

# Simple Healing Recipes

(These recipes are gluten free, alkalizing, healing for adrenals, hormone & blood sugar balancing, great for candida cleanse)

**These recipes are great for breakfast lunch or dinner**

## **Dark Meat 'Delish'**

Organic chicken thighs

Thickly chopped onions and turnips

Cook chicken thighs in their own juice with onions and turnips. Sprinkle with Himalayan or Celtic sea salt, turmeric and garlic powder. Cover and low simmer for 30 min. Steam kale and serve. **Chicken=protein+fat (dark meat), turnips=carb, kale=non starchy vegetable**

**This is a yummy and hearty meal and very strengthening**

## **Wild Salmon, Snow Peas and Bok Choy**

Wild Sockeye or Alaskan salmon

Bok Choy chopped

Leeks- clean well and thinly slice

Snow peas

Quinoa (see cooking methods)

**Preparation-** Sautee vegetables in coconut oil for 4-5 minutes, lightly sprinkle sea salt as they are cooking.

Water boil salmon for 10 minutes only

Serve salmon over vegetables with quinoa. **Salmon=protein, coconut oil=fat, quinoa=carb, bok choy, snow peas and leeks=non starchy vegetables**

## **Coconut Chicken**

Organic chicken tenders

Broccoli- cut into big pieces include stem

Sweet onions- cut into thick chunks

Brown rice- short grain (see cooking methods)

**Preparation-** boil chicken in skillet w/onions and 1 cup of water for 25 minutes and lightly sprinkle with Himalayan pink salt. In the last 5 minutes pour one can of coconut milk into sauté pan and heat for 3 minutes.

## **Chicken Quinoa Salad**

### **Ingredients**

1 chicken breast

2/3 cup of cooked quinoa

2 cups of spinach

2 medium tomatoes (if you are not acidic)

1/2 cucumber

1 avocado

2 shallots

1 garlic clove, minced

Juice of 1/2 lemon, 2 Tbsp. olive oil, Sea salt

### **Preparation**

Cook the quinoa as directed.

Chop up the chicken and pan-fry with the minced garlic until cooked thoroughly (about 5 minutes).

Now chop up the veggies, toss everything in a bowl and serve

## Roasted Chicken with Vegetables

Here's a simple roasted chicken recipe that contains lots of healthy vegetables and plenty of delicious herbs and spices. Several of these ingredients (for example the rutabaga, garlic, onion, olive oil and more) have antifungal properties too. Enjoy!

Ingredients (4 servings)

- 1 onion, cut into 8 wedges
- 1 fennel bulb, trimmed, halved and cut into 1/2 inch slices
- 1 yellow pepper, cut into 1/2 inch thick strips
- 1 rutabaga, peeled, halved and cut into 1/2 inch slices
- 1 chicken, cut into 8 pieces
- 2 Tbsp. Seasoning Mix (see below)
- 2 Tbsp. olive oil
- 1 lemon, cut into 1/4 inch slices
- 6 cloves garlic, peeled and thinly sliced
- 1/2 cup black olives (packed in water)
- 1 bunch fresh thyme sprigs
- 1 cup homemade broth, chicken or vegetable

### Directions

Preheat oven to 425 degrees F (218 degrees C).

Spread onion, fennel, yellow pepper and rutabaga slices evenly in the bottom of a large roasting pan, creating a bed. Arrange chicken pieces on top of vegetables, sprinkle with seasoning mix (see below), then drizzle with olive oil. Lay lemon slices on top of chicken pieces, scatter sliced garlic and black olives into pan and tuck in a few fresh thyme sprigs. Finally, pour broth into the pan.

Roast chicken for 15 minutes at 425 degrees F (218 degrees C), remove from oven, baste with pan juices. Reduce temperature to 375 degrees F (191 degrees C), return chicken to oven. Roast chicken for about an hour more, until juices run clear and temperature reaches 165 degrees F (74 degrees C) in the thickest portion of the chicken. Let rest 10 minutes before serving. Garnish with sprigs of fresh thyme.

Seasoning Mix

- 1 Tbsp. paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1 tsp. dried rosemary
- 1 tsp. dried oregano
- 1/2 tsp. cayenne

To make the seasoning mix, simply combine all ingredients in a jar. Put a lid on the jar, then shake well until mixed.

## Farm Fresh Frittata

Soak time: 20 minutes

Prep and cook time: 1 hour Serves 12

- 1 cup quinoa (soaked in some water with juice from half lemon for 20 minutes, then drained and rinsed)

- 2 cups water or healing bone broth
- 1 dozen pastured eggs
- 1 red pepper, small dice
- 1 red onion, small dice
- 1 bunch swiss chard
- 3 cloves garlic, minced
- 1 bunch fresh basil, chopped
- 3 teaspoons sea salt

Put soaked and drained quinoa and 2 cups water in medium sauce pan and bring to boil. Reduce to simmer with lid on until cooked, 10 to 15 minutes. Remove from heat and set aside to cool. In a large mixing bowl, whisk eggs and salt; set aside.

Preheat oven to 375 degrees. Prep all veggies. Rinse and roll swiss chard and make one-inch julienne cuts across swiss chard rolls. In a large sauté pan, sauté the red onion and red pepper until golden; add garlic for one minute. Add swiss chard and sauté until wilted. Allow to cool down.

Make sure quinoa and veggies are not too hot when adding to eggs. Mix all ingredients in one large bowl. Oil a 9x13 baking dish and pour all ingredients into baking dish. Add broken pieces of goat cheese to casserole. Cover with tin foil and bake for 30 minutes. Check middle and, if it is still liquid, cover casserole and bake at 400 degrees for 10 more minutes. Remove tin foil for the last 5 minutes.

### **Trout, Sweet Onion and Bok Choy Sautee**

Water sautéed Trout

- 1 large sweet onion thinly sliced half moons
- 2 bunches of baby bok choy chopped

Sautee onions and bok choy in olive oil and add a little water as they sautee  
 Serve the cooked trout over the vegetables in their juices

### **Fish Soup**

- Wild mahi mahi sautéed in coconut oil
- Chicken broth (Organic)
- Celery (chopped)
- Red onion (chopped slender half moon)
- Daikon (chopped matchstix)
- Bok choy (chunky chopped)
- wakame or hijiki sea vegetables (avoid sea vegetables if you have a thyroid condition)
- Sunflower sprouts quinoa, butternut squash or buckwheat noodles

### **Directions:**

Allow 1Tbl. of wakame and hijiki to soak in the chicken broth for 5 minutes. Bring broth to a boil and add chopped celery, carrots, red onion and daikon. Bring down to a simmer for 10 minutes then add bok choy for 1 minute. Place cod and quinoa into a big Japanese bowl, then serve your soup into the same bowl, top with sunflower sprouts and add 1 tsp. ghee.

## **Salmon Winter Delight**

Wild Sockeye or Alaskan salmon

Sweet potatoes

Broccoli

Swiss chard

Onion

### **Preparation**

In a glass pyrex, bake salmon, sweet potatoes and red or white onion at 375° for 30-40 min. Serve onto a plate and add lightly water sautéed broccoli and red chard onto the plate.

## **Red Cabbage, Zucchini Stirfry**

½ red cabbage semi-thinly sliced

1 large onion sliced into half moons

2 medium zucchini chopped into semi-thin half moons

2 medium Yellow squash chopped into semi-thin half moons

1 package of chicken tenders

2 Tbs. Coconut oil

### **Preparation**

Cover and water boil chicken on low simmer for 25 minutes.

Sautee all of the vegetables together in a large pan in the coconut oil for 7-10 minutes. Serve vegetables in a bowl with chopped chicken on top.

**Snacks-** Leftovers from the meals the day prior are delicious, easy snack options.

## **Guacomole**

This is a quick and easy 10-minute recipe. Avocados are a really useful ingredient to create more satisfying meals while on the cleanse. And they might just give you healthier-looking skin too! You can use this guacamole throughout the week with a protein and a vegetable.

### **Ingredients**

2 avocados

Half an onion

1 clove garlic, grated

Lemon juice, fresh

Cilantro

Sea salt

### **Preparation**

Chop all the ingredients.

Add the ingredients to a bowl and mash them up thoroughly. Serve with a garnish of cilantro on top for presentation.

## **Red Lentil Soup**

Prep and cook time: 45 minutes

Serves 10

3-4 cups dried red lentils (can find in bulk section)

3 tablespoons grapeseed oil or ghee (clarified butter)

1 yellow onion, ¼-inch slices

- 1 shallot, minced
- 1 1-inch piece of ginger root, peeled and minced
- 3 cloves garlic, minced
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon cinnamon
- 2-3 teaspoons sea salt
- 1 24-ounce container of bone broth or chicken stock
- 5 cups filtered water
- 2 fresh lemons, juiced

In a stock pot, heat grapeseed oil or ghee; add onions and sauté until translucent. Add shallots, ginger, and garlic and sauté for about a minute, or until the garlic becomes slightly golden. Add all dried spices, combine, and lightly sauté for 1 more minute. Finally, add bone broth, water, lentils, and sea salt. Bring to boil, then reduce heat to simmer with lid slightly ajar. Cook on low for about 20-25 minutes or until all lentils are a gentle orange color. Add lemon juice during the last few minutes of cooking. Taste and add more sea salt if needed.

### **Cauliflower Garlic Mashed Potatoes**

Add the cauliflower and a pinch of salt to a boiling pot of water and cook until cooked through and very tender, about 10 minutes. Drain well and quickly dry well with paper towels. Add the hot cauliflower to a food processor or blender with ½ cup of chicken stock, olive oil and garlic and process until smooth. Stir in a pinch of salt and pepper and the chopped rosemary, and serve immediately.

### **Zucchini Soup**

This is a simple soup recipe that is perfect for the first stages of your Candida diet. The garlic, onion and olive oil all have antifungal properties. Add some cooked chicken or fish to the soup for your protein.

#### **Ingredients**

- 2 zucchinis
- 1 onion
- 2 garlic cloves
- 2 Tbsp. olive oil
- Sea salt
- Cooked chicken breasts

#### **Preparation**

- Steam the zucchini and onions.
- Puree the zucchini, onion, garlic cloves, olive oil and salt in your blender. Add water for desired consistency.
- Pour in bowl and serve.

### **Millet and Scallion Pancakes**

Blend 1 cup of cooked and cooled millet (see grain preparations) with 2 eggs and a dash of unsweetened almond milk. Pour into a bowl and stir in 2 chopped up scallions. Add a dash of Himalayan salt. In a skillet, melt 1 tsp. of coconut oil and fry for 5-7 minutes on each side or until brown. Serve with chicken or fish and vegetables.

### **Collard Green Burrito**

Lightly blanch a whole collard leaf then roll up inside the leaf  
Pinto beans, avocado and ground turkey or chicken.

### **Strawberries and Cream**

½ cup strawberries in a coffee cup with unsweetened coconut milk,  
Sliced almonds, cinnamon and stevia. Scrambled egg whites on the side

### **Kale Chips**

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.  
With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.  
Bake until the edges brown but are not burnt. Serve with a protein.

### **Chicken Tenders, Pinto Beans & Spinach**

Lightly sauté spinach and ½ c. cooked pinto beans in olive oil, chopped garlic and oregano  
Add chopped up cooked chicken tenders.

### **Simply Healing Chicken Salad**

Cooked chicken tenders chopped up on top of a bed of leafy greens, cucumbers, celery, scallions and topped with broccoli sprouts and chopped yam, sweet potato and butternut squash. Drizzle olive oil w/squeezed lemon and a tiny bit of pink Himalayan salt.

### **Rutabaga, Bok Choy and Onion**

Bowl of cooked bok choy and onions, ½ cup of rutabaga and turnips, leftover ground chicken or fish.  
Sauté onion for 5 minutes in coconut oil, add bok choy for last 2 minutes and serve with leftover rutabaga and a protein.

## **Desserts on the Cleanse**

### **Berries and Cream**

1 cup raspberries and strawberries in a bowl with unsweetened coconut milk,  
Sliced almonds, cinnamon and stevia. Scrambled egg whites on the side

### **Sweet Potatoes and Cream**

½ cup of cooked sweet potatoes chopped up in a bowl with unsweetened almond milk, sliced almonds, cinnamon and stevia. Scrambled egg whites on the side

### **Whey Protein Shake**

1-2 scoops of Jay Rob, MRM or Quest protein powder (make sure that it is protein isolate powder and stevia sweetened)  
1 cup of frozen berries  
unsweetened almond milk

