



RENEW FOOD PLAN

Weekly Planner and Recipes





RENEW FOOD PLAN – A WEEK OF MEALS & SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	<ul style="list-style-type: none"> ■ CranBlueberry Kale Smoothie* ■ Green Tea 	<ul style="list-style-type: none"> ■ Southwestern Egg Muffins* ■ Green Tea 	<ul style="list-style-type: none"> ■ Nut Porridge* ■ Blueberries ■ Green Tea 	<ul style="list-style-type: none"> ■ Poached Organic Eggs ■ Sautéed Spinach, LO Broccoli, Garlic and Onion 	<ul style="list-style-type: none"> ■ Raspberry Chia Seed Pudding* ■ Green Tea 	<ul style="list-style-type: none"> ■ Mediterranean Egg & Vegetable Scramble* ■ Berries ■ Green Tea 	<ul style="list-style-type: none"> ■ Almond Cacao Smoothie* ■ Peppermint Green Tea
Snack	<ul style="list-style-type: none"> ■ Hard Boiled Egg ■ Kiwi ■ Carrots 	<ul style="list-style-type: none"> ■ Unsweetened Coconut Yogurt ■ Cherries ■ Chia Seeds ■ Coconut flakes 	<ul style="list-style-type: none"> ■ Pumpkin Seeds ■ Balsamic Roasted Beets* 	<ul style="list-style-type: none"> ■ Sunflower Seeds ■ Strawberries* ■ Green Tea 	<ul style="list-style-type: none"> ■ Hard Boiled Egg ■ Pomegranate Seeds 	<ul style="list-style-type: none"> ■ LO Raspberry Chia Seed Pudding* 	<ul style="list-style-type: none"> ■ Pumpkin and Sunflower Seed Mixture ■ Raspberries
Lunch	<ul style="list-style-type: none"> ■ Zucchini Noodles with Pesto and Organic Tempeh* 	<ul style="list-style-type: none"> ■ Curried Broccoli Soup* ■ LO Herbed Turkey Burger* 	<ul style="list-style-type: none"> ■ LO Ginger Basil Vegetable Stir-Fry with Mung Bean & Edamame Pasta* 	<ul style="list-style-type: none"> ■ LO Halibut* over ■ Lemon Avocado Salad* 	<ul style="list-style-type: none"> ■ Caesar Salad* with LO Coconut Lime Roasted Chicken* 	<ul style="list-style-type: none"> ■ Vegetable Shirataki Noodle Stir-Fry* 	<ul style="list-style-type: none"> ■ Green Chicken and Vegetable Soup* ■ Crispy Brussels Sprout Chips*
Snack	<ul style="list-style-type: none"> ■ Roasted Rosemary Almonds* ■ Blackberries 	<ul style="list-style-type: none"> ■ Avocado (sliced/ chopped) with Cumin, Salt, Pepper, and Lemon Juice 	<ul style="list-style-type: none"> ■ Celery, Jicama, and Carrot Sticks ■ Guacamole* 	<ul style="list-style-type: none"> ■ Cinnamon Coconut Yogurt ■ Blueberries ■ Walnuts 	<ul style="list-style-type: none"> ■ Jicama, Celery and Cucumbers ■ Beet Edamame Hummus* 	<ul style="list-style-type: none"> ■ Chewy Crunchy Road Mix* 	<ul style="list-style-type: none"> ■ Sliced Zucchini ■ Nut Cheese*
Dinner	<ul style="list-style-type: none"> ■ Herbed Turkey Burger* wrapped in 1-2 Collard Greens ■ Lemon Cashew Kale Salad* ■ Baked Jicama Fries* 	<ul style="list-style-type: none"> ■ Ginger Basil Vegetable Stir-Fry with Mung Bean & Edamame Pasta* ■ Cauliflower Rice* 	<ul style="list-style-type: none"> ■ Halibut and Broccoli* ■ Roasted Beets & Greens* ■ Fruity Spinach Salad* 	<ul style="list-style-type: none"> ■ Coconut Lime Roasted Chicken* ■ Sautéed Swiss Chard* ■ Roasted Radishes* ■ Sliced Avocado 	<ul style="list-style-type: none"> ■ Asian Beef Lettuce Wraps* ■ Shaved Brussels Sprouts with Leeks and Pomegranate* ■ Sliced Kiwi 	<ul style="list-style-type: none"> ■ Baked Salmon with Dill* ■ Garlic Mashed Cauliflower* ■ Steamed Spinach with Fresh Lemon* 	<ul style="list-style-type: none"> ■ Inside-Out Bison Burger* ■ Romaine Lettuce ■ Baked Zesty Carrot Fries* ■ Fresh Berries with Coconut Raspberry Cream*

*Recipe included Leftover – LO



RENEW FOOD PLAN – SHOPPING GUIDE

Note: This shopping list represents the amount of food needed for the recipes as listed, which equals 2 servings for breakfasts and 4 servings for most of the lunches and dinners. If cooking for one, make adjustments to the recipes and this shopping list accordingly.

Fresh Produce Vegetables

- Arugula—4 c
- Bamboo shoots—4 oz
- Basil leaves—2 ½ c
- Beets—2 bunches (3-4 beets each)
- Bok Choy, baby—2 c
- Broccoli—1 large head
- Brussels sprouts—4 lbs
- Cabbage—1 sm head (2 c sliced)
- Carrots—16 oz
- Carrots, matchsticks—3½ c
- Cauliflower—2 heads
- Celery—1 bunch
- Chives—2 T
- Cilantro—2 bunches
- Collard greens—4 leaves
- Cucumber—1 med
- Dill—4 t
- Garlic—3-4 bulbs
- Ginger—4 T
- Jicama—2 med
- Kale—1-2 bunches (4 c)
- Leeks—4 whole
- Lettuce: Romaine hearts—4 med; Butter—1 head
- Mushrooms: Reg—½ c; Shiitake—¼ lb
- Onions: Yellow—8 med; Red—2 med
- Peppers*: Red—1 med, Serrano*—3-4 med, Jalapeno*—1 small**
- Radish—3-4 bunches
- Scallions—1 bunch
- Shallots—3 med
- Spinach, baby—20-24 oz
- Swiss chard—1 med bunch
- Tomatoes*—1-2 med**
- Zucchini—9 med

Meat/Fish/Eggs/Plant Proteins

- Anchovies—2 fillets
- Beef (grass-fed)—1 lb
- Bison (grass-fed)—1 lb
- Chicken breasts—12 oz
- Chicken—1 whole med
- Eggs, cage-free—2 doz
- Halibut—1 lb
- Salmon, wild—1 ½ lb
- Tempeh—8 oz
- Turkey, ground—1 lb

Dairy/Dairy Alternative

- Almond milk, unsweetened—1 c
- Coconut yogurt, unsweetened—8 oz
- Flax milk, unsweetened—1 c

Frozen Foods

- Blueberries—1½ c
- Broccoli florets—3 c
- Cranberries—½ c
- Edamame, non-GMO—8 oz
- Green beans, petite—8 oz
- Pomegranate seeds—½ c
- Raspberries—10 oz

Fruit, Fresh

- Avocado—4 med
- Blackberries—1 c
- Blueberries—4 c
- Cherries—1½ c
- Kiwi—5 med
- Lemon—5 med
- Lime—4 med
- Raspberries—3 c
- Strawberries—3 c

Canned/Boxed Goods (BPA-free)

- Black soybeans—15 oz
- Bone broth—1 qt (4 c)
- Chicken broth—2 qt + 1 C
- Coconut milk, full fat—15 oz (2)

Condiments/Oils

- Apple cider vinegar—2 T
- Balsamic vinegar—4 T
- Coconut aminos—7 T
- Coconut oil, unrefined—9 T
- Dijon mustard—3 T
- Flax Seed oil—1 T
- Olive oil, extra virgin—14 oz
- Ghee, grass-fed—8 T
- Sesame oil—2 T

Miscellaneous

- Green tea (decaf)
- Mung bean & edamame pasta—7 oz
- Olives, kalamata—¼ c
- Peppermint tea
- Protein powder (bovine collagen, egg, hemp, or pea)—3-4 scoops
- Shirataki noodles—16 oz

*Do not purchase if avoiding nightshades.

Also, if avoiding nightshades, be sure that any stocks/broths purchased are not prepared with nightshade foods. Note that the ReNew recipe file has a recipe for Nightshade-Free Curry powder. Refer to that recipe for ingredients to purchase if avoiding nightshades.

Choose organic, grass-fed, and pasture-raised foods whenever possible.

Herbs/Spices

- Basil
- Black pepper
- Chili powder***
- Cinnamon
- Cacao, 100% raw powder
- Cumin
- Curry powder***
- Cayenne pepper***
- Garlic powder
- Oregano
- Red pepper flakes***
- Rosemary
- Sea Salt
- Turmeric
- Vanilla

Nuts/Seeds

- Almonds, raw, whole—3 c
- Almond meal—¼ c
- Almond butter—½ T
- Cashews, raw—½ c + 2 T
- Chia seed—¾ c
- Walnuts—½ c
- Pecans—½ c
- Pumpkin seeds—½ c
- Coconut flakes, unsweetened—¼ c
- Flax seeds—2 T
- Hemp seeds—2 T
- Pine nuts—⅓ c
- Poppy seeds—½ T
- Pumpkin seeds—¾ c
- Sesame seeds—3 T
- Sunflower seeds—⅓ c
- Tahini paste—4 T
- Walnuts, raw—1 ¼ c





Fats & Oils:

- 6 Asian Beef Lettuce Wraps*
- 14 Caesar Salad*
- 17 Coconut Butter Bread*
- 19 Coconut Milk
- 21 Crispy Brussels Sprout Chips*
- 22 Curried Broccoli Soup*
- 23 Dairy-Free Pesto*
- 24 Fresh Berries with Coconut Raspberry Cream*
- 26 Garlic Mashed Cauliflower*
- 27 Ginger Basil Vegetable Stir-Fry with Mung Bean & Edamame Pasta*
- 28 Granola*
- 30 Guacamole
- 34 Lemon Avocado Salad*
- 36 Mediterranean Egg & Vegetable Scramble*
- 44 Sautéed Swiss Chard*
- 46 Southwestern Egg Muffins*
- 48 Steamed Spinach with Fresh Lemon*

Nuts & Seeds:

- 5 Almond Cacao Smoothie*
- 11 Beef Edamame Hummus
- 16 Chewy Crunchy Road Mix
- 17 Coconut Butter Bread*
- 23 Dairy-Free Pesto*
- 25 Fruity Spinach Salad*
- 28 Granola*
- 35 Lemon Cashew Kale Salad*
- 38 Nut Cheese
- 39 Nut Porridge
- 40 Raspberry Chia Seed Pudding*
- 43 Roasted Rosemary Almonds

Proteins:

- 5 Almond Cacao Smoothie*
- 6 Asian Beef Lettuce Wraps*
- 8 Baked Salmon with Dill
- 18 Coconut Lime Roasted Chicken
- 29 Green Chicken & Vegetable Soup*
- 31 Halibut and Broccoli
- 32 Herbed Turkey Burgers
- 33 Inside-Out Bison Burgers
- 36 Mediterranean Egg & Vegetable Scramble*
- 46 Southwestern Egg Muffins*
- 47 Spiced Turkey & Zucchini Meatballs
- 49 Turkey Sausage Patties
- 51 Zucchini Noodles with Pesto and Organic Tempeh*

Non-starchy Vegetables:

- 5 Almond Cacao Smoothie*
- 6 Asian Beef Lettuce Wraps*

- 7 Baked Jicama Fries
- 9 Baked Zesty Carrot Fries
- 10 Balsamic Roasted Beets
- 14 Caesar Salad*
- 15 Cauliflower Rice
- 20 CranBlueberry Kale Smoothie*
- 21 Crispy Brussels Sprout Chips*
- 22 Curried Broccoli Soup*
- 23 Dairy-Free Pesto*
- 25 Fruity Spinach Salad*
- 26 Garlic Mashed Cauliflower*
- 27 Ginger Basil Vegetable Stir-Fry with Mung Bean & Edamame Pasta*
- 29 Green Chicken & Vegetable Soup*
- 34 Lemon Avocado Salad*
- 35 Lemon Cashew Kale Salad*
- 41 Roasted Beets & Greens
- 42 Roasted Radishes
- 44 Sautéed Swiss Chard*
- 45 Shaved Brussels Sprouts with Leeks & Pomegranate
- 46 Southwestern Egg Muffins*
- 48 Steamed Spinach with Fresh Lemon*
- 50 Vegetable Shirataki Noodle Stir-Fry
- 51 Zucchini Noodles with Pesto & Organic Tempeh*

Dairy/Dairy Alternatives:

- 5 Almond Cacao Smoothie*
- 20 CranBlueberry Kale Smoothie*

Legumes:

- 27 Ginger Basil Vegetable Stir-Fry with Mung Bean & Edamame Pasta*
- 51 Zucchini Noodles with Pesto & Organic Tempeh*

Fruit:

- 20 CranBlueberry Kale Smoothie*
- 24 Fresh Berries with Coconut Raspberry Cream*
- 40 Raspberry Chia Seed Pudding*

Miscellaneous:

- 12 Bone Broth (Beef)
- 13 Bone Broth (Chicken)
- 37 Nightshade-Free Curry Powder

**Asterisks refer to recipes that are in more than one food category.*

All recipes are included on the following pages in alphabetical order.

Recipes are marked as Vegan VE, Vegetarian V, Lacto-vegetarian VL, Ovo-vegetarian VO, Ovo-lacto-vegetarian VOL or Pescatarian P where appropriate



Almond Cacao Smoothie VE VO *(depending on the type of protein powder used)*

Makes 1 serving

- 1 cup unsweetened almond milk
- 1 scoop protein powder*
- ½ tablespoons cacao powder (100% raw)
- ½ teaspoon almond extract
- 1–2 cups kale, chopped and loosely packed
- ½ small avocado
- ¼ cup ice cubes

Directions

1. Put all ingredients in a blender in the order listed.
2. Blend, starting on low speed and working up to high speed, until smooth.

Tips: Discuss protein powders with your healthcare provider. Suggested varieties can include quality sources of bovine collagen, pea, egg white, or hemp proteins. Use frozen berries instead of ice to make smoothie cold and of desired thickness. (Frozen berries are not included in the nutritional analysis.)

Nutrition (per serving):

Calories: 253
Fat (g): 20
Sat. Fat (g): 3
Chol (mg): 0
Sodium (mg): 386
Carb (g): 27
Fiber (g): 8
Protein (g): 25

ReNew Food Plan (per serving):

Proteins: 2
Nns Veg: 2
Fats & Oils: 2
Dairy Alternative: 1



Asian Beef Lettuce Wraps **V** **VE** (if beef is omitted)

Makes 4 servings (1 serving ≈ 3 lettuce wraps)

- 1 tablespoon gluten-free tamari or coconut aminos
- ¼ cup apple cider vinegar
- 2 tablespoon fresh lime juice
- ¼ teaspoon sea salt
- 16 ounces grass-fed beef (organic preferred)
- 1 teaspoon sesame oil
- ½ cup finely chopped onion
- 3 cloves garlic, minced
- 1 tablespoon peeled and minced fresh ginger
- 1½ cup carrots, cut into matchsticks
- 1½ cup daikon or regular radish, cut into matchsticks
- 2 cups thinly sliced cabbage
- 15-ounce can organic black soybeans, drained and rinsed
- 12 romaine, butter, or Boston lettuce leaves
- 2 tablespoon chopped roasted and unsalted cashews
- ¼ cup thinly sliced scallions

Directions

1. Mix tamari (or coconut aminos), vinegar, lime juice, and sea salt. Set aside.
2. Heat oil in a large skillet over medium heat. Add beef, and sauté until no longer pink, about 5 minutes. Drain and set aside.
3. Brush the pan with sesame oil. Add onion, garlic, and ginger. Sauté until onions are tender, about 2 minutes.
4. Add the carrots, radish and cabbage, and sauté until tender, about 2–3 minutes.
5. Add the soy beans and the liquid mixture. Add the beef back to the pan. Simmer for about 3 minutes, stirring occasionally.
6. Fill each lettuce leaf with equal amounts of the beef and vegetable mixture, and top with the chopped cashews and scallions.

Tips: If avoiding soy, the soy beans can be omitted. If vegetarian, the beef can be omitted. Nutritional analysis includes the beef and soy beans. All canned goods should be from BPA-free cans.

Nutrition (per serving)

Calories: 415
Fat (g): 23
Sat. Fat (g): 7
Chol (mg): 71
Sodium (mg): 343
Carb (g): 22
Fiber (g): 10
Protein (g): 34

ReNew Food Plan (per serving):

Proteins: 3.5
Fats & Oils: 2.5
ns Veg: 2
Legumes: 0.5
Nuts & Seeds: 0.5



Baked Jicama Fries VE

Makes 4 servings

- 1 medium jicama
- ½ teaspoon turmeric
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 1½ teaspoon unrefined organic coconut oil, melted

Directions

1. Preheat oven to 400° F and line baking sheet with parchment paper.
2. Scrub, rinse, and peel the jicama. Slice into French fry-sized pieces and gently pat dry (they can remain slightly damp). Place on the lined baking sheet.
3. In a small bowl, mix together the turmeric, sea salt, and black pepper. Set aside.
4. Drizzle the melted coconut oil over the jicama. Gently toss to coat. Sprinkle the spice mixture over the jicama and gently toss again until the jicama is evenly coated. Spread out the jicama in a single layer on the baking sheet.
5. Bake for 40 minutes (or until it reaches the desired texture). Halfway through cooking time, flip jicama fries to brown evenly.

Nutrition (per serving):

Calories: 79
Fat (g): 2
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 124
Carb (g): 15
Fiber (g): 8
Protein (g): 1

ReNew Food Plan (per serving):

ns Veg: 2.5
Fats & Oils: 0.5



Baked Salmon with Dill P

Makes 4 servings (1 serving ≈ 1 fillet)

- 4 wild salmon fillets (5 ounces each)
- 4 teaspoons extra-virgin olive oil
- 4 teaspoons chopped fresh dill
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

Directions

1. Preheat oven to 375° F.
2. Line a cookie sheet with parchment paper, or oil a baking pan. Place salmon on the sheet or pan.
3. Mix together olive oil, dill, salt, and pepper. Brush over salmon.
4. Bake salmon for 12–15 minutes.

Nutrition (per serving)

Calories: 205
Fat (g): 9
Sat. Fat (g): 1
Chol (mg): 74
Sodium (mg): 228
Carb (g): 0
Fiber (g): 0
Protein (g): 28

ReNew Food Plan (per serving):

Proteins: 4



Baked Zesty Carrot Fries VE

Makes 4 servings

- 5 large carrots
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon chili powder*
- 1 pinch cinnamon
- ⅛ teaspoon sea salt

Directions

1. Preheat oven to 400° F.
2. Peel carrots and slice into chips or French fry-sized pieces. Place carrots on a cookie sheet and drizzle with the olive oil. Sprinkle chili powder and cinnamon evenly over the carrots, then toss to coat.
3. Bake for 20–25 minutes or until carrots are at desired tenderness.

Tip: A mandolin-type vegetable slicer works well for slicing carrots.

*Omit chili powder if avoiding nightshades.

Nutrition (per serving)

Calories: 49
Fat (g): 1
Sat. Fat (g): 0
Chol (mg): 0
Sodium (mg): 92
Carb (g): 9
Fiber (g): 3
Protein (g): 1

ReNew Food Plan (per serving):

ns Veg: 2



Balsamic Roasted Beets VE

Makes 4 servings

- 1 bunch trimmed beets (about 3–4 beets)
- 1 tablespoon balsamic vinegar
- 2 pinches sea salt
- 2 pinches black pepper

Directions

1. Preheat oven to 400° F.
2. Gently scrub beets and pat dry. Wrap in foil and roast in the oven until tender (about 1 hour). Let cool, then peel and dice.
3. Place beets in a medium bowl, toss with balsamic vinegar, sea salt, and pepper. Serve immediately.

Tip: Roast more beets than you need and save leftovers in the fridge for use later in the week (in salads or as snacks, side dishes, etc.)

Nutrition (per serving):

Calories: 38.5
Fat (g): 0
Sat. Fat (g): 0
Chol (mg): 0
Sodium (mg): 132
Carb (g): 9
Fiber (g): 1.5
Protein (g): 1.5

ReNew Food Plan (per serving):

nsVeg: 1.5



Beet Edamame Hummus VE

Makes 4 servings

- 1 medium to large roasted beet
- 8 ounces frozen organic, non-GMO edamame, shelled and steamed
- 2 tablespoons tahini
- 2 tablespoons fresh lemon juice
- 1½ tablespoon extra-virgin olive oil
- 1 large garlic clove
- ½ teaspoon sea salt

Directions

1. Preheat oven to 400° F.
2. Scrub the beet with a vegetable brush under running water. Cut off the top and bottom.
3. Wrap the beet in foil and roast until tender (about 1 hour).
4. Let cool, then peel.
5. Place all ingredients in a blender or food processor. Purée until smooth.

Tip: Use leftover roasted beets to shorten the preparation process.

Nutrition (per serving)

Calories: 181
Fat (g): 12
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 266
Carb (g): 10
Fiber (g): 3
Protein (g): 8

ReNew Food Plan (per serving):

Nuts & Seeds: 2
Protein: 1
ns Veg: 0.5
Fats & Oils: 0.5



Bone Broth (Beef)

Makes about 1 quart

- 3 pounds organic beef marrow and knuckle bones
- 1–3 pounds organic meaty ribs or oxtail
- 1 gallon distilled or filtered water
- ¼ cup apple cider vinegar
- 1–2 onions, coarsely chopped
- 3 carrots, coarsely chopped
- 3 celery stalks, coarsely chopped
- Few sprigs fresh thyme
- 1 teaspoon dried peppercorns, crushed
- ½ to 1 tablespoon salt (optional)
- 1 bunch parsley

Directions

1. Preheat oven to 350° F.
2. Place the marrow and knuckle bones in a large stockpot and cover with water. Let stand at room temperature for 1 hour.
3. Meanwhile, place ribs or oxtail in a roasting pan or casserole dish. Roast in the oven until well-browned. Add to the pot of water, along with vinegar and vegetables.
4. Add water to cover if needed. The water should not come higher than within 1 inch of the rim of the pot.
5. Bring to a boil and then reduce heat to a simmer. Add the thyme and peppercorns.
6. Simmer for at least 12 hours and up to 72 hours. About 5 minutes before finishing, add the parsley & let it wilt. Remove stock from heat, strain into large bowl, and let cool in the refrigerator. Remove fat that rises to the top.

Note: A nutritional analysis is not provided for this recipe, as it could not be calculated with accuracy. However, bone broth is well known for its gut healing properties because of the gelatin/collagen content. It is also a rich source of electrolytes. The parsley adds valuable potassium.



Bone Broth (Chicken)

Makes about 1 quart

- 3–4 organic chicken quarters (or leftover chicken bones from a roasted or rotisserie chicken)
- 1 gallon distilled or filtered water
- 1–2 onions
- 3–4 carrots
- 3–4 celery stalks
- 1 zucchini (optional)
- ¼ cup unrefined, organic coconut oil
- 2–3 garlic cloves
- 1 inch grated ginger (or 2 teaspoons ground dried ginger)
- ½ to 1 tablespoon salt (optional)
- 1 tablespoon apple cider vinegar
- 1 bunch parsley

Directions

1. Add all ingredients except the parsley to a large stockpot.
2. Bring to a boil, then gradually reduce heat to low. Allow to simmer for minimum of 12 hours and up to 24 hours.
3. About 5 minutes before finishing, add the parsley to the broth & let it wilt. Strain into large bowl and store in fridge. Remove fat that rises to the top.

Note: A nutritional analysis is not provided for this recipe, as it could not be calculated with accuracy. However, bone broth is well known for its gut healing properties because of the gelatin/collagen content. It is also a rich source of electrolytes. The parsley adds valuable potassium.



Caesar Salad P

Makes 4 servings

Salad:

- 24 romaine lettuce leaves (approximately 3 romaine hearts)

Dressing:

- 2 cloves garlic, finely minced
- 1½ teaspoon Dijon mustard
- 2 tablespoons tahini
- Juice from half a lemon (approximately 1½ tablespoons)
- 2 tablespoons apple cider vinegar
- 2 tablespoons extra-virgin olive oil
- 2 anchovies
- 1 pinch sea salt
- 1 pinch black pepper

Directions

1. Prepare dressing by placing all dressing ingredients in a blender and processing until smooth (about 1 minute, or until desired consistency is reached).
2. Wash, dry, and tear the lettuce into bite-size pieces with your hands. Place in a large salad bowl.
3. Add dressing and toss to coat. Season with extra black pepper if desired.

Tip: If not already consuming a protein with this salad, bake or grill 1 pound of chicken, cut into bite-sized pieces, and toss in with the salad. (Added chicken is not included in the nutritional analysis.)

Nutrition (per serving)

Calories: 123
Fat (g): 11
Sat. Fat (g): 2
Chol (mg): 2
Sodium (mg): 140
Carb (g): 5
Fiber (g): 2
Protein (g): 3

ReNew Food Plan (per serving):

Fats & Oils: 1.5
Nuts & Seeds: 1
ns Veg: 1



Cauliflower Rice VE

Makes 4 servings

- 1 head cauliflower
- 2 tablespoon extra-virgin olive oil or unrefined, organic coconut oil
- 1 small yellow onion, finely chopped
- 1 pinch sea salt

Optional Ingredients:

- 1 tablespoon lime juice (juice of ½ lime)
- 1 pinch cumin
- 1 tablespoon chopped fresh cilantro

Directions

1. Cut the cauliflower in half. Place a box grater over a large bowl and grate each cauliflower half using the biggest holes of the grater, holding the cauliflower by its stem as you grate. Alternatively, you can coarsely chop the core and the florets and pulse them together in a food processor until they are reduced to the size of couscous or rice grains. Be careful not to over-process.
2. Heat the oil in a medium nonstick pan over medium-high heat until shimmering. Add the onion and cook until softened, 2 to 3 minutes.
3. Put the cauliflower “rice” in the pan and stir to combine. Cook, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside, 5 to 8 minutes.
4. To enhance the flavor, add the salt, lime juice, cumin, and/or cilantro and serve.

Nutrition (per serving)

Calories: 102
Fat (g): 7
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 73
Carb (g): 9
Fiber (g): 4
Protein (g): 3

ReNew Food Plan (per serving):

ns Veg: 2.5
Fats & Oils: 1



Chewy Crunchy Road Mix VE

Makes 4 servings

- ½ cup chopped walnuts
- ¼ cup pumpkin seeds
- 6 tablespoons coconut, dried flakes (unsweetened)

Directions

1. Mix all ingredients together. Divide recipe into four servings and store in small containers to take with you for an on-the-go snack.
2. Freeze or refrigerate to preserve freshness if not planning to use right away.

Tip: May use different nuts and seeds as desired.

Nutrition (per serving)

Calories: 150
Fat (g): 13
Sat. Fat (g): 4
Chol (mg): 0
Sodium (mg): 3
Carb (g): 6
Fiber (g): 2
Protein (g): 5

ReNew Food Plan (per serving):

Nuts & Seeds: 2.5
Fats & Oils: 1



Coconut Butter Bread VO

Makes 10 servings (1 serving ≈ 1 slice, if loaf is cut into 10 slices))

- 1 cup raw, organic coconut butter
- 5 eggs at room temperature
- ¼ cup unrefined, organic coconut oil
- ½ teaspoon sea salt
- ¾ teaspoon baking soda

Directions

1. Preheat oven to 300° F. Grease a 5 x 9 inch loaf pan with coconut oil.
2. Place the jar of coconut butter into a pan of simmering water to soften it (about 10–20 minutes). Stir the coconut butter until smooth.
3. Put the coconut butter and remaining ingredients into a medium-sized bowl, then mix with a hand-held blender. Blend until the consistency is like cake batter and free of lumps.
4. Pour the batter into the loaf pan and bake for about 40–50 minutes. Allow it to cool on the counter for 10 minutes, and then place in the refrigerator to finish cooling. Slice to serve.

Nutrition (per 1 square):

Calories: 252
Fat (g): 25
Sat. Fat (g): 20
Chol (mg): 106
Sodium (mg): 231
Carb (g): 7
Fiber (g): 4
Protein (g): 5

ReNew Food Plan (per serving):

Nuts & Seeds: 3
Fats & Oils: 1.5
Proteins: 1



Coconut Lime Roasted Chicken

Makes 5 servings (1 serving ≈ 2 drumsticks OR 1 thigh OR ½ breast)

- 1 whole organic chicken, small to medium (2½ to 3 pounds)
- 1 kaffir lime (regular lime okay)
- 3 tablespoons unrefined, organic coconut oil
- 3 cloves garlic, finely chopped
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 small sweet onion, peeled and quartered
- 3 tablespoons dried coconut flakes (unsweetened)

Directions

1. Preheat oven to 475° F. Set oven rack on the lowest or middle level.
2. Remove organ meats and neck from the cavity space of chicken (if you wish, store in the refrigerator for use in another recipe). Rinse chicken well and pat dry with paper towel.
3. Remove the peel (or zest) from the lime using a zester or grater. Chop the remaining lime into four pieces and set aside.
4. Combine the zest in a small bowl with coconut oil, garlic, salt, and pepper.
5. Using your hands, carefully spread coconut oil mixture underneath the skin of the chicken, over the breasts and thighs. To loosen skin, separate skin at the cavity end of the bird, and slowly work your fingers up under skin towards the neck to avoid tearing.
6. Place any remaining oil into the cavity of the bird, along with the quartered lime and onion.
7. Place bird breast-up in a small roasting pan or cast iron frying pan. Sprinkle with shredded coconut.
8. Bake at 475° F for 15–20 minutes until skin is golden brown.
9. Reduce heat to 400° F and cook for another 45 minutes to 1 hour. Allow chicken to cool for 5 minutes before carving.

Tip: Save the wings and bones (carcass) to make bone broth! If you don't plan to make broth within a few days, store the carcass in the freezer.

Nutrition (per thigh):

Calories: 291
Fat (g): 23
Sat. Fat (g): 12
Chol (mg): 79
Sodium (mg): 449
Carb (g): 4
Fiber (g): 1
Protein (g): 16

ReNew Food Plan (per serving):

Protein: 2
Fats & Oils: 4

Nutrition (per 2 drumsticks):

Calories: 293
Fat (g): 20
Sat. Fat (g): 11
Chol (mg): 100
Sodium (mg): 481
Carb (g): 4
Fiber (g): 1
Protein (g): 24

ReNew Food Plan (per serving):

Protein: 3.5
Fats & Oils: 2

Nutrition (per ½ breast):

Calories: 342
Fat (g): 22
Sat. Fat (g): 12
Chol (mg): 93
Sodium (mg): 469
Carb (g): 4
Fiber (g): 1
Protein (g): 30

ReNew Food Plan (per serving):

Protein: 4
Fats & Oils: 2.5



Coconut Milk VE

Makes 1½ cups (equivalent to one 13.5-ounce can)

- 2 cup organic coconut flakes (unsweetened)
- 2¾ cup water

Directions

1. In a saucepan over high heat, combine the coconut flakes and water. Bring to a full boil. Once water has reached a full boil, remove from heat, cover, and let sit for 1 hour.
2. After 1 hour, pour the contents of the saucepan into a blender and blend on high for 2 to 5 minutes.
3. Suspend a sieve or mesh strainer over a large mixing bowl and line the strainer with cheesecloth. Pour the blended coconut mixture into the lined strainer and let drain.
4. Gather the edges of the cheesecloth together and squeeze the pulp, draining out the remaining milk into the bowl.
5. Transfer the milk to a glass jar and store in the refrigerator or freezer.

Tips: The coconut milk will naturally separate after sitting in the fridge, so shake or blend well before using. Gently heating the milk will also help the coconut milk solids liquefy again. For a lighter milk alternative, combine 1.5 tablespoons coconut milk with about ¾ cup (6 ounces) of water and blend in a blender until smooth.

Nutrition (per 1.5 tbsp):

Calories: 45
Fat (g): 5
Sat. Fat (g): 4
Chol (mg): 0
Sodium (mg): 3
Carb (g): 0.5
Fiber (g): 0
Protein (g): 0.5

ReNew Food Plan (per serving):

Fats & Oils: 1



CranBlueberry Kale Smoothie VE VO *(depending on the type of protein powder used)*

Makes 1 serving

- 1 cup unsweetened flax milk
- 1–2 scoops protein powder
- 1 teaspoon raw organic coconut butter
- ½ tablespoon almond butter
- 2 cup kale, roughly chopped
- 1 cup organic berries (suggestion: ½ cup fresh or frozen cranberries + ½ cup fresh or frozen blueberries)

Directions

1. Put ingredients in a blender in the order listed.
2. Blend on very low speed to start, gradually working up to high speed until well-blended.
3. Serve immediately for best results.

Tips: Discuss protein powders and recommended quantity with your healthcare provider. Suggested varieties include quality sources of bovine collagen, pea, egg white, and hemp proteins. Use frozen berries or consider adding ice to make smoothie cold and of desired thickness.

Nutrition (per serving):

Calories: 291
Fat (g): 12
Sat. Fat (g): 4
Chol (mg): 0
Sodium (mg): 255
Carb (g): 29
Fiber (g): 7
Protein (g): 21

ReNew Food Plan (per serving):

ns Veg: 2
Nuts & Seeds: 1
Protein: 1
Dairy Alternative: 1
Fruit: 1



Crispy Brussels Sprout Chips **V** **VE** *(depending on the type of cooking fat used)*

Makes 4 servings

- 2 pounds Brussels sprouts, washed & dried
- 2 tablespoons organic ghee or unrefined, organic coconut oil, melted
- ¼ teaspoon sea salt
- ¼ teaspoon pepper
- Lemon zest (optional)

Directions

1. Preheat oven to 300° F.
2. Cut the bottom tip off each Brussels sprout. Trim any damaged outer leaves from the sprouts, then separate all of the remaining leaves.
3. Place the sprout leaves in a large bowl. Mix together with the melted ghee or coconut oil, salt, pepper, and lemon zest.
4. Divide the sprouts between two large baking trays. Spread evenly in a single layer for best results.
5. Bake for 8–10 minutes or until sprouts are crispy and brown around the edges.
6. Let cool and serve. May be kept in an airtight container for a few days.

Tip: If using ghee, select a brand made with organic butter from grass-fed cows.

Nutrition (per serving):

Calories: 148
Fat (g): 7
Sat. Fat (g): 4
Chol (mg): 17
Sodium (mg): 171
Carb (g): 18
Fiber (g): 8
Protein (g): 7

Core Food Plan (per serving):

ns Veg: 3.5
Fats & Oils: 1.5



Curried Broccoli Soup V VE *(depending on the type of cooking fat and stock used)*

Makes 6 servings (1 serving ≈ approximately 1 cup or 8 ounces)

- 2 tablespoons organic ghee or unrefined, organic coconut oil
- 4 leeks, white and light-green ends only, cleaned, trimmed, and thinly sliced
- 1 large yellow onion, roughly chopped
- 3 medium shallots, roughly chopped
- 1½ pounds broccoli, trimmed and cut into uniform-sized pieces
- 4 cups organic bone broth or stock of choice
- 1 tablespoon curry powder*
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 cup full-fat coconut milk

Nutrition (per serving):

Calories: 193
Fat (g): 13
Sat. Fat (g): 10
Chol (mg): 12
Sodium (mg): 242
Carb (g): 17
Fiber (g): 4
Protein (g): 6

ReNew Food Plan (per serving):

ns Veg: 3
Fats & Oils: 2.5

Directions

1. In a large stockpot, melt the ghee or coconut oil over medium heat.
2. Add the leeks, onion, and shallots, and sauté until softened, 5 to 10 minutes. Toss in the chopped broccoli and add the broth. Top off with some water if the vegetables aren't fully submerged. Bring the soup to a boil over high heat, and then lower the heat to a simmer. Continue cooking for 20 minutes or until the vegetables are soft.
3. Add the curry powder and season with salt and pepper to taste. Turn off the burner and cool the soup slightly. Use an immersion blender to puree the ingredients together, or put divided portions into a blender and puree until smooth.
4. Return soup to pan, add the coconut milk, and stir to incorporate. Turn the heat up to medium high to bring the soup back to a boil before serving.

Tips: If using canned coconut milk, make sure the can is BPA-free. If using ghee, select a brand made with organic butter from grass-fed cows.

*Use *nightshade-free* curry powder if avoiding nightshades (see recipe on page 37).



Dairy-Free Pesto VE

Makes 1 cup (approximately 8 servings; 1 serving ≈ 2 tablespoons)

- ½ cup pine nuts
- 1½ cup packed basil leaves
- 3 cloves garlic
- 1½ teaspoons fresh lemon juice
- ½ teaspoons sea salt
- ½ cup extra-virgin olive oil

Directions

1. Lightly toast the pine nuts in a skillet over low heat for 5 minutes. Shake the pan from time to time to make sure the pine nuts don't burn.
2. Place all of the remaining ingredients except the oil in a small food processor. Pulse a few times to chop the contents.
3. With blender or food processor on low speed, slowly drizzle in the olive oil until a paste has formed. Continue blending for 15 seconds until the sauce has a smooth and creamy texture.

Tips: If not using right away, pour into ice cube trays, cover with a thin layer of olive oil, and freeze. Once frozen, remove from trays and keep in glass containers in the freezer for later use.

Nutrition (per serving):

Calories: 115
Fat (g): 12
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 118
Carb (g): 1
Fiber (g): 0
Protein (g): 2

ReNew Food Plan (per serving):

Fats & Oils: 1
Nuts and Seeds: 1
ns Veg: 1



Fresh Berries with Coconut Raspberry Cream VE

Makes 4 servings

- $\frac{2}{3}$ cup full-fat coconut milk
- $1\frac{1}{2}$ cup frozen organic raspberries (do not defrost)
- 1 teaspoon vanilla
- 2 cups fresh organic blueberries or blackberries, washed, rinsed, and dried

Garnish:

- 2 mint leaves per serving (optional)

Directions

1. Place coconut milk and frozen raspberries in a blender. Blend on high until smooth.
2. Add vanilla and blend again for several seconds.
3. Divide fresh berries among four dishes and top with coconut cream.
4. Garnish with mint leaves, if desired.

Tips: The coconut can be blended with any unsweetened frozen fruit as desired and if allowed on your personalized food plan. If using canned coconut milk, make sure the can is BPA-free.

Nutrition (per serving):

Calories: 137
Fat (g): 9
Sat. Fat (g): 7
Chol (mg): 0
Sodium (mg): 7
Carb (g): 16
Fiber (g): 6
Protein (g): 2

ReNew Food Plan (per serving):

Fats & Oils: 1.5
Fruit: 1



Fruity Spinach Salad VE

Makes 4 servings

- 1 pint fresh organic strawberries (approximately 2 cups sliced)
- 8 ounces fresh organic baby spinach, washed, dried, torn to pieces, with stems removed

Dressing:

- 1 tablespoon sesame seeds
- ½ tablespoon poppy seeds
- 1 scallion, chopped
- 1 tablespoon flax seed oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil

Garnish:

- ¼ cup chopped raw walnuts

Directions

1. Put prepared spinach in a large salad bowl. Cut berries into slices and arrange over spinach.
2. Combine dressing ingredients in blender or food processor, except for olive oil, and process until smooth. With blender or food processor on low speed, slowly drizzle in the olive oil until well blended.
3. Pour over salad and toss, or serve on the side.
4. Garnish with chopped walnuts as desired.

Tip: Try raspberries in place of strawberries, or sliced almonds in place of walnuts.

Nutrition (per serving):

Calories: 165
Fat (g): 13
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 47
Carb (g): 10
Fiber (g): 4
Protein (g): 5

ReNew Food Plan (per serving):

Nuts & Seeds: 1.5
Fats & Oils: 1
ns Veg: 0.5
Fruits: 0.5



Garlic Mashed Cauliflower VE

Makes 4 servings

- 1 medium head cauliflower
- 2 tablespoons unrefined, organic coconut oil
- 3 tablespoons full-fat coconut milk
- ¼ teaspoon sea salt
- 1 clove fresh garlic (or 1 teaspoon garlic powder)
- ¼ teaspoon black pepper

Directions

1. Cut cauliflower into 4 to 6 pieces. Steam until cooked but not overdone.
2. Place in food processor and add remaining ingredients, including any herbs of your choice, and blend until the consistency of mashed potatoes. Serve immediately.

Tips: If you are missing mashed potatoes, mashed cauliflower is a good substitute. This recipe can also be made using an immersion blender (or handheld stick blender) by combining all ingredients in a medium or large saucepan and mashing on low speed. If using canned coconut milk, make sure the can is BPA-free.

Nutrition (per serving):

Calories: 117
Fat (g): 9
Sat. Fat (g): 8
Chol (mg): 0
Sodium (mg): 162
Carb (g): 8
Fiber (g): 4
Protein (g): 3

ReNew Food Plan (per serving):

Fats & Oils: 2
ns Veg: 1



Ginger Basil Vegetable Stir Fry with Mung Bean & Edamame Pasta VE

Makes 4 servings

- 8 cup water
- 7.05-ounce (200 gram) package of mung bean & edamame pasta
- 4 tablespoons fresh lime juice, plus the zest of half a lime
- 1 tablespoon toasted sesame oil
- 2 tablespoons apple cider vinegar
- 3 tablespoons coconut aminos
- 1 tablespoon unrefined, organic coconut oil
- 2 cup carrots, cut into matchsticks
- 1 cup (8 ounces) petite green beans, fresh or frozen
- 2 cup baby bok choy, chopped
- 2 tablespoons peeled and chopped fresh ginger
- 3 cloves garlic, minced
- 6 scallions, both dark and light green parts, cut into 1-inch pieces
- ½ cup packed fresh basil, chopped
- ¼ cup chopped raw cashews

Nutrition (per serving):

Calories: 388
Fat (g): 16
Sat. Fat (g): 5
Chol (mg): 0
Sodium (mg): 321
Carb (g): 37
Fiber (g): 13
Protein (g): 27

ReNew Food Plan (per serving):

Fats & Oils: 2
ns Veg: 2
Legumes: 2
Proteins: 1
Nuts & Seeds: 0.5

Directions

1. Fill a large saucepan with water and bring to boil. Add the pasta and return to a boil. Cover pan and reduce heat to simmer for 7-8 minutes or until pasta is al dente. Drain pasta in a fine mesh colander and rinse with cold water. Set aside.
2. Meanwhile, in a small bowl, whisk together lime juice & zest, sesame oil, vinegar, and coconut aminos. Set aside.
3. Melt 1 tablespoon coconut oil in a large skillet over medium-high heat. Add carrots, green beans, baby bok choy, ginger, garlic, and scallions. Sauté until vegetables are tender, about 2-4 minutes. Add the lime juice mixture to the vegetables and sauté for about 30 more seconds. Add the cooked pasta and toss with tongs until combined. Add chopped basil and cashews, and toss again until well combined and heated through (about 1 minute).

Tip: Consider using kelp powder to add more flavor and enhance iodine content, if desired.



Granola VE

Makes 8 servings (1 serving ≈ ½ cup)

- ½ cup cashews, soaked for 8 hours
- ½ cup pecans, soaked for 8 hours
- ½ cup sunflower seeds, soaked for 8 hours
- ½ cup pumpkin seeds, soaked for 8 hours
- 1 cup blueberries, fresh or frozen
- 2 tablespoons ground cinnamon
- 1 teaspoon vanilla extract
- ½ teaspoon nutmeg
- ½ teaspoon sea salt
- ½ cup organic dried coconut flakes (unsweetened)
- ¼ cup unrefined, organic coconut oil

Nutrition (per serving)

Calories: 306
Fat (g): 27
Sat. Fat (g): 11
Chol (mg): 0
Sodium (mg): 124
Carb (g): 14
Fiber (g): 5
Protein (g): 7

ReNew Food Plan (per serving):

Nuts & Seeds: 3
Fats & Oils: 3
Fruit: 0.5

Directions

1. Drain and rinse cashews, pecans, sunflower and pumpkin seeds after soaking. Place on a towel and lightly pat dry.
2. Puree blueberries in a food processor until smooth.
3. Add nuts, seeds, blueberry puree, and remaining ingredients to the food processor. Pulse to form a chunky paste.
4. Prepare a food dehydrator with nonstick drying sheet or parchment paper. Spread mixture evenly on drying racks.
5. Dehydrate for 12–24 hours at 145° F, stirring once or twice.
6. Break up the granola and store in an airtight container in the fridge.

Tip: If you do not have a dehydrator, you can use the oven. Spread the mixture on a cookie sheet and bake at the lowest oven setting for 12–24 hours. Watch closely to avoid burning.



Green Chicken & Vegetable Soup

Makes 4 servings

- 1 medium onion
- whole carrots
- 3 stalks celery
- 4–6 cloves garlic
- 1 tablespoon extra-virgin olive oil
- 1 bunch cilantro, stems removed
- 3–4 serrano peppers with the seeds and pulp removed*
- 6–8 cup organic chicken broth
- 1–2 teaspoons cumin
- 2–3 teaspoons dried oregano
- ¼ teaspoons pepper
- 12 ounces organic chicken, cooked and shredded
- 2–3 cups chopped zucchini (about 3–4 small)

Nutrition (per serving)

Calories: 280
Fat (g): 9
Sat. Fat (g): 2
Chol (mg): 81
Sodium (mg): 321
Carb (g): 19
Fiber (g): 5
Protein (g): 31

ReNew Food Plan (per serving):

Protein: 3
ns Veg: 3
Fats & Oils: 1

Directions

1. Chop onions, carrots, and celery into large chunks. Place in food processor, along with half the garlic, and pulse until finely chopped.
2. Heat oil in a large soup pot or Dutch oven over medium heat and add the vegetables. Sauté for 8–10 minutes or until tender.
3. While veggies are cooking, blend the remaining garlic with the cilantro, serrano peppers, and 2 cups of the broth in a blender. Set aside.
4. Once veggies are tender, season with cumin, oregano, and black pepper. Sauté on medium to low heat for 2–4 minutes to develop the flavor.
5. Add the shredded chicken, zucchini, remaining chicken broth, and the cilantro mixture to the pot.
6. Bring to a boil, then reduce to a simmer for 10 more minutes or until zucchini is tender.

Tip: To save time, use a store-bought organic rotisserie chicken.

*Omit serrano pepper if avoiding nightshades.



Guacamole VE

Makes 4 servings

- 2 medium cloves garlic, minced (about 2 teaspoons)
- 3 scallions or 1 small red onion, minced (about ¼ cup)
- ¼ jalapeño, minced*
- 2 medium ripe avocados, peeled and diced
- 1 tablespoon fresh lime juice (juice of half a lime)
- 2 tablespoons chopped fresh cilantro
- 1 pinch of sea salt

Directions

1. In a medium-sized bowl, combine the garlic, scallions, and jalapeños.
2. Add avocado and mash using the back of a fork.
3. Stir in lime juice.
4. Finish with cilantro and sea salt. Combine well with a fork to desired consistency.

*Omit jalapeño pepper if avoiding nightshades.

Nutrition (per serving)

Calories: 169
Fat (g): 15
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 46
Carb (g): 9
Fiber (g): 3
Protein (g): 2

ReNew Food Plan (per serving):

Fats & Oils: 3
ns Veg: 1



Halibut and Broccoli P

Makes 4 servings

- 3 cup small broccoli florets (fresh or frozen)
- ¼ cup finely ground almonds
- 2 teaspoons minced fresh tarragon or basil (or 1 teaspoon dried)
- 1 pound halibut filets (cut into 4 fillets), rinsed and patted dry
- 1 tablespoon extra-virgin olive oil or unrefined, organic coconut oil
- ½ cup organic chicken broth
- ⅓ cup lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper

Directions

1. Steam broccoli until slightly tender, but not soft.
2. While broccoli is cooking, prepare the fish. In a pie plate, mix together ground almonds and herbs. Coat each halibut fillet with the almond-herb mixture.
3. Heat oil in a large skillet over medium heat. Cook halibut fillets for about 4 minutes on each side. Transfer to a serving dish and cover loosely to keep warm.
4. Add chicken broth or fish stock to skillet. Use a wooden spoon to scrape up any bits that may still be stuck to the pan. Add the cooked broccoli, lemon juice, sea salt, and black pepper. Toss gently to combine.
5. Remove cover from warm halibut fillets and spoon broccoli and sauce on top.

Tip: If desired, serve garnished with fresh or dried herbs.

Nutrition (per serving)

Calories: 228
Fat (g): 10
Sat. Fat (g): 1
Chol (mg): 36
Sodium (mg): 207
Carb (g): 7
Fiber (g): 3
Protein (g): 28

ReNew Food Plan (per serving):

Proteins: 3
Nuts & Seeds: 1
ns Veg: 1



Herbed Turkey Burgers

Makes 4 servings (1 servings ≈ 1 burger patty)

- 1¼ pounds lean ground turkey
- 2 tablespoons fresh parsley, finely chopped
- 2 tablespoons fresh chives, finely chopped
- 4 teaspoons extra-virgin olive oil
- 2–3 cloves garlic, minced
- 1 egg
- 1½ tablespoons coarse or whole-grain Dijon mustard
- 4 large leaves raw lettuce or collard greens

Directions

1. Place the turkey, parsley, chives, olive oil, garlic, and egg into a medium-sized bowl. Mix gently with your hands until thoroughly combined. (Be sure to wash your hands first, or wear disposable gloves.)
2. Divide the turkey mixture into four equal portions. Roll into balls and flatten into burger patties. Patties can be refrigerated for a few hours or overnight, or grilled right away.
3. Cook burgers on an outdoor grill. Place patties on the grill and cook until the underside feels firm, about 7–9 minutes. Flip burgers, cover with a lid, and cook until burgers are firm and reach an internal temperature of 160°–165° F. Do not overcook or press on burgers while they are cooking as this can press all the juice out and result in dry burgers.
4. Spread lettuce leaves or collard greens with Dijon mustard.

Tips: Burgers can also be cooked indoors using a cast iron skillet or grill pan. Heat the pan over medium-high heat and add a little oil. When hot, grill each burger patty for about 3–4 minutes on each side, or until desired doneness is reached. If desired, top burgers with onions, tomatoes, lettuce, and spinach. (Note: Toppings not included in nutritional analysis).

Nutrition (per serving)

Calories: 270
Fat (g): 16
Sat. Fat (g): 4
Chol (mg): 145
Sodium (mg): 197
Carb (g): 1
Fiber (g): 0
Protein (g): 31

Core Food Plan (per serving):

Proteins: 4
Fats & Oils: 1



Inside-Out Bison Burgers

Makes 4 servings (1 serving ≈ 1 patty)

- 1 tablespoon extra-virgin olive oil
- ½ cup diced red onion
- ½ cup diced mushrooms
- 1 tablespoon balsamic vinegar
- 2 cups spinach
- 1 small tomato, diced and drained, or 1 tablespoon tomato paste*
- 1 tablespoon Dijon mustard
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 16 ounces grass-fed ground bison
- 8 outer leaves of romaine lettuce

Nutrition (per serving):

Calories: 222
Fat (g): 12
Sat. Fat (g): 4
Chol (mg): 62
Sodium (mg): 261
Carb (g): 5
Fiber (g): 2
Protein (g): 25

ReNew Food Plan (per serving):

Proteins: 3
ns Veg: 1
Fats & Oils: 0.5

Directions

1. Heat oil in a skillet over medium-high heat. Add onion and cook for 4 minutes. Reduce heat to medium.
2. Stir in diced mushrooms and balsamic vinegar and cook for 5 minutes, stirring occasionally.
3. Add spinach and tomatoes and cook for another minute. Stir in mustard and turn off heat. Season with salt and pepper.
4. Drain off excess liquid before placing spinach mixture in the refrigerator to cool for 15 minutes.
5. Form bison into four equally-sized balls. With your fingers or a spoon, make a well in the center of each ball. Stuff about 2 tablespoons of the cooled spinach mixture inside each ball. Seal the top and flatten to form a patty.
6. Grill or broil your burgers:
 - To grill: Heat a grill pan using a little oil. When hot, grill each patty for about 2–3 minutes on each side or when desired doneness is reached.
 - To broil: Set oven broiler to high. Place patties on a foil-lined baking sheet on top oven rack. Broil for about 3 minutes, flip patties over, and broil for about another 2 to 3 minutes or until burgers reach desired doneness.
7. Let the burgers rest for a couple of minutes.
8. To serve, place burger between two romaine leaves

*Omit tomato and tomato paste if avoiding nightshades.



Lemon Avocado Salad VE

Makes 2 servings

- 4 cup arugula and mixed spring greens
- 1 green onion, chopped
- ¼ avocado
- 2 tablespoons balsamic vinegar
- 2 teaspoons fresh lemon juice
- 1 pinch sea salt
- 1 pinch black pepper
- 2 tablespoons extra-virgin olive oil

Directions

1. Place greens and green onion in a medium bowl.
2. For the creamy avocado vinaigrette: in a small food processor, combine the avocado, vinegar, lemon juice, salt, and pepper. Blend until mixture is smooth and creamy. With processor running on low, drizzle olive oil through the opening until just combined.
3. Toss the vinaigrette with the greens and serve.

Nutrition (per serving):

Calories: 176
Fat (g): 18
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 74
Carb (g): 5
Fiber (g): 1
Protein (g): 2

ReNew Food Plan (per serving):

Fats & Oils: 3.5
ns Veg: 1



Lemon Cashew Kale Salad VE

Makes 2 servings

- 1 tablespoon extra virgin olive oil
- 1 tablespoon lemon juice
- 1 pinch freshly ground black pepper
- 3–4 cups fresh kale, chopped ribbon style
- ½ teaspoon sea salt
- ¼ cup raw cashews, finely chopped

Directions

1. In a small bowl, whisk together olive oil, lemon juice, and black pepper. Set aside.
2. Place kale in a large bowl. Massage it by hand with sea salt for two minutes until the kale is soft and dark green. (You may want to set a timer, as it is necessary to tenderize the kale for this long.) It will shrink quite a bit.
3. Add the olive oil mixture and the chopped cashews to the kale. Toss until the kale is evenly coated. Serve immediately.

Tip: Leftovers will keep well in the refrigerator for a day or two.

Nutrition (per serving):

Calories: 214
Fat (g): 15
Sat. Fat (g): 3
Chol (mg): 0
Sodium (mg): 523
Carb (g): 17
Fiber (g): 3
Protein (g): 7

ReNew Food Plan (per serving):

ns Veg: 2
Nuts & Seeds: 2
Fats & Oils: 1.5



Mediterranean Egg and Vegetable Scramble VO

Makes 4 servings

- 8 organic eggs
- 1 tablespoon extra-virgin olive oil
- ½ cup onion, diced
- 2 cloves of garlic, minced
- 1 cup greens of choice (spinach, kale, watercress, chard, etc.), chopped
- ¼ cup tomatoes, diced*
- ¼ cup kalamata olives, diced
- ½ teaspoon dried basil
- 1 dash cayenne pepper*
- 1 pinch black pepper
- 1 avocado, sliced into 8 segments

Nutrition (per serving):

Calories: 314
Fat (g): 25
Sat. Fat (g): 5
Chol (mg): 424
Sodium (mg): 386
Carb (g): 9
Fiber (g): 2
Protein (g): 14

ReNew Food Plan (per serving):

Fats & Oils: 3.5
Proteins: 2
ns Veg: 2

Directions

1. Whisk eggs in a bowl. Set aside to bring to room temperature.
2. Heat oil in a skillet over medium-high heat and sauté onion and garlic for 2 minutes, or until softened. Reduce heat to medium low.
3. Add greens, tomatoes, olives, and seasonings. Cook for another 2–4 minutes, stirring frequently until greens are tender.
4. Add eggs to the mixture and scramble until done but not dry.
5. Divide eggs evenly onto four plates. Season with sea salt and pepper to taste.
6. Top each egg mixture with two slices of avocado each.

*Omit tomatoes and cayenne pepper if avoiding nightshades.



Nightshade-Free Curry Powder VE

Makes about 5 tablespoons (1 serving = 1 teaspoon)

- 4 teaspoons ground turmeric
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons dried cilantro
- 2 teaspoons ground ginger
- 1 teaspoon mustard powder
- 1 teaspoon ground cardamom
- ½ teaspoon black pepper
- ½ teaspoon ground cinnamon
- ½ teaspoon of any of the following:
 - fenugreek, curry leaf, clove, anise, mace, star anise, caraway, nutmeg, garlic powder

Nutrition (per serving):

Calories: 6
Fat (g): 0
Sat. Fat (g): 0
Chol (mg): 0
Sodium (mg): 1
Carb (g): 1
Fiber (g): 2
Protein (g): 0

Directions

1. Mix all ingredients together thoroughly.
2. Store in airtight container at room temperature.



Nut Cheese VE

Makes 2 cups (1 serving ≈ ¼ cup)

- 1 cup raw almonds, raw cashews, or raw macadamia nuts
- ½ teaspoon sea salt, plus a pinch for soaking
- 3 tablespoons water
- 2 tablespoons extra-virgin olive oil
- 4 teaspoons lemon juice

Directions

1. Place the nuts in a large bowl. Fill bowl with filtered water and a pinch of salt. Cover and soak. If using almonds, soak for 24 hours. If using cashews or macadamia nuts, soak for 6 hours or longer.
2. Drain the nuts in a colander and rinse thoroughly until the water runs clear.
3. Place the nuts in a food processor or high-speed blender with the remaining ingredients.
4. Process until smooth and creamy. The mixture should have a ricotta cheese-like texture.

Tip: Mixture stores well in the refrigerator for up to 5 days.

Note: Nutrition analysis is provided for almonds.

Nutrition (per serving):

Calories: 137
Fat (g): 13
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 120
Carb (g): 4
Fiber (g): 1
Protein (g): 4

ReNew Food Plan (per serving):

Nuts & Seeds: 2.5
Fats & Oils: 0.5



Nut Porridge VE

Makes 2 servings

- 2 tablespoons dried coconut flakes (unsweetened)
- 2 tablespoons pumpkin seeds
- 2 tablespoons ground flax seeds
- 2 tablespoons chia seeds
- ¼ cup raw walnuts
- ½ teaspoon ground cinnamon
- ⅛ teaspoon sea salt
- 1 cup boiling water

Directions

1. Combine all dry ingredients in a high-speed blender and blend until finely ground.
2. Pour boiling water into blender, cover with lid, and blend. Start on low setting and gradually move to high. Blend until porridge is smooth.
3. Transfer porridge to a bowl and garnish with organic berries.

Tips: Walnuts can be replaced with a different nut of choice. Consider soaking the nuts and seeds for 8–12 hours or overnight (be sure to drain and rinse well) to improve digestibility. Make sure nuts and seeds are dry before blending in blender. If desired, top the porridge with organic berries. (Note: Berries are not included in the nutritional analysis).

Nutrition (per serving):

Calories: 265
Fat (g): 20
Sat. Fat (g): 5
Chol (mg): 0
Sodium (mg): 133
Carb (g): 16
Fiber (g): 5
Protein (g): 9

ReNew Food Plan (per serving):

Nuts & Seeds: 6



Raspberry Chia Seed Pudding VE

Makes 4 servings

- 2 cups organic raspberries, divided
- ¾ cup full-fat coconut milk
- ¼ teaspoon sea salt
- ½ teaspoon real vanilla extract
- ½ teaspoon cinnamon
- ½ cup chia seeds
- ½ cup dried coconut flakes (unsweetened)
- 2 tablespoons hemp seeds
- ¼ cup raw walnuts, finely chopped

Directions

1. In a blender, purée 1 cup of raspberries with coconut milk until smooth.
2. Place salt, vanilla, cinnamon and chia seeds in a bowl. Pour the raspberry mixture into the bowl and stir to combine. Seal in an airtight container in the refrigerator for 12 hours or overnight. This mixture will become thicker and pudding-like.
3. When ready, give mixture a stir. Divide into four small bowls and top with coconut, hemp seeds, walnuts, and remaining berries.

Tips: Using different types of berries and nuts can enhance the variety and nutritional density of this recipe. One serving of this recipe makes a great breakfast or mid-day snack.

Nutrition (per serving):

Calories: 350
Fat (g): 28
Sat. Fat (g): 11
Chol (mg): 0
Sodium (mg): 125
Carb (g): 22
Fiber (g): 12
Protein (g): 9

ReNew Food Plan (per serving):

Nuts & Seeds: 4.5
Fats & Oils: 2.5
Fruits: 0.5



Roasted Beets & Greens VE

Makes 4 servings

- 1–2 bunches trimmed beets (about 4–8 medium beets)
- 1½ tablespoons extra-virgin olive oil
- 1 lemon, juiced (approx. 3 tablespoons juice)
- 2 teaspoons coconut aminos
- 1 clove garlic, minced
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 4 cups baby spinach or spring mix, divided
- 1 cup fresh parsley
- ¼ large red onion, sliced

Directions

1. Preheat oven to 400° F.
2. Rinse and dry beets, then wrap each one in foil.
3. Roast until tender (about 1 hour). Let cool, then peel and dice.
4. Whisk together olive oil, lemon juice, coconut aminos, garlic, sea salt, and pepper. Toss with beets.
5. For each serving, toss ½ cup dressed beets with 1 cup spinach or spring mix and ¼ cup parsley. Top with red onion slices.

Nutrition (per serving):

Calories: 113
Fat (g): 5
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 286
Carb (g): 15
Fiber (g): 3
Protein (g): 3

ReNew Food Plan (per serving):

ns Veg: 3
Fats & Oils: 1



Roasted Radishes V VE VL *(depending on the type of cooking fat used)*

Makes 4 servings

- 4 cups radishes (about 3 bunches), trimmed and quartered
- 2 tablespoons ghee or unrefined coconut oil, melted
- ½ teaspoon salt

Directions

1. Preheat the oven to 375° F. Line a rimmed baking sheet with parchment paper or silicone liner for easier cleanup.
2. In a small bowl, toss the radishes with the melted ghee.
3. Spread in a single layer on the prepared baking sheet and sprinkle with the salt.
4. Roast for 20 to 25 minutes, until the radishes are fork-tender and start to turn golden brown.

Tips: Roasted radishes have a texture that is similar to potatoes. Daikon radishes can be used in place of regular radishes to enhance nutritional density and support detoxification. If using ghee, select a brand made with organic butter from grass-fed cows.

Nutrition (per serving):

Calories: 84
Fat (g): 7
Sat. Fat (g): 4
Chol (mg): 17
Sodium (mg): 266
Carb (g): 4
Fiber (g): 2
Protein (g): 1

ReNew Food Plan (per serving):

Fats & Oils: 1.5
ns Veg: 1



Roasted Rosemary Almonds **V** **VE** **VL** (depending on the type of cooking fat used)

Makes 16 servings (1 serving ≈ 2 tbsp.)

- 1 tablespoon ghee or unrefined coconut oil
- 2 cups raw whole almonds
- 2 tablespoons dried rosemary
- 2 teaspoons sea salt
- ¼ teaspoon black pepper

Directions

1. Melt the ghee or coconut oil in a large skillet over medium-low heat.
2. Add in the almonds and stir until well coated. Add the rosemary, salt, and pepper.
3. Toast the almonds in the skillet for about 8 to 12 minutes. Stir often to avoid burning. Transfer the nuts to a plate and cool to room temperature.

Tip: If using ghee, select a brand made with organic butter from grass-fed cows.

Nutrition (per serving):

Calories: 112
Fat (g): 10
Sat. Fat (g): 1
Chol (mg): 2
Sodium (mg): 236
Carb (g): 4
Fiber (g): 2
Protein (g): 4

ReNew Food Plan (per serving):

Nuts & Seeds: 2.5



Sautéed Swiss Chard **VL** **VE** *(depending on the type of cooking fat used)*

Makes 4 servings

- 1 pound Swiss chard (about 1 large bunch), well rinsed
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon ghee or unrefined coconut oil
- 1 medium onion, sliced thin in rings cut in half
- 1 clove garlic, finely chopped
- ¼ teaspoon black pepper

Directions

1. Cut stems and center ribs from chard, discarding any tough portions, then cut stems and ribs crosswise into 2-inch pieces. Stack chard leaves and roll up lengthwise into tight cylinders. Cut cylinders crosswise to make 1-inch-wide strips.
2. Heat olive oil and ghee or coconut oil in a large heavy pot over medium heat until foam subsides, then cook onions and garlic, stirring occasionally, until onions begin to soften, about 8 minutes.
3. Add chard stems, ribs, and pepper to the pot. Cover and cook, stirring occasionally, until stems are just tender, about 10 minutes.
4. Add chard leaves in batches, stirring each until wilted before adding next batch. Cover and cook stirring occasionally until tender, 4 to 6 minutes. Transfer with the sautéed stems and ribs to a bowl and serve.

Tips: Chard can be washed, dried, and cut two days ahead and chilled in sealed bags lined with dampened paper towels. Chard can be cooked four hours ahead and reheated over low heat on stove or in a microwave oven. If using ghee, select a brand made with organic butter from grass-fed cows.

Nutrition (per serving):

Calories: 93
Fat (g): 7
Sat. Fat (g): 3
Chol (mg): 9
Sodium (mg): 244
Carb (g): 7
Fiber (g): 2
Protein (g): 2

ReNew Food Plan (per serving):

Fats & Oils: 1.5
ns Veg: 1



Shaved Brussels Sprouts with Leeks & Pomegranate V VE

(depending on the type of cooking fat and stock used)

Makes 6 servings (1 serving ≈ ¾ to 1 cup)

- 2 pounds Brussels sprouts
- 1 tablespoon ghee or extra-virgin olive oil
- 1 leek, sliced, white part only
- 2 cloves garlic, minced
- ¾ cup bone broth or stock of choice
- ¾ teaspoon sea salt
- ½ teaspoon black pepper
- ¼ cup pomegranate seeds

Directions

1. Shred the Brussels sprouts using the grater attachment on a food processor or a mandolin.
2. Melt ghee or olive oil in a large saucepan or stockpot over medium-high heat.
3. Place the Brussels sprouts, leek, and garlic in the saucepan. Sauté for 5 minutes.
4. Add the broth, salt, and pepper. Cover and steam for 5 minutes, until the Brussels sprouts are bright green and tender, and most of the broth is cooked down.
5. Garnish with pomegranate seeds and serve warm.

Tip: If using ghee, select a brand made with organic butter from grass-fed cows.

Nutrition (per serving):

Calories: 97
Fat (g): 3
Sat. Fat (g): 1
Chol (mg): 6
Sodium (mg): 281
Carb (g): 16
Fiber (g): 6
Protein (g): 5

ReNew Food Plan (per serving):

ns Veg: 3
Fats & Oils: 0.5



Southwestern Egg Muffins VO

Makes 4 servings (1 serving ≈ 3 muffins)

- 10 organic eggs
- 1 tablespoon extra-virgin olive oil
- 1 onion, finely diced
- 4 cloves garlic, minced
- 1 red bell pepper, diced*
- 1 cup spinach, chopped
- ½ teaspoon cumin
- ½ teaspoon turmeric
- ½ teaspoon chili powder or chipotle powder*
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- ½ jalapeño, minced*
- ¼ cup cilantro, minced
- Unrefined, organic coconut oil for greasing muffin tins

Directions

1. Preheat oven to 350° F.
2. Whisk eggs in bowl and set aside until they are room temperature.
3. Heat oil in a skillet over medium-high heat and sauté onion for 5 minutes, or until softened. Reduce heat to medium low.
4. Add garlic and stir to combine. Add peppers (if using), spinach, and seasonings. Cook for 3 minutes, stirring frequently.
5. Remove the skillet from heat. When mixture has cooled slightly, stir in cilantro. Then add to the eggs in the bowl and stir to combine.
6. Rub a little coconut oil in a 12-count muffin tin or line with muffin liners. Divide the egg mixture between the 12 muffin tins and bake egg muffins for 20 minutes or until a knife inserted in the center comes out clean.
7. Let cool slightly before removing and serving. May be frozen and reheated.

Tip: These muffins make an excellent on-the-go breakfast or quick snack that is full of lean protein, healthy fat, and lots of vegetables.

*Omit bell pepper, chili or chipotle powder, and jalapeño if avoiding nightshades.

Nutrition (per serving):

Calories: 248
Fat (g): 16
Sat. Fat (g): 4
Chol (mg): 530
Sodium (mg): 308
Carb (g): 8
Fiber (g): 2
Protein (g): 17

ReNew Food Plan (per serving):

Fats & Oils: 1
Proteins: 2
ns Veg: 2



Spiced Turkey and Zucchini Meatballs

Makes 4 servings (1 serving = 3 meatballs)

- 1 pound ground turkey
- 1 small zucchini, grated
- 2 tablespoons shallots, minced
- 1 garlic clove, minced
- 1 large organic egg, beaten
- 1 teaspoon dried oregano
- ¾ teaspoon sea salt
- ½ teaspoon aleppo pepper or ¼ teaspoon crushed red pepper flakes*
- ½ teaspoon fennel seeds, minced or crushed
- ½ teaspoon dried sage
- 2 tablespoons avocado oil
- Fresh basil or chives, chopped (for garnish)

Nutrition (per serving):

Calories: 215
Fat (g): 11
Sat. Fat (g): 2
Chol (mg): 144
Sodium (mg): 512
Carb (g): 3
Fiber (g): 1
Protein (g): 27

ReNew Food Plan (per serving):

Proteins: 3.5
ns Veg: 0.5

Directions

1. Preheat the oven to 400° F.
2. In a large bowl, combine all of the ingredients except the avocado oil and basil. Mix well. Using wet hands, form the mixture into 12 balls.
3. Using a large oven-safe sauté pan or cast iron skillet, heat the avocado oil over medium-high heat.
4. Place the meatballs in the hot pan, leaving space between them. Use a large spoon to turn the meatballs gently and cook until brown (about 30 seconds per side).
5. Once meatballs are thoroughly browned, remove the sauté pan from the stovetop and place in the preheated oven. Bake until the meatballs feel firm to the touch (about 8 to 10 minutes).
6. Garnish with basil and serve.

Tip: Depending on the size of your sauté pan, you may need to cook the meatballs in batches. Overcrowding the pan will keep the meatballs from browning well.

*Omit the aleppo pepper and red pepper flakes if avoiding nightshades.



Steamed Spinach with Fresh Lemon VE

Makes 2 servings

- 9 ounces baby or trimmed regular spinach
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice, plus lemon wedges for garnish
- 1/8 teaspoon sea salt

Directions

1. Fill a medium saucepan with about 1-2 inches of water and fit with a steamer insert. Bring to a boil, add spinach, and reduce to a simmer. Cover and steam until spinach has wilted, about 2 minutes.
2. Transfer spinach to a glass serving bowl. Toss with oil, lemon juice, and salt. Garnish with lemon wedges. Serve immediately.

Nutrition (per serving):

Calories: 90
Fat (g): 7
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 218
Carb (g): 5
Fiber (g): 3
Protein (g): 4

ReNew Food Plan (per serving):

Fats & Oils: 1.5
ns Veg: 1



Turkey Sausage Patties

Makes 4 servings (1 serving = 2 patties)

- 1 pound lean ground turkey
- 2½ teaspoons fennel seeds
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon sweet paprika*
- ½ teaspoon crushed red pepper flakes*
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 tablespoon avocado oil

Directions

1. In a bowl, combine the ground turkey and all of the dry ingredients.
2. Using your hands or a large spoon or fork, mix ingredients thoroughly, making sure the spices are well mixed into the ground turkey.
3. Form the meat into 8 equal-size patties.
4. Heat the oil in a large nonstick skillet over medium-high heat.
5. Sauté the patties until brown on both sides, and until the internal temperature reaches 165° F (about 8 to 10 minutes).

*Omit the paprika and red pepper flakes if avoiding nightshades.

Nutrition (per serving):

Calories: 201
Fat (g): 12
Sat. Fat (g): 2
Chol (mg): 73
Sodium (mg): 318
Carb (g): 2
Fiber (g): 1
Protein (g): 24

ReNew Food Plan (per serving):

Proteins: 3.5
ns Veg: 0.5



Vegetable Shirataki Noodle Stir-Fry VE

Makes 4 servings

- 3 tablespoons toasted sesame oil, divided
- 1 medium onion, thinly sliced and halved
- 2–3 garlic cloves, minced
- ¼ pound fresh shiitake mushrooms, stems discarded, caps sliced
- 2–3 tablespoons coconut aminos
- ½ pound fresh or frozen broccoli, cut into small florets
- 4 ounces bamboo shoots, sliced
- 1 tablespoon fresh ginger, grated
- 2 teaspoons sesame seeds
- ½ teaspoon red pepper flakes*
- 1 quart water
- 16 ounces shirataki noodles

Nutrition (per serving):

Calories: 243
Fat (g): 12
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 248
Carb (g): 34
Fiber (g): 6
Protein (g): 6

ReNew Food Plan (per serving):

ns Veg: 5
Fats & Oils: 2.5

Directions

1. In a large skillet or wok, heat 2 tablespoons of the sesame oil over medium heat. Add the onions, garlic, shiitake mushrooms, and coconut aminos. Cook until onions are tender. (If the pan becomes too dry, add some water.)
2. Add the remaining sesame oil to the skillet, then add the broccoli, bamboo shoots, ginger, sesame seeds, and pepper flakes. Stir until the broccoli is crisp-tender, about 4 to 5 minutes.
3. While the vegetables are cooking, bring the water to a boil in a large saucepan. Rinse the shirataki noodles in a colander under cold running water for about 15 seconds and drain. Add the noodles to the boiling water and cook for 3 minutes. Drain the noodles and put back in the dry saucepan over low heat, stirring until the noodles are dry.
4. Add noodles to the vegetables. Toss over medium-high heat until well-blended and heated through.

Tip: Shirataki noodles are a soluble source of plant fiber that helps with appetite control and blood sugar stability.

*Omit red pepper flakes if avoiding nightshades.



Zucchini Noodles with Pesto and Organic Tempeh V VE VL

(depending on the type of cooking fat used)

Makes 2 servings

- 2 cups zucchini, spiral cut or julienned into noodles
- ½ teaspoon sea salt
- 2 teaspoons ghee or unrefined coconut oil
- 1 medium to large sweet onion, diced
- 8 ounces organic tempeh, diced
- 2 tablespoons dairy-free pesto (recipe on page 23)

Directions

1. Place the zucchini in a strainer over a larger bowl or in the sink. Sprinkle with sea salt and toss to coat. Allow the zucchini to sit for 15–20 minutes to allow excess liquid to drain.
2. Wrap zucchini in a few paper towels and squeeze gently to remove any remaining moisture. Wrap again in fresh paper towels and set aside.
3. In a large skillet, melt ghee or coconut oil. Add onion and sauté over medium heat until translucent. Add tempeh and sauté for 3–5 more minutes.
4. Add the zucchini noodles to the skillet and cook for 3–4 minutes, stirring occasionally, until the zucchini noodles are tender.
5. Add pesto to the skillet. Toss to coat noodles and serve immediately.

Tips: If you don't own a spiralizer, you can find zucchini already prepared as "zoodles" in some grocery stores. Alternatively, zucchini can be sliced or julienne cut. If using ghee, select a brand made with organic butter from grass-fed cows.

Nutrition (per serving):

Calories: 419
Fat (g): 25
Sat. Fat (g): 6
Chol (mg): 12
Sodium (mg): 132
Carb (g): 29
Fiber (g): 2
Protein (g): 26

ReNew Food Plan (per serving):

Fats & Oils: 3
ns Veg: 3
Proteins: 2
Nuts & Seeds: 1
Legumes: 0.5