

*this week
in your kitchen...*

Roasted Broccoli & Whole
Garlic Frittata

Black Bean & Tomato Quinoa

Black Bean Hummus

Avocado, Grapefruit, Spinach
Salad with Quinoa
& White Fish

Pan Seared Pork Chops with
Lemon Rosemary & Roasted
Broccoli



Real food for your body & soul

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Roasted Broccoli & Whole Garlic Frittata

Servings: 4-8

Ingredients:

- 3 cups Broccoli, chopped
- 1 head Garlic
- 3 T Extra Virgin Olive oil
- 1 bunch Fresh parsley
- 6 eggs
- 1 cup whole, organic milk
- 1/4 tsp. Unrefined Sea salt

Directions:



Chop the broccoli into bite size pieces. Remove the cloves from the head of garlic and leave hole. Place both on a baking sheet, drizzle with olive oil and roast in the oven at 350 for only 10 minutes (broccoli should be soft).

Whisk 6 eggs and milk in a bowl. Add the roasted broccoli and garlic. Pour mixture into a frying pan and place in the oven. Bake at 350 until the egg mixture is formed and solid in the center, about 30-40 minutes.

Season with unrefined sea salt and freshly chopped parsley.



Roasted Broccoli & Whole Garlic Frittata

Recipe Grocery List:

- 2-3 bunches Broccoli (or 1 extra large head)
- 1 head Garlic
- Extra Virgin Olive oil
- 1 bunch flat leaf (Italian) parsley
- Half a dozen eggs
- Whole, organic milk (can use fat free, almond, soy, etc.)
- Unrefined Sea salt

Nutrition:

Nutrition Facts Serving Size: 1 serving (226.93g), Servings Per Container: 4, Amount Per Serving: **Calories** 270, Calories from Fat 180, **Total Fat** 20g (31% DV), Saturated Fat 5g (25% DV), **Trans Fat** 0g, **Cholesterol** 325mg (108% DV), **Sodium** 250mg (10% DV), **Total Carbohydrate** 11g (4% DV), Dietary Fiber 2g (8% DV), Sugars 5g, **Protein** 14g, Vitamin A (25% DV), Vitamin C (110% DV), Calcium (15% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Serving Suggestions:

- Add a side of toasted, buttered whole grain or sprouted grain toast
- Fresh corn bread muffins
- Additional steamed vegetables
- Side of fresh cut fruit
- Wild or brown rice
- Whole wheat couscous



A big pan of frittata is fabulous for any meal of the day! It can serve as a quick & easy grab-n-go breakfast for your work week or heat-n-eat dinners. Make this simple pan of mixed ingredients either on a weekend or a week-end night with ample time for a cook once, eat 4 times meal!

This recipe also makes cleaning out miscellaneous vegetables from the fridge a breeze! Feel free to experiment with any type of cheese, vegetable, & meat combinations such as:

Spinach, Mushrooms, & Goat Cheese
Tomato, Basil & Mozzarella
Bacon & Tomato
Green Chiles, Sweet Corn & Mexican Cheese
Asparagus, Zucchini & Feta

Make It...

Lower in fat—Use egg whites & fat free milk.

Dairy Free—Use a milk alternative like almond milk, soy milk, or hemp milk.

Meat-Eater Friendly—Add a meat to the frittata itself, as a regular addition such as steak, chicken, or pork.

<u>Allergen</u>	<u>Contains</u>
Fish	NO
Shellfish	NO
Soy	NO
Dairy	YES
Nut	NO
Egg	YES
Wheat	NO
Gluten	NO
Vegetarian	YES
Vegan	NO
Raw	NO

Black Bean & Tomato Quinoa

Servings: 6

Ingredients:

- 1 cup quinoa, dry
- 1 can no sodium black beans, rinsed and drained
- 1 small box sweet cherry tomatoes, diced in half
- 1 bunch green onions, chopped
- 1 bunch cilantro, chopped
- 1 bunch flat leaf parsley, chopped
- 1 lemon
- 1 lime
- Extra Virgin Olive Oil
- Unrefined Sea Salt
- Avocado(s) - optional topper



Directions:

Bring 2 cups water to a boil. Once boiling, add the quinoa, cover, and allow it to simmer & soak up the water, about 20-30 min. Fluff with a fork. Allow to cool completely.

Place cooked quinoa in a large bowl and add the black beans. Chop the tomatoes, green onions, cilantro, and parsley and add them to the bowl. Squeeze the fresh lemon and lime juice into the mix. Pour in the olive oil to coat all ingredients. Add unrefined sea salt to taste, top with avocado slices and enjoy!



Black Bean Tomato Quinoa

Recipe Grocery List:

- 1 cup quinoa, dry
- 1 can no sodium black beans
- 1 small box sweet cherry tomatoes
- 1 bunch green onions, chopped
- 1 bunch cilantro, chopped
- 1 bunch flat leaf parsley, chopped
- 1 lemon
- 1 lime
- Avocado(s)
- Extra Virgin Olive Oil
- Unrefined sea salt

Nutrition:

Nutrition Facts Serving Size: 1 cup (119.57g), Servings Per Container: 6, Amount Per Serving: **Calories** 260, Calories from Fat 140, **Total Fat** 15g (23% DV), Saturated Fat 2g (10% DV), *Trans Fat*, **Cholesterol** 0mg (0% DV), **Sodium** 5mg (0% DV), **Total Carbohydrate** 26g (9% DV), Dietary Fiber 4g (16% DV), Sugars 2g, **Protein** 6g, Vitamin A (10% DV), Vitamin C (15% DV), Calcium (4% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Serving Suggestions:

- Fresh baked whole grain bread & butter
- Sweet potato French fries
- Grilled chicken
- Grilled salmon
- On it's own!



Quinoa is an ancient grain, a seed to be exact, of a leafy plant whose relatives include spinach, beets, and swiss chard. High in easily digestible protein, quinoa is a great option for vegans & vegetarians (and gluten-free foodies too!). Quinoa also offers a hefty array of vitamins and minerals including iron and potassium!

This is a perfect dish to make a large quantity of and single serve it up in Tupperware for work week lunches or ready-to-eat dinners. Just know that as you keep it in the fridge during the course of your week, the extra virgin olive oil will begin to solidify. All you'll need to do to return it to it's first made feel is simply pop it in the microwave for 5-10 seconds. The olive oil will come back to room temperature. And the dish will taste and look as if it was first made.

Make It...

Raw—Sprout & soak the beans

Meat-Eater Friendly—Grilled, lightly cooked flank steaks cut into thin strips go extremely well right over the dish as a whole

<u>Allergen</u>	<u>Contains</u>
Fish	NO
Shellfish	NO
Soy	NO
Dairy	NO
Nut	NO
Egg	NO
Wheat	NO
Gluten	NO
Vegetarian	YES
Vegan	YES
Raw	NO

Black Bean Hummus

Servings: 2 1/2 cups (1/2 cup servings)

Ingredients:

- 2 of a can black beans – no sodium
- 1 of a can chickpeas (garbanzo beans) – no sodium
- 2 T extra virgin olive oil
- juice of 1 fresh lemon
- 1 cloves fresh garlic
- unrefined sea salt and black pepper
- 1 Tbsp. tahini
- 1 tsp. cumin
- 1 tsp. paprika
- 1 tsp. allspice

Directions:

Combine all ingredients in a food processor or blender.

2 More Ways...

Roasted Red Pepper Hummus

- 1/3 of a can chickpeas (garbanzo beans), no sodium
 - 3-4 roasted red peppers
 - 2 T extra virgin olive oil
 - juice of 1/2 fresh lemon
 - 1 cloves fresh garlic
- unrefined sea salt and black pepper
 - 1 Tbsp. tahini
 - 1/2 tsp. chili powder
 - 1/2 tsp. ground cloves
 - 1/2 tsp. paprika

Combine all ingredients in a food processor or blender.



Roasted Garlic and Onion Hummus

- 1/3 of a can chickpeas (garbanzo beans) no sodium
- 5-6 cloves garlic + 1/2 sweet onion, oven roasted with olive oil at 375 for 15 min or until golden brown
 - 2 T extra virgin olive oil
 - juice of 1/2 fresh lemon
- unrefined sea salt and black pepper
 - 1 Tbsp. tahini

Combine all ingredients in a food processor or blender.



Black Bean Hummus

Recipe Grocery List:

- 1 can chickpeas (garbanzo beans)
- 1 can black beans
- 1 head fresh garlic
- 1 sweet onion
- 3 lemons
- Tahini
- Feta cheese
- Whole Grain pitas
- Favorite dipping veggies
- Favorite roasting veggies
- Favorite cheese
- Favorite olives
- Extra virgin olive oil
- Unrefined sea salt & pepper
- Other spices: Cumin, Paprika, Chili powder, ground cloves, ground curry

Nutrition:

Nutrition Facts Serving Size: 1 serving (93.69g), Servings Per Container: 2, Amount Per Serving: **Calories** 250, Calories from Fat 170, **Total Fat** 18g (28% DV), Saturated Fat 2.5g (13% DV), **Trans Fat** 0g, **Cholesterol** 0mg (0% DV), **Sodium** 5mg (0% DV), **Total Carbohydrate** 18g (6% DV), Dietary Fiber 5g (20% DV), Sugars 2g, **Protein** 6g, Vitamin A (0% DV), Vitamin C (15% DV), Calcium (4% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Serving Suggestions:

- Grilled or roasted dipping veggies like fennel & carrots
- Raw vegetables
- Whole grain bread
- Whole grain crackers
- Atop bruschetta
- In veggie sandwiches



Hummus is packed with legume protein plus a hefty dose of fiber. Consider it good digestion! The nice thing is, hummus can be made in bulk and kept in a large bowl in the fridge.

For quick & easy snacks or lunches, simply add the hummus into grab-n-go containers with sides of pre-cut veggies, pitas, crackers, etc.

Make It...

Raw— Sprout & soak the beans.

Meat-Eater Friendly— Feel free to make hummus the side dish or appetizer to a heftier meat meal. Or, add it as a spread to a sandwich!

<u>Allergen</u>	<u>Contains</u>
Fish	NO
Shellfish	NO
Soy	NO
Dairy	NO
Nut	NO
Egg	NO
Wheat	NO
Gluten	NO
Vegetarian	YES
Vegan	YES
Raw	NO

Avocado, Grapefruit, Spinach Salad with Quinoa & White Fish

Servings: 2

Ingredients:

- 2 pieces wild caught white fish, 12 oz.
- Handful of fresh cilantro (about 1 Tbsp.)
- 1/2 cup uncooked quinoa
- 1 bunch spinach (or 2-4 cups)
- 1 large pink grapefruit
- 1 avocado
- 2 T Extra virgin olive oil
- Unrefined sea salt
- Black pepper
- Juice of two fresh lemons
- 1 Tbsp. Honey Mustard



Directions:

Prepare The Fish:

Prepare the grill or heat the broiler, either way the fish will cook up deliciously! Place the fish in a bowl and drizzle over olive oil, juice of one lemon, chopped fresh cilantro, unrefined sea salt, and black pepper. Cook the fish for 3-4 min on each side, careful not to overcook!

Cook the Quinoa:

Bring 2 cups water to a boil. Once boiling, add the quinoa, cover, and allow it to simmer & soak up the water, about 10 min. Fluff with a fork.

Make the Dressing:

In a small mixing bowl, whisk the honey mustard with 2-3 T olive oil and juice of one lemon until emulsified (combined). Add unrefined sea salt and pepper to taste.

Plate the Salad:

Wash and dry the spinach, placing it on the plate first. Top with half the cooked quinoa, 1 piece fish, 1/2 chopped grapefruit, and 1/2 chopped avocado. Drizzle with dressing and enjoy!

Avocado, Grapefruit, Spinach Salad with Quinoa & White Fish

Recipe Grocery List:

- 2 pieces wild caught white fish, (About 12 oz. raw)
- Handful of fresh cilantro
- Quinoa (1/2 cup dry)
- Spinach
- 1 large pink grapefruit
- 1 avocado
- 2 lemons
- Extra virgin olive oil
- Unrefined sea salt
- Black pepper
- Honey Mustard

Nutrition:

Nutrition Facts Serving Size: 1 serving (407.61g), Servings Per Container: 2, Amount Per Serving: **Calories** 660, Calories from Fat 330, **Total Fat** 37g (57% DV), Saturated Fat 6g (30% DV), *Trans Fat* 0g, **Cholesterol** 95mg (32% DV), **Sodium** 180mg (8% DV), **Total Carbohydrate** 44g (15% DV), Dietary Fiber 9g (36% DV), Sugars 6g, **Protein** 41g, Vitamin A (100% DV), Vitamin C (60% DV), Calcium (8% DV), Iron (20% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Serving Suggestions:

- Whole grain breads
- Grape, olive, cheese plate



It's just as easily meant for two as it is for one! Leftovers? Pack the second half for lunch or a quick & easy heat-n-eat dinner!

Protein and fiber packed quinoa plus deliciously heart healthy avocados & grapefruit and you've got yourself one amazing meal! It is highly filling and extremely nourishing so there's not a lot this meal needs for sides.

Make It...

Vegan & Fish Free—
Substitute the fish for another non-meat or fish protein source such as black beans or raw cashews

Meat-Eater Friendly—
Substitute chicken or beef in for the fish

*Check the mustard ingredients for hidden sources of gluten or wheat

<u>Allergen</u>	<u>Contains</u>
Fish	YES
Shellfish	NO
Soy	NO
Dairy	NO
Nut	NO
Egg	NO
Wheat	NO*
Gluten	YES*
Vegetarian	YES
Vegan	NO
Raw	NO

Pan Seared Pork Chops with Lemon Rosemary & Roasted Broccoli



Servings: 2

Ingredients:

- 2 pork chops (5-6 oz. each, uncooked)
- 2-3 sprigs fresh rosemary, chopped
- 1 lemon
- 4 T Extra Virgin Olive oil
- 2 cups broccoli, steamed
- 1/4 tsp. Unrefined Sea Salt

Directions:

Zest one lemon. Combine the zest, chopped rosemary, and olive oil into a bowl. Slather both sides of the pork chop in the 'marinade' and pan fry in olive oil or butter until brown and cooked through on each side, about 3 minutes per side, thickness dependent.

Meanwhile, chop the broccoli into bite size pieces and roast in the oven at 350 for 15-20 or until browned. Or simply steam and add olive oil and remaining lemon zest with a touch of unrefined sea salt.



Pan Seared Pork Chops with Lemon Rosemary & Roasted Broccoli

Recipe Grocery List:

- 2 pork chops (5-6 oz. each, uncooked)
- Fresh rosemary
- 1 lemon
- Extra Virgin Olive oil
- One head broccoli
- Unrefined Sea Salt

Nutrition:

Nutrition Facts Serving Size: 1 serving (231.83g), Servings Per Container: 2, Amount Per Serving: **Calories** 510, Calories from Fat 360, **Total Fat** 40g (62% DV), Saturated Fat 8g (40% DV), *Trans* Fat 0g, **Cholesterol** 95mg (32% DV), **Sodium** 290mg (12% DV), **Total Carbohydrate** 6g (2% DV), Dietary Fiber 2g (8% DV), Sugars 2g, **Protein** 32g, Vitamin A (10% DV), Vitamin C (140% DV), Calcium (8% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Serving Suggestions:

- Wild rice
- Sweet potatoes
- Whole grain couscous
- Fresh whole grain bread
- Homemade Coleslaws
- Pork chop sauces



This dish is really quite simple but meant for a night when you have a few moments to actually do a little preparation (with wine!).

It will make enough for two but if there is only, it's just as delicious for lunch or dinner the next day!

Make It...

No alternations.

<u>Allergen</u>	<u>Contains</u>
Fish	NO
Shellfish	NO
Soy	NO
Dairy	NO
Nut	NO
Egg	NO
Wheat	NO
Gluten	NO
Vegetarian	NO
Vegan	NO
Raw	NO

Master

Grocery List

FRUITS & VEGGIES

- 5-6 bunches Broccoli (or 2 extra large head)
- 2 head Garlic
- 1 small box sweet cherry tomatoes
- 7 lemons
- 1 lime
- 3 Avocados
- 1 sweet onion
- Favorite dipping veggies (for hummus)
- Spinach
- 1 large pink grapefruit

DAIRY, MEAT & EGGS

- Half a dozen eggs
- Whole, organic milk (can use fat free, almond, soy, etc.)
- 2 pieces wild caught white fish, (About 12 oz. raw)
- 2 pork chops (5-6 oz. each, uncooked)

BULK /DRY & BREAD/GRAIN

- 3 cups quinoa, dry (or 2 boxes)
- 2 can no sodium black beans
- 1 can chickpeas (garbanzo beans)
- Whole Grain pitas or crackers (optional—for hummus)

HERBS & SPICES/OTHER

- Tahini
- Extra Virgin Olive Oil
- Honey Mustard
- Fresh rosemary
- 1 bunch green onions
- 2 bunch cilantro
- 2 bunch flat leaf (Italian) parsley
- Unrefined sea salt
- Other spices: Cumin, Paprika, Chili powder, ground cloves, ground curry, black pepper



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