for the week of _____

EAT LIKE US
CULINARY PRESCRIPTIONS

Week 2 Meal Plan

This Week's Recipes

BREAKFAST	• Banana, Blueberry, Avocado and Chia Seed Bowl • Spicy Avocado Toast top w/ Fried Egg • Stir-Fried, leftover Detox Salad and Egg Scramble
LUNCH	• *Mixed greens, with Crunchy Detox Salad and cold poached salmon fillet* • *Cook any protein the night before & serve cold with any side item.*
DINNER	• Zucchini Lasagna* • Asian Poached Salmon w/ Bok Choy & Shitake Mushroom*
SIDES	• Cauliflower/Potato w/ Spinach Mash • Roasted Beets & Charred Green Beans • Instant Pot Collard Greens • Asianish Pasta Salad • Cauliflower Risotto w/ Peas • Oven charred Romaine w/ parmesan. • Crunchy Detox Salad • Instant Pot Mexican Rice
PROTEIN BAR	*Pick a side or two and add a protein as needed for lunch/dinner. Protein should seldom be the focus of a meal. Instead, focus on getting your vegetables and add protein as needed for your activity level. Same goes for your carbs!* • Chicken Breast • Salmon Fillet • Beef Patty- Grass Fed • Marinated Baked Tofu • Eggs • Wild Caught Shrimp

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The Good Stuff

SNACKS	• Oven roasted black eyed peas • Salsa Fresca w/ Blue Corn chips • Bone Broth w/ Miso and F-Bomb • Yogurt w/ nuts • Hummus with Vegetable sticks
DESSERTS	• Acorn Squash with Coconut Custard
DON'T HAVE TIME TO COOK	• Choose a side, mixed greens and/or Starch that you have prepped and add a protein. Always keep frozen chicken breasts, salmon fillets and shrimp on hand, as well as fresh eggs and cooked tofu. Just cook in skillet, Instant pot, or oven. Season with soul salt and pepper. It takes no longer than a frozen pre-packed. • Cauliflower pizza w/ extra sauteed vegetables on top
STARCH OPTIONS	*Pay attention to the starches in the recipes. You can add or subtract any starch depending on your activity level and appetite on a given day. Listen to your body!* • Mexican rice • Asianish Pasta Salad • Cauliflower/ potato mash
FERMENT ITEMS	• Bubbies Sauerkraut and Pickles • Miso • Yogurt

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Techniques, Tips, & Prep Options

TECHNIQUES	**Puree, Mashed Items and Glycemic Index** Combining items into a mash or puree can improve nutritional content and temper the glycemic index of a dish. Mashed cauliflower and potato has a more diverse and enhanced nutritional composition than plain mashed potatoes and has a much lower Glycemic index.
WEEKLY TIP	**Avoiding a Spike in Your Blood Sugar or "Food Coma"...** Assess the whole meal. If one item has a high glycemic, choose a smaller portion size and add fat and soluble fiber to the meal. Fat and fiber slow the uptake of simple carbs. Also consider your activity level. Simple carbs are great prior to a workout but not so much before watching TV. We don't want you to be afraid of foods, just learn how your body reacts and adjust.
NEW INGREDIENTS	• Red Cabbage, Shallots, Shiitake Mushrooms & Jicama, • Grape seed oil
HOW TO USE OUR PRODUCTS	**Soul Salt -** Use anytime a recipe calls for salt. Great for adding flavor while not over salting. **Umami Tsunami -** Adds Umami, the elusive "Savory" taste, to any dish. Great for soups, vegetables, meat dishes, casseroles, and grilled or pan fried items. **Stocked and Loaded -** Use when a recipe calls for stock. Mix 1 Tbsp per 6 oz water. It can also be sprinkled into any dish as added flavor and to get the health benefits of bone broth. A little bone broth every day helps so much with GI health! **F-Bomb -** A healthy thickener for any dish or soup. Why use cornstarch or flour when you can add a multi strain prebiotic?! **King Tut's Nuts & Spice Blend (Dukkha) -** The ultimate topping for any dish that needs a crunch or that "something" to make it interesting.

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Prep Options

PREP OPTIONS- Make ahead for week	Prep Items #4,5,7	*.*Potatoes, Beets and Rutabaga have similar roasting times. Cauliflower does not take as long.*
	Recipe #14	*If doing #14 Acorn Squash w/ custard Roast in advance. Take advantage of hot oven.*
	Prep Item #1	Crunchy Detox Salad
	Prep Item #2	Asianish Pasta Salad
	Prep Item #3	Instant Pot Mexican Rice
	Prep Item #4	Cauliflower/Potato Mash w/ Spinach
	Prep Item #5	Curried Rutabaga Soup
	Prep Item #6	Salsa Fresca
	Prep Items #7	Roasted Beets and Charred Green Beans
	Can buy pre-cut at store	Cut Celery, Carrots Jicama into sticks
	Always keep some type of lettuce on hand	Mixed Greens salad mix

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Week 2 Meal Plan

Prep Item #1 Crunchy Detox Salad

Prep Time 20 min

Use w/ #18 recipe

Directions

1. Roughly chop all vegetables into pieces and pulse individually in food processor to get smaller pieces. Can chop with a knife, just takes a little time.
2. Toss in seeds and nuts
3. Mix the vinaigrette ingredients together and then toss with the vegetables.

Ingredients + Sourcing

- 2 Cups Broccoli
- 1 cup Carrots
- 2 Cups Cauliflower
- 2 celery stalks
- 2 cups Parsley
- 1 Apple
- 1 cup Red Cabbage
- ½ cup Sunflower seeds
- ½ cup Almond Slices
- **Vinaigrette-ingredients below**
- 1 Tbsp fresh Ginger-minced fine
- 2 Tbsp Manuka or local honey
- ½ cup lemon juice
- ¼ cup Rice wine Vinegar
- 4 Tbsp olive oil
- 1 Tbsp Soul Salt

Do-Ahead Options

- Prepare entire salad in advance for the week.

Substitutions

- Raisins instead of apples-apples can get oxidized brown over a couple of days

Amy's Input

All vegetables have pluses and minuses. Raw vegetables have more natural enzymes but can have anti-nutrients that are deactivated when cooked.

Alternatives

You could blanch all of the vegetables once it chopped if you have trouble with raw vegetables.

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Week 2 Meal Plan

Prep Item #2 Asianish Pasta Salad

Time 25 min

Directions

1. Cook pasta per instructions, rinse and cool
2. Heat olive oil in pan and add shallots, cabbage and mushrooms, cook until shallots and mushrooms are soft.
3. Add lemon juice, Tamari, Sesame oil, mandarin and mirin. Stir and remove dressing from heat
4. Combine rest of dry ingredients with pasta and toss with dressing

Ingredients + Sourcing

- 12 oz Gluten Free Fusilli or Bowtie pasta
- 10 oz bag baby spinach
- ½ cucumber peeled and diced
- ⅓ cup Cranberries
- 1 can 4-6 oz Mandarin oranges-save juice
- ½ cup red cabbage chopped fine
- 6 Mint leaves chopped fine
- ¼ cup walnuts chopped
- ¼ cup almond slices
- 1 cup Shiitake Mushrooms-chopped
- 1 shallot diced fine
- 1.4 cup mirin
- ⅓ cup olive oil
- 1 tsp sesame oil
- 1 Tbsp Tamari
- Juice of ½ lemon
- ¼ cup mandarin orange juice

Amy's Input

- Chilling Pasta overnite converts some of the starch to Resistant Starch. Less calories and good for GI health.
- Many gluten free pastas are made with only corn. Find one that has multiple grains

Alternatives

If you don't have a problem with wheat find a good Italian pasta. If it's from Italy it will be non GMO wheat.

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Week 2 Meal Plan

Prep Item #3 Instant Pot Mexican Rice

Total Time 25 min

Directions

1. Rinse rise multiple times until the water poured off is not white but clear
2. Press Saute button on Instant Pot and add oil, Add Rice and Saute rice in oil until it starts to turn golden brown.
3. Add chopped onion and saute until onion start to get soft and rice is golden brown but not burnt. Add Garlic and cook one more minute.
4. Add water slowly and then add everything else. Stir to mix everything.
5. Lock Lid Select manual at high pressure and set timer to 4 minutes
6. Let Steam release on its own for 10 minutes and then finish w/ quick release.

Ingredients + Sourcing

- 2 Tbsp Coconut oil
- 1 cup dry white rice
- 1 can-8 oz tomato sauce
- 1 1/4 cup water
- 1 Tsp chili powder
- 3 Tbsp of our Stocked & Loaded Bone Broth
- 1 tsp Umami Tsunami
- 1 Clove Garlic Minced
- 1 medium onion chopped
- ½ cup carrot chopped
- ½ cup frozen peas
- ¼ tsp Cumin
- 2 Roma Tomatoes diced

Do-Ahead Options

- Make this ahead for the week

Substitutions

- Can use chicken broth instead of water and our powdered bone broth
- Can omit Umami Tsunami.

Amy's Input

All starches when cooked and then chilled overnight have fewer calories, a lower glycemic index and additional, beneficial resistant starch for your gut bacteria.

Alternatives

Can cook on stove top.

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Week 2 Meal Plan

Prep Item #4 Cauliflower/potato mash w/ spinach

Cooking Time 10 min

Use w/ #5 recipe if substituting for Rutabaga

Directions

1. Peel and chop potatoes into small chunks
2. Cut Cauliflower into medium pieces
3. Toss both in olive oil and season with salt and pepper place on oiled baking pan and bake at 375 F until soft
4. Mash potatoes and cauliflower until blended well or use a food processor or immersion wand to blend. Add butter and milk or chicken broth to help blending as needed
5. In a skillet saute onions in olive oil until soft and then add minced garlic and cook until just slightly browned. Season with salt and pepper as you go.
6. Chop spinach into small pieces and add to skillet and cook until soft
7. Fold spinach/onion/garlic mix into mash.
8. Taste and add seasoning as needed

Ingredients + Sourcing

- 4 Medium Yukon Gold Potatoes
- 1 Large Head Cauliflower
- 2 cups spinach -packed
- 2 garlic cloves minced
- 1 Cup Sweet Onion-minced
- ½ cup milk
- ¼ tsp Black Pepper
- ½ tsp Sea Salt
- 4 Tbsp olive oil
- 2 Tbsp Butter

Do-Ahead Options

- Make in advance
- Make extra to make soup
- Cook beets at the same time but don't let them touch or everything turns red

Substitutions

You can omit butter and milk if you want it dairy free. Substitute chicken broth for liquid needed or add a little almond milk for creaminess.

Amy's Input

Cut your potatoes and cauliflower so they will have similar cooking times or roast potatoes with rutabagas and beets. Don't let the beets touch anything else or it all ends up red.

Alternatives

You can add 3 tbsp Nutritional yeast for a slight cheese flavor

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Week 2 Meal Plan

Prep Item #5 Curried Rutabaga Soup

Total Time 60 min

Directions	Ingredients + Sourcing
1. Rutabaga's are covered in a wax to help them keep. Peel that off. 2. Cut in half and place flat side down to help control slipping. Always create a flat side to stabilize a vegetable when cutting and avoid cutting yourself. Dice into pieces. 3. In a heavy pot or dutch oven melt butter and saute carrots, celery and onions for about 5 minutes. Season with salt and pepper as you go. 4. Add garlic, ginger and curry powder and stir for 2 more minutes 5. Add everything else and bring to boil, reduce heat and simmer for 45 minutes	• 1 Rutabaga peeled and diced into pieces • 1 onion diced • 2 carrots chopped • 2 Celery stalk- diced • 1 Tart apple-peeled and diced • 1 garlic clove- minced • 2 Tbsp Ginger -minced very fine • 1 quart chicken broth • 1 cup blanched or sliced Almonds • 2 bay leaves • ½ Tsp salt • ½ tsp pepper • 2 Tbsp unsalted butter • 2 tbsp Curry powder
Do-Ahead Options	**Substitutions**
• Make extra Cauliflower/potato w/ spinach mash if substituting for Rutabaga • This reheats well!	Use the Cauliflower/potato mash instead of Rutabaga. Use about two cups of mash to substitute for Rutabaga
Amy's Input	**Alternatives**
Heating spices in skillet wakes up the flavor!	Can roast Rutabaga first and then add to liquid

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Week 2 Meal Plan

Prep Item #6 Salsa Fresca

Total Time 15 min

Directions	Ingredients + Sourcing
1. Mix everything together, taste and add salt if needed	• 1 Cup Jicama finely chopped • 2 Roma Tomatoes finely chopped • 1 Cup english cucumber finely chopped • ¾ Cup red bell pepper finely chopped • 4 Large radishes finely chopped • 1 Serrano Chili- deseeded and chopped very fine • ⅓ cup lime juice • ¼ cup onion finely chopped • 6 Mint leaves- Finely chopped • 3 Tbsp Parsley finely chopped • 2 tsp sea salt

Do-Ahead Options	Substitutions
• Can buy pre-cut Jicama in water in the Produce section at Kroger	Can add fruit, like Mango or pineapple

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Week 2 Meal Plan

Prep item #7 Roasted Beets and Charred Green Beans

Cooking Time 25 min

Directions

1. Heat oven to 375 F
2. Scrub beets with rough Vegetable brush or scouring pad to remove all spots and most of outer skin, cut into wedges, toss in olive oil and Italian seasoning place on roasting pan and cook until tender, about 45 minutes.
3. In a hot skillet add 1 Tbsp grape seed oil and a single layer of cleaned Green beans and one chopped shallot. Do not stir until a char develops on one side- about 2 minutes. Season with salt and pepper and stir and cook until tender but still a little crisp about 3 more minutes. Put into a bowl
4. Repeat step 3.
5. Add cooked beets
6. Mix 2 Tbsp olive oil, the apple cider vinegar, mustard, sugar and parsley and drizzle over beans and beets and gently toss.
7. Let sit for at least 2 hours up to 3 days
8. Garnish with Dukkha when serving

Ingredients + Sourcing

- 6 medium beets
- 1 lb Fresh Green Beans
- 2 Shallots- chopped into thin strips
- 4 Tbsp Olive oil
- 2 Tbsp Grape seed oil
- 2 Tbsp Italian seasoning (Thyme, oregano, Marjoram)
- 2 tsp sea salt
- 1 tsp pepper
- ¼ cup Apple Cider Vinegar
- 1 Tbsp Whole grain mustard
- 1 Tbsp Raw sugar
- ½ cup Parsley chopped
- Dukkha- King Tut's

Do-Ahead Options

- Roast Beets

Substitutions

- Coconut oil instead of Grape seed oil
- Onions instead of Shallots

Amy's Input

Scrubbing the heck out of beet gets rid of that unpleasant "earth" taste and you don't have to peel them after cooking.

Alternatives

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Week 2 Meal Plan

Recipe #7 Cauliflower Rice Risotto

Cooking Time 10 min

Directions

1. Heat skillet add oil and saute shallots, once soft add garlic and continue for a minute or so
2. Add cauliflower, asparagus and peas, season with salt and pepper and continue saute.
3. Add Broth and Mirin continue cooking to reduce liquid.
4. Sauce- In separate pan add butter and saute mushrooms- (season with salt and pepper) until soft, add gluten free flour(or F-Bomb) cook 1 minute, and slowly add almond milk and whisk in so you don't clump the sauce. Add Nutritional yeast.
5. Combine sauce with main dish. Allow to thicken a little but don't let it burn. A little runny is fine. Add more yeast for more "cheese" taste and to thicken
6. Add parsley at very end and serve.
7. Top with any protein. A runny fried egg is great option.

Ingredients + Sourcing

- 2 tbsp olive oil
- 2 garlic cloves- minced
- 2 shallot- minced
- 4 cups Cauliflower rice
- ½ pound asparagus -shopped
- 1 cup peas
- ½ cup chicken broth
- 3 tbsp Mirin
- ½ cup parsley chopped
- 2 tbsp grass fed butter
- 4 tbsp Nutritional Yeast
- 1 cup Shiitake mushroom-chopped
- ¾ cup almond milk
- 1 tbsp gluten free flour or F-Bomb

Do-Ahead Options

- Buy Cauliflower rice pre-chopped from store.

Substitutions

Amy's Input

Emphasize the sides and add a protein. Not the other way around. 4-5 ounces of protein is enough unless you have been breaking down muscle tissue through exercise.

Alternatives

Add a fried egg on top! Or any protein and this easily becomes a meal.

for the week of: _____

Week 2 Meal Plan

Recipe #8 Instant Pot Brazilian Collard Greens

Cooking Time 15 min

Directions

1. Turn Instant Pot to Saute, once hot add oil and then onion and shallots. Cook till soft. Add garlic, cook for another minute
2. Season with salt and pepper
3. Add Collards and continue to Saute.for about 5 minutes,
4. Squeeze lime on top and add stock.
5. Turn on manual high and set for 4 minutes
6. Release steam and serve

Ingredients + Sourcing

- Two bunches of Collards
- Collard Greens- Remove middle stalks. Stack leaves and roll into a big cigar. Cut into thin strips cutting end of "cigar"
- 3 tbsp olive oil
- 2 shallots- minced
- 6 cloves garlic chopped
- 1 onion- chopped
- 1 cup stock-
- ½ tsp salt
- ¼ tsp pepper
- Juice of half lime

Do-Ahead Options

- This reheats great!

Substitutions

Amy's Input

Life cycle of any plant determines when it has the most nutrition and is the most digestible by animals. Some plants like Poke weed can kill you if eaten raw but are very healthy and delicious when cooked. Oxalates and Gointroniods in cruciferous vegetables are examples of "grey" areas.

Alternatives

Can add Turnip greens, Mustard and dandelions. Mixing greens adds a more complex flavor.
I add Poke weed when its young. Unless you know the plant and know how to use it don't pick it. Parts of it are poisonous and can kill you. . Play Poke Sallet Annie when cooking. LOL Sallet is French for a mess of greens

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Week 2 Meal Plan

Recipe #9 Charred Romaine Lettuce

Cooking Time 10 min

Directions	Ingredients + Sourcing
1. Preheat oven to broil on high 2. Drizzle olive oil on inside of cut Romaine heads. Season with salt and pepper 3. Put Romaine on baking pan cut side up and broil until it just starts to charr. You are not cooking the lettuce just adding a flavor and character profile. 4. Remove and shaved parmesan and serve .	• 2 heads of Romaine lettuce- cut in half lengthwise • 4 tables Oil oil • Salt and Pepper • ¼ cup shaved fresh parmesan cheese

Do-Ahead Options	Substitutions
• This is so simple, there's no need to prep!	

Amy's Input	Alternatives
The healthiest diets includes lots of greens. Raw salads, cooked greens, sauteed greens..... you need greens!	Add any protein and you have a meal.. Simple changes keep items interesting. You need to eat greens multiple times a week.

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Week 2 Meal Plan

Recipe #10 Zucchini Lasagna

Total Time 75 min

Directions

1. Preheat oven to 325 F, Grease a 9 x 13 baking dish with olive oil
2. Slice Zucchini lengthwise into thin slices. Sprinkle with salt on both sides and set aside in colander to drain.- this removes water from zucchini
3. Prepare meat sauce. Saute onions and then add garlic and red peppers. Continue to cook. Add ground beef and brown. Add Mushrooms and cook down. Season with salt and pepper. Add Spaghetti Sauce and tomato paste and Italian Seasoning.. Add Spinach. The spinach should add enough moisture but can add stock if needed if too thick.
4. In a separate bowl combine Ricotta, egg and parsley. Mix
5. Assemble Lasagna. Spread thin layer of meat sauce in bottom of dish. Add layer of zucchini, ½ inch of Ricotta mixture and ½ of meat sauce and ½ layer of mozzarella cheese.Add another layer of zucchini, ricotta sauce, meat sauce and then mozzarella cheese.. Finish with Parmesan cheese layer..
6. Cover with Aluminum foil and back for 45 minutes. Remove foil and bake 15 minutes until bubbly and slightly browned.

Ingredients + Sourcing

- Two large or three medium Zucchini- sliced lengthwise
- 1 Pound Grass fed beef
- 1 onion diced
- 2 cloves garlic-
- 1 red pepper diced
- 1 jar of good Spaghetti sauce
- 1 cup tomato paste
- 1 bag spinach- 2 cups packed
- 1/2 cup chopped parsley
- 1 pound Cremini mushrooms- de-stemmed and sliced
- 15 oz of Ricotta cheese
- 8 oz shredded mozzarella
- 4 oz grated Parmesan cheese
- 1 egg
- 2 tbsp Italian seasoning

Do-Ahead Options

- This just gets better with time!

Substitutions

You can always add any vegetable to this dish, just cook the water out so the lasagna is not runny.

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Amy's Input	Alternatives
Ricotta is made with whey and does not contain casein. When doing an elimination diet. Ricotta is great way of testing if you have a problem with whey, casein or possibly that the dairy is non fermented. Or maybe it's A2 Casein. Its complicated and that why we use our health coaches to help you with an elimination and reintroduction plan, Do it once do it right.	

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Week 2 Meal Plan

Recipe #11 Poached Salmon w/ Bok Choy and mushrooms

Cooking Time 10 min

Directions

1. Saute onions and Shallots in olive oil
2. Season with pepper
3. Add Red Cabbage, Bok Choy and mushrooms.. Continue to cook.
4. Add Mirin and Tamari. Cook down but don't burn.
5. Add stock
6. Place Salmon fillets on top and sprinkle parsley over mix, drizzle with sesame oil. Cover with lid and steam poach 8-10 minutes until flaky with fork .145 F

Ingredients + Sourcing

- 2 salmon Fillets
- 2 cups Bok Choy- chopped medium
- ½ cup Red Cabbage sliced into thin strips
- Shiitake mushrooms- sliced into strips
- Chicken broth or stock
- 1 Tbsp Tamari
- 2 tbsp olive oil
- 1 tsp sesame oil
- ½ cup chopped parsley
- 4 mint leaves chopped fine
- 2 Tbsp Mirin
- 1 onion
- 1 Shallot

Do-Ahead Options

Substitutions

Any vegetable will do. It's really about sauteed vegetables, a simple stock and poached fish. Nothing fancy. Can use any type of mushroom, Don't give up just because your missing an item. The best recipes were invented by necessity- the mother of all inventions. .

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Week 2 Meal Plan

Recipe #12 Oven Roasted Black eyed peas

Cooking Time 10 min

Directions	Ingredients + Sourcing
1. Heat oven to 375 F 2. Drain and rinse peas 3. Toss in olive oil and salt and pepper 4. Spread on oiled pan and back until crisp but not hard- if you bake too long they will break your teeth. Test about 40 minutes into cooking. You want them dried and crisp but not hard	• 1 or 2 cans Black eyed peas, • Olive oil • Salt and pepper, cumin and Turmeric
Do-Ahead Options	**Substitutions**
	Cajun seasoning like Tony's works really well

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Week 2 Meal Plan

Recipes #13 Hummus of the week

Prep Time 5 min

Directions	Ingredients + Sourcing
1. Combine all items into a blender and blend until smooth. Add more water if too thick	• 1 can of Chickpeas drained and rinsed • 3 Tbsp of Tahini or ½ cup Raw sunflower seeds • ½ can Artichoke Hearts • Juice of one lemon • 1 tbsp olive oil • ½ tsp Salt • ½ tsp of cumin • ¼ cup water
Do-Ahead Options	**Substitutions**
	You can add Roasted Garlic, olives, Sun Dried tomatoes,
Amy's Input	**Alternatives**
	Add an avocado, taste great but will not last as long. Turn brown as it oxidizes.

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Week 2 Meal Plan

Recipe #14 Acorn Squash w/ Coconut Custard

Active time 10 min
Cook time 2 hours

Directions

1. Preheat oven to 375 F
2. Cut a small piece off the bottom of Acorn squash halves so the sit flat on baking sheet.
3. Drizzle with olive oil, sprinkle salt and sage and cook for 40 minutes.
4. Remove sqaush and let cool completely
5. Whisk together coconut milk, cream, egg yolks, sugar, orange zest, salt and pepper.
6. Pour mixture into cooled Squash halves and bake at 300 F for about 55 minutes until mixture jiggles like a gelatin
7. Let cool for a couple hours until custard sets up.
8. Cut squash halves in half to create 4 servings.
9. Top with nuts when serving

Ingredients + Sourcing

- 1 Acorn squash- cut in half, deseeded
- 1 Tbsp olive oil
- ¼ tsp Sage
- 1 cup coconut milk- shake well to mix cream that forms on top of can
- ½ cup heavy cream
- 4 egg yolks
- 1 tsp black pepper
- ¼ cup raw sugar
- ½ tsp orange zest
- ¼ tsp sea salt
- ¼ cup chopped walnuts

Do-Ahead Options

Substitutions

Just roast the squash with cinnamon and butter and its great and whole lot easier.

Amy's Input

I don't do decadent desserts very often but this is good one from Food and Wine.

Alternatives

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Week 2 Meal Plan

Recipe #15 Bone Broth/Miso F- Bomb

Time 4 min

Directions	Ingredients + Sourcing
1. Heat water on stove top or microwave 2. Add F-Bomb and Bone Broth to cup, add 2 ounces of water and stir, it tries to clump. Add a little more water and stir in the Miso. It takes a little time to get it to dissolve. Add the rest of the water and stir. 3. Enjoy. Your Gut will thank you and it will get you past your hunger.	• 2 Tbsp Stocked and Loaded Bone Broth • 1 Tbsp Miso-yellow or white • 1 tsp F-Bomb • 8 ounces water

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Week 2 Meal Plan

Recipe #16 Blueberry, Banana, Avocado and Chia seed bowl

Prep time 5 min

Directions	Ingredients + Sourcing
1. Scoop out Avocado and add to blender. Add ½ of the banana,, blueberries, honey, chia seeds and Almond milk to blender. Blend until smooth. 2. Scrape into bowl. Add lemon juice and olive oil to cover top of mixture to prevent avocado from turning brown. Let it sit overnight, covered tightly. 3. Garnish with ½ sliced banana, coconut shreds, cinnamon and pecans the next morning	• 1 Banana • ½ cup Blueberries • 1 small Avocado- pitted • ¼ Lemon Juice • 1 tsp olive oil • 1 cup Coconut or Almond milk- unsweetened • 1 Tsp honey • 3 Tbsp Chia seeds • 1 tsp Cinnamon- Ceylon • Coconut shreds • Chopped Pecans
Amy's Input	**Alternatives**
	Can just soak the chia seeds overnight and then following morning blend.. The advantage is the Avocado less likely to turn brown

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Week 2 Meal Plan

Recipe #17 Spicy Avocado Toast w/ Fried Egg

Time 10 min

Directions	Ingredients + Sourcing
1. Mash avocado in bowl, mix in diced tomato salt and pepper to taste. 2. Place mix on toast 3. Fry egg in olive oil to your liking 4. Place Fried egg on toast and sprinkle Red Pepper flakes on top	• 1 Avocado- mashed • 1 tomato diced • 1 piece of toast • Salt and pepper • Red Pepper flakes • 1 egg
Do-Ahead Options	**Substitutions**
	Dukkha instead of Red Pepper flakes

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Week 2 Meal Plan

Recipe #18 Stir Fried leftover detox salad w/ egg scramble

Time 5 min

Use w/ #1 Prep items

Directions	Ingredients + Sourcing
1. Heat skillet, add oil and stir fry detox salad 2. Reduce heat when cooking the eggs. Create a ring of the stir fry in the pan and add the mixed eggs to the center. This keeps it in the center and from running everywhere. Once almost done mix it all together.	• 1 cup detox salad • 2 eggs- whisked • Olive oil • Salt and pepper