

**WEEK**

**THREE**

**RECIPES**





## **Monday:**

Coconut lime smoothie (Page 2)

Grandma Betty's Beet Soup (Page 3)

## **Tuesday:**

Nutty Cereal (see week 1)

Pad Thai Zoodles (Page 4)

## **Wednesday:**

Steel Cut Oats (see week 1)

Quinoa Salad with Sundried Tomatoes (optional: add preferred protein source) (Page 5)

## **Thursday:**

Green smoothie (see week 1)

Cabbage soup (Page 6)

## **Friday:**

Egg muffins or Broccoli quiche (week 2)

Rosemary tomato meatballs (Page 7)

## **Saturday:**

Almond Butter Pancakes (page 2)

Chicken parmesan with Zucchini Noodles (Page 8)

## **Sunday:**

Breakfast of choice from week 1 or 2

Unstuffed Cabbage Rolls (Page 9)

## Breakfast:

### **Coconut Lime Smoothie:** (From 21 Day Sugar Detox)

1 cup full fat coconut milk

1/2 cup water

1 banana frozen

1 teaspoon of lime zest

juice of 1/2 lime

Cup of ice

### **Almond Butter Pancakes:**

1/2 cup almond butter

1/2 cup unsweetened apple sauce

2 whole eggs

1/2 tsp baking soda

1/2 tsp cinnamon

1/2 tsp vanilla extract

1 tbsp coconut oil

1. Combine all ingredients and mix until smooth batter is formed.
2. Heat pan with coconut oil on medium heat.
3. Scoop batter into pan (about 2 tbsp) to create pancake.
4. Cook 3 minutes and flip.
5. Optional: top of fresh fruit.



## Dinner:

### **Grandma Betty's Beet Soup:**

2 cartons of beef broth (or make your own)

1 can tomato soup

6-8 beets, washed and grated

1-2 cups celery, chopped

1-2 cups carrots, chopped

1 onion, chopped

1-2 cups rhubarb, chopped (\*can find this frozen at this time of year)

2 handfuls fresh dill

Whipping cream (if you want to use dairy)

Salt and Pepper to taste

Bring beef broth to a boil in a large pot.

Add beets, celery, carrots, onion, and rhubarb and simmer for 60 minutes.

Add tomato soup and dill.

Serve with whipping cream.

Add salt and pepper to taste.





## **Shrimp Pad Thai** (adapted from 21 Day Sugar Detox)

6 large zucchini

1 cup snow peas, sliced into strips

2 dozen large shrimp, peeled and deveined

1 tbsp coconut oil

### *Sauce:*

½ cup almond butter

½ cup coconut aminos

4 drops fish sauce

½ tsp minced garlic

¼ tsp minced ginger

Sea salt and pepper to taste

### *Garnish:*

¼ cup sliced green onions

¼ cup thinly sliced cucumber

1 tbsp crushed cashews

Shred the zucchini into thin “noodles” using a handheld julienne peeler, spiralizer tool, or regular vegetable peeler. Heat coconut oil in large skillet. Add zucchini noodles and snow peas. Cook on low heat for 8-10 minutes. In a separate sauce pan, cook the shrimp until pink. Add shrimp to zucchini noodles. Prepare sauce by adding all ingredients to bowl and mix thoroughly. Pour onto top of zucchini shrimp mixture. Toss gently to combine and heat through. Garnish with sesame seeds, green onion, and cucumber slices. Makes 4 servings.

## **Quinoa Salad with Sundried Tomatoes:**

1 tbsp olive oil  
8 sundried tomatoes  
2 shallots, minced  
1 clove garlic, minced  
2 cups vegetable broth or water  
1 cup dry quinoa  
Pinch cayenne  
2 tbsp fresh cilantro  
1 tsp sea salt  
fresh ground pepper

1. Heat oil in a pot.
2. Add tomatoes, shallots, and garlic and cook for 3-5 minutes.
3. Add broth or water and bring to a boil.
4. Add quinoa and simmer for 30 minutes or until liquid is absorbed.
5. Let quinoa stand for 5 minutes and fluff with a fork.



## **Cabbage Soup:** (adapted from Eat By Design)

2 tbsp butter

3 onion (chopped)

1/2 tsp oregano

6 carrots (peeled and chopped)

3 parsnips (peeled and chopped)

3 stalks of celery (chopped)

4 cups of green cabbage (chopped into thin strips)

8-12 cups broth (home-made or store bought)

Salt and pepper to taste

Melt butter over heat and add onions, oregano, carrots, and celery. Cook 5 minutes. Add broth, cabbage, salt and pepper and bring soup to a boil. Reduce heat and simmer for 30 minutes.



## **Rosemary Tomato Meatballs: The Paleo Kitchen**

2 lbs ground beef

1 cup of minced sun-dried tomatoes

1 medium red onion, chopped

4 cloves of garlic, minced

2 tbsp fresh rosemary, minced

1 jalapeno pepper, minced (I take out the seeds)

2 eggs

1 tbsp chopped fresh parsley

2 tsp coarse sea salt, or himalaynan salt

2 tsp ground pepper

1 jar of favourite tomato sauce

Mix all ingredients in large mixing bowl and make 8-10 large meatballs.

Slow cooker - put meatballs, pour sauce over meatballs, cover and cook on low for 8 hours

Oven - in baking dish with sauce, place in oven for 25 minutes at 400F.



## **Chicken Parm with Zoodles:**

5-6 chicken breasts

1.5 cups almond flour

1/2 cup parmesan cheese

2.5 tbsp Italian seasoning

2 tsp sea salt

2 tsp pepper

3 eggs

4 zucchini

1. Preheat oven to 375 F.

2. Line baking sheet.

3. Butterfly chicken breasts and pound out using the back of a big spoon. (In order to prevent sticking, place piece of parchment over top of chicken).

4. Make dry batter by mixing the almond flour, cheese, Italian seasoning, and salt and pepper in a bowl.

5. Beat eggs in separate bowl.

6. Dip chicken pieces into egg mixture and then dry batter and place on lined baking sheet.

7. Bake for 30 minutes.

8. Serve with zucchini noodles (using spiralizer or mandalin)

## **Unstuffed Cabbage Rolls:**

1-2 pounds of ground beef

1 tbps of coconut oil

1 white onion chopped

3 cloves of garlic minced

1/2 large head of cabbage sliced or chopped

2 tomatoes chopped or cubed from can

1 can of tomato sauce

Salt and pepper to taste

Add oil to large pain and cook onion and meat until browned, Add garlic right before meat is cooked. Once the meat is cooked add all other ingredients bring to boil and then cover. Let simmer for 30 minutes or so until cabbage has softened. You may want to add water to prevent it from drying out, So keep an eye on it.



## Snacks:

### **Chocolate Coconut Bark: Primal Blueprint**

2 ounces of dark chocolate (60% or more)

1 cup of coconut oil

1 handful of coconut flakes

1 handful of slivered almonds

1/2 tsp sea salt

Use a double boiler to melt chocolate. Once melted stir in oil., then add flakes and almonds. Pour into an 8x8 pan with parchment paper and sprinkle sea salt on top. Put in freezer for 20 minutes and cut into small squares. Remember to store extra in freezer.

### **Tumeric Tea: (draxe.com)**

1 cup water

1 cup coconut milk

1 tbsp butter or ghee

1 tbsp honey

1 tsp tumeric

In a saucepan pour in milk and water heat for 2-3 minutes. Then add butter, honey and tumeric. Mix well and serve when hot. Serves 2.