

A top-down view of a yellow ceramic bowl filled with a clear chicken broth. The soup contains shredded chicken, sliced carrots, and green beans. A sprig of fresh rosemary is placed on top. A wooden-handled spoon is visible on the right side of the bowl. In the background, another similar bowl is partially visible, and a white lace cloth is on the left.

NATIVE FORMULAS

Native Formulas Home Recipes

delicious & healthy food for the protocol

by the Restore 3 Team

BREAKFAST

[pancakes](#)
[pumpkin pancakes](#)
[breakfast sausage](#)
[crustless quiche](#)
[sweet potato sausage breakfast hash](#)
[omelet with sausage](#)

MAIN: CHICKEN

[dijon baked chicken fingers](#)
[chicken curry](#)
[mustard glazed chicken thighs](#)
[italian chicken and vegetables](#)
[chicken schnitzel](#)
[chicken soup](#)
[chicken tacos](#)

MAIN: MEAT

[rosemary mustard lamb chops](#)
[lamb pie](#)
[meat sauce](#)
[broccoli with ground beef and cumin](#)
[meatloaf](#)
[beef stew](#)
[pressure cooker beef stew](#)
[pressure cooker pot roast](#)
[tacos](#)

MAIN: FISH

[lemon rosemary broiled salmon](#)
[salmon with broccoli and carrots](#)
[salmon with carrots and “pesto”](#)
[tuna salad sandwich](#)

SIDES

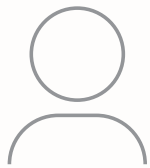
[risotto with parsnip “rice”](#)
[baked beets with fennel](#)
[savory carrot pancakes](#)
[turnip fried rice](#)
[banana bread](#)

EXTRAS

[snack ideas](#)
[milk kefir](#)
[water kefir](#)
[liposomal vitamin c](#)
[liposomal glutathione](#)
[broccoli sprouts](#)

BREAKFAST

PANCAKES



1 serving

INGREDIENTS

- ½ cup cooked sweet potato or winter squash, or 1 banana
- 3 large eggs
- 2 tablespoons hemp seeds, flax seeds, or nut butter
- Ghee



prep: 5m
cook: 5m

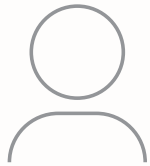
PREPARATION

1. Combine all ingredients in a blender and blend until smooth. Spoon silver-dollar-size dollops into medium heat ghee. They cook quickly!

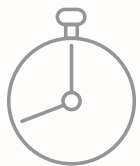


stovetop

PUMPKIN PANCAKES



2 servings



prep: 5m
cook: 8m



stovetop

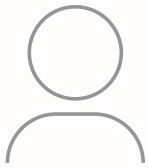
INGREDIENTS

- 4 eggs
- ½ cup canned pumpkin
- 1 teaspoon pure vanilla extract
- 2 teaspoon pumpkin pie spice
- 1 teaspoon cinnamon
- ¼ teaspoon baking soda
- 2 tablespoons butter

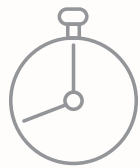
PREPARATION

1. Whisk the eggs, canned pumpkin, and pure vanilla extract together. Sift the pumpkin pie spice, cinnamon, and baking soda into the wet ingredients.
2. Melt 2 tablespoons of butter in a large skillet over medium heat. Then mix the butter into the batter.
3. Grease the skillet and spoon the batter into the skillet to make pancakes of your desired size. When a few bubbles appear, flip the pancakes once to finish cooking.
4. Serve with grass-fed butter and cinnamon or sliced bananas.

BREAKFAST SAUSAGE



5 servings



prep: 10m
cook: 10m



stovetop

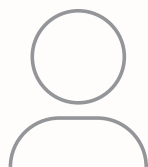
INGREDIENTS

- 1 lb ground chicken
- 1 teaspoon sea salt
- ½ teaspoon black pepper (optional)
- ½ teaspoon dried sage
- ¼ teaspoon dried thyme
- ¼ teaspoon dried ginger
- 3 Tablespoons cold water
- 1 Tablespoon olive oil

PREPARATION

1. Add chicken to a large bowl
2. Blend spices and water together in a small glass measuring cup. Pour on top of the chicken and blend well
3. Shape into 8 thin patties
4. Heat the olive oil in a large skillet over medium heat. Fry the patties for 5 minutes. Increase heat to medium high. Turn patties over and fry 3 minutes more
5. Serve
6. You can freeze these, separated by wax paper and they reheat well.

CRUSTLESS QUICHE



6 servings

INGREDIENTS

- 4 large carrots, shredded or grated
- 1 teaspoon Rosemary-Sage salt*
- 12 eggs, beaten
- 1 tablespoon butter

*Rosemary-Sage Salt: mix 1:1:1 chopped up rosemary, sage, and salt



prep: 10m
cook: 45m

PREPARATION

1. Preheat oven to 375 F
2. Mix together the carrots, Rosemary-Sage salt, and eggs in a large bowl, then set aside.
3. Grease a 9" x 13" baking dish with butter and pour the egg mixture into the pan. For a nice pattern, use a fork to create a circular pattern before baking
4. Bake for approximately 45 minutes or until the edges are brown. The quiche will puff up while baking and then deflate when removed from the oven.

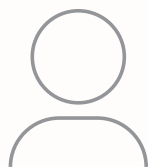


oven

SWEET POTATO SAUSAGE BREAKFAST HASH WITH KALE



INGREDIENTS



2 servings

- 1 small sweet potato or half of a larger one peeled and chopped small
- 1 link chicken sausage
- 2 tbsp ghee
- dash sea salt
- large handful kale chopped
- 2 tbsp water
- 1-2 eggs
- salt and pepper to taste
- Thinly sliced green onion for garnish



prep: 10m
cook: 10m

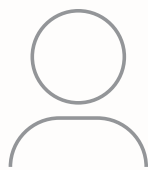
PREPARATION

1. Heat a small-medium heavy skillet over medium heat. Add ghee and melt.
2. Add the chopped sweet potatoes to the pan, stirring to brown, and sprinkle with a bit of sea salt
3. Cook sweet potatoes for about 5 minutes, covering to let them soften, stirring to evenly brown
4. When sweet potatoes are nearly done, break the sausage into small pieces and add to pan. Stir and break down smaller to evenly brown.
5. Once the potatoes and sausage are browned, add the kale and 1 tbsp water to the pan and toss to coat. Cover pan and allow kale to steam. Add another tbsp or so of water if needed



stovetop

SWEET POTATO SAUSAGE BREAKFAST HASH WITH KALE, CONT.



2 servings



prep: 10m
cook: 10m

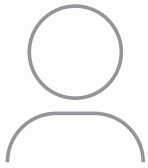


stovetop

PREPARATION

6. After about a minute, check kale and stir. Once kale is soft, make small grooves in the hash and crack the eggs one at a time in the grooves and add salt and pepper if you like. Cover the pan, and lower the heat while the egg cooks.
7. Cook the eggs to your liking. Suggested: until the whites are just solid and the yolks are still a little runny.
8. Transfer to a plate. Garnish with sliced green onion.

OMELET WITH SAUSAGE



1 servings



prep: 5m
cook: 8m



stovetop

INGREDIENTS

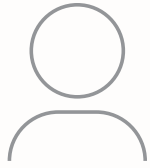
- 2 eggs
- butter or ghee
- salt and pepper
- breakfast chicken sausage (recommended: applegate organic brand)
- Cholula hot sauce (optional)

PREPARATION

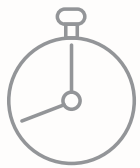
1. Whisk the eggs in a bowl with a fork.
2. heat the sausages in a pan on the stove
3. heat up the butter or ghee in a different pan on medium-high heat
4. fry the egg mixture in the pan, swirling the egg around so that it cooks evenly
5. flip the egg once
6. serve the eggs and sausages with Cholula hot sauce (optional)

MAIN:
CHICKEN

DIJON BAKED CHICKEN FINGERS



2 servings



prep: 15m
cook: 17m



oven

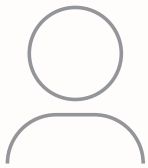
INGREDIENTS

- 3 cups gluten-free cornflakes (plain), organic and non-GMO
- ½ teaspoon paprika
- ½ teaspoon sea salt
- 1 tablespoon olive oil
- ¼ cup Dijon mustard
- 2 eggs
- 1 pound boneless skinless chicken breast, cut into strips

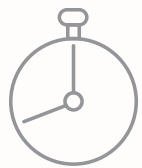
PREPARATION

1. Preheat the oven to 425 F. Line a baking sheet with parchment paper
2. In a small food processor, pulse the cornflakes with the salt and paprika until finely ground. Remove to a shallow bowl and drizzle in olive oil. Whisk until the cornflake crumbs are coated and not clumping together.
3. In a second bowl, beat the eggs until smooth
4. Put the dijon in a large mixing bowl. Add the chicken and toss until well coated.
5. Working one by one, dredge the chicken in the cornflake mixture, shaking off any excess. Dip the tenders in the egg and return them to the cornflakes, pressing down until fully coated. Arrange the tenders in an even layer on the baking sheet.
6. Bake in the oven until golden and crispy, 15-20 minutes. Allow to cool slightly on the tray.

CHICKEN CURRY



4 servings



prep: 10m
cook: 50m



stovetop

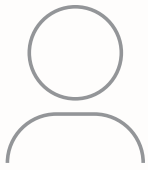
INGREDIENTS

- 2 tablespoons ghee
- 1.5 lbs chicken thighs, boneless and skinless, cut into 1-inch pieces
- 1 tablespoon curry powder
- ½ teaspoon paprika
- 1 teaspoon unprocessed sea salt
- 14 oz unsweetened almond milk or coconut milk if you can tolerate
- ¼ cup cilantro, chopped, for garnish

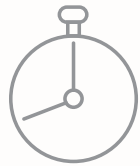
PREPARATION

1. In a stockpot, heat the or ghee to medium-high heat, then add chicken and cook until pieces are browned on both sides, 8 to 10 minutes.
2. Add the curry powder, paprika, and salt and sauté for half a minute.
3. Add almond milk. Bring to a boil, then reduce heat to a simmer and cover. Cook until chicken is tender, approximately 30 minutes.
4. Garnish with cilantro.

MUSTARD GLAZED CHICKEN THIGHS



4-6 servings



prep: 10m
cook: 45m



oven

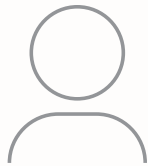
INGREDIENTS

- ¼ cup melted butter
- 2 tablespoons gluten-free mustard
- Black pepper to taste
- 1 teaspoon sage salt (1:1 chopped sage and salt)
- 12 bone-in, skin-on chicken thighs

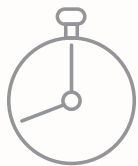
PREPARATION

1. Preheat oven to 425 F.
2. In a small mixing bowl, combine the melted butter, mustard, black pepper, and Sage Salt. Place the chicken thighs on a baking sheet or oven-safe dish, and brush the mixture evenly over each one.
3. Bake for 45 minutes or until a thermometer reads 165 F when inserted into the center of one of the chicken thighs.

ITALIAN CHICKEN AND VEGGIES



5 servings



prep: 10m
cook: 25m



oven

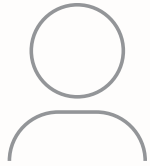
INGREDIENTS

- ½ cup olive oil
- 2 Tbsp. balsamic vinegar
- ½ tsp. dried oregano
- ½ tsp. dried basil
- 1.25 lbs boneless, skinless chicken thighs (or breasts)
- ¾ lb. green beans, trimmed
- Salt and pepper, to taste
- 2 Tbsp. fresh basil, chopped

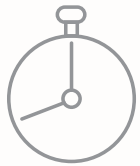
PREPARATION

1. Preheat oven to 425°F. Line a rimmed baking sheet with aluminum foil. Set aside.
2. In a medium bowl, whisk together olive oil, balsamic, dried oregano, and basil. 3. Place chicken in a gallon zip-top bag and add half of the dressing. Seal the bag, toss to mix and set aside.
3. In a second gallon zip-top bag, add trimmed green beans and the remaining half of the dressing. Seal and toss to coat.
4. Remove chicken from bag, discarding remaining chicken marinade, and place on baking sheet. Add veggies with marinade onto the baking sheet and arrange everything into a single, even layer. Bake for 25 minutes or until chicken is cooked and veggies are fork-tender. Garnish with fresh basil and serve.

PALEO CHICKEN SCHNITZEL



4 servings



prep: 15m
cook: 20m



stovetop

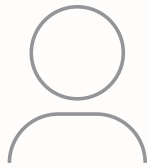
INGREDIENTS

- 2 tablespoons ghee
- Olive oil
- Sea salt and freshly ground black pepper
- 1 cup almond flour
- 2 eggs
- Mustard
- 1 pound chicken thighs, boneless and skinless

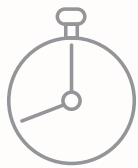
PREPARATION

1. Place the almond flour on a plate with coarse sea salt.
2. Beat the eggs in a separate bowl with some mustard.
3. Dip each piece of chicken in to the eggs, then the almond flour and repeat.
4. Heat olive oil with a teaspoon of ghee in a pan on medium heat. Cook until golden on each side. Serve with vegetable of choice.

CHICKEN SOUP



6-8 servings



prep: 15m
cook: 35m



stovetop

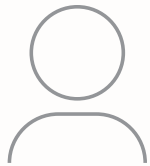
INGREDIENTS

- 3 cups leftover rotisserie chicken
- 2 cups chopped celery root (from 2 medium sized roots)
- 6 cups chicken bone broth
- 1 1/4 cup chopped carrots
- 1 cup chopped leek greens
- 2 tbsp olive oil
- 1 tbsp chopped fresh tarragon
- 1 tbsp chopped fresh parsley
- 2 tsp sea salt
- 1 tsp dried thyme

PREPARATION

1. Peel and chop celery root into 1 inch chunks.
2. Place celery root in a medium sized saucepan filled with water and boil until for tender, 10-15 minutes.
3. In a large stock pot, heat olive oil on medium-low heat.
4. Chop carrots into 1/4 inch rounds and place in stock pot, sauteeing for 3 minutes.
5. Chop leeks into 1/2 inch rounds, and stir into the carrots.
6. Chop tarragon and parsley, sprinkling on top of the mixture, a long with the sea salt and dried thyme, allowing the mixture to cook for another 5 minutes.
7. Shred rotisserie chicken and add to the stock pot, stirring with a spatula to combine all of the ingredients.

CHICKEN SOUP CONTINUED



6-8 servings



prep: 15m
cook: 35m

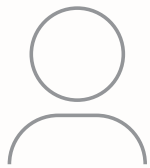


stovetop

PREPARATION

8. Turn the heat to medium and add in 4 cups of bone broth.
9. In a blender, blend together the boiled celery root and remaining 2 cups of broth until smooth.
10. Pour into the stock pot, stirring until fully incorporated.
11. Turn heat to medium-high, and allow the mixture to come to a light simmer, letting cook for another 6-8 minutes, until the vegetables are cooked to your liking. Remove from heat and use a ladle to serve in desired bowls.

CHICKEN TACOS



4 servings



prep: 5m
cook: 15m



stovetop

INGREDIENTS

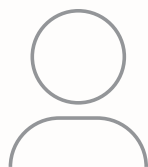
- 1 lb boneless skinless chicken thighs
- olive oil
- salt and pepper
- gluten free corn tortillas
- broccoli sprouts
- green salsa (optional)

PREPARATION

1. Cut the chicken into bite-sized pieces. Season with salt and pepper
2. Heat the oil on a pan on medium heat. Add the chicken to the pan and cook through.
3. Heat oil on another pan and add the tortillas. Flip once to desired crispiness.
4. Put the chicken on the tortillas. Add the green salsa if desired and put broccoli sprouts on top.

MAIN:
MEAT

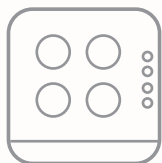
ROSEMARY MUSTARD LAMB CHOPS



4 servings



prep: 40m
cook: 16m



stovetop

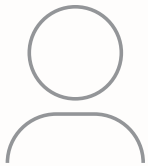
INGREDIENTS

- 2 tablespoons Dijon-style mustard
- 2 tablespoons chopped fresh rosemary
- 8 pinches of unprocessed sea salt and freshly ground black pepper
- 8 organic grass-fed lamb loin chops
- 1 tablespoon grass-fed ghee

PREPARATION

1. Combine the mustard, rosemary, salt, and pepper in a small bowl. Rub the mixture evenly over both sides of the lamb chops.
2. Place the chops on a baking sheet. Cover and refrigerate for at least 30 minutes.
3. Melt the ghee in a grill pan over high heat. Add the chops and cook for about 8 minutes on each side, until done to your liking.

LAMB PIE



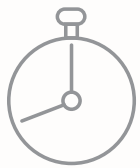
6-8 servings

INGREDIENTS

- 1 batch pulled lamb (recipe below)
- 3 bunches spinach or chard
- 1 bunch fresh basil leaves
- 1 Tablespoon dried oregano
- $\frac{1}{4}$ cup oil

PREPARATION

1. Make pulled Lamb:
 - 4 lamb shanks
 - 2 Tablespoons coarse salt
 1. Rub the shanks all over with the salt and arrange them in a slow cooker, bones tilting upwards.
 2. Cook on low for 8 hours.
 3. Remove the meat from the bones and pull apart with 2 forks. Season with the warm salty fat from the slow cooker.
2. Preheat oven to 350 F.
3. Grease a large baking dish or casserole with 1 Tablespoon of oil.

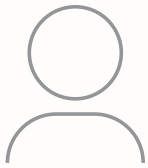


prep: 9h
cook: 1h

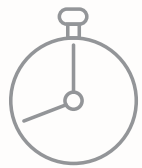


oven
slow cooker

LAMB PIE CONTINUED



6-8 servings



prep: 9h
cook: 1h

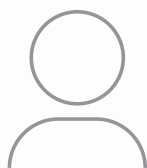


oven
slow cooker

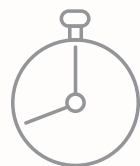
PREPARATION

- Using another tablespoon of fat, wilt the greens, with the basil, if using, and the oregano. For chard, chop the chard stems finely and saute them briefly before adding the greens.
- When the greens are wilted, add the pulled lamb to the pan and stir to combine
- Put half the greens and lamb mixture in the baking dish.
- Add the remaining greens and lamb.
- At this point, you can cover the pie and refrigerate it for later
- Drizzle 2 tablespoons of oil on top and bake for 50 minutes.

MEAT SAUCE



4-6 servings



prep: 10m
cook: 35m



stovetop

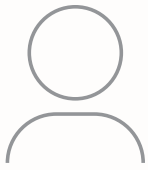
INGREDIENTS

- 1 bunch kale, stems removed and torn apart
- Leaves from 1 bunch fresh cilantro
- 3 beets
- 4 carrots, chopped
- 4 celery sticks, chopped
- 2 tablespoons grass-fed ghee
- 1 pound organic grass-fed ground beef
- 1 tablespoon ground turmeric
- Sea salt and freshly ground black pepper

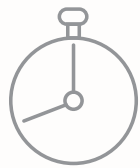
PREPARATION

1. Combine the kale, cilantro, beets, carrots, and celery in a food processor and pulse until finely chopped but not pureed.
2. Melt the ghee in a large skillet over medium heat. Add the vegetables and saute for a few minutes.
3. Add the beef and cook, stirring and breaking apart until browned.
4. Add the turmeric and season with salt and pepper.
5. Bring to a simmer for 20 to 30 minutes.
6. Serve over squash, quinoa, or broccoli.

BROCCOLI WITH GROUND BEEF AND CUMIN



2-3 servings



prep: 5m
cook: 10m



stovetop

INGREDIENTS

- 2 tablespoons ghee
- 2 large heads of broccoli, cut up into pieces
- Dash of sea salt
- Pinch of ground cumin
- Splash of apple cider vinegar
- ½ lb organic grass-fed ground beef

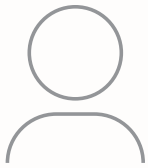
PREPARATION

1. Heat the ghee in a large saute pan over medium heat.
2. Add the broccoli and saute for 5 to 7 minutes, until softened. Stir in the salt, cumin, and vinegar.
3. Add the ground beef and cook, stirring to break it up, for 3 to 5 minutes until browned.

MEATLOAF

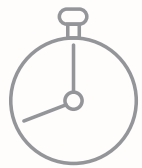


INGREDIENTS



6 servings

- 2 lbs grassfed ground beef
- 1 whole egg
- $\frac{3}{4}$ teaspoon salt
- 2 teaspoons Poultry seasoning (thyme, sage, marjoram, rosemary, black pepper, nutmeg)
- $\frac{1}{2}$ teaspoon dried oregano or 2 tablespoons fresh chopped
- $\frac{1}{4}$ teaspoon dried basil or 1 tablespoon fresh chopped



prep: 10m
cook: 45m

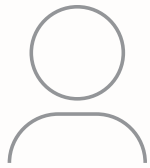
PREPARATION

1. Preheat oven to 400 F. In a large bowl, mix the ground meat with the rest of the ingredients until fully combined.
2. Put the entire mixture in a 9"x5" loaf pan and press down so it's evenly distributed, pressing down a bit more in the center for even baking.
3. Bake in the preheated oven for about 45 minutes or until just no longer pink in the center.
4. Let sit for 5 minutes before slicing and serving over cooked greens or with a side of potatoes.

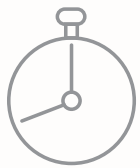


oven

BEEF STEW



8-12 servings



prep: 15m
cook: 6-9h



slow cooker

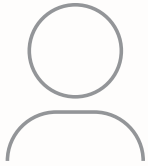
INGREDIENTS

- 2 lbs stew beef
- 2 teaspoons salt (himalayan preferred)
- 2 tablespoons oil
- 1.5 liters bone broth
- 3 carrots, finely diced
- 2 teaspoons cinnamon
- Bay leaf
- Italian parsley

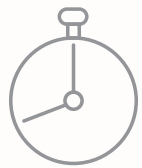
PREPARATION

1. Add salt to stew beef before cooking.
2. Brown the stew beef in the oil in batches, ensuring several sides get browned.
3. Add the browned beef to a slow cooker with the bone broth and cinnamon and bay leaf. Deglaze the pan with some of the bone broth and add this mixture in too.
4. Cook 6-9 hours on low
5. Add the finely diced carrots for the final 15 minutes of cooking time
6. Serve sprinkled with italian parsley leaves

PRESSURE COOKER BEEF STEW



3-4 servings



prep: 15m
cook: 1h



pressure
cooker

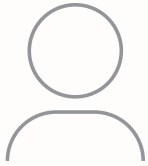
INGREDIENTS

- 1 tablespoon olive oil
- 1 lb grass-fed stew meat
- 1 Tablespoon dried parsley
- 1 tablespoon dried oregano
- 1 teaspoon sea salt to taste
- 3 large carrots, peeled and chopped
- 3 parsnips, peeled and chopped
- 2 cups butternut squash, peeled and chopped
- 5 cups beef bone broth (can add more broth for a thinner consistency)
- 1 bay leaf

PREPARATION

1. Turn on your pressure cooker, add the oil, and press the Sauté function. Add the beef stew meat and brown 1 to 2 minutes. Do not cook through.
2. Add the remaining ingredients for the stew and stir well. Secure the lid on your pressure cooker and press the Stew/Meat (high pressure) button. Adjust the time setting to 35 minutes. Set to Sealing.
3. Once the stew has finished cooking, allow it to naturally vent until it completes its cycle (about 30 minutes).
4. Serve and enjoy!

PRESSURE COOKER POT ROAST WITH BALSAMIC GRAVY



8-10 servings



prep: 10m
cook: 1h 20m



pressure
cooker

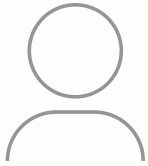
INGREDIENTS

- 2 tablespoons olive oil
- One 2-3 pound beef roast
- 2 teaspoons sea salt
- 1/2 cup balsamic vinegar
- 1 teaspoon black pepper
- 1 pinch red pepper flakes
- 3 sprigs fresh rosemary
- 2/3 cup beef broth
- 1 tablespoon tapioca flour

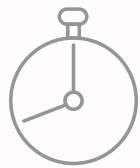
PREPARATION

1. Turn the cooker to the high saute setting and add the olive oil to the pot.
2. Cut the roast into 2 or 3 large pieces. Sprinkle the sea salt over the meat. Put the roast pieces into the pot and sear on two sides, 3-4 minutes each. Turn the cooker off.
3. Pour the vinegar over the beef. Sprinkle the black pepper and red pepper flakes on the meat and lay the rosemary on top.
4. Close the lid and the steam valve. Set the cooker to high pressure for 60 minutes. Let all the pressure release naturally. This should take 15 to 20 minutes.
5. Transfer the beef to a large plate and break it up into large 2 to 3-inch pieces.

PRESSURE COOKER POT ROAST WITH BALSAMIC GRAVY CONT.



8-10 servings



prep: 10m
cook: 1h 20m

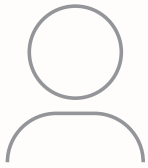


pressure
cooker

PREPARATION

6. Turn the cooker to high saute. Whisk together the beef broth and tapioca flour and while whisking the pot juices, slowly add the broth slurry. Cook for 2 to 3 minutes until the juices become bubbly and slightly thickened into a gravy.
7. Serve the beef with the gravy

TACOS



4 servings



prep: 5m
cook: 15m



stovetop

INGREDIENTS

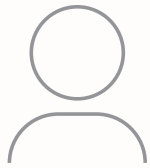
- 1 lb grass-fed ground beef
- olive oil
- salt and pepper
- gluten free corn tortillas
- broccoli sprouts
- cholula hot sauce (optional)

PREPARATION

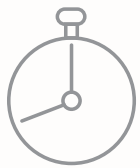
1. cook the ground beef through in a pan on medium-high heat.
2. remove the ground beef from the pan and cook the tortillas in the oil from the meat.
3. serve with broccoli sprouts and cholula (optional)

MAIN:
FISH

LEMON ROSEMARY BROILED SALMON



3-4 servings



prep: 10m
cook: 11m



oven

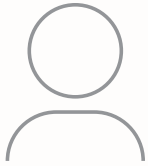
INGREDIENTS

- 2 tablespoons butter or ghee
- 1 lb wild salmon, either whole or in portions
- 1 lemon
- 1 teaspoon Rosemary Salt (1:1 chopped fresh rosemary and salt)

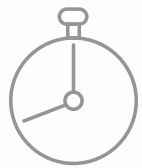
PREPARATION

1. Preheat oven to a low broil setting
2. Place thinly sliced pats of butter in a baking dish, or spread ghee over the bottom of the dish. Place the salmon in the dish and sprinkle with the rosemary salt. Add more thin pats of butter on top of the salmon, and top with slices of lemon.
3. Broil on low for approximately 10-12 minutes or until the salmon is cooked to your liking.

SALMON WITH BROCCOLI AND CARROTS



4 servings



prep: 5m
cook: 20m



oven

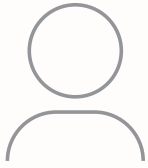
INGREDIENTS

- 1 lb salmon, sliced into 4 pieces
- 2 Tablespoons olive oil
- 2 cups broccoli florets
- 2 cups baby carrots
- 2 teaspoons tamari
- Salt

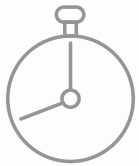
PREPARATION

1. Preheat oven to 425 F. Place salmon pieces, skin side down, on the center of a rimmed baking sheet lined with aluminum foil.
2. In a large bowl, toss together olive oil, broccoli florets, and baby carrots. Arrange in an even layer around salmon pieces on baking sheet. Bake for 20 minutes or until salmon is flaky and carrots are just fork tender.
3. Drizzle veggies and salmon with optional tamari and season to taste with salt. Serve warm.

SALMON WITH CARROTS AND "PESTO"



3-4 servings



prep: 15m
cook: 30m



oven

INGREDIENTS

- 1.5 lbs salmon cut into fillets
- 1 bunch carrots with greens attached
- Olive oil
- ½ teaspoon sea salt
- 2 teaspoons ground paprika

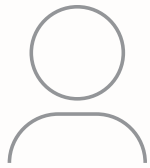
Pesto:

- 1 bunch carrot tops, stems discarded
- ½ cup raw walnuts
- 3 cups fresh basil loosely packed
- 2 Tablespoons apple cider vinegar
- ½ cup oil
- ½ cup sea salt to taste

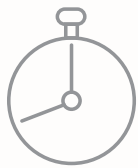
PREPARATION

1. Preheat the oven to 400 degrees F and lightly oil or spray a large baking sheet.
2. Place salmon fillets and carrots on the baking sheet. Sprinkle the salmon with sea salt and paprika. Drizzle the carrots liberally with olive oil and use your hands to coat carrots in oil. Sprinkle carrots with sea salt.
3. Place sheet in the preheated oven and bake for 25 minutes, or until salmon is cooked through and has reached desired level of done-ness.
4. While the salmon and carrots are baking, prepare the carrot top pesto.

SALMON WITH CARROTS AND "PESTO" CONTINUED



3-4 servings



prep: 15m
cook: 30m

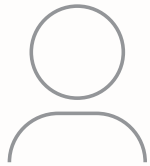


oven

PREPARATION

5. Spread the walnuts on a baking sheet and bake 3 to 4 minutes, until golden brown. Remove from oven and allow walnuts to cool.
6. Add all ingredients for the pesto except oil to a food processor and pulse to chop.
7. Leaving the food processor on, stream the oil through the hole in the top until desired consistency is reached. Add more oil for a thinner sauce.
8. Taste sauce for flavor and add sea salt to taste. Serve salmon and carrots with carrot top pesto drizzled on top.

TUNA SALAD SANDWICH



1 serving



prep: 5m
cook: 5m

INGREDIENTS

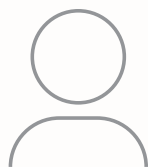
- 1 can tuna
- Mayonnaise (non-GMO, organic)
- Lemon juice
- Salt and pepper
- 1/2 stalk celery
- Mustard
- Gluten-free bread

PREPARATION

1. drain the oil or water from the tuna and put into a bowl
2. Chop the celery into small pieces.
3. Add desired amount of mayonnaise, a dab of mustard, desired amount of lemon juice (recommended amount is about half a lemon), salt, and pepper to the tuna and mix.
4. Toast the gluten-free bread either alone or with the tuna salad on top for a tuna-melt style sandwich.

SIDES

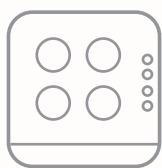
RISOTTO WITH PARSNIP "RICE"



4 servings



prep: 10m
cook: 15m



stovetop

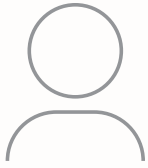
INGREDIENTS

- 4 medium to large parsnips, peeled and chopped
- 1 tablespoon ghee
- 1 cup broth or stock of choice
- ½ cup almond milk
- Salt and pepper

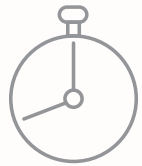
PREPARATION

1. Peel and chop parsnips before placing them in a food processor. Pulse until it resembles rice-sized granules. You should have 5-6 cups of riced parsnips
2. In a skillet or side saucepan with a lid, heat the oil over medium heat. Add the riced parsnips and cook for a couple of minutes, until the parsnips color slightly.
3. Add the broth.
4. Cover and cook over medium-low heat for about 15 minutes, stirring every 3-5 minutes. The parsnips should be tender but not mushy and the liquid should reduce into a starchy, thickened consistency.
5. Remove the cover and add the almond milk. Cook for about another 5 minutes over medium heat, stirring occasionally, until creamy
6. Season with salt and pepper and serve

BAKED BEETS WITH FENNEL



2-3 servings



prep: 10m
cook: 35m



oven

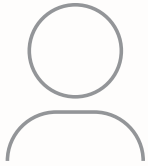
INGREDIENTS

- 2 large beets
- 1 bulb of fennel
- ½ orange (optional)
- 2 tablespoons butter
- Sea salt and black pepper

PREPARATION

1. Preheat oven to 375 F.
2. Peel the beets and chop them into 1 inch cubes. Chop the tops (fronds) off the fennel bulb and slice the bulb into ¼" strips. Slice the orange into ½ inch pieces.
3. Top the beets, fennel, and oranges with the melted butter and toss to combine. Spread evenly in an oven-safe dish and bake for 30-40 minutes or until the beets are fork-tender.

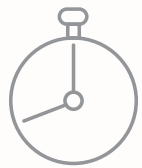
SAVORY CARROT PANCAKES



2 servings

INGREDIENTS

- 3 eggs
- 1 tablespoon almond flour
- Sea salt and black pepper to taste
- 2 cups shredded carrots
- Butter for frying



prep: 10m
cook: 8m

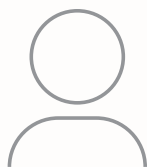
PREPARATION

1. Beat the eggs with the almond flour, sea salt, and black pepper. Mix in the shredded carrots until well combined.
2. Add the butter to a large skillet over medium-low heat. Spoon the mixture into the skillet in 'cakes' that are approximately 4-6 inches in diameter.
3. Cook until they hold together, flipping once.
4. Serve warm or room temperature.

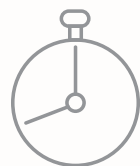


stovetop

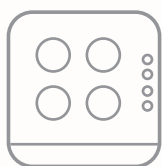
TURNIP FRIED RICE



4-6 servings



prep: 10m
cook: 10m



stovetop

INGREDIENTS

- 2 large turnips, peeled and chopped
- 2 Tablespoons olive oil
- 2 large carrots, peeled and chopped
- 1 large crown of broccoli, chopped
- 1.5 Tablespoons minced ginger
- 3 Tablespoons tamari
- ½ teaspoon sea salt to taste
- 3 large eggs, scrambled
- 3 scallions, chopped
- 1 tablespoon sesame seeds

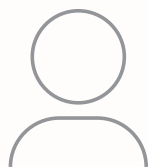
PREPARATION

1. Wash and peel the turnips. Chop them into 6 to 8 large chunks and place them in a food processor. Pulse until rice-sized pieces form. Note: You may need to stop the food processor a couple times to scrape the sides and continue processing.
2. Add all ingredients except the eggs, green onion, and sesame seeds to a large wok or skillet. Heat over medium-high and saute until much of the liquid has burned off and the turnip rice begins to stick to the pan, about 8 to 10 minutes.
3. Add the tamari and stir well.. Toss in scrambled eggs, chopped green onion, and sesame seeds. Serve alongside your favorite entree.

PALEO BANANA BREAD



INGREDIENTS



8 servings

- 4 bananas (2 ½ cups mashed)
- 4 eggs
- ½ cup almond butter
- 4 tablespoons grass-fed butter, melted
- ½ cup almond flour
- 1 tablespoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- Pinch of sea salt



prep: 10m
cook: 55-60m

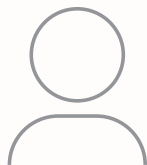
PREPARATION

1. Preheat oven to 350 F
2. Combine bananas, eggs, nut butter, and butter in a blender or mixing bowl with hand mixer. Mix well
3. Once all of your ingredients are blended, add in the almond flour, cinnamon, baking soda, baking powder, vanilla, and sea salt and mix well
4. Pour the batter in a silicone pan or loaf pan, greased well, and spread it evenly
5. Place in preheated oven and bake for 55-60 minutes or until a toothpick inserted into the center comes out clean
6. Remove from oven and flip the bread out onto a cooling rack
7. Slice and serve



oven

PALEO BANANA BREAD CONTINUED



8 servings



prep: 10m
cook: 55-60m



oven

VARIATIONS AND NOTE

1. Chocolate blueberry - Add 1 cup of fresh blueberries and $\frac{1}{2}$ cup of cocoa powder
2. Pumpkin Pecan - Reduce the almond butter to $\frac{1}{4}$ cup and add $\frac{1}{2}$ cup of pumpkin puree and 1 cup of roughly chopped pecans

Note: if you want muffins, use the same recipe and bake for 30-35 minutes. For mini muffins, bake for approximately 25 minutes.

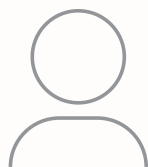


KEFIR/
SNACK IDEAS

SNACK IDEAS

- Pumpkin Seeds
- Omelet
- Beef Jerky
- Low Fodmap Nuts: Walnuts, almonds, pecans, pine nuts, macadamia nuts, sesame seeds
- Oatmeal
- Cereals: gluten free sugar free corn flakes or crispy rice
- Plantain chips
- Omelet
- Banana with almond butter (limit because of sugar)
- Tortilla chips with low fodmap salsa
- Gluten-free pretzels
- Hard-boiled eggs with salt and pepper
- Sliced cucumber dipped in tahini
- Roasted seaweed
- Rice cakes with almond butter
- Gluten free pasta (rice, quinoa, corn) with butter, salt and pepper

MILK KEFIR



- servings

EQUIPMENT

- Fido 67.75oz Glass Jar
- Pickl-it lid
- Plastic Strainer
- Small silicone spatula or some other non-metal utensil for stirring

INGREDIENTS

- Kefir grains
- Organic fresh whole milk

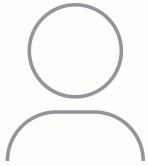


prep: days

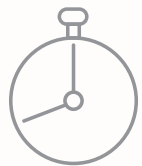
PREPARATION

1. Strain the grains and discard the milk in the bag (if any). While they're still in the strainer, lightly pour some fresh milk over them to give them a quick rinse.
2. Put the grains in a clean jar that's big enough to hold at least 1 cup of milk to start out with (approximate amount for 1 Tablespoon of grains).
3. On your first batch, add $\frac{1}{2}$ cup to 1 cup of fresh milk. No need to stir or shake.

MILK KEFIR - CONTINUED



- servings



prep: days

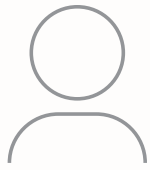
PREPARATION

NOTE: The first couple batches can be a little sluggish. If it has trouble fermenting all the milk, do $\frac{1}{2}$ cup of milk until it ferments that amount and then add more milk every batch from there. Once it gets going, the grains may require much more than 1 cup of milk, especially in warmer weather. If your first batch is over-done, simply add $\frac{1}{2}$ cup more milk for the next batch. Refer to step 6 to know when its ready and how much milk to use.

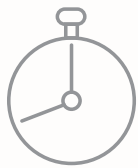
4. Cover the top of the jar with the pickl-it lid.

5. Let them rest. Find a place for the grains out of direct sunlight. A cupboard is good. It's not necessary to shake/stir them while fermenting unless you feel after observing the first batch that they're fermenting too slowly. Kefir grains that are stirred ferment faster because it redistributes nutrients for easier access.

MILK KEFIR - CONTINUED



- servings



prep: days

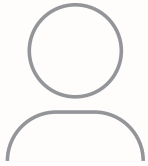
PREPARATION

6. The milk should be ready in about 24 hours. You can tell when it's ready if when you slightly tilt the jar you see it's more like gel (no longer watery milk), and also if you see any separation of the whey (pockets of clear liquid). The first time it may still be quite milky but that's okay. It should smell yeasty like bread and a little sour like yogurt. How long you ferment is a matter of personal preference. It gets more acidic and tart the longer you let it ferment. Keep in mind it can stress the grains when over-fermented continually. Temperature will also greatly affect the speed of fermentation and can take half as much time in the summer. Add more milk or take out some grains if it's too fast. If it's too slow, decrease the milk and find a warmer spot in your house.

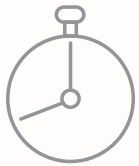
Note: Sometimes, a first batch will have an off odor and it may be a bit weak still as it adjusts from transit and acclimates to a new environment and milk source. Although generally safe, you may want to discard this batch. It may take a few batches for the grains to acclimatize to your home and milk source. At this point, it'll be more balanced and tasty to consume.

7. When the kefir is ready, separate the kefir from the kefir grains. Set a plastic or stainless steel strainer over a jar or bowl and pour everything in.

MILK KEFIR - CONTINUED



- servings



prep: days

PREPARATION

You can use a wooden or plastic spoon to gently help the liquid kefir move through the strainer.

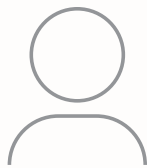
8. Put the grains back into the jar. It's not necessary to rinse the grains or jar and they're usually much better off without a rinse. You can re-use the same jar or start with a clean one.

9. Once strained, stir the kefir to smooth out any chunks. You can drink the finished kefir right away or put it in a jar in the fridge to cool, round out the flavor, and thicken a bit more. B-vitamins also increase slightly when stored for 6-12 hours before consuming. If you want your kefir fizzy and carbonated, put a tight lid on the finished product for a day or two, opening and closing the lid once a day to prevent explosion.

WATER KEFIR



EQUIPMENT



- servings

- Quart or larger jar
- Wood or plastic spoon/spatula
- Plastic/nylon or stainless steel strainer
- Another quart-size or larger container to store the finished kefir

INGREDIENTS



prep: days

- Water kefir grains
- Water: One quart (4 cups) of water. Non or low-chlorinated, high mineral (spring is ok too) water is preferable.
- Sugar: Cane or white & a good minerich rich sugar such as whole cane, rapadura sucanat, palm, molasses etc. - about 1/4 cup (4-6 tablespoons) total. In the winter when your house is cooler you can start with less; about 3-4 tablespoons total sugar works well.

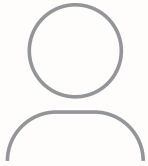
PREPARATION

1. Strain the grains and discard the milk in the bag (if any). While they're still in the strainer, lightly pour some fresh milk over them to give them a quick rinse.
2. Put the grains in a clean jar that's big enough to hold at least 1 cup of milk to start out with (approximate amount for 1 Tablespoon of grains).
3. On your first batch, add 1/2 cup to 1 cup of fresh milk. No need to stir or shake.

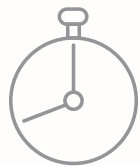
WATER KEFIR CONTINUED



PREPARATION



- servings



prep: days

1. Place 4 tablespoons (1/4 cup) of water kefir grains into a quart sized or larger glass jar.
2. Add 4-6 tablespoons of sugar. Around 50% should be cane sugar (white sugar) and 50% should be of a good mineral rich sugar such as whole cane, rapadura or palm sugar. Alternatively, you can try 80% white sugar and 20% blackstrap molasses.
3. Pour 4 cups of spring, mineral or well water into the jar.
4. Stir to help dissolve the sugar. It doesn't have to be perfect. Some undissolved sugar is just fine. It won't hurt the grains to stir them, but you can mix the sugar before adding the grains if desired.
5. Let sit for 48 hours.
6. Strain the liquid from the grains. That liquid is the finished water kefir. If the grains have grown, place only 1/4 cup of grains back into the jar and repeat the whole process.
7. You can drink the finished kefir right away or store in a closed bottle to build carbonation or meld flavors. Or you can try a second ferment.

LIPOSOMAL VITAMIN C

EQUIPMENT

- Ultrasonic cleaner
- Blender

INGREDIENTS

1. 4 tablespoons Vitamin C crystals: nutribiotic ascorbic acid powder is recommended
2. $\frac{3}{4}$ cup Non-GMO lecithin: sunflower lecithin recommended
3. 6 cups distilled water

PREPARATION

1. Mix $\frac{3}{4}$ cups of lecithin into 2 of the 6 cups of water. Let it soak for a few hours or more, preferably overnight. Different batches of lecithin, even from the same source, can act differently. Some will require considerably longer soaking, you can see when the lecithin granules have soaked sufficiently, as they look waterlogged. Pour this into the blender.
2. Mix in 4 level tablespoons of vitamin C crystals into another 2 of those 6 cups of water. Stir to get most of it to dissolve. Pour this into the blender also.
3. Pour 2 more cups of water into the blender to make 6 total cups of water.

LIPOSOMAL VITAMIN C CONTINUED

PREPARATION

1. Blend on high for 3 minutes, then let settle for a few minutes. Then blend on low/medium for 15-20 minutes.
2. Pour the liquid into the ultrasonic cleaner. Set the timer to 8 minutes (480 second or max for the Kendall unit). A towel draped over the top will absorb some of the sound. Leave ventilation open on the sides so it does not overheat. It's best to leave the room and not bask in the ultrasonics.
3. After the timer has run out, stir with a non-metallic utensil. Repeat 2 or 3 more times for a total of 3 or 4 cycles.
4. Any foam should have mostly dissipated. Ladle and pour into a glass container or containers with lid(s). Shake and refrigerate. Do not freeze, refrigerate only. This will taste tart, rather than sour, indicating the sonication or ultrasonic process has worked.
5. Shake before pouring. One quarter cup contains about 2 grams of liposomal vitamin C, equivalent to 10 to 20 grams of intravenous.

LIPOSOMAL GLUTATHIONE

EQUIPMENT

- Ultrasonic cleaner
- Blender

INGREDIENTS

1. 4 tablespoons Reduced glutathione powder
2. $\frac{3}{4}$ cup Non-GMO lecithin: sunflower lecithin recommended
3. 6 cups distilled water

PREPARATION

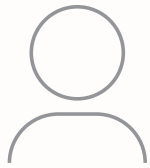
1. Mix $\frac{3}{4}$ cups of lecithin into 2 of the 6 cups of water. Let it soak for a few hours or more, preferably overnight. Different batches of lecithin, even from the same source, can act differently. Some will require considerably longer soaking, you can see when the lecithin granules have soaked sufficiently, as they look waterlogged. Pour this into the blender.
2. Mix in 4 level tablespoons of glutathione powder into another 2 of those 6 cups of water. Stir to get most of it to dissolve. Pour this into the blender also.
3. Pour 2 more cups of water into the blender to make 6 total cups of water.

LIPOSOMAL GLUTATHIONE CONTINUED

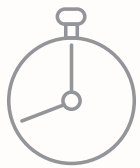
PREPARATION

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2. Pour the liquid into the ultrasonic cleaner. Set the timer to 8 minutes (480 second or max for the Kendall unit). A towel draped over the top will absorb some of the sound. Leave ventilation open on the sides so it does not overheat. It's best to leave the room and not bask in the ultrasonics.
3. After the timer has run out, stir with a non-metallic utensil. Repeat 2 or 3 more times for a total of 3 or 4 cycles.
4. Any foam should have mostly dissipated. Ladle and pour into a glass container or containers with lid(s). Shake and refrigerate. Do not freeze, refrigerate only. This will taste tart, rather than sour, indicating the sonication or ultrasonic process has worked.
5. Shake before pouring.

BROCCOLI SPROUTS



- servings



prep: days

EQUIPMENT

- Wide-mouth 64oz mason jars
- Sprouting lids (plastic or wire-mesh)

INGREDIENTS

- Organic broccoli sprouting seeds
- Filtered water

PREPARATION

1. Add 3 Tablespoons of broccoli sprouts to a mason jar. Add about 1-2 cups of filtered water and shake around.
2. Put the mesh lid on the jar and let sit overnight or for about 8 hours in a cabinet/ out of direct sunlight.
3. Without removing the lid, pour the water out and rinse the seeds 3-4 times. Shake out the water and swirl the seeds around the sides of the jar.
4. Prop the jar upside-down diagonally. It can lean against a wall with a paper towel underneath or inside of a bowl to catch the water that will drip out.
5. Rinse the seeds 2-3 times a day throughout the day for the next 4-5 days or until they are ready. We recommend rinsing thoroughly each time - about 4 times per rinsing. Your jar should be full of sprouts around day 5.