



for the week of Nov 11th-17th

Week 4 Menu

This Week's Recipes

BREAKFAST	<ul style="list-style-type: none">• "To B or not to B" BLT• Mellow Yellow Breakfast Salad• PB&J Smoothie
LUNCH	<ul style="list-style-type: none">• <i>Leftovers</i>• <i>Simple salad and protein cooked the night before</i>
DINNER	<ul style="list-style-type: none">• Cock-a-Leekie Soup• Pad Thai
SIDES	<ul style="list-style-type: none">• Spaghetti Squash Taco Casserole• Wild Rice and Kale salad• Choose several vegetables to keep for Steaming, Saute, or Roasting every week.• Dashi + Miso and any vegetable
PROTEIN BAR	<p><i>Pick a side, add a simple salad 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!</i></p> <ul style="list-style-type: none">• Chicken Breast• Salmon Fillet• Beef Patty- Grass Fed• Marinated Baked Tofu• Eggs• Wild Caught Shrimp



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The Good Stuff

DON'T HAVE TIME TO COOK

- Use this week's ingredients of butter lettuce, red onion, tomato, red bell pepper, bacon crumbles, and bean sprouts to make a salad. Mix 3 tbsp feta cheese, 2 Tbsp feta cheese liquid and 2 Tbsp greek yogurt to make a simple dressing. Add a protein from the protein bar selection.
- Steam or Saute a vegetable and add a protein

STARCH OPTIONS

Pay attention to the starches in the recipes. You can add or subtract a starch depending on your activity level and appetite on a given day. Listen to your body!

- Spaghetti Squash Casserole
- Wild Rice and Kale salad

FERMENT ITEMS

- Bubbies Sauerkraut and Pickles
- Miso
- Yogurt
- Feta Cheese



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Techniques, Tips, & Prep Options

TECHNIQUES

Broths, Fond and Deglazing

Building a good broth starts with browning meat and vegetables in a pan or roasting in the oven before adding the water. This creates the fond or the tasty browned bits that stick to the bottom of the pan. Deglazing is when you add water, wine or broth to clean off the fond. A good broth is the basis for savory or Umami flavor in a dish.

WEEKLY TIP

Always add broth instead of water when cooking. I cooked in an Italian kitchen where we always had four stock pots going. A chicken, beef, vegetable and fish stock. No water was ever added to a dish. It's not just flavor it's also lots of good micronutrients and conditional amino acids: Glutamine, Glycine, Proline and Arginine. Your body can produce these except when under stress. That's one reason bone broth is good for you when your sick.

NEW INGREDIENTS

- Leeks
- Dashi is a simple broth made with kombu (dried kelp and bonito flakes) and dried, shaved skipjack tuna. It's a quick umami broth that is the basis for many Japanese dishes like miso soup and udon noodle bowls.

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

Can buy pre-cut
at store

Always keep
some type of
lettuce on hand

Make Dashi ahead for the week
Make bacon & crumble

Always keep vegetable sticks on hand to snack on.

This week we are using Butter leaf or Bibb lettuce.
The live head version keeps well.



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Recipe #1: To "B" or "Not to B" BLT Breakfast Sandwich

Serves 2 | Total Time 10 min

Directions	Ingredients + Sourcing
<ol style="list-style-type: none">1. Cook 2 slices bacon using method of your choice: skillet, oven, or microwave2. Mash one avocado in small bowl3. Toast 4 slices of quality gluten-free bread (non-GMO preferred)4. Scramble 2 eggs in 1 TB of olive oil5. Spread mashed avocado onto 2 slices of bread (one per sandwich).6. Place one slice bacon, cut in half or made into crumbles, onto avocado spread.7. Then assemble sandwich using scrambled eggs, butter leaf lettuce leaves, tomato slices, and salt and pepper to taste.	<ul style="list-style-type: none">• 4 slices quality gluten-free bread• One avocado• One tomato• Two cage-free, organic eggs• Butter leaf lettuce leaves• Two slices of quality, uncured, nitrate-free, antibiotic-free bacon (Applegate is a good, readily available brand)
Do-Ahead Options	Substitutions
<ul style="list-style-type: none">• Can premake bacon slices.	<ul style="list-style-type: none">• There really is no substitution for bacon.
Amy's Input	Alternatives
<p>Yes, we are using bacon. But you certainly can leave it off. Bacon should be used in small amounts to enhance the flavor of other ingredients--this is how we use bacon.</p> <p>Regarding microwave usage: step away from your microwave when in use. Exposure to EMFs is not good for you. I recommend standing about 4 ft away (even though most microwaves are "shielded").</p>	<p>You may use other types of lettuce or a lettuce mix.</p>



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Recipe # 2: The Mellow Yellow Breakfast Salad

Serves 2 | Total Time: 5 min

Directions	Ingredients + Sourcing
<ol style="list-style-type: none">1. Peel and slice banana.2. Peel and cut pear into small chunks.3. Place banana slices, pear chunks into small bowl and mix with juice from 1/2 lime and 1/2 tsp cinnamon.4. Place pear and banana mixture over a bed of torn butter leaf lettuce leaves.5. Top with 1 oz walnuts and dollop of plain yogurt.6. Drizzle small amount of Manuka honey over salad.	<ul style="list-style-type: none">• One large banana, slightly green• 1/2 lime, juice from fresh• 1/2 tsp cinnamon, Ceylon preferred• 2 oz walnuts• One large pear• Dollop of plain yogurt, for each salad• Manuka honey
Do-Ahead Options	Substitutions
<ul style="list-style-type: none">• Set out non-refrigerated items the night before.	<ul style="list-style-type: none">• I recommend using pistachios, pecans, or toasted pepitas in place of walnuts.
Amy's Input	Alternatives
<p>You can eat salads for breakfast! What a crazy concept, huh? It's a great way to slip even more of those precious micronutrients from greens into your diet. And breakfast salads won't leave you in a food coma like biscuits and gravy.</p>	



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Recipe Item # 3: PB & J Smoothie

Serves 1 | Time 5 min

Directions	Ingredients + Sourcing
<ol style="list-style-type: none">1. Peel and slice $\frac{1}{2}$ banana.2. Add banana slices to blender along with other ingredients.3. Blend until smooth.	<ul style="list-style-type: none">• 3 scoops Foundation Shake powder• $\frac{1}{2}$ banana, slightly green• 1 C frozen strawberries• 8 oz almond milk, unsweetened• 2 TB peanut butter, organic• **$\frac{1}{2}$ tsp cardamom
Do-Ahead Options	Substitutions
<ul style="list-style-type: none">• Set out non-refrigerated items the night before.	<ul style="list-style-type: none">• You can use frozen mixed berries instead of strawberries, and you may also use almond butter instead of peanut butter.
Amy's Input	Alternatives
<p>Adding the cardamom is up to you. I like to add different spices whenever possible b/c of the extra micronutrients it adds to my diet. And it tastes good.</p>	



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Recipe # 4: Cock a Leekie Soup

4 Servings | Active time 20 min, Total time 90 min

Directions	Ingredients + Sourcing
<ol style="list-style-type: none">1. Set Instant Pot to Saute. Add butter. Season chicken w/ salt and pepper, and brown chicken thighs on both sides. Do not crowd thighs, do a few batches, repeating process. Remove and set aside in bowl.2. Make sure there is enough butter and fat in pot to continue Saute. If not add more. Add celery, carrot, leeks and garlic and season with salt and pepper. . Saute until leeks soften-about 5 minutes. Add a little stock and scrap any fond off the bottom of pan3. Add remaining liquid and ingredients.4. Set Instant Pot to Soup and adjust down to 20 minutes.5. Let steam release naturally.6. Remove chicken thighs and then remove skin and meat. Add Meat chunks back into soup. Taste for salt and add if needed. Serve with crumbled bacon on top	<ul style="list-style-type: none">• 1.5 pounds organic chicken thighs. skin or bone in.• 2 TB butter, grass fed• 6 cups chicken broth• 2 potatoes, Yukon Gold, diced• 3 leeks- chopped* see cleaning tips under “do ahead” options• 1 garlic clove, minced• 4 prunes• 1 tsp thyme, fresh, chopped• 2 stalks celery-diced• 2 carrots, diced• 4 TB parsley, chopped• 1 bay leaf• 1 TB ACV• ¼ tsp salt or to taste• ¼ tsp black pepper or to taste• bacon crumbles
Do-Ahead Options	Substitutions
<ul style="list-style-type: none">• Make bacon crumbles• *Cleaning leeks: leeks are very gritty. Insert knife just above the bottom root section. Run knife all the way up the leek through all of green part. . Turn leek and repeat several times creating a “fan” of thin leek shreds. Cut off the very bottom root section and cut off	<ul style="list-style-type: none">• Use ⅓ cup of rice or barley instead of potatoes• Use red potatoes instead Yukon Gold• Use breasts instead of thighs• Great time to use Soul Salt instead of salt• Add a tsp of Umami Tsunami



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the very green tops. You want all of the white section and the transitional pale green section. Discard the very green part or save if you make stock. Rinse thoroughly under cold water. Cut fan cross way into ½ inch pieces. Put in colander and rinse again.

Amy's Input

Leeks are packed with antioxidants, folate, Vit A, Vit . And since they are related to onions and garlic, they contain many of the same beneficial compounds. Leeks also contain a compound that has been shown to help produce nitric oxide, which can help combat hypertension.

Alternatives and Tips

- Cook in pot on stove
- Add white wine for the deglazing processes instead of stock



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Recipe # 5: Spaghetti Squash Casserole

6 Servings | Active Prep Time 25 min. Total time 50 minutes

Directions	Ingredients + Sourcing
<ol style="list-style-type: none">1. Preheat oven to 400 F2. Cut squash in half long ways and scoop out seeds careful not to dig into the flesh. Rub olive oil on the cut side of the squash and place face down on lightly oiled baking sheet. Cook for 30 minutes or until soft and the "spaghetti" comes out easy.3. While squash is cooking brown the ground meat in a skillet with a little olive oil. Season with a little salt and pepper. Set aside4. In same pan add a little more olive oil and saute all the vegetables, onions and garlic along with all of the seasonings. Saute for about 5-6 minutes until the start to soften. You can add a little water if the taco seasoning starts to stick5. Mix yogurt and egg plus 2 TB of water and mix.6. Gently mix the spaghetti squash, meat and vegetables together with the yogurt egg liquid in a slightly oiled 9 x 9 casserole dish and cook for 15 minutes.	<ul style="list-style-type: none">● 1 spaghetti squash● 1 lb of grass fed beef● 2 cups kale. Remove center vein and chop the leaves● 20 cherry tomatoes, cut in half● ½ red onion chopped● ½ red bell pepper, chopped small● 2 cups broccoli, chopped● 3 garlic cloves, minced fine● ½ cup of plain Greek yogurt● 1 whole egg● 1 tsp onion powder● 1 pack taco seasoning-NO MSG● 1 TB Italian seasoning● 1 TB olive oil● 1 tsp salt or to taste.● ½ tsp pepper
Do-Ahead Options	Substitutions
<ul style="list-style-type: none">● This keeps all week	<ul style="list-style-type: none">● 1 TB ground flaxseed + 2 TB water for the egg● Plain coconut yogurt for Greek yogurt



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	<ul style="list-style-type: none">• Spinach instead of kale
Amy's Input	Alternatives
This is one of my favs. Spaghetti squash is a starchy vegetable but don't let that scare you. We need carbs and starches. Our GI microbiome requires them to function properly.	If you want a firmer casserole add 2 TB of gluten-free flour plus ¼ cup water



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Recipe # 6: Pad Thai

6 Servings | Active Time 30 min, total 45 minutes

Directions

1. Soak rice noodles in warm water for 30- 40 minutes until soft
2. The keys to this recipe are cutting the vegetables into appetizing looking pieces. Thin strips. Cutting the green onions on the diagonal. Cutting the broccoli crown into flat fans instead of chunks. And also adding fresh garnish when you serve it. Set aside enough of the green onion and bean sprouts to sprinkle fresh on top of each serving.
3. In a wok or large skillet, heat 2 TB olive oil and brown chicken. About halfway through add broccoli, bell pepper, carrots garlic and $\frac{3}{4}$ or the bean sprouts and green onions. Don't over cook. You want the vegetables to be a little crisp.. Since the chicken is cut into thin pieces it cooks quickly.
4. Remove everything and set aside in bowl.
5. Return skillet or wok to heat, add more oil and crack the two eggs into oil. Once the egg starts to set, scramble with fork. It's more mixing than scrambling. Once firm, set aside in bowl with chicken and vegetables.
6. Add a little more oil to pan and turn heat to low and add noodles and all of the cooked items.
7. Add Pad Thai Sauce and mix everything together.
8. Serve and garnish with fresh cilantro, green onions, bean sprouts, crushed peanuts and a lemon wedge to squeeze over everything.

Ingredients + Sourcing

- 2 large boneless chicken breast or 3 medium, cut into bite sized thin slices
- 3 TB olive oil
- 1 Cup carrots, cut into thin strips
- 3 eggs
- $\frac{1}{2}$ red bell pepper cut into thin strips
- 1 cup of broccoli, chopped into thin slices, bite sized, flat
- 1 jar Phad Thai sauce- Thai Kitchen makes a gluten-free one that's good
- rice noodles, 12 ounces
- $\frac{1}{3}$ Cup cilantro
- 4 cloves garlic, minced
- 1 lemon cut into wedges
- 5 green onions, sliced on diagonal bias
- 2 Cups bean sprouts
- $\frac{1}{3}$ cup peanuts, crushed



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Do-Ahead Options

- This recipe reheats great

Substitutions

- You can add any extra vegetable that you want
- Any meat, tofu or shrimp can be substituted for chicken
- You can omit the egg but it's in traditional Pad Thai

Amy's Input

You could make this in the Instant Pot if you omit the eggs. Just use the saute setting for the entire process and then set to warm when mixing it together at the end. Less mess. I think Paul likes creating a mess. He can destroy a kitchen like no one else. AND you don't have to use cilantro. I detest the stuff. Yuk.

Alternatives

You can make your own Pad Thai sauce next time. It's not very hard.



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Recipe # 7: Wild Rice and Kale Salad

4 Servings | Total Time: 35 min

Directions	Ingredients + Sourcing
<ol style="list-style-type: none">1. Add wild rice, 1 tbps olive oil, crushed whole garlic clove and stock to Instant Pot and set on manual high for 22 minutes. Let steam release naturally for 10 minutes and then move valve to release.2. While rice is cooking, whisk together 2 TB of olive oil with the other liquids and the salt and pepper.3. Toss the chopped vegetables with the dressing and coat well.4. Remove clove from rice and add rice to bowl with coated vegetables and stir together. Serve warm or chilled.5. Add crumbled feta on top and a squeeze of fresh lemon when serving.	<ul style="list-style-type: none">• 1 Cup wild rice• 2 cups chicken stock• 1 Cup cherry tomatoes cut into halves• 1 cup cauliflower rice• 1 clove garlic, crushed• 5 green onions, chopped into pieces on the diagonal .• 2-3 cups of kale. Remove center vein and chop kale into small pieces.• 1 red bell pepper, diced• ½ cup feta cheese, crumbled• ¼ Cup lemon juice• 1 TB maple syrup• 3 TB olive oil• ¼ tsp black pepper• ½ tsp sea salt
Do-Ahead Options	Substitutions
<ul style="list-style-type: none">• Great one to make ahead for the week	<ul style="list-style-type: none">• You can add any vegetables that you want
Amy's Input	Alternatives
Wild rice isn't really rice, it's a gluten-free grain.	If raw vegetables are giving digestive issues then do a quick saute of the vegetable before adding to the rice.



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Recipe # 8: Dashi

Servings 2 | Total Time: 15 min

Directions	Ingredients + Sourcing
<ol style="list-style-type: none">1. Add Kombu and Umami Tsunami to water and bring to boil2. Reduce heat to slow boil for 5 minutes3. Add Bonito flakes to water and reduce heat to simmer, slight boil for 10 minutes.4. Strain into jar and use as needed	<ul style="list-style-type: none">• 4 pieces Kombu seaweed• 1 cup Bonito flakes• 4 Cups water• 1 Tbsp Umami Tsunami-Optional
Do-Ahead Options	Substitutions
<ul style="list-style-type: none">• Make large amount and keep in fridge up to a week.	<ul style="list-style-type: none">• Can add dried mushrooms. Shiitake is most common
Amy's Input	Alternatives
I know that this is very different but if you want an easy, flavorful stock this is it. It is a cornerstone to Japanese cuisine.	Add miso once the Dashi is done. Traditional miso soup is made with Dashi