

## Recipe Samples for Metabolic Transformation

Remember, this is just to give you some ideas. Part of this program is about learning what is in your food, how to cook, and what are the best foods for you. As the old proverb goes, catch a man a fish and he eats for a day, teach a man to fish and he eats for a lifetime. I encourage you to start experimenting with cooking. A smoothie for breakfast may be simple, but having leftovers from the night before is even simpler. Cook with many different herbs and spices, learn what you like. This will be the most powerful when it comes to making sustainable, life-long eating habits that will improve your health.

### **Recipes Compliant with Stage 1**

(Many recipes adapted from "Conscious Cooking" by Anke Kungl & Roberto Gueli)

All smoothie recipes make one serving. If you choose to eat smoothies make sure they have enough fat and protein in them to keep you full at least 4 hours. You may need to add to these recipes.

#### **Greens Smoothie**

1 organic lemon – washed, peeled, quartered  
½ avocado – peeled and pitted  
2 stalks organic celery  
2 cups spinach  
1 handful bunched parsley  
1 handful bunched cilantro  
1 cucumber – washed, peeled  
Filtered water or nut milk to desired consistency  
Large scoop of your preferred nut/seed butter

#### **Reds Smoothie**

½ cup frozen dark cherries  
½ cup frozen raspberries or strawberries  
1 tbsp ground flax seed  
1 tbsp ground chia seed  
2-3 tbsp nut or seed butter (almond, sunflower)

1-1½ cups nut milk based on desired consistency

#### **Cacao Kerpow Smoothie**

1 cup nut milk  
½ cup coconut milk  
1 tbsp raw cacao powder  
1tbsp coconut butter (or oil)  
1 tsp vanilla extract  
Large scoop of your preferred nut/seed butter

#### **Blurple Nurple Smoothie**

½ cup coconut milk  
½ cup frozen organic blueberries (boreal ideal)  
½ cup frozen dark cherries  
1 tbsp acai powder  
1 tbsp ground hemp seeds  
1 tbsp ground chia seeds  
1 tbsp coconut butter (or oil)  
Large scoop of your preferred nut/seed butter  
1 tbsp raw cacao powder (very stimulating!)  
Filtered water or nut milk to desired consistency

**Chia Pudding** – great for breakfast or dessert! Must sit for several hours so plan ahead.

Combine in a bowl:

1 can full fat coconut milk

14oz almond milk

1 cup chia seeds

2 tsps vanilla extract

Cover and put in fridge to sit overnight

Makes 4 servings

Add 1/2 cup berries of your choice and ¼ cup chopped walnuts when serving

Add nutmeg (¼ - ½ tsp) and cinnamon (½ tsp) to taste

**Grain Free Muesli Cereal** – enjoy with nut milk or alone

3 cups unsweetened coconut flakes

1 1/2 cups sliced almonds

1 cup shelled raw pumpkin seeds

½ cup sesame seeds

½ cup raw sunflower seeds

2 tablespoons chia seeds

½ - 1 teaspoon sea salt

½ teaspoon ground cinnamon

1/8 teaspoon ground cardamom

4 tablespoons coconut oil

1 teaspoon vanilla extract

1. Preheat oven to 300°F. Line a rimmed baking sheet with parchment paper.
2. Heat oil and vanilla in a small pot over low heat, stirring occasionally, until liquid mixed. Toss all other ingredients in a large bowl and add oil/vanilla mixture. Combine for even coating.
3. Spread mixture evenly on prepared baking sheet and bake, stirring once halfway through, until golden-brown and crisp, about 25 minutes.

## **Dressings (not just for salad)**

Combine in a jar and keep in refrigerator

### **Simple Vinaigrette**

1/3 cup extra virgin olive oil  
3 tbsp apple cider vinegar  
2 tsp Dijon mustard  
Sea salt and pepper to taste

### **Creamy Avocado**

1 cup avocado oil mayonnaise (part 2 only)  
4 tbsp fresh lemon juice (1 – 1 ½ lemons)  
2 tbsp Dijon mustard  
2 garlic cloves (minced finely)  
Sea salt and pepper to taste

### **Creamy Tahini**

1/3 cup tahini  
1/3 cup lemon juice  
¼ cup hemp or sesame oil  
½ cup water  
1 large clove garlic (minced finely)  
½ tsp sea salt  
½ tsp ground cumin

### **Green Goddess** (my favorite!)

1/3 cup olive oil  
1/3 cup water  
¼ cup lemon juice  
2 tbsp apple cider vinegar  
¼ cup tahini (or sesame oil)  
½ bunch green onion (minced finely)  
1 large clove garlic (minced finely)  
½ tsp sea salt  
½ cup fresh chopped herbs such as parsley, dill, cilantro, oregano, tarragon, and/or rosemary.  
Combine in blender and blend until smooth.

## **Indian Red Lentils (Dahl)**

2 cups red lentils

6 cups water (more if you prefer thinner dahl)

2 cups chopped vegetables

2 tbsp ghee, coconut oil, or olive oil

2 medium onions chopped

2 cloves garlic

1 tbsp fresh ginger – grated or finely chopped

1 tbsp fresh turmeric – grated or finely chopped

2 tomatoes dice

2 tsp ground coriander

1 tsp ground cumin seed

1 tsp brown mustard seeds

2 tsp sea salt

Optional: Fresh cilantro, spinach, chard, or kale to fold in

Optional additional spices: ½ tsp cinnamon, ½ tsp fennel, ¼ tsp clove.

Rinse lentils in strainer. Bring lentils to boil in water. Add chopped vegetables. Cover and simmer until soft.

In a separate pan, heat oil and sauté onions until soft. Add ginger, garlic, and mustard seeds; cooking until fragrant. Add tomatoes. Once hot, add this pan's contents and any additional greens to lentils and let pot simmer another 5 minutes.

Serves 6. Add salt or lemon to taste.

## Portobello Butternut Casserole

1 butternut squash – peeled and sliced thinly in a food processor

1 medium green cabbage

3 large Portobello mushrooms – sliced

3 tbsp olive oil

2 medium onions – diced

2 stalks celery – diced

2 large cloves garlic – minced

3 tsp sea salt

1 tbsp dry oregano

1 tbsp dry basil (or ¼ cup fresh minced)

2 tsp dry parsley

2 tsp dry rosemary

2 cups crushed or pureed tomatoes

2 cups Cheezy topping (see below)

1. Layer the sliced squash on bottom of greased 13x9 glass baking dish. (save some for a top layer) Then layer Portobello slices, sprinkle with salt.
2. Cut out core and leaf spines of cabbage, drop leaves into boiling water for 3 minutes. Drain and cover the mushrooms with the soft leaves.
3. Sauté remaining ingredients (except tomatoes and cheezy topping) in oil for 5 minutes. Spread this sauté over the cabbage leaves.
4. Spread tomatoes over sauté. Cover with baking sheet and place in oven for 50 minutes. Remove cover and add cheezy topping. Bake for another 10 minutes.

### Cheezy Crumble (quicker)

Grind ½ cup chopped brazil nuts, ½ cup sunflower seeds, ½ tsp sea salt, and 1tsp nutritional yeast and sprinkle on top.

**OR**

### Cheezy Sauce (needs to soak, takes some thinking ahead)

Soak 1 cup raw cashews for 4-8 hours. Drain and blend with 2 tbsp nutritional yeast, ½ cup warm water, ½ tsp apple cider vinegar, ½ tsp sea salt, ½ tsp paprika, ¼ tsp turmeric, 1 small garlic clove, 1 tsp dry sage.

## Great for appetite lowering, beating those cravings, & boosting weight loss

### Hot Cocoa

1-2 TBSP raw cacao/cocoa powder

(boosts weight loss, increases attention and concentration, boosts mood, helps with cravings, protects brain from aging, increases energy, pain reliever)

1 TBSP coconut oil

(helps kill off yeast, fungi, candida; boost thyroid, burn more abdominal fat, balances hormones, improves brain health and mood)

12oz hot filtered water

Liquid stevia extract to desired sweetness (3-5 drops typically)

I recommend pouring the hot water over all other ingredients as they will blend better. Stir regularly as the coconut oil tends to separate.

Alternative to 12oz water and coconut oil: use 6-8oz of full fat coconut milk (BPA free cans). This makes more of a thick, drinking chocolate; quite a treat.

### Add-ins to consider:

1 TSP of ground cinnamon

(adds extra flavor and improves insulin sensitivity, decreases inflammation, protects brain, kills bacteria and fungi – try to use the Ceylon variety rather than Cassia as it has less harmful coumarin.)

1 TSP ashwagandha powder

(help with addictions, cravings, lowers blood sugar, reduces cortisol and stress, relieves depression, boosts testosterone, increases muscle mass, reduces inflammation, protects heart, improves brain function and memory – it has a strong flavor so do not over do it!)

### Chocolate Almond Butter Fat Bombs (adapted from recipe from divascancook.com)

½ cup virgin coconut oil

½ cup organic, sugar free almond butter

2-3 TBSP raw cacao/cocoa powder

Splash of vanilla extract

Stevia to desired sweetness

Directions: melt oil and almond butter in a large skillet on low heat, until well blended. Stir in cacao.

Remove from heat and add vanilla extract and stevia extract.

Pour into silicone candy molds and let set in the refrigerator or freezer. Keep stored in refrigerator as these will melt otherwise. Feel free to experiment with some of the above add-ins.

## Recipes Compliant with Stage 2

### **Buckwheat bowl**

1 cup buckwheat (soaked overnight)

Cook with 2.5 cups of water until soft

Add nuts (soaked), seeds (soaked if pumpkin or sunflower, chia and flax fresh ground only), chopped fruit, shredded coconut, and/or spices you enjoy (e.g. cinnamon, cardamom, ginger).

### **Ancient Grains Bowl**

¼ cup millet (soaked overnight, drained, rinsed)

¼ cup quinoa (soaked overnight, drained, rinsed)

¼ cup amaranth (only if you have a fine strainer - soaked overnight, drained, rinsed)

Cook with 2.25 cups water – simmer about 20-25 minutes or until soft.

Enjoy with nut milk and fresh or dried fruit.

### **Irresistible Granola**

6 cups gluten free rolled oats (steam pressed ideal)

1 cup shredded coconut

1 cup sunflower seeds

1 cup pumpkin seeds

¼ cup sesame seeds

½ cup nuts (almond or hazel are great choices)

1 Tbsp cinnamon

½ tsp cardamom powder or nutmeg

½ tsp sea salt

Preheat oven to 350 degrees

Dry roast seeds and nuts in a glass dish (10-15 minutes or until golden brown, stir once, avoid burning)

Grease 2 glass baking dishes (8x12)

Combine all wet ingredients in a small bowl

Combine all dry ingredients in a separate bowl

Pour wet ingredients over the dry, mix well with hands, transfer to greased pans and press flat

Bake for 15 minutes, then turn oven down to 300 degrees and bake for another 25 minutes.

Allow granola to cool completely before removing from pans (keeps the clusters).

Add dried fruit to mix (no sugar added)

**Kitchari** (this is an ancient Ayurvedic gut healing food)

- 2 cups brown rice (soaked)
- 1 cup mung beans (soaked) or split peas
- 1 cup carrots cut and diced (or squash)
- 8-10 cups water
- 2 Tbsp ghee (or olive oil or coconut oil)
- 1 tsp cumin
- 1 tsp mustard seeds
- 2 tsp ground coriander
- 2 tsp ground turmeric (or finely minced)
- 1 Tbsp fresh ginger (finely minced or grated)
- 1 clove garlic (minced)
- 2-3 tsp sea salt

Other greens and vegetables to consider adding: kale, spinach, sea weeds, other fresh herbs, broccoli, cauliflower, peppers, cilantro, etc. The base of this dish is protein and prebiotic rich (a powerful combination for a healthy microbiome!) but you will likely want to spruce it up with more vegetables and different flavors.

**Adzuki Bean and Sweet Potato Hash**

- 2-4 Tbsp oil (olive, coconut, ghee)
- 1 large onion (diced)
- 2 inch piece of fresh ginger (peeled and diced)
- 1 large garlic clove (diced)
- 1 tsp cumin (ground)
- 1 tsp coriander (ground)
- 3 cups diced sweet potatoes
- 2 Tbsp coconut aminos
- ¼ cup water
- 1 handful of greens (kale, collards, spinach, etc.)
- 4 cups soaked and cooked adzuki beans (Eden brand for quicker food prep – they have soaked their beans)
- Sea salt, pepper, and lemon to taste

### **Millet & Cauliflower Mash**

¾ cup millet (soaked)

1 small head cauliflower (diced)

½ tsp sea salt

Nutritional yeast to taste (gives it a “cheezier” taste)

2 ¼ cups water

Rinse millet and mix with cauliflower in pot with the water and salt. Cover, bring to a boil, and simmer for 30 minutes. Once all water is absorbed, turn off heat and mash.

### **Mushrooms and Groats**

3 Tbsp olive oil

1 ½ cups mushrooms (diced)

1 large onion (or 2 leeks) (diced)

1 large garlic clove (minced)

2 Tbsp coconut aminos

2 Tbsp nutritional yeast (if desire a “cheezier” flavor)

Sea salt and pepper to taste

2 Tbsp dry herb mix (oregano, sage, thyme, and rosemary) (or 3 Tbsp tarragon)

2-3 cups cooked oat groats (best if using whole oats in a slow-cooker)

Heat oil on medium, add onions, mushrooms, herbs, and garlic – sauté for 5 minutes. Then add coconut aminos and nutritional yeast and sauté until soft. Add cooked oat groats at end and serve warm.

### **Hummus**

4 cups soaked and cooked chickpeas

1/3 cup tahini

¼ cup olive oil

¼ cup lemon juice

2 Tbsp apple cider vinegar

1 large garlic clove (minced)

1 tsp ground coriander seed

1 tsp sea salt (or to taste)

Blend all ingredients in a food processor (S-blade) until smooth. Add other items like cooked beans, artichoke hearts, roasted red peppers, or other vegetables to add nutrition to the dip.

## **Quiche**

Preheat oven to 325 degrees and whip together the below ingredients.

1 dozen pastured eggs

1 cup nut milk (unsweetened, unflavored) or yogurt (unsweetened) or water

1 tsp salt

2 Tbsp dried herb mix (whatever you like!)

Greased large, glass baking dish (9/13)

Create your own variations of vegetables to add to the above base. A perfect microbiome combination would be ½ bunch asparagus, 3 medium leeks, and 2 Tbsp ghee (or oil). (Other good combinations: mushrooms and root veggies; chard, bell pepper, and tomato; experiment with your favorites.)

Sauté the chopped vegetables in ghee/oil for about 5 minutes.

Spread vegetables onto greased dish and cover with above egg mixture.

Bake 50-60 minutes.

## **Steamed Beets Salad**

2 pounds beets (any variety)

1 garlic clove (minced)

1 tsp sea salt

3 Tbsp olive oil

4 Tbsp lemon juice (or 3 Tbsp apple cider vinegar)

½ cup fresh parsley (chopped)

¼ cup pumpkin seeds (freshly roasted in oven 5-10 minutes – until lightly browned and fragrant)

Chop beets (peel if desired) and steam on stovetop until tender (~25 minutes).

Strain beets and let cool. Then toss with remaining ingredients.