



SWEET POTATO CHIA PUDDING

4 servings

INGREDIENTS

1 large sweet potato

1 1/2 cup oat milk (other plant based or dairy milk will do)

1/2 cup chia seeds

1 tsp vanilla

1/2 tsp + 1/2 tsp cinnamon

2 tsp + 2 tsp maple syrup (optional)

*Garnish with pumpkin seeds, coconut, hemp hearts or chocolate shavings

DIRECTIONS

Preheat oven to 400F. Put sweet potato on a baking sheet and prick with a fork. Bake at 400F until soft about 35-40 min. Let cool, then cut in half and scoop out sweet potato into a small mixing bowl. Add 1/2 tsp of cinnamon and 2 tsp of maple syrup and mash together. In an airtight container, combine milk, chia seeds, 1/2 tsp cinnamon, vanilla and 2 tsp maple syrup (if you want) and stir until combined. Fit lid over the container and let sit in the fridge overnight. Spoon chia pudding into a bowl and scoop sweet potato mash over the pudding. Top with your favorite garnish.

Chia pudding can remain in the fridge for 5 days.

SHOPPING LIST

1 large sweet potato

Your favorite milk (regular or plant based)

Chia seeds (black or white)

Vanilla extract

Cinnamon

Maple syrup

*Optional garnishes

ANTIOXIDANT BEET SMOOTHIE

2 servings

INGREDIENTS

½ cup full fat coconut milk

½ cup diced beets

1 cup frozen cherries

Juice from 2 oranges

1 slice of lemon, peel on

½ tsp turmeric

½ tsp cinnamon

1 tsp chia seeds

1-2 sprigs fresh basil

*Ice (optional addition for thickness)

DIRECTIONS

Add coconut milk and fresh squeezed orange juice to blender, followed by beets, cherries, lemon slice, basil, chia seeds and spices. Blend in a high-powered blender until smooth. If you don't have a high-powered blender, I suggest steaming the beets beforehand so they're softer and easier to puree.

If you're not a big beet fan, you can also add a handful of blueberries to lessen the earthiness.

SHOPPING LIST

Full fat coconut milk

1 beet

1 bag frozen cherries

2 oranges

1 lemon

Turmeric

Cinnamon

1 bunch of basil

ROASTED BEET AND ORANGE HUMMUS

4-6 servings

INGREDIENTS

2 cups of cubed beets, roasted

1 cup canned chickpeas, rinsed and drained

¼ cup tahini paste

1 garlic clove

¼ cup fresh squeezed orange juice

1 tsp orange zest + a sprinkle for garnish

¼ c extra virgin olive oil* (EVOO) + 1 tbsp

Salt and pepper to taste

1/2 tsp finely chopped parsley for garnish

DIRECTIONS

Preheat oven to 425F. Cube the beets (doesn't have to be perfect), toss in 1 tbsp extra virgin olive oil and a sprinkle of salt and pepper. Roast in the oven for 45-60 min. or until they've started to soften.

Once the beets are done, pull them out of the oven and let cool. Once beets are cool, add all the ingredients (beets, chickpeas, tahini, garlic clove, ¼ c EVOO, orange juice and zest) to food processor or high-powered blender and pulse until combined and you have the consistency that you want. Garnish with orange zest and parsley.

SHOPPING LIST

2-3 large beets

1 can chickpeas

Tahini paste

1 head garlic

2 fresh oranges

Extra virgin olive oil

1 bunch parsley

RICOTTA TOAST WITH PEARS AND HONEY

2 servings

INGREDIENTS

1/3 cup ricotta cheese*

½ tsp orange zest

Pinch of sea salt

1 tsp raw honey + more to drizzle

2 slices of your favorite bread, toasted

1 medium Bartlett pear, thinly sliced

2 tsp hemp hearts*

1 tbsp chopped fresh mint leaves

**you could substitute mascarpone, goat cheese, cream cheese, or vegan cream cheese. Sliced almonds, pecans, or pumpkin seeds would work too.*

DIRECTIONS

Combine ricotta, orange zest, salt, and 1 tsp honey in a small bowl. Toast your bread, spread ricotta mix onto toast. Top with pear, drizzle with honey, sprinkle with hemp hearts and garnish with fresh mint leaves.

SHOPPING LIST

1 container ricotta cheese

1 fresh orange

Raw honey

1 Bartlett pear

Hemp hearts

1 bunch of fresh mint

PEAR, BEET AND FETA SALAD

6-8 servings

INGREDIENTS

SALAD

- 2 Bartlett pears
- 2 average sized beets
- ¼ cup fresh chopped mint
- 2/3 cup of feta cheese
- 1 tbsp fresh lemon juice
- 1 tsp fresh lemon zest
- Salt and pepper to taste

DRESSING

- ¼ cup extra virgin olive oil (EVOO)
- 1 tbsp raw honey
- Juice from one fresh lemon (approx. 3 tbsp)

DIRECTIONS

Cut the pears into thin matchstick like slices. Put in a serving dish and pour 1 tbsp of lemon juice on top (this will keep them from browning). Peel and cut the raw beets into the same matchstick-like shape and add to the pears. Add feta cheese and mint and toss together. Add all the dressing ingredients together and mix well until combined. Pour dressing onto salad and toss ensuring everything is coated. Add salt and pepper to taste and serve.

SHOPPING LIST

- 2 Bartlett pears
- 2 beets
- 1 container feta cheese
- 2 lemons
- 1 bunch of fresh mint
- Extra virgin olive oil

BEETS AND SWEETS BOWL

4 servings

INGREDIENTS

BOWL

- 4 servings of cooked quinoa
- 1 large sweet potato, cubed
- 2 average beets, cubed
- 1 cup canned chickpeas, rinsed and dried
- 2 handfuls of roughly chopped kale
- 1 avocado, sliced
- 1 tbsp fresh chopped mint leaves
- ¼ cup dried cranberries
- ¼ cup pumpkin seeds
- Extra virgin olive oil to drizzle

DRESSING

- 1/2 cup extra virgin olive oil (EVOO)
- 3 tbsp tahini paste
- 3 tbsp apple cider vinegar
- 1 tbsp maple syrup

SHOPPING LIST

Quinoa

1 large sweet potato

2 beets

1 can chickpeas

1 bunch of kale

1 avocado

1 bunch of mint

Dried cranberries

Pumpkin seeds

Extra virgin olive oil

Tahini paste

Apple cider vinegar

Maple syrup

DIRECTIONS

Preheat oven to 400F Cut the beets into cubes, sprinkle with olive oil and lay out on parchment lined baking sheet. Bake for 20-25 min. While they're baking, cut the sweet potato into cubes and sprinkle with olive oil. Remove beets from oven and move over to one side. Toss rinsed and dried chickpeas in a bit of olive oil and season with salt and pepper. Add sweet potato and chickpeas to the baking sheet and return to the oven for 30-35 min or until both the vegetables are fully cooked. Remove and let cool. If the chickpeas are not yet crispy, return them to the oven for another 5-10 minutes. To make the dressing, add all the ingredients together and whisk quickly until combined. If you like it a little sweeter, simply add a bit more maple syrup. Build beets and sweets in your serving bowls. Scoop the quinoa first, then add the sweet potato, beets, chickpeas, kale, and avocado slices. Then sprinkle with pumpkin seeds, dried cranberries and chopped mint. Drizzle with dressing, season with salt and pepper and enjoy.

Remember this is your bowl, if you would like to add in other veggies or substitute something in the recipe – go for it!!!

MORROCAN STYLE ROASTED CHICKEN

4 servings

INGREDIENTS

4-8 pieces of naan bread
2 lb. chicken thighs, patted dry
1 1/2 cups chicken broth
1 large sweet potato, cubed
1 cup canned chickpeas, rinsed and dried
2 handfuls arugula
3/4 cup crumbled feta
1/2 cup pomegranate seeds
1/4 cup of freshly chopped mint
1/2 cup dried apricots, halved
1/4 cup shelled raw pistachios*
1/2 tsp cumin
1/4 tsp cinnamon
Salt and pepper

DRESSING

1/2 cup extra virgin olive oil
1/4 cup fresh squeezed orange juice
2 tbsp white wine vinegar*
2 tbsp raw honey*
1 tsp cumin

SHOPPING LIST

2 packages of naan bread
2 lb. chicken thighs
1 L of chicken broth
1 large sweet potato
1 can chickpeas
1 container of arugula
1 container of feta cheese
1 pomegranate or 1 bag of frozen pomegranate seeds or 1 cup of fresh pomegranate seeds
1 orange
1 bunch of mint
Dried apricots
Raw pistachios
Cumin
Cinnamon
Extra virgin olive oil
White wine vinegar
Raw honey



** Sliced almonds, pecans, walnuts, sunflower seeds, or pumpkin seeds would work too. You can replace honey with maple syrup or agave if you're vegan. If you don't have white wine vinegar, apple cider vinegar or white balsamic or rice wine vinegar will all do as substitutes.*

DIRECTIONS

Preheat oven to 400F. Make the dressing first; pour all ingredients in to a small mixing bowl and whisk until combined. Then in another bowl, mix sweet potato cubes with 1-2 tbsp of the dressing. Lay the sweet potatoes out on a parchment lined baking sheet and put in the oven for about 30-35 min or until soft. Remove from oven, set aside to cool and turn the heat down to 300F. Take out a large deep baking pan/casserole dish. Pour 1 1/2 cups of chicken broth into the pan. Add 1/2 tsp cumin, 1/4 tsp cinnamon and give it a stir. Pat chicken thighs dry and place in the broth, season with salt and pepper. Cover with tinfoil and let braise in there at for 45-60 min. While the chicken is cooking rinse and dry the chickpeas, add them to a small bowl and toss them in 1 tbsp of the dressing. Next lay all other ingredients out on a large platter if you have or in separate bowls. Once the chicken is done, remove from the oven, take 2 forks and pull the thighs apart. Put the chicken in its own dish and pour over about 1/4 cup of the broth. If you want the naan bread to be warm – just pop it in the oven for about 5 min. Place all items on the table and enjoy like a salad or like a wrap in the naan.

PLEASE NOTE: If you use frozen pomegranate seeds – they thaw super quick, so you can pull them out just prior to serving.

ASIAN STYLE SWEET POTATO BOWL

4 servings

INGREDIENTS

BOWL

- 4 servings of cooked quinoa
- 1 large sweet potato, cubed
- 2 average carrots, sliced into ribbons
- 2 handfuls of baby spinach
- 1 small red pepper, sliced
- 1 eggplant, sliced into half moons
- 1 1/2 cup crimini mushrooms, sliced*
- 1/4 cup thinly sliced red onion
- 2 garlic cloves
- 4 sprigs of fresh cilantro
- Extra virgin olive oil (EVOO) for drizzling

DRESSING

- 1/4 c white miso paste
- 1/3 c sesame oil
- 1/4 c rice wine vinegar
- *1 tsp sriracha (optional)

** any type of mushrooms will do, oyster and shitake would be fantastic*

SHOPPING LIST

Quinoa

1 large sweet potato

2 carrots

1 container of spinach

1 red pepper

1 eggplant

Approx. 8-10 crimini mushrooms

1 small red onion

1 head of garlic

1 bunch of cilantro

Extra virgin olive oil

White miso paste

Sesame oil

Rice wine vinegar

Sriracha

DIRECTIONS

Preheat oven to 400F Cut the sweet potato into cubes, sprinkle with olive oil and lay out on parchment lined baking sheet. Bake for 30-35 min or until getting soft. While they're baking, make the dressing. Put all ingredients in a small mixing bowl and whisk until combined. Slice and chop all other ingredients. If you don't have a veggie spiralizer to do the carrots simply use a vegetable peeler to shave ribbons. Once the sweet potatoes are done, remove from the oven and set aside. Grab a large pan and set it to medium heat; add 2 tbsp of the dressing and begin to sauté the vegetables. Start with the onions, once translucent add the garlic, then the red peppers & carrot, once the peppers start to soften add the eggplant and mushrooms. Once the veggies are done, add the sweet potatoes in for a brief minute to warm. If you like sautéed spinach, add the spinach now and sauté until wilted but not brown; otherwise you can serve the spinach raw. Once veggies are ready, put quinoa into your serving bowls, top with fresh spinach if you like, then the veggie mix, and chopped cilantro. Drizzle with dressing and enjoy.

BEET SALAD WITH PISTACHIOS, GOAT CHEESE AND ORANGE VINAIGRETTE

4 servings

INGREDIENTS

SALAD

4-6 beets, average size (about 2-3 in.)

*you can use whatever kind of beets you like, I like to use a mix of red, golden and candy.

¼ cup chopped, toasted pistachios

1/3 cup crumbled goat cheese*

DRESSING

¼ cup extra virgin olive oil

2 tbsp rice wine vinegar

¼ cup fresh squeezed orange juice

1 tbsp finely chopped parsley

* *Feta cheese would work great too*

SHOPPING LIST

4-6 beets

Pistachios

Goat cheese

Extra virgin olive oil

Rice wine vinegar

1 orange

1 bunch parsley

DIRECTIONS

Preheat oven to 325F. Lay pistachios on a small oven tray lined with parchment paper and bake in oven for about 5-7 min until they become fragrant and light brown but not burnt. Then remove from oven to let cool and set aside. Put together all the ingredients for the dressing into a small mixing bowl and whisk until combined, then set aside. Slice the beets as thinly as possible – a mandolin works great if you have one. Put the beets in a bowl and pour the dressing over top, toss until well coated. Then lay them out on whatever you're serving the salad in. Crumble the goat cheese over the salad. Roughly chop the pistachios and sprinkle on the salad. Season with salt and pepper and serve.

FULL MENU SHOPPING LIST

FRUIT & VEGGIES

4 sweet potato

12 beets

7 oranges (1 bag)

3 lemons

3 Bartlett pears

1 red pepper

1 eggplant

1 red onion

1 head of garlic

1 small bag of mushrooms

2 carrots

1 container pf spinach

1 container of arugula

1 bunch of kale

1 avocado

1 bunch of basil, mint, parsley, cilantro

FULL MENU SHOPPING LIST

SPICES

Cinnamon

Turmeric

Cumin

Vanilla extract

PROTEIN

2 lb. chicken thighs

ODDS AND ENDS

1 bag of frozen cherries

1 bag of frozen pomegranate seeds (or a fresh pomegranate or cup of seeds works too)

2 bags of naan bread

1L of chicken broth

1 container of white miso paste

Sriracha

PLEASE NOTE: The grocery list looks very long, but keep in mind many of things you will already have in your home like the spices and EVOO; and if you don't, you will only have to buy them one time for a while. Once you start to develop the staples in your kitchen – your grocery list will get smaller and less costly each time.