking sheet with oil, put the fillets on it and season them with salt & pepper.
6. Spread a layer of pesto evenly over the top of each fillet.
7. Bake until the salmon is cooked – it should start to turn opaque, with a trace of bright orange in the middle and the top is lightly browned, 10 to 15 minutes depending on the thickness of the fish.

Buffalo Tacos

Yield: 4 servings

Ingredients:

- 1 lb. ground buffalo
- 1 large yellow onion, diced
- 1/8 cup chili powder
- 1 Tbsp. cayenne pepper
- 1 Tbsp. cumin
- 2 Tbsp. garlic salt
- 4 large lettuce leaves
- 1 can black beans, cooked
- 1 cup micro greens or sprouts

Method:

1. Heat onion over medium heat with a bit of oil in a large sauté pan until translucent.
2. Add buffalo, turn the heat to high and cook until brown. Drain any excess liquid.
3. Season with chili powder, cayenne pepper, cumin and garlic salt to taste.
4. Arrange beans, buffalo mixture, and microgreens in large lettuce leaves and fold up like a taco.

Sauteed Shrimp with Garlic and Parsley

Yield: 4 servings

Ingredients:

- 1 pound raw shrimp (you can find shelled, deveined, raw shrimp in the frozen section of buy it fresh from the fish counter)
- 4 garlic cloves
- 6 parsley sprigs
- 2 Tbsp. extra virgin olive oil
- Sea salt and freshly ground black pepper

Method:

1. Season shrimp with salt and pepper
2. Peel and chop garlic and cover with a bit of olive oil to keep from oxidizing.
3. Pick and chop the leaves from parsley; you should have at least 3 Tbsp.
4. Heat a heavy-bottomed skillet. When hot, pour in olive oil. Turn up the heat up to high and add the shrimp. Cook, tossing the shrimp frequently, until they start to turn pink, about 3 minutes. Turn off the heat and toss in the chopped garlic and parsley. Toss the shrimp in the pan until well coated with the garlic and parsley. Serve immediately.

Grapefruit and Avocado Salad

Yield: 4 servings

Ingredients:

- 2 medium ruby grapefruit
- 1 tsp. white wine vinegar
- 2 Tbsp. extra-virgin olive oil
- 2 medium Haas avocados
- Sea salt and freshly ground black pepper

Method:

1. Peel the grapefruit with a sharp knife down to the flesh, removing all the rind and membrane.
2. Cut the sections free, slicing carefully along the partitioning membranes.
3. Squeeze the juice from the membranes. Measure 2 Tbsp. of the juice into a small bowl.
4. Stir in vinegar, salt and pepper.
5. Whisk in olive oil. Taste and add salt if needed
6. Cut avocados in half and remove pits
7. Peel the halves and cut into ¼ inch slices
8. Sprinkle lightly with salt. Arrange the grapefruit sections and avocado slices alternately on a plate and spoon the vinaigrette over.

Seared Scallops with Snow Peas and Orange

Yield: 4 servings

Ingredients:

- 2 tsp. plus 1 Tbsp. olive oil
- 16 sea scallops (about 1 ½ lbs.)
- Sea salt & freshly ground pepper
- 1 orange
- ¾ lb. snow peas, halved lengthwise

Method:

1. Heat 2 tsp. of the oil in a large skillet over medium-high heat.
2. Pat the scallops dry and season with ¼ tsp. each salt and pepper. Cook until opaque throughout and golden brown, 2-3 minutes per side. Transfer to a plate and cover.
3. Using a vegetable peeler, remove 4 strips of zest from the orange. Thinly slice them.
4. Wipe out the skillet. Heat the remaining tablespoon of oil over medium-high heat. Add the snow peas, orange zest, and ¼ teaspoon each salt and pepper.
5. Cook, tossing until the snow peas are just tender, about 2 minutes. Serve with the scallops.

Tuna Salad with Celery and Radishes

Yield: 2 servings

Ingredients:

- 2 5-ounce cans tuna in water, drained
- 8 small radishes, cut into thin wedges
- 2 stalks celery, sliced
- ¼ cup chopped fresh flat-leaf parsley
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. olive oil
- Sea salt & freshly ground black pepper

Method:

1. In a bowl, combine tuna, radishes, celery, parsley, lemon juice, olive oil and salt and pepper.
2. Refrigerate in a container for up to 1 day.
3. Serve on a bed of lettuce

Tilapia with Peppers and Olives

Yield: 4 servings

Ingredients:

- 2 Tbsp. olive oil
- 4 6-ounce tilapia fillets
- Sea salt & freshly ground black pepper
- 2 red bell peppers, thinly sliced
- ½ cup pitted green olives
- ½ cup fresh flat-leaf parsley, chopped
- 2 Tbsp. fresh lime juice

Method:

1. Heat 1 Tbsp. of the oil in a large skillet over medium-high heat. Season the fish with ¼ tsp. each salt and pepper and cook until opaque throughout, 4 to 5 minutes per side.
2. Meanwhile, heat the remaining Tbsp. of oil in a second large skillet over medium-high heat. Cook the peppers and onion, stirring often, until tender, 8 to 10 minutes. Stir in the olives, parsley, lime juice, and ¼ tsp. each salt and pepper. Serve with the fish.

Lemony Shrimp and White Bean Salad

Yield: 2 servings

Ingredients:

- 1 15.5-ounce can cannellini beans, rinsed
- 12 cooked, peeled, and deveined medium shrimp
- ½ English cucumber, cut into half-moons
- 2 Tbsp. chopped fresh dill
- 2 Tbsp. olive oil
- 2 Tbsp. fresh lemon juice
- Sea salt & freshly ground black pepper

Method:

1. Between 2 lunch containers, divide the beans, shrimp, cucumber and dill.
2. In a small bowl, whisk together the olive oil, lemon juice, ½ tsp. salt, and ¼ tsp. pepper; divide between 2 small containers.
3. Refrigerate the salad and the dressing up to 1 day in advance; toss together just before serving.

Tomato “Bruschetta” with Tuna and Cannellini Salad

Yield: 4 servings

Ingredients:

- 5 Tbsp. olive oil
- Zest of 1 lemon
- 3 Tbsp. fresh lemon juice
- $\frac{3}{4}$ tsp. sea salt
- $\frac{1}{2}$ tsp. freshly ground black pepper
- 3 Tbsp. chopped chives
- $\frac{1}{4}$ cup flat-leaf parsley, plus more for garnish
- 1 can (15 oz.) cannellini beans, drained and rinsed
- 2 cans (5 oz. each) albacore tuna packed in water, drained and broken into chunks
- 3 green onions, thinly sliced
- 4 to 8 thick slices large tomatoes

Method:

1. In a medium bowl, whisk together oil, lemon zest and juice, salt, pepper and chives. Add parsley leaves, beans, tuna and onions and stir gently until just coated.
2. Arrange tomato slices on 4 plates and spoon tuna mixture on top, dividing evenly. Top each salad with a few parsley leaves if you like.

Grilled Salmon and Lemons

Yield: 8 servings

Ingredients:

- 4 tsp. olive oil, plus more for the grill
- 2 ½ lb. salmon
- ½ tsp. sea salt
- ½ tsp. freshly ground black pepper
- 4 lemons, halved
- 2 Tbsp. mixed chopped herbs such as tarragon, marjoram, thyme and parsley

Method:

1. Oil grill plates, then preheat grill to medium-high heat. Meanwhile, brush salmon all over with oil and sprinkle with salt and pepper. Arrange salmon on grill, skin-side down and cook, gently flipping once, until golden brown on both sides and cooked to desired doneness, up to 15 minutes total.
2. Meanwhile, arrange lemons on grill, cut sides down and grill until deep golden brown and fragrant, 5 to 7 minutes. When done, carefully transfer salmon to a large platter, scatter herbs over the top and serve with lemons on the side for squeezing.
3. Serve with green salad.

Savory Snacks

Kale Chips

Yield: 4 servings

Ingredients:

- 1 big bunch kale, stems discarded and leaves torn roughly into 1 ½ inch pieces
- 2 Tbsp. extra-virgin olive oil
- Sea salt

Method:

1. Preheat oven to 400 degrees
 2. Toss the kale with olive oil and spread out on two baking sheets
 3. Sprinkle with salt and roast for 12-15 minutes, or until lightly browned and crispy. Eat like potato chips
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Split Pea Crips

Yield: 12 servings

Ingredients:

- 1 cup dried yellow split peas
- Olive oil
- Sea salt

Method:

1. Soak dried split peas in filtered water for 4 ½ hours or overnight. Drain and pat dry.
2. Over medium-high heat, coat a large skillet with olive oil. Add half the peas; cook, stirring frequently, until golden brown and crunchy. 6 to 10 minutes.
3. Season with salt.
4. Repeat with remaining peas.

Spinach and White Bean Dip

Yield: 8 servings

Ingredients:

- ¼ cup olive oil
- 1 clove garlic
- 1 15.5-ounce can cannellini beans, rinsed
- 2 ½ cups spinach
- ¼ cup fresh dill sprigs
- 1 Tbsp. lemon juice
- Sea salt & freshly ground black pepper
- 1 cup mixed crudité's per serving
- 1 ounce sliced turkey meat per serving

Method:

1. In a small saucepan, heat the oil with the garlic over medium heat until fragrant, 2 to 3 minutes; let cool.
2. In a food processor, combine the garlic oil, beans, spinach, dill and lemon juice. Season with ¾ tsp. salt and ¼ tsp. pepper and puree until smooth. Serve with crudité's and sliced turkey.