



Eating for Energy Recipes

Protein Smoothie

Ingredients:

- 1 small banana
- ½ avocado
- 1-2 handfuls of spinach
- 1 cup hemp milk
- 1-2 TBSP's almond butter
- ½ cup frozen blueberries
- 1 Tablespoon chia seeds (presoaked soak in hemp milk for 10 minutes)

Directions:

1. Combine all ingredients in a blender or Vitamix and serve immediately.

Source: Lily Suggs, MA (2014).

Creamy Tahini Kale

Ingredients:

- 1 bunch Kale, stems removed and chopped
- 2 Shallots, diced
- 1 tablespoon Extra virgin olive oil

Sauce:

- 1/3 cup Tahini
- 2 tablespoons Balsamic vinegar
- 3 tablespoons Tamari or Bragg's
- 1 cup filtered Water

Directions:

Blend all sauce ingredients together in a blender or mini food processor until smooth. Set aside. Heat oil in a skillet over medium heat. Next, sauté the shallots until they become translucent. Add kale and pour tahini sauce over top. Cover and cook for about 5 minutes, stirring occasionally until sauce bubbles and thickens. Do not overcook.

Source: Karma Chow. (2013). Vital Life Cleanse.

Spiced Black-Eyed Peas with Coconut Milk (serves 4-5) (Vegan, GF&DF)

Ingredients

- 1 cup dried black-eyed peas (6 oz)
- Kosher salt
- 2 Tbsp. unsalted butter
- ½ large red onion
- ½ Tbsp. fresh ginger (peeled and minced)
- 2 garlic cloves (minced)
- ½ habanero chili (seeded and minced)
- 1 teaspoon ground cayenne pepper
- ½ teaspoon turmeric
- 2 medium tomatoes, chopped
- ½ cup coconut milk
- ½ cup bone broth
- ¼ cup chopped cilantro
- 1 scallion, thinly sliced

Directions:

1. In a medium saucepan, cover the black-eyed peas with water and bring to a boil. Simmer over medium to low heat until tender (about 40 minutes).
2. Add a generous pinch of salt and let stand for 5 minutes, then drain and set aside.
3. In a separate saucepan, melt the butter. Add the onion, ginger, garlic, and chili and cook over medium to low heat, stirring occasionally until ingredients are soft and beginning to brown (about 10 minutes or less).
4. Next, stir in cayenne pepper and turmeric.
5. Add tomatoes and cook until softened (about 5 minutes).
6. Stir in coconut milk and stock and slowly bring back to a boil.
7. Reduce the sauce to a simmer until tomatoes break down and the sauce is thickened.
8. Add black-eyed peas and continue to cook over low heat, stirring, until peas are lightly coated.
9. Fold cilantro and scallions into the pot and serve.

Source: Adapted from Food and Wine. Nov 2014. Samuelsson, Marcus. A Harlem Thanksgiving, pp.78.

Vietnamese Style Chicken and Cabbage Salad

Serves 2-4 depending on if it's a side or full meal

Ingredients

2 cooked chicken breasts, shredded

1 small head Savoy Cabbage, thinly sliced (5 cups)

1 cup julienned carrots

6-7 green (spring) onions, thinly sliced long ways

1/4 cup Mint leaves, roughly chopped

1/4 cup Basil leaves, roughly chopped

1/4 cup Cilantro leaves, roughly chopped

Nước chấm Inspired Salad Dressing

1/4 cup water

3 tablespoons fresh lime juice (to taste)

2 tablespoons fish sauce

1 1/2 tablespoons honey (omit for 21DSD & Whole30 plans)

1/2 teaspoon apple cider vinegar

1 tablespoons Olive Oil (optional)

1/2 red seeded chili, chopped (optional)

Directions:

To roast chicken breasts: Place them in a baking dish with a cup of chicken broth and roast them at around 300 degrees for about 25 minutes or till cooked through (165 internal temp), baste a few times. Cool a bit then pull into thin strips or shred with a fork. Set aside.



Thinly slice the cabbage, carrots and spring onion tops (the green parts) into long strips. Then roughly chop the herbs and place all the above ingredients into a large bowl.

In a separate bowl or mason jar, measure out all the dressing ingredients. Shake or mix well. Pour the Dressing over the salad, toss and serve with Sriracha or other chili sauce. Play with the salad dressing ratios to suit your taste. This recipe is Paleo, Grain/Gluten/Dairy/Egg/Nut Free.

- See more at:

<http://urbanposer.blogspot.com/search/label/21DSD#sthash.smuutKHe.dpuf>

Banana Egg Paleo Pancakes — Grain free, dairy free and sugar free!

2 very ripe bananas
4 pasture-raised eggs
1/4 tsp baking powder
Ground vanilla bean (or vanilla extract) to taste
Cinnamon to taste

In a small bowl, mash the bananas with a fork... In a separate bowl, whisk the four eggs... Mix the eggs and the banana together in one of the bowls. I added about 1/8 tsp of cinnamon and about 1/8 tsp of this ground vanilla bean. At this point, if you prefer a smoother batter, you could use a hand-blender to mix this even more. Next time I will try that.... Use a non-stick skillet and coat it with cooking spray. I prefer Trader Joe's Coconut Oil Spray... Overall though, this is a really yummy recipe. I will *definitely* be making these again (probably regularly).

These "pancakes" taste like banana french toast. I've heard complaints about people not liking them... but you have to remember, of course they aren't going to taste like REAL pancakes! They only have banana and egg in them, LOL! And that's what they taste like... but personally, I really liked that. I think people also wind up with pancakes that are too well done on the outside and too mushy on the inside. I didn't have that problem... try the tips below to help with that.

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A few tips to keep in mind (from my trials and tribulations):

1. Only use 1 tbsp of batter at a time to keep the size manageable and to help them cook evenly.
2. Make sure your banana is very ripe.
3. Keep the heat under the frying pan on a medium heat. Depending on the type of range you have, you'll have to play with this. I have induction (not a fan), so it took me all four batches to figure this out. They WILL burn if you're not careful — before they cook through. Slow and steady is the key here — start with 3 minutes on each side... but you may need a solid 4.
4. Use the baking powder if you want them to rise at all. However, without the baking powder they were more like crepes... which are good too!
5. If you DO add fruit (like blueberries), adjust your time accordingly. The blueberry pancakes took a hair longer in order to cook the blueberries all the way through.

Enjoy!

(Paleo OMG-<http://paleomg.com/>)

Turkey Meatballs with Artichoke Hearts

Ingredients:

- 1 lb. ground turkey
- 1 jar of artichoke hearts
- 1 onion – finely chopped
- 4 tbsp. fresh basil
- Sea salt and pepper to taste
- 1 tsp. coconut oil

Preparation:

1. Heat oven to 350 degrees
2. In a large skillet, add coconut oil to coat the bottom of the skillet.

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3. On medium heat, lightly sauté the artichoke hearts and onion.
4. Remove from pan and cool.
5. In a large bowl mix ground turkey, artichoke hearts, onion, basil, sea salt and pepper.
6. Make around 18 meatballs.
7. Place on an oiled baking sheet or use parchment paper.
8. Bake for 15 to 20 minutes until thoroughly baked.
9. Serve with a dipping sauce or eat them as is.

May add Tomato Sauce and serve over spaghetti squash.

Breakfast Chicken Patties

Ingredients:

- 1 lb. ground chicken thighs
- 2 tbsp. onion, chopped
- 1 garlic clove, minced
- 1 tbsp. olive oil
- 1 ½ tbsp. maple syrup
- 1 tsp. ground sage
- ½ tsp. Sea salt
- ¼ tsp. ground pepper

Preparation:

1. Mix all ingredients in a bowl.
2. Add olive oil to bottom of pan and heat on medium.
3. Form into patties. Place in pan. Cook for about 5 minutes on each side.
4. Remove and drain on paper towels. *Adapted from Amy's Gluten-Free Pantry*



Oven Baked Sweet Potato Fries (Vegan, GF/DF)

Ingredients

- 2 large garnet yams
- 2 tablespoons of coconut oil, melted (I just nuke it in the microwave for ~30 seconds)
- Kosher salt
- Freshly ground pepper
- Smoked paprika (or your favorite seasoning – cinnamon works well, too!)

Directions:

1. Preheated oven to 375 F on convection bake (or 400 F in a non-convection oven).
2. Peel the yams and cut them into even matchsticks.
3. Toss the yams with the coconut oil, salt, pepper, and smoked paprika.
4. Place yams on a foil-lined baking tray (line with parchment paper for a crisper exterior).
5. Place fries in the oven for about 30 minutes, flipping the fries and tray halfway through.
6. Remove fries once they turn golden and are still tender in the middle.
7. Serve immediately.

Source: Nom Nom Paleo. Available at: <http://nomnompaleo.com/post/6172268400/oven-baked-sweet-potato-fries>

Protein Packed Salad Bowl

(Serves 4-6 people)

Salad Ingredients:

- 2-3 cups (or two cans) cooked beans
- 1 cup cooked quinoa
- 1 bunch parsley
- 1 sweet red pepper (deseeded)
- 1 leek (white part only)
- 2 small carrots
- ¼ cup raw sunflower seeds

Dressing Ingredients:

- 2 Tablespoons Extra Virgin Olive Oil (EVOO)
- 1 Tsp. chili oil
- 2 Tablespoons apple cider vinegar
- 1 garlic clove (crushed)
- Splash of balsamic vinegar
- Salt and pepper

Directions:

1. Chop parsley, pepper, leek and carrots
2. In a bowl combine beans, quinoa, chopped vegetables, sunflower seeds and parsley
3. Combine dressing ingredients and add to the salad
4. Mix everything, adjust seasoning if needed and serve.

Source: Joanna Fiminska. (2014). Available at <http://www.mindbodygreen.com/0-14421/protein-packed-summer-salad-bowl-its-vegan.html>



Lemon Parsley Grilled Zucchini (Vegan, Paleo, GF&DF)

Ingredients:

- 1 pound zucchini, washed and thinly sliced
- 1 tablespoon extra virgin olive oil
- 2 teaspoons fresh flat leaf parsley, chopped
- 1/2 teaspoon lemon juice
- 1/4 teaspoon sea salt
- Pinch of garlic salt
- Pinch of fresh ground pepper

Directions:

1. Combine all of the ingredients in a shallow dish or Ziploc bag.
2. Marinate for 10-15 minutes.
3. Preheat your grill to medium-low heat.
4. Lay the zucchini strips in a single layer on the hot grill. Grill for 2-3 minutes on each side, until tender.

*Source: Danielle Walker. Against all Grain. Delectable Paleo Recipes to Eat & Feel Great.
Retrieved from: <http://againstallgrain.com/2012/08/10/lemon-parsley-grilled-zucchini/>*

Blackened Salmon with Mango-Avocado Salsa (Paleo, GF&DF)
(Serves 4-6)

Ingredients:

- 1½ to 2 pounds wild salmon fillets, boneless and skin on
- 3 teaspoons melted ghee
- 1 garlic clove, crushed
- 1½ tsp paprika
- 1 tsp sea salt
- ½ tsp onion powder
- ½ tsp oregano
- ½ tsp cumin
- ½ tsp chili powder
- ½ tsp cracked pepper
- ¼ tsp thyme
- ¼ tsp cayenne

Mango salsa ingredients:

- 1 large ripe mango, seeded, peeled and diced
- 1 large avocado, seeded and diced
- ¼ cup diced grape tomatoes
- 2 tablespoons diced red onion
- 1 teaspoon fresh lime juice
- ½ teaspoon sea salt

Directions:

1. Slice the salmon evenly into 4 to 6 smaller fillets.
2. Combine the ghee and all of the spices in a bowl. Rub all over both sides of the salmon. Leave at room temperature while the grill heats.
3. Preheat a grill to medium-high heat.
4. Meanwhile, combine the salsa ingredients together in a bowl and store in the refrigerator while the fish cooks.
5. Sear the salmon, skinless side down first. Close the grill lid. Cook 1-3 minutes on the first side, depending on how thick the fillets are. (Try not to move them until you are going to flip them over to help keep them in one piece.)
6. Using tongs and a metal spatula in the other hand, carefully turn the fish over, so that the skin side is down, and reduce the heat to medium. For charcoal grills, finish cooking over indirect heat furthest from the coals.

7. Close the grill lid and finish cooking for another 5 minutes, depending on the thickness of the fillets.
8. Salmon should be just barely opaque and will start to flake along the center of the fillet when done.
9. Serve hot with the mango-avocado salsa spooned over it.

Source: Danielle Walker. Against all Grain. Retrieved from: http://againstallgrain.com/2013/05/18/blackened-salmon-with-mango-avocado-salsa/?utm_content=buffer4bfbb&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer

Kale Slaw with creamy pepita dressing_(Vegan, GF&DF)

Ingredients for slaw

- ½ bundle Dina Kale (stems removed and finely chopped)
- ½ head small red cabbage (finely chopped)
- ¼ cup raisins
- 1 tablespoon toasted pepitas for garnish

Ingredients for dressing

- 3 tablespoons toasted pepitas (pumpkin seeds)
- 2 tablespoons water
- 2-3 tablespoons lemon juice
- 1/3 cup EVOO
- 1 tablespoon raw honey or maple syrup
- 1 tablespoon Dijon mustard
- Pinch of sea salt
- Pinch of black pepper

Directions:

1. Blend dressing ingredients in Vitamix or blender until smooth and creamy.
2. Combine all ingredients for the slaw together in a large bowl and toss with dressing.

Source: Karma Chow. The Recipes. www.karmachow.com



Quinoa Tabbouleh (Vegan, GF&DF)
(serves 4-6 as a side)

Ingredients:

- 1 cup quinoa
- 2 cups water
- ½ cup chopped fresh mint
- ½ cup chopped fresh parsley
- 1 cup diced cucumber, peeled
- 1 cup halved cherry tomatoes
- 2 tablespoons Olive oil
- 2 garlic cloves, minced
- ¼ cup lemon juice
- Sea salt
- Black pepper

Directions:

1. Cook quinoa according to package directions. Once cooked, transfer to a large bowl to cool.
2. Combine with all remaining ingredients, adding salt & pepper to last (to taste).

Source: Karma Chow. (2013). Vital Life Cleanse.

Creamy Sweet Potato Soup (Vegan, GF&DF)

Ingredients

- 1 tablespoon coconut oil or extra virgin olive oil
- 1 tsp fresh ground ginger
- 3 garlic cloves, minced
- 2 celery stalks, diced
- 2 teaspoons Garam masala (Indian spice)
- 3 large garnet yams, peeled & cubed
- 3 large carrots, diced
- 4 cups vegetable broth
- 1 can coconut milk
- Sea salt and cracked black pepper to taste
- Dash of cinnamon to finish

Directions:

1. In a large soup pot over medium heat, sauté ginger, garlic, celery & onion in coconut oil until translucent and soft.
2. Add Garam masala and stir to combine and release the flavor of the spice. Add yams, carrots and veggie broth.
3. Turn heat to high and bring to a boil, turn down to a simmer and cover. Simmer 20-30 minutes or until yams are soft.
4. Remove from heat and add coconut milk.
5. Season with salt and pepper. Puree using a hand blender and top with cinnamon before serving.
6. Additions: Add a handful of pumpkin seeds or diced avocado to serve (optional)

Source: Karma Chow. (2013). Vital Life Cleanse.



Mint-Chocolate Chip Smoothie_(Vegan, GF&DF)

Ingredients:

- 1 1/2 cup unsweetened almond milk
- 1 banana
- 1 avocado
- 2/3 cup fresh spinach
- 8 mint leaves
- 1/8 tsp peppermint extract
- 1/2 tsp Vanilla extract
- 1 tablespoon raw cacao nibs
- 2-3 ice cubes

Directions:

1. Combine all of the ingredients in a blender starting with the almond milk and ending with the ice cubes.
2. Blend for approximately 1 minute or until the mixture is smooth throughout.
3. Enjoy!

Source: Anna Gannon (2014). Retrieved from: <http://www.mindbodygreen.com/0-13720/the-best-mint-chocolate-chip-smoothie-youll-ever-have.html>