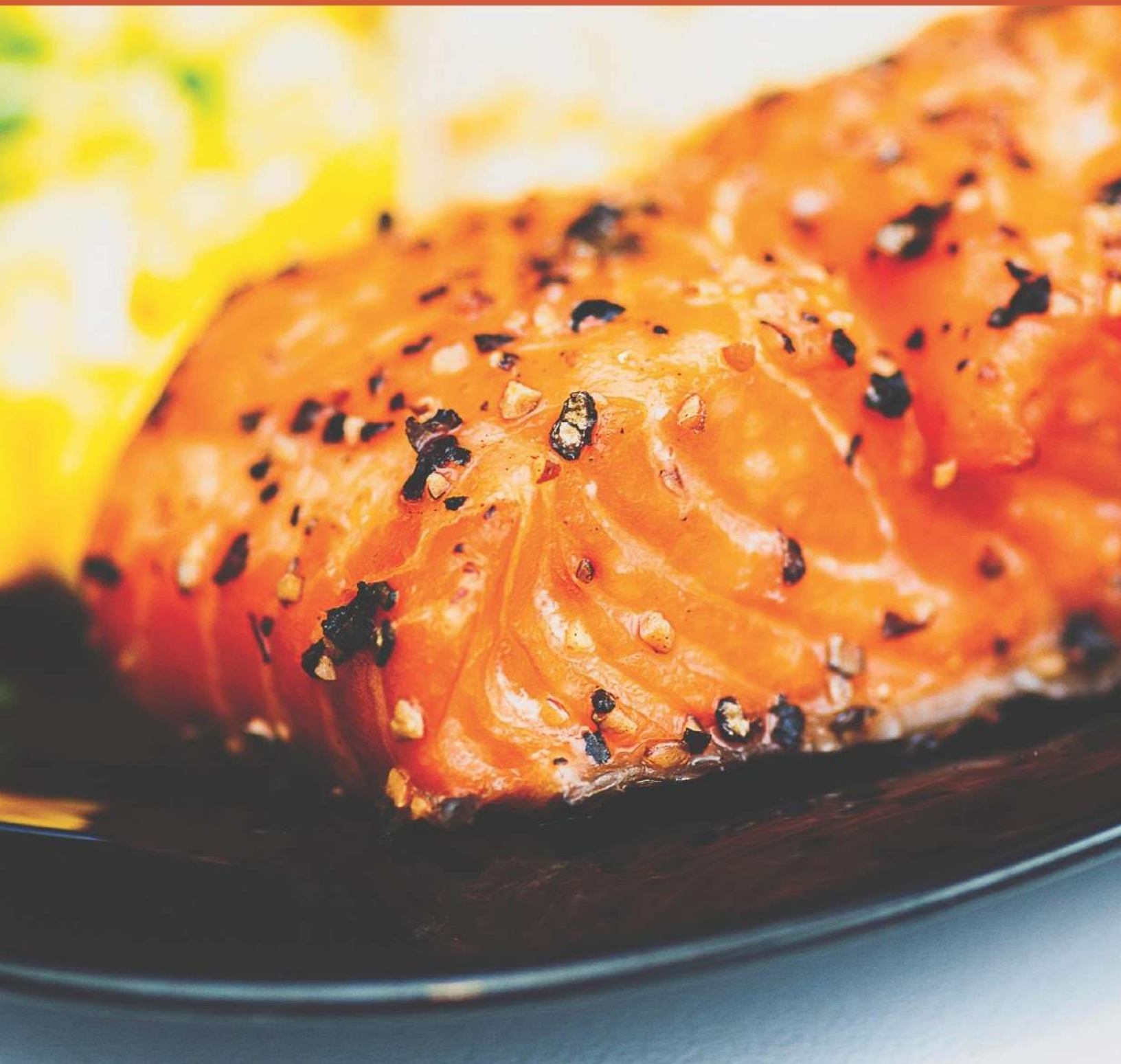


Dinner



Spinach Stir Fry

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Spinach Stir fry	***	***	✓	✓	

*** If omit beef

Ingredients:

- 1 tbsp olive oil
- 6 ounces of ground beef, extra lean
- ¼ cup onion, chopped
- 2 cups peppers, green, chopped
- 2 cups peppers, red, chopped
- 8 cups spinach
- 2 cups tomato, diced

Directions:

1. Cook beef on medium-high heat in large pot until almost-browned. Add onion and pepper, stirring constantly until meat is fully browned.
2. Add rest of ingredients to pan and mix together.
3. Heat on medium until heated through (a few minutes). Enjoy!

Broiled Halibut

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Broiled Halibut	X	X	*	✓	

* If using gluten-free spices

Ingredients:

- 16 ounces halibut
- 2 fl oz lemon juice
- 2 tbsp dill
- 2 dashes salt & pepper

Directions:

1. Raise oven rack if necessary, and turn on broiler.

2. Cover baking sheet with parchment paper and place fish on paper.
3. Drizzle with lemon juice & sprinkle with dill.
3. Broil 8-10 minutes until fish flakes easily with a fork. Enjoy!

Spaghetti Squash

Makes about 4-6 one cup servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Spaghetti Squash	✓	✓	*	✓	

* If using gluten-free spices

Ingredients:

- 1 Spaghetti squash, cut lengthwise, seeded
- 4 tbsp olive oil, divided
- 2 cloves garlic
- 2 cups broccoli, chopped
- 2 tbsp basil
- 2 dashes salt & black pepper

Directions:

1. Preheat oven to 350F. Cover a baking sheet with parchment paper.
2. Place spaghetti squash cut side down on baking sheet. Bake for 30 minutes.
3. Flip over, drizzle each half with 1 tbsp olive oil and bake for another 10 minutes.
4. In frying pan, sauté garlic, broccoli & basil in 2 tbsp olive oil for 3-5 minutes, until broccoli is tender. Place broccoli mixture into a large bowl.
5. Remove squash from oven and carefully (hot!) scrape out flesh with a fork, adding to a large bowl. Add broccoli mixture and toss together.
6. Turn broiler on, and place broccoli-squash mixture back into the halved squash shell.
7. Broil about 3-4 minutes until slightly brown. Enjoy!

Baked Chicken Breast

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Baked Chicken Breast	X	X	*	✓	

* If using gluten-free spices

Ingredients:

- 16 ounces chicken breast
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- 2 dashes salt & pepper

Directions:

1. Heat oven to 450F. Line a covered baking dish with parchment paper.
2. Brush with olive oil and sprinkle with spices.
3. Bake covered for 15-18 minutes until chicken is cooked through and no longer pink (internal temperature should be at least 170F).
4. Remove dish from the oven and cover for 5-10 minutes. Serve and enjoy!

Baked Sweet Potato

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Baked sweet potato	✓	✓	*	✓	

*If using gluten-free spices

Ingredients:

- 2 large sweet potatoes
- 2 dashes salt & pepper

Directions:

1. Preheat oven to 425F and line a baking sheet with parchment paper.
2. Wash sweet potato & pierce with a fork several times. Place on parchment paper.
3. Bake for 45-75 minutes (based on size) until tender. Check for doneness at 45 minutes. Enjoy!

One Pan Salmon & Asparagus

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
One Pan Salmon & Asparagus	X	X	*	✓	

* If using gluten-free spices

Ingredients:

- 12 ounces salmon
- 12 large spears asparagus
- 1 tbsp coconut oil
- 1 clove garlic, minced
- 2 dashes salt & black pepper
- 2 tbsp lemon juice

Directions:

1. Melt coconut oil in large pan on medium-high heat.
 2. Add layer of asparagus, and place salmon on top. Top with garlic. Sprinkle with salt & pepper.
 3. Place lid on and cook for about 6-8 minutes, checking regularly to prevent burning.
 4. When fish is done and easily flakes with a fork, turn off heat and drizzle with lemon juice.
- Enjoy!

Sesame Beef, Broccoli & Carrot

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Sesame Beef, Broccoli & Carrot	X	X	*	✓	

*** If using gluten-free vegetable broth and coconut aminos

Ingredients:

- 2 tbsp sesame oil, divided
- 12 oz beef strips
- 2 tbsp coconut aminos
- 2 tbsp lemon juice
- ½ cup vegetable broth
- 2 cloves garlic, minced
- 2 cups broccoli
- 2 cups carrots

Directions:

1. Heat 1 tbsp sesame oil in large skillet, add beef and cook until browned.
2. In a cup, mix together coconut aminos, lemon juice & broth.
3. Remove beef and set aside.
4. Add remaining sesame oil and garlic to pan. Cook garlic until tender (2-3 mins).
5. Add broccoli & carrots, and stir with garlic.
6. Add liquid mixture to pan and coat.
7. Cook until desired tenderness is reached.
8. Add beef back to pan, stir until well coated and heated through. Serve and enjoy!

Thai Shrimp Curry & Rice

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Thai Shrimp Curry & Rice	X	X	*	✓	

* If using gluten-free spices

Ingredients:

- 2 tsp coconut oil
- 1 lb. shrimp, peeled
- 1 tbsp lime juice
- ½ cup vegetable broth
- 1 cup red pepper, chopped
- 2 green onions, chopped
- 1 cup corn kernels
- 1.5 cups coconut milk
- 1 tsp curry powder
- 1 tbsp dried basil
- 4 cups steamed rice

Directions:

1. Heat 1 tsp coconut oil in soup pot. Add shrimp and cook until opaque.
2. Remove shrimp and set aside.
3. Add remaining coconut oil, green onions, pepper and corn to pan. Cook until crisp-tender (2-3 mins).
4. Lime juice, coconut milk, curry powder and basil. Bring to simmer.
5. Add shrimp back to pan, cook until heated through.
9. Serve with rice. Enjoy!

Super-simple grilled cauliflower

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Super-simple grilled cauliflower	✓	✓	*	✓	

* If using gluten-free spices

Ingredients:

- 3 cups cauliflower, chopped
- 2 tbsp coconut oil, melted
- 1 tbsp curry powder
- 2 dashes salt & pepper

Directions:

1. Preheat oven to 400F and line a baking sheet with parchment paper.
2. Spread cauliflower pieces on parchment paper and coat with coconut oil (can use a brush).
3. Sprinkle with curry powder, salt and pepper
4. Bake for about 15-20 minutes until slightly golden. Cooking time will depend on size of pieces, so make sure you check it. When golden, use tongs to flip pieces over.
5. Bake for another 15 minutes or so until that side is slightly golden. Enjoy!

Baked Chicken Breast and Salsa

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Baked chicken breast and salsa	X	X	*	✓	

* If using gluten-free salsa

Ingredients:

- 16 ounces chicken breast
- 1 cup salsa

Directions:

1. Heat oven to 375F. Line a covered baking dish with parchment paper.
2. Place chicken thighs in dish and put 2 tbsp salsa on each one.
3. Bake covered for 60 minutes until chicken is cooked through and no longer pink (internal temperature should be at least 170F).
4. Serve and enjoy!

Vegetable stir fry

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Vegetable stir fry	✓	✓	*	✓	

* If using gluten-free spices, coconut aminos, and gluten-free vegetable broth

Ingredients:

- 2 tbsp sesame oil, divided
- 2 cups broccoli, chopped
- 1 cups red pepper, chopped
- 1 cup yellow pepper, chopped
- 1 cup green beans, chopped
- 1 cup baby corn
- ½ cup corn
- 2 cloves garlic, minced
- ½ tsp ginger, grated
- 3 tbsp coconut aminos
- 3 tbsp vegetable broth
- 1 tsp cornstarch
- 4 tsp sesame seeds
- 2 cups steamed rice

Directions:

1. Heat 1 tbsp sesame oil in large skillet, add broccoli and stir fry for 1-2 minutes.
2. Add peppers, green beans, baby corn, corn, garlic, and ginger. Stir fry for another 1-2 minutes until crisp-tender.
3. In separate cup mix together soy sauce, broth, and cornstarch. Mix well to break up clumps of cornstarch.
4. Liquid to skillet and cook until desired tenderness is reached.
5. Serve with rice and top with sesame seeds. Enjoy!

Slow-cooker chicken

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Slow-cooker chicken	X	X	*	✓	

* If using gluten-free spices

Ingredients:

- 1 whole chicken
- 1 medium onion, sliced
- 2 tsp paprika

- 1 tsp thyme
- 1 tsp garlic powder
- 2 dashes salt & pepper

Directions:

1. Place sliced onions on bottom of slow-cooker.
2. Place whole chicken on top of onions and sprinkle with spices. Cover and turn slow-cooker on high.
3. Cook 4-5 hours until chicken is cooked through and no longer pink (internal temperature should be at least 170F).
4. Serve and enjoy!

Turkey & Sweet Potato Hash

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Turkey & Sweet Potato Hash	X	X	*	✓	

* If using gluten-free spices

Ingredients:

- 1 tbsp olive oil
- 1 lb. ground turkey
- 2 cups sweet potato, peeled & cubed
- 2 cloves garlic, minced
- 2 tsp dried parsley
- 1 dash salt & pepper
- 4 cups spinach

Directions:

1. Heat 1 olive oil in large skillet, add turkey and cook until browned.
2. Add sweet potatoes and minced garlic and stir.
3. Stir in salt, pepper, and parsley.
4. Cook until sweet potatoes are soft, about 10 minutes.
5. Add spinach and cook until wilted.
6. Serve hot. Enjoy!

Poached Salmon

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Poached Salmon	X	X	*	✓	

* If using gluten-free spices

Ingredients:

- 1 lb salmon
- 1 clove garlic
- 2 tbsp lemon juice
- 1 tsp dill
- 1 dash salt & pepper

Directions:

1. Add a few inches of water into a wide-rimmed saucepan. Cover and boil.
2. Carefully add salmon and cook until done (6-8 minutes depending on size of fish).
3. Drizzle with lemon juice and sprinkle with dill, salt and pepper.
4. Serve with salad and cooked quinoa. Enjoy!

Thai Chicken Noodles

Makes 6 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Thai Chicken Noodles	X	X	*	✓	

* If using gluten-free spices, vegetable broth, and coconut aminos

Ingredients:

- 4 cups rice noodles, cooked as directed
- 4 tbsp sesame oil, divided
- 1 cup carrots, sliced
- 2 cups cabbage, sliced
- 6 oz cooked chicken breast, chopped
- 4 green onions
- 2 cloves garlic, minced
- 1 tbsp ginger, grated
- ¼ cup honey
- ¼ cup peanut butter, smooth

- ¼ cup coconut aminos
- 3 tbsp vegetable broth

Directions:

1. Cook noodles as directed. When done, drain and toss with 2 tbsp sesame oil.
2. Heat 1 tbsp sesame oil in large skillet. Add carrot, cabbage, chicken, green onions, garlic, and ginger.
3. Stir fry for a couple of minutes until crisp-tender.
4. In separate bowl, mix honey, peanut butter, soy sauce and vegetable broth.
5. Add liquid to skillet and cook until desired tenderness is reached.
6. Add noodles to skillet and toss with chicken and vegetables. Enjoy!

Beef & Sweet Potato Chili

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Beef & Sweet Potato Chili	X	X	*	✓	

* If using gluten-free spices

Ingredients:

- 2 tbsp olive oil
- 1 cup onion, diced
- 1 tbsp cayenne pepper
- 1 tsp cumin
- 1 tsp garlic powder
- 1 lb ground beef, extra lean
- 4 cups diced tomatoes
- 1 tsp oregano
- 1 bay leaf
- 3 cups sweet potatoes, diced
- ½ cup mushrooms, sliced
- 1 cup carrots, sliced
- 1 cup zucchini, diced
- 1 cup red pepper, diced
- 2 cups kale leaves, chopped
- 3 dashes salt & pepper

Directions:

1. Heat olive oil in large soup pot.
2. Add diced onion and cook until translucent.
3. Add beef and spices. Cook until beef is brown.

4. Add diced tomatoes, and add additional can of water to the pot.
5. Add sweet potato, mushrooms, carrots, and rest of spices.
6. Lower heat and simmer for about 40 minutes, stirring occasionally.
7. Add zucchini and red pepper. Cook for another 20 minutes.
8. Add kale, salt and pepper and cook for 10 more minutes.
9. Remove bay leaf. Serve and enjoy!

Sausage Stir Fry

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Sausage Stir Fry	X	X	*	✓	

* If using gluten-free spices, coconut aminos, and gluten-free vegetable broth

Ingredients:

- 1 tsp coconut oil
- ½ cup onion, chopped
- ½ cup mushrooms, sliced
- 12 oz sausage, sliced
- 4 cups spinach
- 2 cups kale
- 1 dash salt & pepper

Directions:

1. Heat oil in large skillet.
2. Add onions and stir fry 2 minutes.
3. Add mushrooms and stir fry until onions are translucent. Transfer into a bowl.
4. Add sausage to skillet and cook until brown.
5. Add greens, onions and mushrooms. Cover and reduce heat.
6. When all greens are wilted, serve with salt & pepper. Enjoy!

Slow-Cooked BBQ Pork Chops

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Slow-Cooked BBQ Pork Chops	X	X	*	✓	

* If using gluten-free sauce

Ingredients:

- 12 oz pork chops
- 1 cup BBQ sauce

Directions:

1. Cover bottom of slow-cooker with some BBQ sauce and place pork chops on top.
2. Cover pork chops with remainder of BBQ sauce.
3. Cook on high for 5-6 hours until pork is cooked through (internal temperature should be at least 170F). Enjoy!