



*Optimal Nutrition  
For Optimal Health*





Hello, I'm Dr Heather Yost, and for the past 21 years, I have devoted my life to the field of holistic healthcare with a deep passion for empowering women's health. Throughout my career, I have witnessed the transformative power of food—not just as fuel for the body but as a vital ally in achieving hormonal harmony and vibrant well-being. Our health doesn't have to be complicated or overwhelming. In fact, it can be as simple as making small, intentional choices that add up to monumental shifts.

I firmly believe that consistent, nourishing habits—repeated day by day—have the potential to elevate not just our physical health but our entire experience of life. The choices we make in the kitchen have the power to affect our energy, our mood, and how gracefully we navigate life's changes, especially as we age. For women, this is particularly important. Our hormones are at the heart of how we feel, how we function, and how we thrive. And the beauty of it all? These changes don't have to be daunting.

This cookbook is a celebration of that belief. It's not just about satisfying your hunger for delicious, nutrient-rich meals; it's about cultivating a hunger for more out of life. My hope is that these recipes will inspire you to embrace the wisdom of your body and to nourish it in ways that help you feel your best, no matter your age or life stage. Symptoms and challenges don't mark the end of vitality—they offer a powerful opportunity to add life to your years.

So, let this book be your companion as you explore the joy of eating whole, healing foods that are simple, yet profoundly beneficial. I am confident that the best is yet to come, and with each nourishing bite, you're taking one step closer to living a fuller, more vibrant life. Welcome to a journey of health, balance, and the belief that we can age with grace and strength. Let's thrive together.

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A photograph of a breakfast meal is shown, overlaid with a semi-transparent blue gradient. The meal includes a fried egg topped with microgreens, a slice of bread, a bowl of fruit (orange, kiwi, banana), and a glass of orange juice. The text "Breakfast Recipes" is centered in a white, italicized serif font.

## *Breakfast Recipes*



# Gavyn's Yummy Breakfast Casserole

Yields: 6 servings

## Ingredients

- 2 tbsp. coconut oil
- 1 small yellow onion, diced
- 6-8 ounces organic bulk breakfast sausage
- 10 eggs
- Freshly ground pepper, to taste
- Fine sea salt, to taste
- ½ tsp Italian seasoning
- 1 cup chopped spinach

## How to Prepare:

- Preheat oven to 375°F (190°C).
- Melt coconut oil in a pan over medium heat.
- Sauté onion in the pan for 2 minutes, or until softened.
- Add sausage to the skillet and cook for 8 minutes, breaking it up as it cooks. Stir often to ensure it's cooked through.
- Remove skillet from the heat.
- Grease an 8x8 glass baking dish with a little coconut oil or cooking spray.
- Transfer sausage and onion mixture to the bottom of the greased baking dish.
- In a medium bowl, whisk together: Eggs, Sea salt, Black pepper, Italian seasoning, Chopped spinach
- Pour egg mixture over the sausage and onion in the baking dish, ensuring it's evenly covered.
- Bake for 25-30 minutes, or until the top is lightly browned and the center is set. The sides should begin to pull away from the dish.
- Let cool slightly before slicing and serving. Enjoy!



## Cinnamon Sweet Potato Waffles

Yields: 8 waffles

### Ingredients

#### *(Dry Ingredients)*

- 1/2 cup tapioca flour
- 1 cup coconut flour, sifted
- 3 tbsp. arrowroot starch
- 1/2 tsp baking powder
- 1 1/2 tsp. cinnamon

#### *(Wet Ingredients)*

- 4 eggs 1/2 cup mashed cooked sweet potato
- 2 Tbsp. pure vanilla extract
- 3 tbsp. pure maple syrup or honey
- 1/2 cup coconut milk (use only if needed)



### How to Prepare:

- Preheat waffle iron according to the manufacturer's instructions.
- In a medium bowl, combine all the dry ingredients.
- Add the wet ingredients (except the milk) to the dry ingredients.
- Use a hand mixer to blend the mixture until smooth.
- If the batter is too thick, slowly add milk a little at a time, stirring until the batter reaches a semi-thick consistency, similar to traditional waffle batter.
- Pour 1/3 cup of batter onto the preheated waffle iron.
- Cook the waffle until done, following the waffle iron's instructions.
- Repeat with the remaining batter.
- Top each waffle with organic butter and a drizzle of honey or pure maple syrup. Enjoy!

# Scrambled Eggs with Creamy Leeks

Yields: 4 servings

## Ingredients

- 10 eggs
- 6 tbsp. coconut milk
- 3 large leeks, white and light green parts only
- 1 tbsp coconut butter
- Sea salt and ground pepper to taste
- 2 tsp. fresh thyme, chopped
- 1 tbsp coconut oil, melted

## How to Prepare:

- Cut the leeks in half lengthwise and slice them into thin half-moons.
- In a large mixing bowl, whisk together the eggs and 2 tbsp of milk.
- Cut the leeks in half lengthwise and slice them into thin half-moons.
- Heat coconut butter in a large pan over medium heat, then add the sliced leeks and ½ tsp salt. Stir well and sauté for about 15 minutes, until the leeks are softened and browned in parts.
- Once the leeks are browned, add the remaining milk and thyme. Cook until all the liquid is absorbed. Remove it from the heat and set it aside.
- In another large skillet, heat coconut oil over medium-low heat.
- Whisk the eggs again and then pour them into the skillet. Cook without stirring until the bottom starts to set, then gently push the cooked eggs from the edges toward the center, allowing the uncooked eggs to flow to the edges.
- Continue until the eggs are nearly cooked through, then remove from the heat.
- Add salt and pepper to taste, stir gently, and serve with the sautéed leeks on top. Enjoy!





A blue-tinted photograph of a salad served on a white plate. The salad includes pieces of grilled chicken, sliced strawberries, green leafy vegetables, and crumbled cheese. A fork is visible in the bottom left corner. The text "Soups/Salads" is centered over the image in a white, italicized serif font.

## *Soups/Salads*

## Butternut Squash Orange Ginger Soup

Yields: 5 cups

### Ingredients

- 1 tbsp. water, for sautéing
- 1 large yellow or white onion, coarsely chopped
- 4 cloves garlic, minced
- 3 tbsp. minced fresh ginger
- ¼ cup fresh orange juice
- 1 large butternut squash, peeled, seeded and cubed
- 2 medium yellow potatoes, peeled and quartered
- 3.5 cups vegetable stock Salt and freshly ground pepper, to taste
- 2 tbsp. finely chopped fresh parsley Zest from oranges, for garnish
- 2 scallions, thinly sliced or finely chopped



### How to Prepare:

- Add water to a large soup pot over medium heat.
- Sauté the onion, ginger, and garlic for about 5 minutes, until fragrant.
- Add the orange juice, then simmer for 3 minutes.
- Add the squash, potatoes, and stock to the pot. Simmer for about 25 minutes, or until the squash and potatoes are fork-tender.
- Puree the soup either by ladling it into a blender or using an immersion blender directly in the pot.
- Return the pureed soup to the pot and reheat over low heat.
- Season with salt and pepper to taste.
- Divide the soup among 4-6 bowls and garnish each with parsley, orange zest, and scallions. Serve and enjoy!



## Vibrant Healing Soup Base

Yields: 5 cups

### Ingredients

- 1 tbsp. extra virgin olive oil
- 2 cups chopped yellow onion
- 2 cloves garlic, minced
- ½ tsp fine sea salt
- 4 cups chicken broth
- 2 orange sweet potatoes (about ¾ lb) peeled and cubed
- 2 bay leaves
- 4 sprigs fresh thyme
- 1 tbsp fresh lemon juice
- ½ cup coconut cream

### How to Prepare:

- Heat olive oil in a medium saucepan over medium heat.
- Sweat the onions, garlic, and salt in the oil for 6 to 8 minutes, until the onions have softened.
- Add the broth, sweet potatoes, bay leaves, and thyme to the pan. Cover with a lid and bring to a boil over medium-high heat.
- Cook for 15 minutes or until the sweet potatoes are very tender.
- Stir in the lemon juice and coconut cream.
- Transfer the soup to a blender and blend on high speed until completely pureed and smooth.

*\*\* Add chicken and/or roasted veggies of your choice to this delicious and healthy soup base. You can even warm a cup of the soup up in the morning, add a tsp of lime juice and enjoy as a nourishing coffee replacement! \*\**



## Curried Cauliflower Soup

Yields: 6 servings

### Ingredients

- 2 tbsp. water, for sautéing
- 1 yellow onion, chopped
- 1 medium tart apple, peeled, cored and coarsely chopped
- 1 tbsp. curry powder
- 1 clove garlic, minced
- 1 large head cauliflower, chopped into uniform -size pieces
- 4 cups vegetable stock Salt, to taste

*\*\*This soup is great on a cold winter evening! \* \**



### How to Prepare:

- Heat water in a soup pot over medium-high heat.
- Add the onion and sauté for 5 to 7 minutes, until soft and translucent.
- Stir in the apple, curry powder, and garlic. Cook for 2 more minutes, until the curry powder turns a deep yellow. Add more water as needed to prevent sticking.
- Add the cauliflower and vegetable stock, then bring to a simmer.
- Cover the pot and reduce heat to medium-low. Simmer for 20 minutes.
- Cool for 20 minutes, then blend in a food processor or blender until smooth.
- Season with salt to taste and enjoy!



# Vegan Minestrone with Kale

Yields: 6 servings

## Ingredients

- 1 medium onion, chopped
- 2 carrots, diced
- 1-2 celery stalks, diced
- 3 garlic cloves, minced
- 1 zucchini/squash, sliced into half-rounds
- 1 can (15 oz) white beans (cannellini, navy, etc),
- 1 can (15 oz) diced tomatoes
- 1 bay leaf 1 Tbsp dried oregano
- 1/2 Tbsp dried thyme
- 6 cups vegetable broth
- 1 cup cooked gluten-free elbow macaroni
- 2 tsp. chopped fresh rosemary
- Fine sea salt and freshly ground pepper, to taste
- 2 packed cups torn Kale leaves



*\*\*\*Kids will love the macaroni in this soup!\*\*\**

## How to Prepare:

- Heat water in a soup pot over medium-high heat.
- Add the onion and sauté for 5 to 7 minutes, until soft and translucent.
- Stir in the apple, curry powder, and garlic. Cook for 2 more minutes, until the curry powder turns a deep yellow. Add more water as needed to prevent sticking.
- Add the cauliflower and vegetable stock, then bring to a simmer.
- Cover the pot and reduce heat to medium-low. Simmer for 20 minutes.
- Cool for 20 minutes, then blend in a food processor or blender until smooth.
- Season with salt to taste and enjoy!

## White Chicken Chili

Yields: 4 servings

### Ingredients

- 2 tbsp coconut oil
- 1 large onion, chopped
- 2 medium jalapenos, cored, seeded & diced
- 4 cloves garlic, minced
- 1 tsp fine sea salt Freshly ground black pepper to taste
- 1 tsp cumin
- 1 tsp coriander
- ½ tsp chili powder
- 5 cups chicken broth
- Juice of 2 limes
- Zest of 1 lime
- 1 ½ – 2 pounds boneless, skinless chicken breasts, cubed
- 1 can (4 oz) chopped green chilies
- ½ cup chopped cilantro
- 1+ Avocado, peeled, pitted and diced



### How to Prepare:

- Heat coconut oil in a medium skillet over medium-high heat.
- Once the oil is melted, add the onion, jalapenos, and garlic. Cook for about 5 minutes, stirring occasionally, until softened.
- Add the sea salt, pepper, cumin, coriander, and chili powder. Stir to combine, and cook for 1 more minute.
- Pour the chicken broth, lime juice, lime zest, chicken pieces, and chilies into the crockpot.
- Add the cooked onion mixture over the top of the chicken.
- Cook on low for 6-7 hours or on high for 4-5 hours.
- Once cooking is complete, serve the chili in bowls and garnish each portion with chopped cilantro and diced avocado. Enjoy!



## Hearty Vegetable Soup with Roasted Tomatoes

Yields: 4 servings

### Ingredients

- 5 large tomatoes on the vine
- Olive oil, for drizzling
- Sea Salt, to taste
- 1 cup chopped carrots
- ½ cup chopped celery
- 1 medium yellow onion, chopped
- 5 cloves garlic, minced
- 1 cup chopped white button mushrooms
- 3 cups vegetable broth
- 2 tbsp. chopped fresh basil
- 2 tbsp. chopped fresh parsley
- 1 bay leaf
- 1 tsp sea salt
- 1 cup chopped zucchini
- 1 cup chopped spinach or kale
- ½ tsp freshly ground black pepper



### How to Prepare:

- Preheat oven to 450°F (232°C) and line a baking sheet with foil or parchment paper.
- Wash and dry the tomatoes, remove the stems, and slice them in half, then into quarters, making 4 wedges.
- Place the tomatoes on the baking sheet, drizzle with olive oil, and sprinkle with sea salt.
- Roast the tomatoes in the oven for 20 minutes.
- Once roasted, transfer the tomatoes to a crockpot and add all the remaining ingredients except the spinach/kale and zucchini.
- Cook on low for 4-6 hours.
- When 45 minutes of cooking time remain, add the spinach/kale and zucchini.
- Once the soup is done cooking, remove the bay leaf.
- Gently stir the soup to break up the tomatoes or use kitchen scissors to cut them into smaller chunks. Ladle the soup into bowls and enjoy!

# Crockpot Homey Beef Stew

Yields: : 4-6 servings

## Ingredients

- 1 lb. beef stew meat, cubed
- Sea Salt and Ground Pepper, to taste
- 1 tbsp. coconut oil
- 2 medium onions, chopped
- 6 cloves garlic, minced
- 2 turnips, peeled and chopped into ½ inch pieces
- 1/4 cup carrot and beet puree  
\*See note below\*
- 4 tbsp. tapioca flour
- 2 tbsp. white wine vinegar
- 2 tbsp. balsamic vinegar
- 4 tbsp. water
- 2 tsp. fresh thyme, minced
- 4 cups beef bone broth
- 2 bay leaves
- 1 cup frozen peas
- ¼ cup fresh parsley, chopped
- 4 carrots, peeled and chopped into ½ inch pieces



*\*\*For the carrot and beet puree—peel, chop and boil carrot and ½ beet until soft, process in food processor until smooth\*\**

## How to Prepare:

- Heat coconut oil in a large skillet over medium-high heat.
- Season beef with salt and pepper, then add it to the skillet and cook for 6-7 minutes until browned.
- Remove the beef from the skillet and transfer it to the slow cooker. Add the onions, garlic, turnips, and carrots to the slow cooker. Stir to combine well.
- In a small dish, whisk together the flour, vinegars, and water until the flour dissolves.
- Heat the carrot and beet puree in a pan over medium heat, then stir in the flour mixture and whisk until thickened, about 3-4 minutes. Add the thyme and broth, whisking until smooth.
- Pour the mixture into the slow cooker with the beef and vegetables, then add the bay leaves. Cover and cook on low for 7-8 hours.
- When 30 minutes of cooking time remain, remove the bay leaves and add the frozen peas. Stir well and season with parsley.
- Once cooking is complete, ladle into bowls and enjoy!



## Turmeric Pumpkin Soup with Shrimp

Yields: : 4 servings

### Ingredients

- 1 lb. shrimp, peeled and deveined, tails removed
- 2 cups pumpkin puree
- 2 cups full fat coconut milk
- 1 1/3 cups chicken broth
- 1 tsp. turmeric
- ½ tsp. ground ginger
- ½ tsp. maple syrup
- 1 tsp. sea salt
- ½ tsp. black pepper

### How to Prepare:

- Heat coconut oil in a medium skillet over medium-high heat.
- Once the oil is melted, add the onion, jalapenos, and garlic.
- Cook for about 5 minutes, stirring occasionally, until softened.
- Add the sea salt, pepper, cumin, coriander, and chili powder. Stir to combine, and cook for 1 more minute.
- Pour the chicken broth, lime juice, lime zest, chicken pieces, and chilies into the crockpot.
- Add the cooked onion mixture over the top of the chicken.
- Cook on low for 6-7 hours or on high for 4-5 hours.
- Once cooking is complete, serve the chili in bowls and garnish each portion with chopped cilantro and diced avocado. Enjoy!



## Citrus Salad

Yields: : 4 servings

### Ingredients

- 1 bunch kale, leaves stripped from rib and finely chopped
- 2 oranges, peeled with membranes removed and separated into wedges
- 1 red grapefruit, peeled with membranes removed and separated into wedges
- 1 small red onion, thinly sliced
- 1 jalapeño pepper, seeded and minced
- 2 Tbsp toasted pine nuts
- 1/4 cup fresh orange juice
- Juice from
- 1 tablespoon apple cider vinegar
- 2 tablespoons honey Zest from one orange, for garnish
- 1 lime



### How to Prepare:

- Add the kale, oranges, grapefruit, onion, jalapeno pepper, and pine nuts to a large bowl and set aside.
- In a separate bowl, whisk together the orange juice, lime juice, vinegar, and honey.
- Pour the dressing over the salad ingredients and toss gently to coat evenly.
- Serve in individual bowls and garnish with orange zest. Enjoy!



# Honey-Lime Chicken and Strawberry Salad

Yields: : 4-6 servings

## Ingredients

- 2 lb chicken breast, cut into ¾-inch pieces
- 1 tablespoon coconut oil
- ½ lime, juiced
- 2 tablespoon honey
- 1 cup strawberries, sliced
- 2 tablespoon mint, sliced
- 2 avocados, diced
- 1 cucumber, peeled and chopped
- 10 cups romaine lettuce, chopped Sea salt



## How to Prepare:

- Heat coconut oil in a skillet over medium-high heat.
- Add the chopped chicken breast, sprinkle with sea salt, and cook undisturbed for 3 minutes until golden brown.
- Flip the chicken, sprinkle with more salt, and cook for 2 more minutes.
- Add lime juice and honey to the pan, stirring to coat the chicken.
- Reduce heat to medium, cover the skillet with a lid, and let the chicken finish cooking for 2-3 more minutes.
- Stir to coat the chicken in the honey-lime glaze, then set it aside to cool.
- In a large bowl, mix the remaining salad ingredients.
- Top with the cooled chicken and drizzle with Strawberry-Lime Dressing. Enjoy!

*\*\* See page# 63 for the recipe of Strawberry Lime Dressing! \*\**

# Grapefruit, Yellow Pepper & Avocado Salad

Yields: : 4 servings

## Ingredients

- 1 Large yellow grapefruit, peeled and separated into wedges -
- 2 yellow bell peppers, sliced
- 2 medium cucumbers, peeled, seeded and cut into 1-inch matchsticks
- 1 medium red onion, sliced
- 1 tbsp. olive oil
- 1 tbsp. honey
- 1 jalapeno pepper, minced
- ¼ tsp. salt
- 2 ripe avocados, halved, pitted, and sliced
- 8 romaine lettuce leaves, left whole
- Freshly ground pepper, to taste



*\*Perfect for a summer picnic or potluck!\**

## How to Prepare:

- In a bowl, combine the grapefruit wedges, peppers, cucumbers, and onion.
- In a small bowl, mix the oil, honey, minced jalapeno, and salt.
- Pour the dressing over the grapefruit mixture and toss to combine.
- Add the avocado slices and gently toss, being careful not to mash the avocado.
- Marinate for 1 hour if desired, or serve right away.
- When ready to serve, divide the romaine leaves among four plates and top with the salad mixture. Finish with some fresh pepper. Enjoy!



## Seared Ahi Tuna Salad with Citrus Avocado Dressing

Yields: : 4 servings

### Ingredients

- 4 (6 oz.) Ahi Tuna steaks, at room temperature
- ¼ tsp. fine sea salt
- 1 tbsp. coconut oil
- 1 large head romaine, shredded
- 1 carrot, grated
- 1 cucumber, halved and sliced thinly
- 1 avocado, cubed
- 1 tangerine, sectioned
- 1 cup Citrus-Avocado dressing (recipe p. 65)



### How to Prepare:

- Salt the tuna on both sides.
- Heat coconut oil in a pan over medium-high heat until lightly smoking.
- Sear the tuna for about 2 minutes per side (for medium-rare) or until it reaches your desired doneness. Remove from heat, slice, and set aside.
- In a bowl, mix the romaine, grated carrot, and cucumber and toss to combine.
- Divide the salad mixture between 4 plates and top with the seared tuna, cubes of avocado, and tangerine slices.
- Serve with the dressing on the side or drizzle over each plate. Enjoy!

# Curried Chicken Salad

Yields: : 4 servings

## Ingredients

- 1/2 cup garlic "mayo"
- 1 tsp. apple cider vinegar
- ½ lemon, juiced (about 1 tbsp)
- 2 tsp. powdered turmeric 1 tsp powdered ginger
- ¼ tsp sea salt
- 2 cups shredded chicken breast meat
- ¼ cup chopped red onion
- ¼ cup raisins -
- 2 tbsp chopped parsley, for garnish

*\*\* See page# 42 for Shredded Chicken recipe!\*\**

*\*\* See page# 67 for Garlic Mayo recipe! \*\**



## How to Prepare:

- Soften the mayo by placing it in a warm water bath until it becomes a liquid.
- In a large bowl, combine the mayo, vinegar, lemon juice, turmeric, ginger, and salt. Whisk to combine.
- Add the chicken breast, red onion, and raisins to the bowl. Stir until well combined.
- Garnish with chopped parsley and serve. Enjoy!



# Grilled Shrimp and Pineapple Slaw

Yields: : 4-6 servings

## Ingredients

- ½ head purple cabbage, shredded (Make this quick by buying a bag of shredded cabbage)
- 2 large carrots, peeled and grated (Can also buy a bag of shredded carrots to speed this up!)
- 1 pineapple, peeled, cored and diced
- 2-3 Tbsp. fresh cilantro, chopped
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. olive oil
- 2 Tbsp. grated fresh ginger
- Juice of 1 lime



## How to Prepare:

For the Slaw:

- In a large bowl, combine the cabbage, carrots, pineapple, and cilantro.
- In a small dish, combine vinegar, oil, ginger, and lime juice.
- Pour the dressing over the cabbage mixture and toss to combine. Set aside.

For the Shrimp:

- Thread shrimp onto soaked wooden skewers and season with salt and pepper.
- Grill the shrimp on medium-high heat for about 3 minutes per side until cooked thoroughly.
- Serve the shrimp on top of the cabbage slaw and enjoy!



## *Sides*



## Harvard Beets

### Ingredients

- 5 medium fresh beets, scrubbed clean
- ½ cup fresh orange juice
- ¼ cup honey
- ½ cup apple cider vinegar
- 4 tsp arrowroot starch
- 2 tbsp nondairy butter (such as Earth Balance)
- ¼ cup parsley, minced
- Fine sea salt, to taste

### How to Prepare:

- Boil the beets until soft.
- Once cooled enough to handle, peel the skin off and discard. Dice the beets.
- While the beets are cooking, whisk together the orange juice, honey, vinegar, and arrowroot starch. Make sure the arrowroot starch dissolves completely.
- Bring the mixture to a gentle boil, whisking constantly.
- Once the mixture has thickened, remove from heat and stir in the non-dairy butter until melted.
- Stir the cooked, peeled, and diced beets into the sauce.
- Optionally, return the pot with the beets to heat and serve them warm, or serve at room temperature.
- Add salt to taste and top with minced parsley before serving.



# Roasted Roots with Garlic Sauce

Yields: 4 servings

## Ingredients

- 6 large carrots
- 4 large parsnips
- 2.5 tbsp. Garlic Sauce (recipe page 23)
- ½ tsp. fine sea salt

## How to Prepare:

- Preheat the oven to 425°F (220°C).
- Line a rimmed baking sheet with parchment paper.
- Cut the carrots and parsnips into fry-shaped pieces, about 2 inches long by ¾ inch wide.
- Place the cut vegetables on the prepared baking sheet and toss with 2 tbsp of garlic sauce until evenly coated.
- Roast for 35 minutes or until golden brown, tossing halfway through cooking.
- Remove from the oven and use tongs to toss the roasted roots with the remaining ½ tbsp of garlic sauce and salt before serving.



## Garlic Sauce

Yields: ½ cup

### Ingredients

- ¼ cup extra virgin olive oil
- ¼ cup full-fat coconut milk
- 2 tbsp. minced garlic
- 2 tsp. fresh lemon juice
- ½ tsp. fine sea salt

### How to Prepare:

- Place all ingredients in a blender.
- Puree on high speed until emulsified and smooth, about 1 minute.
- Allow the garlic flavor to mellow for at least 30 minutes before serving.





## Carrot Puree

*\*Would be a perfect side dish for Thanksgiving!\**

### Ingredients

- ½ cup vegetable stock
- 5 to 6 large carrots, cut into uniform chunks
- ½ tsp fine sea salt
- 1/8 tsp ground cloves
- 1 to 2 tbsp coconut milk
- 1 tbsp. honey
- 1 tbsp. coconut oil, melted

### How to Prepare:

- Bring the stock to a boil.
- Add the carrots and salt.
- Cover and cook until soft, about 20 minutes, adjusting the heat to maintain a slow simmer.
- Drain the carrots, saving the broth.
- Transfer the carrots to a food processor or blender.
- Add the reserved broth, ground cloves, and coconut milk (add just enough to reach the desired consistency). Puree until smooth.
- Add the honey and coconut oil, then continue pureeing.
- Add salt to taste and enjoy!



## Yostie Kiddos' Carrot Fries

*\*These fries will be a huge hit with the whole family!\**

### Ingredients

- 16 medium carrots, peeled and cut into matchsticks about 4 inches long
- 1 tbsp. olive or coconut oil
- 1 tsp. salt Freshly ground pepper, to taste
- ½ tsp. ground cumin

### How to Prepare:

- Preheat the oven to 425°F (220°C).
- Place the carrot sticks in a bowl and pour the oil of your choice over them.
- Using your hands, toss the carrots in the oil to thoroughly coat.
- Spread the carrot sticks in a single layer on a baking sheet lined with parchment paper.
- Sprinkle with salt, pepper, and cumin.
- Bake the carrots for about 45 minutes, checking every 15 minutes. Toss or turn the pan to ensure even cooking, and bake until the carrots begin to crisp.



# Ginger-Roasted Parsnips

Yields: 4 servings

## Ingredients

- 2 tbsp. olive oil
- 1.5 lbs parsnips, peeled and coarsely chopped
- 1.5 tbsp. minced fresh ginger
- Salt and freshly ground pepper, to taste

## How to Prepare:

- Preheat the oven to 325°F (163°C).
- Pour the olive oil into a 9x13 inch baking dish, preferably glass.
- Add the parsnips and ginger, then season with salt and pepper. Toss to coat with the oil and seasonings.
- Cover the dish and bake for 40 minutes, or until the parsnips are tender.
- Adjust the seasonings as necessary and enjoy!

*\*Excellent side dish for Thanksgiving!\**





## Yost Kiddos' Favorite Mango Salsa

Yields: 2 cups

### Ingredients

- 1 Large mango, peeled and diced (To quicken this process: Costco and Trader Joe's both sell chopped mango)
- 1 avocado, diced
- ½ small red onion, diced
- 1 cucumber, diced
- 1 bunch cilantro, chopped
- 2 cloves garlic, minced
- ½ tsp. sea salt
- 1 tbsp. olive oil
- 1 lime, juiced



### How to Prepare:

- Combine all of the ingredients in a bowl and mix to incorporate.
- Enjoy on top of salads, salmon or with gluten free chips!

# Cauliflower “Fried Rice”

Yields: 4

## Ingredients

- 1 small head cauliflower, cored and roughly chopped
- 2 tbsp. solid coconut oil
- 1 small yellow onion, finely chopped
- 4 cloves garlic, minced
- 1 carrot, finely chopped
- 1 zucchini, finely chopped
- 1 cup mushrooms, finely chopped
- ¼ tsp sea salt
- ½ tsp powdered ginger
- ½ tsp turmeric
- 1 tbsp. coconut aminos
- 1 tbsp. chopped chives



## How to Prepare:

- Process the cauliflower in a food processor or blender for 10 seconds, or until it reaches rice-sized granules. Set aside.
- Heat the coconut oil in a large skillet or wok over medium-high heat. Once the oil has melted and the pan is hot, add the onion and cook for 5 minutes, stirring occasionally.
- Add the garlic and cook for a couple of minutes, until fragrant.
- Add the carrot and zucchini. Cook for another 5 minutes, stirring.
- Add the cauliflower "rice," mushrooms, salt, ginger, turmeric, and coconut aminos. Cook for 5-10 minutes, stirring often, until the vegetables are soft.
- Serve warm and top with chives.
- Optionally, add cooked chicken, shrimp, or beef to make it a protein-packed meal!

## Ava's Lime Guacamole

### Ingredients

- 2 avocados, pitted
- 1 small red onion, diced
- 1 small roma tomatoe, diced
- 1 tsp. fine sea salt Juice of one lime

### How to Prepare:

- Mash the avocados in a medium sized bowl.
- Gently stir in remaining ingredients and ENJOY!



*\*This guacamole goes great with tacos, used as a dip for veggies or gluten free chips or wrapped up in a collard greens wrap!\**



## Basic Cauliflower Puree

Yields: 1 pint

### Ingredients

- 1 head of cauliflower, broken evenly into florets
- 1 tbsp. coconut butter
- Sea salt, to taste

### How to Prepare:

- Steam the cauliflower until fully cooked, about 10 minutes.
- Place half the cauliflower in a blender with  $\frac{1}{4}$  cup of the steaming liquid.
- Add the remaining cauliflower and oil, then season with sea salt.
- Blend until smooth and enjoy!



# Spicy Sweet Potato Wedges

Yields: 5 Servings

## Ingredients

- 2 lbs. sweet potatoes, cut into wedges
- 2 tbsp. olive oil
- 1 tbsp. ground pepper
- 2 tsp. dried sage
- 1 tbsp. dried oregano
- 1 tbsp. dried thyme
- 2 tbsp. paprika
- 1 tsp. cayenne pepper
- 3 tsp. garlic powder

## How to Prepare:

- Preheat your grill to medium-high or, if you prefer to bake the wedges, preheat the oven to 425°F (220°C).
- Bring a pot of water to a boil on the stovetop. Blanch the wedges for 3 to 4 minutes, then drain.
- In a bowl, combine all the ingredients for the spicy seasoning.
- Place the wedges in a large bowl, drizzle with olive oil, and mix well to coat all the wedges.
- Add the spicy seasoning and mix again, ensuring everything is well covered. You may not need to use all of the seasoning.
- Grill the wedges for approximately 10 minutes, or until nicely charred and soft, turning occasionally.
- If baking, bake for 20-25 minutes, turning halfway through the cook time.



# Spicy Chickpeas

Yields: 4 Servings

## Ingredients

- 1 tbsp olive oil
- 1 large onion, chopped
- 2 green or red chilies, deseeded & finely chopped
- 1 tsp cumin
- 1 tsp turmeric
- 2 (15 oz) cans chickpeas, drained & rinsed
- 2 (15 oz) cans chopped tomatoes
- Freshly ground black pepper, to taste
- 1 tbsp lemon juice



## How to Prepare:

- Heat the olive oil in a large saucepan and gently sauté the chopped onion until softened, but not browned.
- Add the chilies, cumin, and turmeric, and stir-fry for about 30 seconds, being careful not to burn the spices.
- Add the drained chickpeas, chopped tomatoes, and freshly ground black pepper. Simmer for approximately 10 minutes.
- Add the lemon juice and cook for 2-3 minutes.
- Remove from heat and enjoy over brown, wild, or basmati rice, gluten-free pasta, or a bed of baby spinach.



## Dr. Heather's Favorite Mango Guacamole

### Ingredients

- 2 large ripe avocados, peeled and pitted
- 1 cup chopped mango
- 1/3 cup tightly packed chopped fresh cilantro leaves
- 2 tbsp. diced shallot
- 2 tbsp. fresh lime juice
- ½ tsp fine sea salt

### How to Prepare:

- Place all the ingredients in a food processor or high-speed blender.
- Pulse until chopped to the desired consistency.

*\*Simple and yummo recipe!\**

*\* See page# 37 for Mojo Chicken recipe!\**

*\*\* See page# 33 for Mango Guacamole recipe! \*\**





## *Main Dishes*

# Grilled Steak & Cucumber Noodle Bowl

Yields: 4 servings

## Ingredients

- 1.5 lbs grass-fed skirt steak
- 2 large English cucumbers
- 1.5 lbs grass-fed skirt steak
- 2 tsp freshly grated ginger
- 1 tbsp. coconut aminos
- 1 tbsp. lime juice
- 1/2 cup sliced mint
- Sea salt
- Olive oil

## How to Prepare:

- Remove skirt steak from the fridge 30 minutes prior to grilling. Brush each side with olive oil to prevent sticking and sprinkle with ¼ tsp salt.
- Preheat the grill to medium-high heat. Grill the steak for about 4-5 minutes per side, or to your desired doneness (medium-rare recommended). Let rest for 5 minutes before slicing.
- Meanwhile, use a spiralizer to make long cucumber noodles by slicing the cucumber in half widthwise and spiralizing each half. Alternatively, use a julienne peeler to create long noodles.
- Place cucumber noodles in a strainer set over the sink. Toss with ¼ tsp sea salt and let sit for 10 minutes to allow the cucumber to "sweat" out excess moisture.
- After 10 minutes, remove excess liquid from the cucumber by squeezing the noodles with your hand.
- Toss the cucumber noodles with the remaining ingredients in a bowl.
- Top with thinly sliced skirt steak and serve



*\*Surprisingly awesome meal!\**



# Pulled Pork in the Crockpot

Yields: 6 to 8 servings

## Ingredients

- 3 lbs boneless pork shoulder, such as Boston butt or picnic roast
- 3 tbsp. apple cider vinegar
- 2 slices whole pineapple
- 1 tsp. fine sea salt
- 3 slices bacon

## How to Prepare:

- Place the pork in the slow cooker insert and pour the vinegar over the pork.
- Sprinkle the salt on the meat and top with the bacon and pineapple slices.
- Cook on high for 1 hour, then on low for 6 to 8 hours, until the pork is tender and can be easily shredded with two forks.
- Shred the pork and bacon by pulling two forks in opposite directions to pull the meat apart.
- Shred the pineapple if desired, or leave it whole.
- Transfer the pulled pork to a serving dish and stir in at least  $\frac{3}{4}$  cup of the cooking liquid.



# Mojo Pulled Chicken

Yield: 10 servings

## Ingredients

- Mojo Chicken  
(Pasture Raised):
- 3 lbs skinless chicken thighs
- 2 lbs skinless chicken breasts
- 1 cup fresh orange juice
- 1/4 cup fresh lime juice 10  
cloves garlic, minced
- 1 tbsp dried organo
- 1 1/2 tsp. dried thyme
- 2 1/2 tsp. fine sea salt
- 1 tsp ginger powder
- 1/2 tsp ground cinnamon
- 1 cup finely chopped fresh  
cilantro



## How to Prepare:

- Spread the chicken evenly in a slow cooker.
- In a bowl, whisk together the remaining ingredients, except the cilantro. Pour the mixture over the chicken and toss to coat the chicken evenly.
- Cook on low for 4-5 hours, until the chicken can be easily shredded.
- Transfer the chicken to a large bowl and shred by pulling two forks in opposite directions to pull the meat apart.
- Stir in the cilantro.

## Mojo-Mango Stuffed Sweet Potatoes

### Ingredients

- 4 baked sweet potatoes
- 2 cups Mojo Pulled Chicken\*
- 1 cup Mango Guacamole\*\*

### How to Prepare:

- Slice each sweet potato in half lengthwise.
- Divide the pulled chicken evenly among the potato halves. Top with mango guacamole.





# Bacon-Date Crusted Salmon

Yields: 4 servings

## Ingredients

- 4 (6 oz.) salmon filets
- 8 Medjool dates, pitted
- 6 slices bacon
- 2 tsp rosemary, finely minced
- 2 tbsp garlic, finely minced
- 2 tbsp lemon juice

## How to Prepare:

- Preheat the oven to 400°F (200°C).
- Lightly grease a glass pie dish or baking dish with your fat of choice.
- Cook bacon over medium heat until crispy, about 6 minutes. Reserve the bacon fat and finely mince the cooked bacon.
- While the bacon is cooking, soak the dates in hot water in a small heat-proof bowl for 15 minutes.
- Mash the dates completely into a smooth paste. Stir in the cooked bacon, reserved bacon fat, rosemary, and garlic to create the bacon-date crust.
- Pat the salmon dry and lay it skin-side down in the prepared baking dish. Sprinkle lemon juice over the salmon.
- Spoon half of the bacon-date mixture onto each salmon fillet and spread it with the back of a spoon, covering as much of the salmon as possible.
- Bake for 15 minutes, or until the salmon flakes easily with a fork.



# Bacon-Wrapped Scallops with Refreshing Lemon-Chive Drizzle

Yields: 5 servings

## Ingredients

- 10 Large sea scallops
- 5 slices bacon, sliced in half
- ½ tsp fine sea salt

### Lemon-Chive Drizzle

- 2 tbsp. extra virgin olive oil
- 1 tbsp. minced fresh chives
- 1 tsp. lemon juice 1 tsp lemon zest
- ½ tsp balsamic vinegar

## How to Prepare:

- Rinse the scallops and dry them well by patting with a paper towel. Set aside.
- Par-cook the bacon by laying the half-slices in a large skillet over medium heat. Cook for 3 to 4 minutes per side until the bacon is partially cooked with golden brown edges but still pliable enough to wrap around the scallops. Transfer to a paper towel-lined plate to cool enough to handle. Leave the bacon fat in the skillet.
- Sprinkle the scallops on all sides with salt.
- Wrap a half-slice of bacon around each scallop and secure with one or two toothpicks. It's okay if it doesn't wrap around the full circumference of the scallop.
- Sear the scallops in the same bacon-greased skillet over medium-high heat for 3 minutes per side, until golden brown and opaque throughout. Do not crowd the pan; cook in batches if needed.
- Meanwhile, prepare the Lemon-Chive drizzle by mixing together the olive oil, chives, lemon juice and zest, and vinegar.
- Drizzle the Lemon-Chive mixture over the seared scallops and enjoy!



## Sweet Potato Tacos

Yields: 8-10 servings

### Ingredients

- 2 large sweet potatoes, peeled and cubed
- 1 tbsp. olive oil
- 1 medium yellow onion, sliced
- 1 red or yellow bell pepper, finely diced
- ½ of a fresh jalapeno pepper, seeded and diced Fine sea salt and freshly ground pepper, to taste
- 2 cloves garlic, minced
- ¼ tsp. cayenne pepper (optional)
- 8-10 cassava tortillas Cilantro, chopped
- Salsa, for topping



### How to Prepare:

- Place a steamer basket in a medium saucepan with enough water at the bottom to create steam.
- Add the cubed potatoes to the basket, cover, and steam over medium-low heat until fork-tender, about 20 minutes. Drain the potatoes.
- In a medium sauté pan over medium heat, heat the olive oil.
- Add the onion and bell pepper, and cook for about 7 minutes or until the vegetables are translucent.
- Season with salt and pepper, then set the mixture aside.
- When the sweet potatoes are finished cooking, transfer them to a large bowl.
- Mash all the ingredients together or leave somewhat chunky, depending on your preference.
- Mix in the jalapeño, yellow pepper, garlic, cayenne, and onion mixture; add salt to taste.
- Fill the tortilla with the filling, sprinkle with chopped cilantro, top with salsa, and enjoy!

NOTE: You can buy cassava tortillas at Whole Foods, Natural Grocers, or make your own.



# Shredded Chicken Breast

Yields: 4 servings

## Ingredients

- 2 lbs. chicken breasts (pasture raised)
- ¼ tsp sea salt
- 2 tbsp. olive oil
- 1 cup chicken broth

## How to Prepare:

- Rinse the chicken with cold water and pat dry.
- Bring the chicken to room temperature and sprinkle all sides with salt.
- Place the olive oil and broth in a crockpot, then add the chicken.
- Cook on high for 4 hours or low for 6-8 hours until the chicken is thoroughly cooked (internal temperature should reach 165°F).
- Remove the chicken from the crockpot and let it cool.
- Once cooled, shred the chicken using two forks, pulling in opposite directions.



Note: This shredded chicken can be used in multiple recipes, such as stir-fries, salads, and soups.

# Garlic-Sage Chicken Patties

Yields: 6 servings

## Ingredients

- 3 tbsp. coconut oil
- ¼ cup minced onion
- 3 tbsp. chopped fresh sage
- ¼ cup plus 1 tbsp. coconut flour, divided
- 1 tsp. sea salt
- 2 lbs. ground chicken meat

## How to Prepare:

- Heat 1 tbsp. of coconut oil in a skillet over medium heat.
- Once melted, add the onion and cook for about 5 minutes, until soft, stirring often to avoid burning.
- Add the sage and continue to cook for a couple of minutes until fragrant.
- Remove the skillet from the heat and let the mixture cool.
- While waiting, spread ¼ cup of coconut flour on a plate.
- Place the chicken in a large bowl and add the cooled onion mixture, 1 tbsp. of coconut flour, and salt. Mix well.
- Form the mixture into 12 patties and dredge them lightly in the coconut flour on the plate.
- Heat the skillet again over medium heat, adding the remaining coconut oil.
- Cook the patties in batches for 10-15 minutes per side until golden brown and cooked through.
- Alternatively, bake the patties in the oven at 400°F for 25 minutes, flipping halfway through.



Note: These patties freeze well. Make them ahead of time and store in the freezer. To use, thaw them in the fridge 24 hours before needed.

# Collard Hand Rolls with Carrot Jalapeno Sauce

Yields: 6 rolls

## Ingredients

- 3 collard leaves
- 2 cups baby spinach, chopped
- 1 cup shredded carrots
- 1 medium cucumber, julienned
- 1 cup mung bean sprouts
- Handful of cilantro
- Carrot Jalapeno Sauce

## How to Prepare:

- Cut the collard leaves from the center stems so you end up with 6 halves.
- Place a half leaf smooth side down, with the cut edge nearest to you.
- On the left side only, spread some of the sauce, then place a mound of spinach.
- Top with some of each of the remaining vegetables, letting them hang over the edges a bit.
- To roll the wrap, bring the bottom left corner to the top right corner to create a triangle shape.
- Continue rolling until it forms a cone.
- Repeat for each wrap.





# Vegetable Green Coconut Curry

Yields: 3-4 servings

## Ingredients

- 1 tbsp coconut oil
- ½ medium onion, chopped
- 1 garlic clove, minced
- 1 knob ginger, minced
- 1 tsp. lemongrass, minced
- 2-4 tbsp. green curry paste, depending on desired heat (Thai Kitchen makes GF curry paste)
- 1 cup coconut milk
- 2 cups vegetable stock
- 2 cups butternut squash, chopped
- 1 large carrot, sliced
- 1 red bell pepper, thinly sliced
- 1 cup broccoli florets
- 1 cup cauliflower florets
- Large handful of cilantro



## How to Prepare:

- Heat the oil in a large saucepan.
- Add the onions, garlic, and ginger, and sauté over medium heat until the onions are translucent.
- Add the lemongrass, curry paste, coconut milk, and stock. Stir to combine and bring to a simmer.
- Add the squash and carrot, and simmer until slightly al dente (about 8-10 minutes).
- Add the rest of the vegetables and simmer for another 10 minutes.
- Using a ladle, fill 4 bowls with the curry and top with cilantro.

# Mango Cilantro Chicken

Yields: 4 servings

## Ingredients

### SAUCE:

- 1 mango, peeled, pitted and chopped (you can buy fresh chopped mango at Trader Joe's or Costco!)
- ½ cup loosely packed cilantro
- 1 small shallot, cut in half
- 2 tsp. chopped fresh ginger
- 2 cloves garlic, peeled
- ½ cup coconut milk
- 1 tbsp. raw apple cider vinegar
- 1 tbsp. lime juice
- 2 tbsp. olive oil
- ½ tsp fine sea salt
- ¼ tsp. ground black pepper

### CHICKEN:

- 2 lbs boneless chicken thighs
- Sea Salt to taste
- Freshly ground pepper, to taste
- 1 tbsp coconut oil



## How to Prepare:

- Place the sauce ingredients in a food processor or blender.
- Pulse/blend until the ingredients are chopped but still chunky.
- Season the chicken with sea salt and pepper.
- Place the chicken and 1/3 of the sauce in a Ziploc bag or container to marinate for 1-2 hours.
- When ready to cook, remove the chicken from the marinade and discard the marinade.
- Heat a skillet over medium heat and add the coconut oil.
- Once the oil is melted, add the chicken and cook until browned on both sides and cooked through.
- While the chicken is cooking, heat the remaining sauce in a small saucepan over low heat.
- Once the chicken is cooked, place it on plates and top with the sauce. Enjoy!

# Sloppy Joes

Yields: 4 servings

## Ingredients

- 1 tbsp. coconut oil
- 1 small yellow onion, diced
- 1 small green pepper, diced
- 1 clove garlic, minced
- 1 ½ lbs ground beef
- 2 tbsp. honey
- 1 tsp. sea salt Freshly ground pepper, to taste
- 1 tsp. granulated garlic
- 1 tsp granulated onion
- 1 tsp Italian seasoning
- 1 tsp dry mustard
- 1 tbsp red wine vinegar
- 1 tbsp Worcestershire sauce
- 1 can (15 oz) tomato sauce
- 2 tbsp tomato paste



## How to Prepare:

- Heat a large pan over medium heat and add the coconut oil.
- Add the onion and sauté for 2 minutes.
- Add the bell pepper and sauté for another minute.
- Stir in the garlic, beef, honey, sea salt, pepper, granulated garlic, granulated onion, Italian seasoning, and dry mustard.
- When the meat has mostly browned but isn't quite done cooking yet, reduce the heat to low.
- Add the red wine vinegar and Worcestershire sauce. Stir well until all ingredients are combined.
- Add the tomato sauce and paste, and stir well again.
- Cook until heated all the way through, stirring occasionally.
- Remove the skillet from the heat and enjoy! You can stuff this in cassava tortillas, put it in romaine lettuce leaves, or serve in a bowl as sloppy joes.



## Fajita Burgers

Yields: 6 burgers

### Ingredients

- 1 lb grass-fed beef
- 2 tbsp coconut oil
- ¼ cup diced red onion
- 1/3 cup diced red bell pepper
- 1/3 cup diced green bell pepper
- 1 egg
- 2 tbsp. chopped fresh cilantro
- 1 clove garlic, minced
- ¼ tsp ground cumin
- 1 teaspoon chili powder
- 1/4 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon peppe



### How to Prepare:

- In a large frying pan, melt 1 tablespoon of coconut oil over medium-high heat.
- Add the onions and peppers, and sauté until soft, about 6-7 minutes.
- Remove from the pan and let cool.
- In a large bowl, combine the ground beef, all spices, cilantro, and egg. Mix gently with your hands, being careful not to over-mix.
- Fold in the cooled vegetables.
- Preheat the grill or, in a large frying pan, melt the remaining 1 tablespoon of coconut oil over medium-high heat.
- Cook each patty for 4-5 minutes on each side.

# Apple Cider Chicken Thighs

Yields: 4 servings

## Ingredients

- 3 lbs chicken thighs
- Sea Salt to taste  
Freshly ground pepper, to taste
- 1 shallot, minced
- 3 cloves garlic, minced
- 1 Golden Delicious apple, peeled, cored and sliced into
- ½ inch pieces
- 1 bay leaf

## Sauce:

- 1 cup fresh apple cider
- ½ cup apple cider vinegar
- ½ cup olive oil
- 1 tsp chopped fresh thyme  
or ¼ tsp dried

## How to Prepare:

- Place the chicken in a crockpot and season it with sea salt and pepper.
- Spread the shallot, garlic, apple pieces, and bay leaf over the chicken.
- In a small bowl, mix together the sauce ingredients.
- Pour the sauce over the chicken.
- Cook the chicken on low for 6-7 hours or on high for 4-6 hours.
- Spoon the sauce over the chicken to serve.



# Jerk Chicken Legs

Yields: 4 servings

## Ingredients

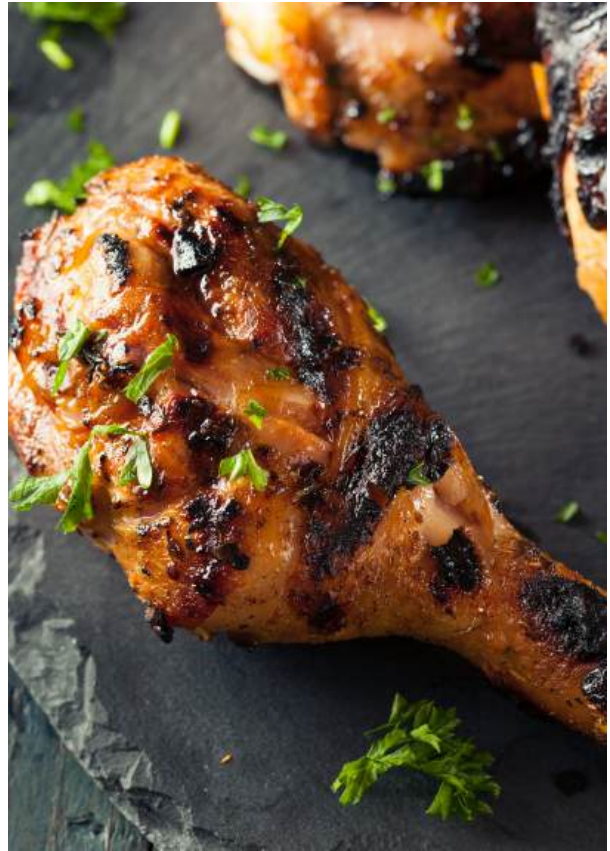
- 3 lbs Chicken legs

### RUB INGREDIENTS:

- 1 tsp. allspice
- ½ tsp. cinnamon
- ¾ tsp. thyme
- ¼ tsp. nutmeg
- 1 tsp. granulated onion
- ¾ tsp. granulated garlic
- 1 tsp. fine sea salt
- ½ tsp. freshly ground pepper
- ½ tsp smoked paprika Pinch of cayenne (optional)
- 1 tbsp. coconut sugar

### CHICKEN:

- 2 lbs boneless chicken thighs
- Sea Salt to taste
- Freshly ground pepper, to taste
- 1 tbsp coconut oil



## How to Prepare:

- Place the sauce ingredients in a food processor or blender.
- Pulse/blend until the ingredients are chopped but still chunky.
- Season the chicken with sea salt and pepper.
- Place the chicken and 1/3 of the sauce in a Ziploc bag or container to marinate for 1-2 hours.
- When ready to cook, remove the chicken from the marinade and discard the marinade.
- Heat a skillet over medium heat and add the coconut oil.
- Once the oil is melted, add the chicken and cook until browned on both sides and cooked through.
- While the chicken is cooking, heat the remaining sauce in a small saucepan over low heat.
- Once the chicken is cooked, place it on plates and top with the sauce. Enjoy!



# Thai Chicken Drumsticks

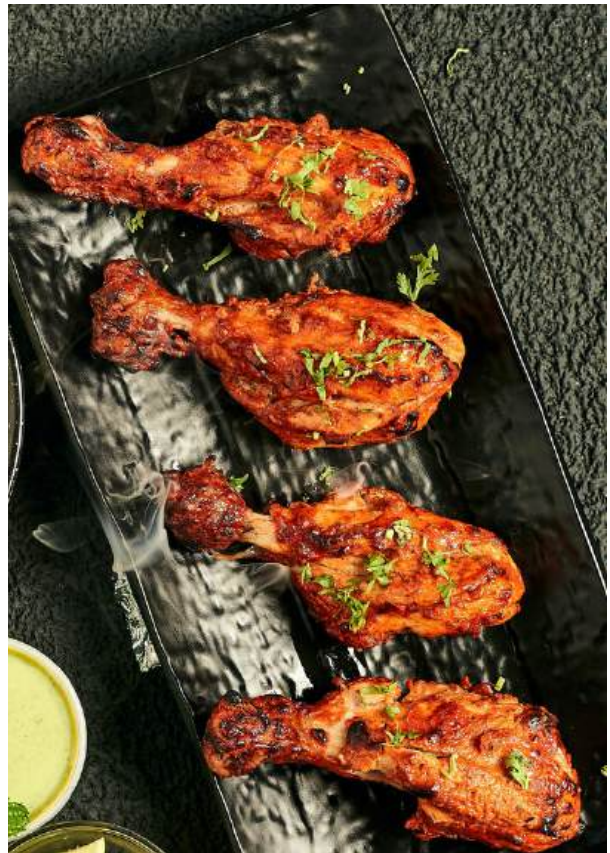
Yields: 4 servings

## Ingredients

- 3 lbs. chicken drumsticks
- 2 tbsp finely chopped cilantro stems
- 3 cloves garlic, minced
- Chopped cilantro leaves, for garnishing

### Marinade Ingredients:

- 1 tbsp. coconut oil
- 1  $\frac{3}{4}$  tbsp. fish sauce
- 2 tbsp. coconut milk
- 1 tbsp. honey
- 3 dashes ground black pepper
- Pinch of cayenne pepper (optional)
- Pinch of turmeric powder



## How to Prepare:

- Rinse the chicken and pat dry with paper towels.
- In a medium bowl, whisk together all of the ingredients for the marinade.
- Rub the drumsticks with the cilantro and garlic, ensuring each is evenly coated.
- Place the chicken in a large Ziploc bag or container and pour the marinade over the chicken.
- Place the container in the fridge and let marinate for a minimum of 30 minutes.
- When ready to bake the chicken, preheat the oven to 375°F.
- Remove the chicken from the marinade and arrange the drumsticks on a cookie sheet.
- Bake for 40 minutes or until crispy, golden, and cooked through.

# Beef with Snow Peas

Yields: 4 servings

## Ingredients

- 1 tbsp coconut oil
- 1.5-2 lbs Sirloin Steak
- 3 cups Snow Peas
- One bunch green onions, chopped
- Sesame seeds, for garnish

## Sauce Ingredients:

- 1/3 cup coconut aminos
- 2 tbsp. raw apple cider vinegar
- 1 tsp. sesame oil
- 2 tsp. minced fresh ginger
- 2 cloves garlic, minced
- ¼ cup water
- 3 tbsp. honey
- ½ tsp. red pepper flakes (optional, depending heat preference)
- 2 tsp. arrowroot starch



## How to Prepare:

- Combine all of the sauce ingredients in a medium-sized bowl. Whisk until well combined and set aside.
- Slice the sirloin into thin strips.
- Heat a skillet over medium-high heat and add the coconut oil.
- Once the oil is melted, add the steak strips in an even layer. Do not stir; let it cook for about 4-5 minutes.
- Add the snow peas and chopped onion to the skillet and stir to combine with the meat. Cook for 1 minute.
- Add the sauce to the skillet and bring it to a boil.
- Once it reaches a boil, reduce the heat and simmer until the sauce has thickened.
- Remove from the heat and serve immediately.

# Bacon Wrapped Rosemary Scallops

Yields: 4 servings

## Ingredients

- 1 Tbsp. fresh rosemary leaves
- 2 Tbsp. olive oil
- 1 lb. scallops
- 1 lb. bacon
- Sea Salt, to taste

## How to Prepare:

- Place the rosemary and olive oil in a food processor or blender and process on high for 30 seconds. Set aside.
- Using a sharp knife, remove the tough muscle from the sides of each scallop. Rinse and pat each one dry.
- Wrap each scallop in 1 slice of bacon and thread the wrapped scallops onto soaked wooden skewers.
- Grill over high heat, turning every minute until done: about 3-4 minutes for smaller scallops and 5-6 minutes for larger scallops. (Scallops will be opaque when thoroughly cooked).
- Remove from heat and drizzle with the rosemary and olive oil mixture while still hot.
- Serve immediately and enjoy!



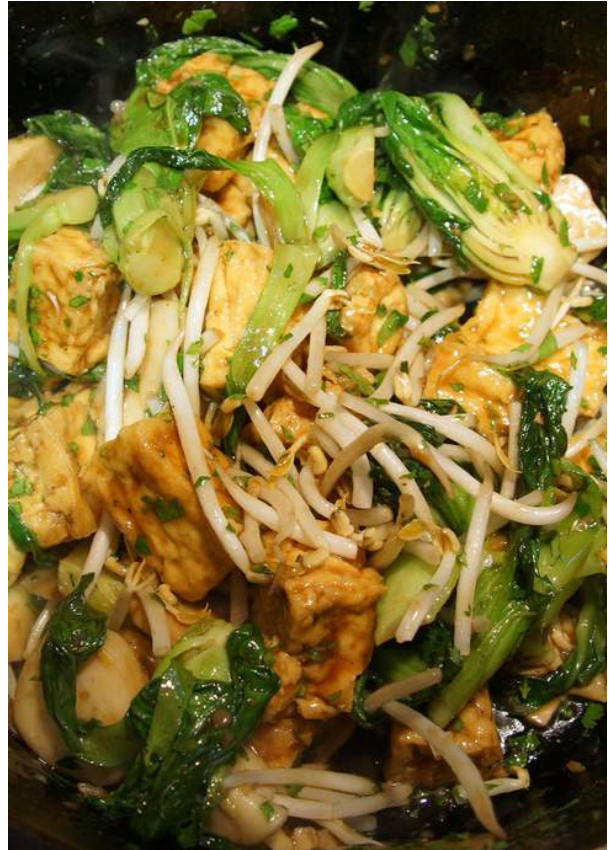


# Chicken and Bok Choy Stir-Fry

Yields: 3 servings

## Ingredients

- ¼ cup coconut aminos
- 1 tbsp. apple cider vinegar
- 2 tsp honey
- 3 Tbsp water
- 1 lb. boneless, skinless chicken breasts
- 4 tsp tapioca or arrowroot flour
- 2 tbsp coconut oil
- 2 garlic cloves, thinly sliced
- 2 tsp fresh ginger, minced
- 1 cup chopped carrots
- 1 small zucchini, sliced in ½ inch rounds
- 4 cups sliced bok choy (about 2 heads of bok choy)



## How to Prepare:

- Combine aminos, apple cider vinegar, honey, and 3 tbsp water in a small bowl and set aside.
- Slice the chicken into thin strips and coat with flour.
- In a large wok or skillet, heat coconut oil on medium-high heat.
- Add garlic and ginger, cooking until fragrant, about 1 minute.
- Add chicken in a single layer, pressing it against the pan to sear. Cook, stirring, until lightly browned and just cooked through, about 6 to 8 minutes.
- Add the carrots, zucchini, and bok choy, and cook, stirring, until the bok choy slightly wilts, about 1 minute.
- Add the sauce mixture and cook until the sauce thickens slightly, about 2 minutes.
- Salt to taste and serve.

# Fish Tacos with Mandarin Orange and Avocado Salsa

Yields: 4 servings

## Ingredients

### Salsa Ingredients:

- 1 (15 oz) can of mandarin oranges, packed in water or juice
- 1 ripe avocado, diced
- 2 tbsp. fresh cilantro, chopped
- ½ tbsp. olive oil
- ½ tbsp. lime juice
- 1/8 tsp. salt
- 1/8 tsp. fresh ground pepper

### Fish Ingredients:

- 4 (6 oz) white fish fillets, such as cod
- 2 tbsp. coconut oil
- ¼ tsp. black pepper
- ¼ tsp. fine sea salt
- 1 clove garlic, minced
- 1 tbsp. minced onion



## How to Prepare:

### For the salsa:

- Gently combine all the salsa ingredients in a medium bowl and set aside.

### For the fish:

- Heat the coconut oil in a large skillet over medium heat.
- Season the fish with remaining ingredients and cook in the skillet until opaque throughout, about 3-4 minutes per side.
- Transfer the fish to a plate and flake the fish for the tacos.
- Serve on cassava tortillas, cabbage leaves, or romaine hearts and top with the salsa

# Pesto Shrimp Cucumber Rolls

Yields: 20 servings

## Ingredients

- 2 large cucumbers
- 2 cups fresh basil, packed
- 2 garlic cloves, minced
- ½ tsp. fine sea salt
- 2 tsp. fresh lemon juice
- 2/3 cup olive oil
- 1 lb. cooked shrimp, coarsely chopped
- ½ cup diced celery
- ½ cup white onion, diced

## How to Prepare:

- Use a mandolin to carefully slice the cucumbers lengthwise and set aside.
- Combine the basil, garlic, salt, lemon juice and olive oil in food processor or blender.
- Process/ blend until smooth. Add shrimp, celery and onion.
- Process/blend on high 30 seconds.
- Lightly spread filling onto cucumber strips and roll.
- Secure roll with toothpick or skewer.
- Serve and enjoy!





# Creamy Ginger-Lime Ceviche

Yields: 4 servings

## Ingredients

- 1 lb. shrimp, peeled and deveined and tails removed
- 4 quarts water
- 2 tbsp. fine sea salt
- Juice of one lime Juice of one lemon
- ¼ cup chopped red onion
- 2 tbsp. grated fresh ginger
- ½ cup full fat coconut milk
- 1 cup fresh cilantro, chopped
- 1 cucumber, peeled and diced
- 1 ripe avocado, diced

## How to Prepare:

- In a large pot, add 4 quarts of water and 2 tbsp. of salt. Bring to a boil.
- Add the shrimp and cook 1-2 minutes. (Be careful to not overcook as overcooking will make the shrimp rubbery)
- Drain the shrimp and place them in a bowl of cold water to stop any extra cooking.
- Drain the shrimp and cut each in half. Place shrimp in a glass or a ceramic bowl.
- Add the lemon and lime juice, and cover. Place in the refrigerator for 30 minutes.
- Remove from the refrigerator and add the onion, ginger and coconut milk.
- Stir gently until well combined.
- Immediately before serving, add the cilantro, cucumbers and avocado, stirring gently to combine. Serve immediately



# Tumeric and Ginger Roasted Cauli Steaks

Yields: 4 servings

## Ingredients

- 2 tbsp. coconut oil, melted
- 1 tsp. ground ginger
- 1 ½ tsp. turmeric
- 1 head cauliflower
- Sea Salt, to taste

## How to Prepare:

- Preheat oven to 425 degrees.
- Combine the coconut oil, ginger and turmeric in a small bowl.
- Remove leaves from the cauliflower, keeping the core intact.
- Place cauliflower, core side down, on a non-slip cutting surface.
- Using a large, sharp knife, slice the cauliflower into 1 inch thick "steaks".
- Lay the cauliflower slices on a parchment-lined baking sheet and drizzle each side with the turmeric mixture.
- Season with salt and roast until the edges are crispy and browned. This typically takes 25-30 minutes.
- Serve with a side salad and enjoy!



# Cassava Flour Tortillas

Yields: 8 servings

## Ingredients

- 1 1/2 cups cassava flour
- 3/4 tsp salt
- 1/4 tsp cream of tartar
- 1/8 tsp baking soda
- 3/4 cups warm water
- 6 Tbsp extra virgin olive oil or avocado oil

## How to Prepare:

- Combine dry ingredients: In a bowl, whisk together flour salt, cream of tartar, and baking soda.
- Add wet ingredients: Gradually add water and oil, mixing with a spoon or hands until a stiff dough forms.
- Adjust flour or oil as needed for desired consistency.
- Divide and shape: Divide dough into 8 equal portions. Roll each portion into a ball.
- Roll out tortillas: Place each dough ball on parchment paper. Flatten with your hand and roll out into a very thin 8-10 inch circle.
- Cook tortillas: Heat a skillet over medium heat. Cook each tortilla for about 1 minute per side, or until lightly browned.
- Serve or store: Serve warm or allow to cool. Store at room temperature for up to 24 hours or freeze for longer storage.







## *Dressings/ Sauces*

## Pronto Pesto



### Ingredients

- 2 cups loosely packed fresh basil leaves
- $\frac{3}{4}$  cup loosely packed fresh cilantro leaves
- $\frac{1}{3}$  cup mashed avocado
- 1 tbsp chopped garlic
- 1 tsp. apple cider vinegar
- $\frac{1}{2}$  tsp fine sea salt
- $\frac{1}{2}$  cup extra-virgin olive oil

### How to Prepare:

- Place all the ingredients except the olive oil in a food processor or high speed blender and blend until the herbs are finely chopped.
- While the food processor is running, slowly pour in the olive oil to make a smooth pesto sauce.
- Pesto is best served after the flavors are allowed to marry for at least one hour.

## Summertime Strawberry Lime Dressing



### Ingredients

- 1 tbsp coconut aminos (optional)
- ½ tsp fine sea salt
- ¼ tsp ginger powder
- ½ cup strawberries
- ¾ cup extra virgin olive oil
- 1 tbsp lime juice

### How to Prepare:

- Remove the green tops from the strawberries.
- Place all the ingredients in a blender and blend on high speed until very smooth.



## Lemon Basil Vinaigrette

Yields: 10 tbsp.



### Ingredients

- ¼ cup olive oil
- 2 tbsp. fresh lemon juice
- 2 tbsp. fresh orange juice
- Zest from 1 lemon
- ½ tsp. sea salt
- 1 tbsp. honey
- ¼ cup finely chopped fresh basil
- 1 tsp apple cider vinegar
- Sea salt and freshly ground pepper, to taste

### How to Prepare:

- In a jar with a lid combine all of the ingredients except the sea salt and pepper.
- Shake until well combined, taste and add the salt and pepper to taste.
- Chill for at least 2 hours in the refrigerator.
- Strain the basil before serving, if desired

*\*Perfect dressing to have on hand for any salad!\**

## Citrus-Avocado Dressing



### Ingredients

- 1 avocado, pitted and skinned
- Juice of one orange (about 1/3 cup)
- Juice of one lemon (about 2 tbsp.)
- ¼ cup olive oil
- ¼ cup Filtered water
- 1 tsp. apple cider vinegar
- ¼ tsp. ginger powder
- ¼ tsp. sea salt

### How to Prepare:

- Combine all ingredients in a blender and mix until smooth.
- Add more water to reach desired consistency.

## Onion Gravy

Yields: 8 servings (2 tbsp. each)



### Ingredients

- 2 tbsp. coconut oil, melted
- 2 large yellow onions, diced or sliced
- ½ tsp. salt
- 1 cup vegetable stock

### How to Prepare:

- Cook onions: Cook onions in a pan over medium heat, stirring occasionally, until they begin to brown. Reduce heat to medium-low and continue cooking until desired level of brownness is achieved.
- Season: Add salt and stir well.
- Simmer with stock: Pour in vegetable stock, bring to a simmer, and cook for 10 minutes, stirring occasionally, until the gravy thickens.
- Serve: Enjoy over mashed potatoes, baked potatoes, or your favorite side dish.

*\*Perfect dressing to have on hand for any salad!\**



## Garlic “Mayo”

Yields: 1 ½ cups



### Ingredients

- ½ cup coconut concentrate
- ½ cup filtered water, warm
- ¼ cup olive oil
- 3 to 4 cloves garlic
- ¼ tsp. sea salt

### How to Prepare:

- Place all of the ingredients in a blender and blend on high for about a minute or two. Once a thick sauce forms, it is ready! It should resemble the consistency of conventional mayo.
- If it is too thick, just add water, a tsp at a time until it reaches the desired consistency.
- “Mayo” will thicken while kept in the fridge. This is normal- just simply soften it before use by running warm to hot water over the jar it is stored in until it softens.

*\*\* See page# 68 for Coconut Concentrate recipe! \*\**

## Coconut Concentrate

Yields: 1 ½ cups



### Ingredients

- 4 cups dried, fine shredded coconut (unsweetened)
- 1 tbsp coconut oil
- Sea Salt to taste

### How to Prepare:

- Place the coconut flakes, coconut oil, and salt in a blender.
- Blend on high speed, while pushing down with a tamper.
- Process for about a minute at a time, taking breaks so that the blender does not overheat.
- After about 5 to 10 minutes, you should be left with a thick, creamy paste.
- Store in a glass jar

## Carrot Jalapeno Sauce

Yields: 2 cups



### Ingredients

- 1 cup carrot juice
- 2 medium carrots, chopped
- 1-2 tbsp. coconut aminos
- 1 knob ginger, chopped
- 1 garlic clove, minced
- ½ jalapeno, seeded and chopped
- 3 tbsp fresh lime juice
- Salt and pepper to taste

### How to Prepare:

- Combine all the ingredients in a blender and blend until smooth.

*\*\*This recipe is perfect to use as a spread in wraps!\*\**



# Wasabi Avocado Dressing

Yields: 1 cup



## Ingredients

- 2 ripe avocados, pitted and peeled
- 1 tbsp. wasabi paste
- 1 scallion, chopped
- 2 tbsp. fresh lemon juice
- Salt and Pepper, to taste

## How to Prepare:

- Combine all ingredients in a blender and blend until smooth.

## Avocado & Lemon Dressing

Yields: 1 cup



### Ingredients

- 1 large avocado ripened (skin and pit removed)
- 1/4 cup (62.5 ml) extra virgin olive oil or avocado oil
- 1/4 cup water
- 1/4 cup fresh cilantro
- 1 small clove fresh garlic
- Juice of 1/2 lime
- 1 tsp (5ml) agave or honey (optional)
- Salt and pepper to taste

### How to Prepare:

- Place all ingredients except oil and water in the bowl of a food processor or mixer. (A high-speed blender works beautifully, too.)
- With the blade running add the oil, then slowly followed by the water.
- Puree until smooth.
- Add a bit more oil and water if too thick.

The background of the page is a blue-tinted photograph of a bowl of ice cream. The ice cream is scooped into several balls, and a fresh mint leaf is placed on top of one of the scoops. The bowl is made of a light-colored material, possibly wood or ceramic. The overall aesthetic is clean and refreshing.

## *Desserts/ Drinks*



# Dr. Heather's Carrot Cake Macaroons

Yields: 15-18 macaroons

## Ingredients

- 2 cups unsweetened finely shredded coconut
- 2 tsp. cinnamon
- 1 tsp. ground ginger
- ¼ tsp. mace
- 1 tbsp. coconut flour
- 1/8 tsp. salt.
- 1/8 tsp. baking soda
- 4 large carrots, boiled or steamed until very soft
- ¼ cup coconut oil, melted
- ¼ cup honey
- 1 tsp. pure vanilla extract

## How to Prepare:

- Preheat oven to 350 degrees.
- In a large bowl, combine all the dry ingredients and then set aside.
- Puree carrots in a food processor or blender. Add the coconut oil, honey and vanilla. Process/blend on high for 30 seconds.
- Add the wet ingredients to dry and stir to combine. Using a small, rounded cookie scoop, scoop dough and pack firmly, making the bottom of the macaroon flat. (You can also just use your hands to form a ball of dough and then flatten the bottom onto the pan instead of using a scoop).
- Once the macaroons are formed, place them on a parchment-lined baking sheet.
- Repeat until all the dough has been used. Bake for about 20-25 minutes.
- Allow to cool at least 5 minutes before transferring to a cooling rack or macaroons will break apart.
- Serve and enjoy



## Yostie's Banana Soft Serve Ice Cream

Yields: 1 pint



### Ingredients

- 3 frozen bananas, slightly thawed
- 1 ripe banana

### How to Prepare:

- Blend the bananas in a blender until smooth and the consistency of ice cream.

## Fig Energy Bites

Yields: 16 bites

### Ingredients

- 2 cups unsulphured dried figs
- 2 cups unsweetened, fine shredded coconut, divided
- ¼ cup coconut oil, melted
- ¼ tsp. cinnamon
- Pinch of sea salt

### How to Prepare:

- Place the figs, 1 ½ cups of the coconut, coconut oil, cinnamon, and salt in a blender and blend on low until a thick paste forms.
- Form into balls, about 1-inch round, and roll them in the remaining ½ cup of coconut.
- Place in refrigerator for at least 30 minutes to let the coconut oil set.

*\*\*This recipe freezes really well. Would be a great one to double or triple and store in freezer for a quick snack down the road!\*\**





# Moscow Mule

## Ingredients

- 1 (16 oz) bottle ginger-flavored kombucha
- 2 tbsp. honey
- 2 tsp. fresh lime juice
- ½ tsp. grated fresh ginger
- Crushed ice for serving

## How to Prepare:

- In a large glass container, stir together the kombucha, lime juice, honey, and ginger until well mixed. Pour into serving glasses filled with crushed ice. Serve immediately.



*\*A refreshing beverage for those summer afternoons on the deck!\**



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