

These recipes feature key nutrients that are important for your health:



## Relaxing Chamomile Lemon Ginger Tea

CARMINATIVES, VITAMIN C



## Chili Spiced Pumpkin Seeds

PROTEIN, B-VITAMINS,  
VITAMIN C, MAGNESIUM



## Lemon Garlic Shrimp and Spinach Sauté

PROTEIN, B-VITAMINS, VITAMIN C,  
MAGNESIUM, OMEGA-3S



## Sun-dried Tomato and Basil Spaghetti Squash

COMPLEX CARBOHYDRATES,  
B-VITAMINS, VITAMIN C,  
MAGNESIUM



## Grass-fed Beef, Red Bean, and Quinoa Chili

COMPLEX CARBOHYDRATES,  
PROTEIN, B-VITAMINS, VITAMIN C,  
MAGNESIUM, OMEGA-3S



## Chocolate Almond Butter Banana Milkshake

PROTEIN, B-VITAMINS,  
VITAMIN C, MAGNESIUM

# Relaxing Chamomile Lemon Ginger Tea

SERVES 1

GLUTEN-FREE

DAIRY-FREE

30 MINUTES OR LESS

VEGAN



*Chamomile is a flower that's very soothing to the nervous and gastrointestinal systems. This is a great "anytime tea" – when you need help relaxing or a little digestive support. For a calming ritual for restful sleep, brew a cup before bedtime or a nap.*

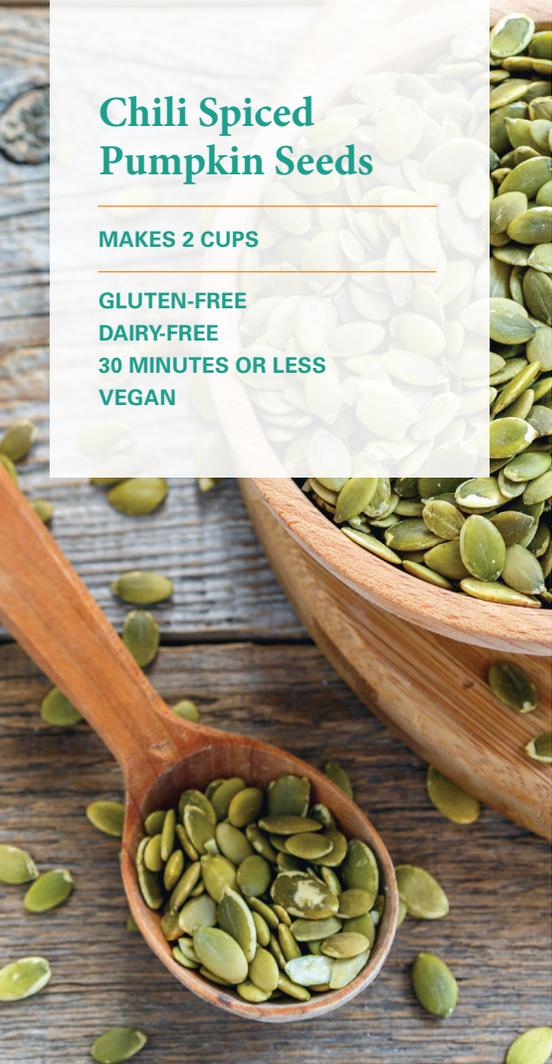
## LIST of INGREDIENTS

- 12-16 ounces** filtered water
- 1 chamomile** tea bag
- 1 teaspoon** freshly grated ginger
- 1 teaspoon** local honey
- 1 wedge** of lemon

## METHOD of PREPARATION

1. Bring water to a rolling boil.
2. Pour water over tea and grated ginger. Steep for 5-7 minutes. Strain grated ginger away, if desired, and discard tea bag.
3. Stir in honey and a squeeze of lemon juice.

**COOK'S NOTES** This can also be enjoyed as a cold, refreshing beverage on warmer days. Brew a triple or quadruple batch and refrigerate for up to 7 days.



# Chili Spiced Pumpkin Seeds

**MAKES 2 CUPS**

**GLUTEN-FREE**

**DAIRY-FREE**

**30 MINUTES OR LESS**

**VEGAN**

*These protein and mineral-rich chili spiced kernels are sure to satisfy any cravings for a wholesome, salty, and crunchy snack. Make a batch to fuel you on the go, or simply sprinkle over chili and salads for an earthy crunch.*

## LIST of INGREDIENTS

- 2 cups** raw pumpkin seeds
- 1 tablespoon** chili powder
- 1½ tablespoons** fresh lime juice
- 1 teaspoon** avocado oil
- 1 teaspoon** sea salt

## METHOD of PREPARATION

1. In a small bowl, combine pumpkin seeds, chili powder, lime juice, oil, and salt. Toss well to coat.
2. Heat a large skillet over medium heat. Add seasoned pumpkin seeds to pan and toast in dry skillet for 3-5 minutes, until pumpkin seeds become aromatic and begin to puff up. Lower heat if necessary to prevent burning and be careful not to overcook seeds.
3. Cool and enjoy immediately or store in a tightly sealed container in the refrigerator for up to 2 months.

**COOK'S NOTES** Use chipotle chili powder if you'd like to try a hotter, spicier, smokier version.

A close-up photograph of a bowl filled with sautéed shrimp and spinach. The shrimp are pink and curled, and the spinach is wilted and green. The bowl is light-colored with a dark rim.

## Lemon Garlic Shrimp and Spinach Sauté

**SERVES 4**

**GLUTEN-FREE**

**DAIRY-FREE**

**30 MINUTES OR LESS**

*Shrimp is one of the fastest cooking proteins, taking just minutes to prepare. This dish is especially good when served over a bed of brown rice, quinoa, or roasted spaghetti squash.*

### LIST of INGREDIENTS

**1 tablespoon** extra virgin olive oil or ghee  
plus more if needed

**5 cloves** garlic, minced

**1 pound** raw shrimp, peeled and deveined

**2 teaspoons** lemon zest

**½ teaspoon** sea salt

**3-4 cups** baby spinach

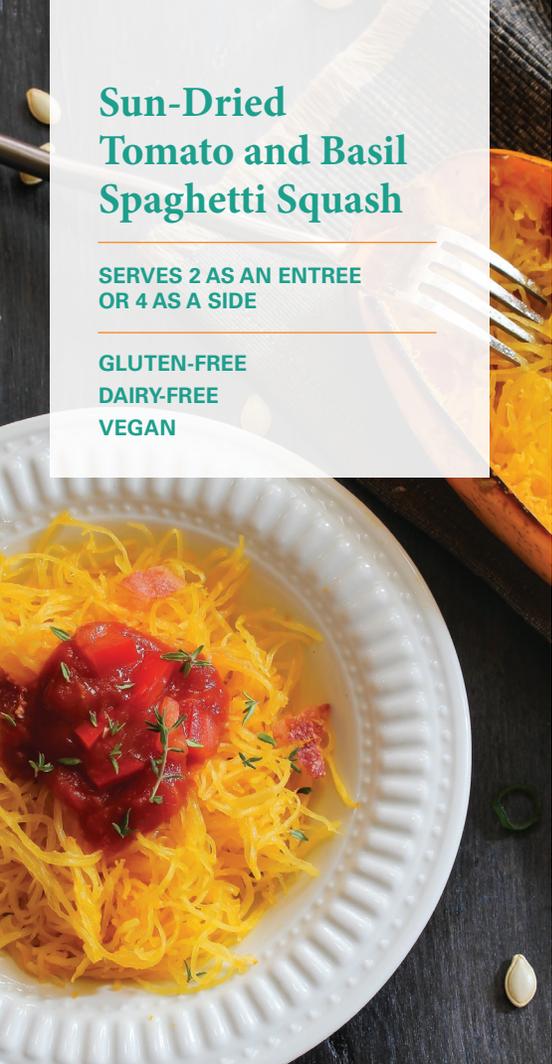
**Black pepper** to taste

**2-3 teaspoons** fresh lemon juice

### METHOD of PREPARATION

1. Heat oil or ghee in a large sauté pan over low-medium heat. Add garlic, shrimp, lemon zest, and salt and sauté for approximately 1 minute.
2. Add spinach and continue to cook for an additional minute to allow spinach to wilt. Add a small amount of additional oil or ghee, if needed.
3. Shrimp will become opaque and curl into a C-shape when fully cooked. Pull from heat to prevent overcooking. Add pepper and brighten with a spritz of lemon juice before serving.

**COOK'S NOTES** Keeping frozen shrimp on hand for a fast and easy dinner solution is a smart idea because it thaws quickly – simply place in a colander under a very slow stream of cold water for 5 minutes.



# Sun-Dried Tomato and Basil Spaghetti Squash

**SERVES 2 AS AN ENTREE  
OR 4 AS A SIDE**

**GLUTEN-FREE  
DAIRY-FREE  
VEGAN**

*Spaghetti squash has a tender texture and mild flavor that allows the bolder flavors it's paired with to shine through. This recipe features sun-dried tomatoes, basil, and parsley to deliver deliciousness in every bite. This dish can be enjoyed as a side or entrée. For a hearty bowl of goodness, simply stir in cooked chicken, shrimp, or chickpeas.*

## LIST of INGREDIENTS

- 1 spaghetti squash
- Filtered** water
- ½ **cup** pine nuts or sunflower seeds
- 2 tablespoons** ghee or avocado oil
- 3-4 cloves** garlic, minced
- ¼ **cup** olive-oil packed sun-dried tomatoes, chopped
- ½ **cup** chopped fresh basil
- ½ **cup** chopped fresh parsley
- 1 teaspoon** lemon zest
- Fresh** lemon juice to taste
- Sea salt** and black pepper to taste

## METHOD of PREPARATION

1. Preheat oven to 400°F. Carefully cut squash in half horizontally and remove the seeds with a spoon. Place squash cut side down in a baking pan filled with a ½ inch of water and bake for approximately 30-35 minutes or until fork tender. Using a spoon, loosen the squash strands and scrape away from the shell into a medium-sized bowl. Drain off any liquid.
2. Meanwhile, toast pine nuts or sunflower seeds in a dry skillet over medium heat for 3-4 minutes while stirring frequently. Be careful not to burn them. Remove from heat and set aside.
3. Heat ghee or oil over medium heat in a skillet and sauté spaghetti squash strands with garlic and sun-dried tomatoes for 3-4 minutes. Add in basil, parsley, and lemon zest and sauté for 1-2 more minutes.
4. Season with a squeeze of lemon juice and salt and pepper to taste. Garnish with toasted pine nuts or sunflower seeds and serve.

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# Grass-Fed Beef, Red Bean, and Quinoa Chili

SERVES 6

GLUTEN-FREE

DAIRY-FREE

30 MINUTES OR LESS

*This hearty chili is great on its own, balanced with a salad, or served over a baked sweet potato for an even heartier meal. Grass-fed beef is nutritionally superior to grain-finished beef and the quinoa adds an additional healthful twist.*

## LIST of INGREDIENTS

- 1 tablespoon** ghee or avocado oil
- 1 medium** yellow or white onion, diced
- 2 cloves** garlic, minced
- 1 pound** 90% lean ground grass-fed beef
- 2 tablespoons** chili powder
- 1 tablespoon** ground cumin
- 1½ teaspoons** sea salt
- ½ teaspoon** ground cinnamon
- 1 (14.5-ounce)** can diced tomatoes
- 1 (15-ounce)** can tomato sauce
- ½ cup** dry quinoa, rinsed and drained
- 1 cup** filtered water, plus more to thin, if desired
- 2 (15-ounce)** no salt added kidney beans, drained and rinsed
- 1 cup** frozen organic corn (optional)

## METHOD of PREPARATION

1. Heat ghee or oil over medium heat in a large heavy pot. Sauté the onion and garlic for 3-4 minutes, until onion is translucent.
2. Add the beef, salt, and spices. Using a wooden spoon or spatula, work to break up beef into smaller pieces and continue to sauté an additional 3-4 minutes, until browned.
3. Stir in tomatoes, tomato sauce, quinoa, water, beans, and optional corn. Cover and simmer for 15-20 minutes. The chili will thicken as it cooks. Thin with additional water if desired.

**COOK'S NOTES** Grass-finished bison or organic ground turkey can be substituted for beef.

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Photo Credit: Kenny Johnson

# Chocolate Almond Butter Banana Milkshake

SERVES 2

GLUTEN-FREE  
DAIRY-FREE  
30 MINUTES OR LESS  
VEGAN

*This healthful and balanced vegan milkshake can be enjoyed with breakfast, as a snack, or as a guilt-free dessert.*

## LIST of INGREDIENTS

**2 cups** unsweetened coconut, cashew, almond or hemp milk

**1 cup** baby spinach

**2 chopped** frozen bananas

**3-4 tablespoons** unsweetened cocoa powder

**3-4 tablespoons** almond butter

**1 tablespoon** ground flaxseeds (optional)

**2-3 dates**, pitted and softened in warm, filtered water 5-10 minutes

**1-2 cups** ice (optional)

## METHOD of PREPARATION

1. Place all ingredients into a high-speed blender in the order listed, secure lid, and blend on high for 45-60 seconds until smooth. Add ice as needed, especially if bananas are not frozen.
2. Pour into individual glasses and enjoy.

**COOK'S NOTES** Frozen ripe bananas are great to keep on hand. As soon as you notice your bananas starting to turn, peel and chop them before placing in an airtight food storage bag and freezing. If you'd like to transform this smoothie into popsicles, double the batch and pour leftovers into popsicle molds. Freeze for 4-6 hours before eating.