

YOUR HEALTHY  
*Recipe Guide*





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# JUICES

## HEALTHY JUICE

**Makes 1 to 2 Servings**

1 handful of spinach  
1/2 head of romaine lettuce  
1 cucumber  
1 handful of parsley  
1 handful of mint  
1/2 green apple  
Juice of 1 lemon  
Dash of turmeric

## IMMUNE JUICE

**Makes 1 to 2 Servings**

4 leaves of kale  
1 carrot  
1 apple  
1 cucumber  
Juice of 1 lemon  
Dash of turmeric  
1/4 inch fresh ginger

# BREAKFAST

## FLAXSEED OATMEAL

**Serves 1**

1 cup rolled oats  
1 cup water  
1/2 cup raisins

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1 tablespoon ground flaxseed  
1 teaspoon cinnamon  
sweetener of your choice

**ADD:** Add oats and water to a small pot over medium heat. Stir until combined (about 5 minutes). Turn off the heat, then add in raisins, flaxseed, cinnamon, and sweetener of your choice before serving.

## SPINACH SCRAMBLE WITH AVOCADO

**Serves 1**

1 tablespoon coconut oil  
1 cup spinach  
2 eggs, whisked  
1 avocado, sliced  
Sea salt and black pepper to taste

**ADD:** Add coconut oil to a small pan over medium heat. Add spinach and stir until wilted (about 3 minutes). Stir in whisked eggs and stir until done. Serve with sliced avocado. Top with sea salt and black pepper before serving.

## BREAKFAST BURRITO

**Serves 1**

1 large gluten-free tortilla  
1 tablespoon coconut oil  
1 small onion, chopped  
1 garlic clove, chopped  
1 large tomato, chopped  
3 eggs, whisked  
sea salt and black pepper, to taste  
1 avocado, sliced  
1 tablespoon crumbled feta cheese

**WARM:** Warm up tortilla and set to the side.

**ADD:** Add coconut oil to a medium-sized pan over medium heat. Once the oil has melted, add onion, garlic, and tomato.

**SAUTE:** Saute for about 5 minutes, then add in whisked egg. Season with sea salt and black pepper. Stir until done. Serve inside the tortilla topped with sliced avocado and feta.



## WARM CHIA PUDDING WITH BANANA AND COCONUT

### Serves 1

1 cup dairy-free milk  
1/3 cup chia seeds  
Sweetener of choice  
1 banana, peeled and sliced  
1 teaspoon cinnamon  
1 tablespoon dried unsweetened coconut

**WARM:** Warm dairy-free milk over low heat until warm (not boiling). Add to a serving bowl with chia seeds and sweetener.

**MIX:** Mix well. Let it sit for 5 minutes, then stir again. Top with sliced banana, cinnamon, and coconut.

## GLUTEN-FREE WAFFLES WITH BERRIES AND HEMP SEEDS

### Serves 1

2 store-bought gluten-free waffles  
1 cup fresh berries  
1 tablespoon hemp seeds  
sweetener of choice

**WARM:** Warm up waffles according to package instructions.

**SERVE:** Serve topped with berries, hemp seeds, and sweetener of choice.

# LUNCH

## SALAD WITH BLACK BEANS

### Serves 2

1 15-ounce can black beans, drained and rinsed

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4 celery stalks, chopped  
1 small red onion, finely chopped  
1 large bell pepper, chopped  
1 cup cherry tomatoes, halved  
1 jalapeño, finely chopped (optional)  
4 limes, juiced  
¼ cup extra virgin olive oil  
1 teaspoon dried oregano  
1 teaspoon cumin powder  
sea salt and black pepper to taste  
8 cups mixed greens

**ADD:** Add the black beans, celery, red onion, bell pepper, tomatoes, jalapeno (optional), lime juice, olive oil, oregano, cumin, sea salt, and black pepper to a large mixing bowl.

**MIX:** Mix well and let it marinate for at least 30 minutes (overnight is best) in the refrigerator. Add the black bean mixture to the mixed greens when ready to serve.

## CHOPPED SALAD WITH TAHINI DRESSING

### Serves 2

2 tablespoons tahini  
1 large lemon, juiced  
1 garlic clove, finely minced  
sea salt and black pepper, to taste  
1 cup shredded carrots  
1 large cucumber, chopped  
1 cup shredded purple cabbage  
1 small red onion, thinly sliced  
8 cups mixed greens

**Choice of Protein:** 1 15-ounce can lentils, drained and rinsed OR 8 slices nitrate-free deli turkey

**ADD:** Add tahini, lemon juice, garlic, sea salt, and black pepper to a small bowl. Mix well with a fork. If the dressing is too thick, add water. Set to the side.

**MIX:** Mix carrots, cucumber, cabbage, onion, and mixed greens to a large mixing bowl. Toss in the tahini dressing and mix. Top with your choice of protein.



## EASY PITA SANDWICH

### Serves 2

2 tablespoons tahini  
1 large lemon, juiced  
1 garlic clove, finely minced  
sea salt and black pepper, to taste  
2 gluten-free pita bread  
1 cup lettuce  
1 large tomato, sliced  
1 small red onion, sliced  
1 avocado, sliced

**Choice of Protein:** 6 store bought falafel OR 8 slices nitrate-free deli chicken

**ADD:** Add tahini, lemon juice, garlic, sea salt, and black pepper to a small bowl. Mix well with a fork. If the dressing is too thick, add water. Set to the side.

**TOAST:** Toast pita bread to your liking and set to the side. If you are making falafel, prepare according to package instructions.

**STUFF:** Stuff toasted pita with lettuce, tomato, onion, and avocado. Top with your choice of protein and tahini dressing.

## WARM BROWN RICE SALAD

### Serves 2

2 tablespoons tahini  
1 large lemon, juiced  
1 garlic clove, finely minced  
sea salt and black pepper, to taste  
2 cups cooked brown rice  
1 cup mixed greens  
1 cup shredded carrots  
1 large cucumber, chopped  
¼ cup raisins  
4 celery stalks, chopped

**Choice of Protein:** 1 15-ounce can chickpeas, drained and rinsed OR 1 14-ounce can salmon



**ADD:** Add tahini, lemon juice, garlic, sea salt, and black pepper to a small bowl. Mix well with a fork. If the dressing is too thick, add water. Set to the side.

**ADD:** Add warm brown rice to two serving bowls. Top with remaining ingredients and tahini dressing. Add your choice of protein.

## HUMMUS KALE WRAP

**Serves 2**

4 large kale leaves  
½ cup store-bought hummus  
1 large bell pepper, chopped  
1 large cucumber, chopped  
1 cup black olives

**Omnivore Choice of Protein:** 8 slices nitrate-free turkey

**LAY:** Lay out kale leaves onto a flat surface. Layer with hummus, bell pepper, cucumber, and black olives. Top with turkey slices, if desired. Wrap like a sandwich and serve.

# DINNER

## BAKED POTATO NIGHT WITH SOUP AND SALAD

**Serves 4**

4 large potatoes  
1 tablespoon coconut oil  
1 onion, chopped  
2 garlic cloves, chopped  
1 14-ounce can diced tomatoes  
1 teaspoon cumin powder  
sea salt and black pepper, to taste  
1 32-ounce box butternut squash soup\*  
Chopped Salad with Tahini Dressing (no protein added -- see Lunch recipes)

**Choice of Protein:** 1-pound ground beef OR 2 15-ounce cans black beans

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\* Butternut squash soup can be purchased at Whole Foods Market, Trader Joe's, and other specialty grocery stores.

**PREHEAT:** Preheat the oven to 425 degrees F.

**WASH:** Wash and dry the potatoes. Prick each potato 3 times with a fork, then place on a baking tray. Place in the oven and cook for 45 minutes to 1 hour. The potatoes are done when they can be easily pierced in the center with a fork. Set to the side to cool.

**ADD:** Add coconut oil to a large pot over medium heat. When the oil has melted, add onion and garlic. Stir for about 3 minutes, then add your choice of protein (ground beef or black beans). If using ground beef, continue to stir until brown. If using black beans, stir until warm. Add diced tomatoes, cumin powder, sea salt, and black pepper. Mix well and let it simmer for about 5 minutes.

**WARM:** Warm the soup over medium heat.

**SERVE:** To serve, add a baked potato to each plate. Top with beef or black bean mixture. Serve alongside soup and salad.

## CHILI WITH RICE AND CHEESE

**Serves 4**

2 tablespoons coconut oil  
1 large onion, roughly chopped  
2 garlic cloves, chopped  
1 jalapeno, chopped (optional)  
1 pound ground beef (optional)  
1 10-ounce bag frozen sweet corn  
2 15-ounce cans kidney beans  
1 15-ounce can diced tomatoes  
1 tablespoon cumin powder  
sea salt and black pepper to taste  
4 cups cooked brown rice  
1 cup cheddar cheese (dairy or vegan)

**ADD:** Add coconut oil to a large pot over medium heat. Once the oil has melted, add onion, garlic, and jalapeno. Stir for about 3 minutes, then add ground beef (optional). Stir until brown. Then add corn, kidney beans, tomatoes,



cumin, sea salt, and black pepper. Stir well, then cover. Cook for about 10 minutes. Serve over brown rice topped with cheese.

## ROASTED VEGETABLE ZEN BOWL

### Serves 4

2 large bunches broccoli  
1 large onion, roughly chopped  
½ pound carrots, roughly chopped  
2 tablespoons coconut oil  
2 teaspoons dried thyme  
sea salt and black pepper to taste  
2 lemons, juiced

**Choice of protein:** 2 15-ounce can lentils OR 1 deli whole roasted chicken

**PREHEAT:** Preheat oven to 400 degrees F.

**CHOP:** Chop broccoli into florets and add to a large mixing bowl. Add chopped onion and carrots. Coat with coconut oil, thyme, sea salt, and black pepper. Mix well and spread onto a baking sheet. Bake for 20 minutes. Turn the vegetables over, then bake for an additional 10 minutes or until brown.

**SERVE:** To serve, add roasted vegetables to serving bowls. Top with choice of protein and lemon juice.

## BURGERS WITH STEAMED BROCCOLI

### Serves 4

2 large bunches broccoli  
sea salt and black pepper, to taste  
4 burger buns  
1 cup lettuce  
1 onion, sliced  
1 large tomato, sliced  
1 large cucumber, sliced  
Other burger condiments

**Choice of Protein:** 4 store-bought turkey or vegetarian burgers



**COOK:** Cook your choice of burgers according to package instructions.

**CHOP:** Chop broccoli into florets and set to the side. Place a steam basket in a large pot with about 1-inch of water. Add the florets to the steam basket and cover. Steam for about 3 to minutes until the broccoli is bright green. Season with salt and pepper.

**ADD:** Add burgers to buns and top with lettuce, onion, tomato, cucumber, and other burger condiments. Serve alongside steamed broccoli.

## VEGETABLE FRIED RICE WITH SALAD

**Serves 4**

1 tablespoon coconut oil  
1 12-ounce bag frozen mixed vegetables  
1 teaspoon ground ginger  
4 eggs, whisked (optional)  
sea salt and black pepper, to taste  
4 cups cooked brown rice (preferably cold)  
¼ cup reduced salt soy sauce  
Chopped Salad with Tahini Dressing (no protein added -- see Lunch recipes)

**ADD:** Add coconut oil to a large pot over medium heat. Once the oil has melted, add frozen mixed vegetables. Stir until thawed, then add ginger and eggs (optional). Season with sea salt and black pepper. Add in cold brown rice. Break up the rice with your fork, then season with soy sauce. Serve alongside Chopped Salad.

# SNACKS

## APPLE AND ALMOND BUTTER

**Serves 1**

1 apple  
2 tablespoon almond butter

Slice the apples, then dip into almond butter.

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## HUMMUS AND CELERY

### Serves 1

4 celery stalks, chopped  
¼ cup store-bought hummus

Dip chopped celery into hummus.

# DESSERT

## CHOCOLATE DIPPED BANANA

### Serves 4

1 cup chocolate chips  
3 tablespoons coconut oil  
4 large frozen bananas, peeled and cut in half

Melt chocolate and coconut oil together in a small pot over low heat. When the mixture is smooth, add the frozen bananas to coat. Immediately place the coated bananas onto a tray, then place into the freezer for at least 30 minutes before serving. Store the coated bananas in a freezer bag for up to 7 days.