

Heal Your Hunger

OVER
50
RECIPES!

Recipes



HEAL YOUR HUNGER
End Emotional Eating Now

Soups, Salads, Spreads,
Sweets and Smoothie
Recipes from Celebrity
Docs, Chefs and Leaders

Welcome

Dear Friend:

I used to hate to cook. I couldn't be bothered. It took too much time, too much work, and I'd rather eat meals that were quick and easy (and cooked by someone else).

All that changed when I met my partner, who loves to cook. On one of our dates early on, he actually made me a lovely curry dish (see page 53). I was not only touched, but interested in how easy he made it seem to throw together yummy dinner dishes. We've been cooking together ever since.

I've developed a love for cooking when I reframed the experience...one from a focus on the "work and time" of cooking, to the joy of creation, collaboration and self-care.

Cooking is obviously more fun when you can do it with someone you love, like your partner or your kids. But even if you're cooking solo, with some great music and a free afternoon, you can cook a larger meal and freeze portions for another day.

The point is, when you cook, you take time for health. You also send a message that you are worthy of time and attention. Your health and wellbeing matter, and prioritizing you will have an impact on every area of your life.

I have asked some of my favorite friends and health influencers to share their best recipes for this beautiful book. Feel free to reach out to them and learn how they prioritize health and share their wisdom regarding healthy lifestyle and nutrition.

I've also added some personal information and stories about the recipes I've chosen to include.

I hope you enjoy these recipes. Please don't hesitate to reach out and let me know which ones you tried, and which ones are your favorites. You can even take photos and share them in our Facebook group called: The Secret Sauce to End Emotional Eating. I can't wait to see them!

Light & Love,

Tricia



Smoothies & Breakfast



Blueberries and Cream

Ingredients

1 cup blueberries, washed
1/4 - 1/2 cup coconut butter (whole blended coconut)
2 tablespoons lemon juice
2 tablespoons water
1 pinch of sea salt
1 pinch of stevia if desired
1/4 teaspoon
Vanilla extract

Directions

- Place water, salt, coconut butter, lemon juice, stevia, and vanilla extract in blender or Vitamix.
- Blend on high speed for several minutes, or until mixture is smooth, thick, and creamy.
- Adjust amount of water for desired consistency.
- Spoon topping over berries and serve.



Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-management system into a true health care system where every practitioner is skilled at finding the root cause of health challenges and uses scientifically proven assessments and strategies, along with the ancient healing wisdom of food and herbs to restore balance.

Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones, with a special emphasis on thyroid, adrenal, and insulin imbalances. She founded the Institute of Nutritional Endocrinology to empower health and nutrition practitioners to get to the root cause of health concerns by using functional assessments and natural therapeutics to balance the endocrine system, the body's master controller.

www.drritamarie.com



Zero Sugar Cacao Morning Smoothie

Ingredients

- 1/2 an avocado
- 1 teaspoon ground flax meal
- 2 teaspoons hemp powder
- 1 teaspoon chia powder
- 3 teaspoons raw cacao powder
- 1/8 teaspoon organic stevia (to taste)
- 1/4 teaspoon ground cinnamon
- 1 dash cayenne pepper
- 1 handful raw spinach or power greens (optional)
- 4 cups organic almond milk (unsweetened with no carrageenan)



Directions

- Place all ingredients in a Vitamix, Blendtec or other blender. Blend until smooth. This should serve about 3 people. I tend to have a big smoothie in the morning and another in the afternoon as a snack.
- Not all avocados are the same size so you may have to adjust this recipe up or down based on how creamy you like it. Avocados, ground flax, and chia powder both make your smoothie thicker. You can also add ice to this if you like yours cold. You may want to adjust the almond milk if you use ice. Add Almond butter for extra protein.
- Try, taste, tweak and make it your own! Enjoy!!!



Meg Haworth, Ph.D.

Dr. Meg Haworth is a trailblazer who shifts clients into healthy, strong, vibrant, and whole individuals ready to live inspired and meaningful lives using mind body medicine, nutrition and transpersonal psychology.

She knows firsthand what it is like to lose her health as a survivor of physical, emotional, and sexual abuse as a child, healing over a dozen illnesses (including fibromyalgia & IBS), the traumas of drowning and being struck by lightning have all made her into powerful force of healing like no other.

Dr. Meg's own proven mind-body medicine process, Whole Person Integration Technique, has assisted thousands of people to gain clarity, vibrant health, and resolution of difficult past experiences.

www.MegHaworth.com





Quick and Easy Chia Porridge

Ingredients

1/2 cup chia seeds

2 1/2 - 3 cups flavored liquid (nut or seed milk, fresh pressed vegetable juice, a smoothie, or any combination of the above, with water if desired)

1-2 teaspoons pure, organic, raw vanilla powder, vanilla extract, or other flavorings to taste

1 pinch sea salt

1 teaspoon cinnamon

Additional sweetener if needed: stevia, xylitol, blended Blueberries

Directions

- Soak chia seeds in water, juice, or smoothie for several hours or overnight. The longer you soak them, the more liquid you will need.
- Once the chia seed has absorbed all the liquid and expanded, it will be thick and gelatinous.
- Add your choice of flavorings: vanilla powder, cinnamon, or other flavorings.
- If desired, top with chopped nuts or seeds or shredded coconut.



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Cashew Yogurt

Ingredients

1 cup water

1 heaping cup raw cashews, soaked, if possible, for 4 hrs

1 teaspoon probiotic powder

- approximately 100 billion organisms

Directions

- Blend the cashews and water in a high-speed blender until smooth.
- Add the probiotic powder and blend at low speed just until it is incorporated.
- Pour mixture into a clean glass container covered with a cotton dish towel or other lid, so it's covered but not airtight.
- Options for fermenting a. Let mixture sit at room temperature in a warm location for 24 hours b. Place in dehydrator, uncovered, on lowest setting, for 24 hours c. Place in a yogurt maker, uncovered, for 24 hours
- It's done when it has tang you like. When it has this taste, cover with airtight lid and refrigerate.

* Any nuts or seeds can be combined to make yogurt. My favorite is cashew or cashew with hemp.

To make coconut yogurt, substitute the cashews with 1 -2 cups of coconut meat. Less water will be required because the coconut is wetter.



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Delicious Collagen-Boosting Smoothie Bowl with Kiwi and Berries

Ingredients

FOR THE BASE:

- 1/2 cup frozen mango
- 1 small frozen banana
- 1/2 cup plant-based milk
- 1 teaspoon blue spirulina powder
- 1/4 cup ice

FOR THE TOPPINGS:

- 1/2 kiwi, peeled and sliced
- 1/2 cup fresh mixed berries
- 2 tablespoons vegan granola
- 1 tablespoon slivered almonds

Directions

- In a high-speed blender, combine the mango, banana, milk, spirulina, and ice. Blend until smooth and creamy. If the mixture is too thick, add water 1 tablespoon at a time.
- Transfer the mixture to a bowl. Top with the kiwi, mixed berries, granola, and almonds. Enjoy immediately.



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www.drpingel.com



Gut Rejuvenator AM Starter

Ingredients

12-24 ounces of room temperature or warm water.

Options to add:

Juice of 1/2 lemon or lime

A couple of tablespoons of apple cider vinegar

Lemon essential oil, food grade

Mint essential oil, food grade

Cayenne pepper

Unrefined sea salt if you suspect adrenal fatigue

Directions

- Add water and any combination of the options, according to your preference and tolerance.



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Scrambled “No-Eggs”

Ingredients

- 1/4 cup dry sunflower seeds (soaked and then dehydrated if possible)
- 1/2 cup dry Brazil nuts or almonds (soaked and then dehydrated if possible)
- 1/4 teaspoon of sea salt
- 1/4 teaspoon powdered kelp (optional)
- 1 teaspoon turmeric
- 1/2 cup filtered water

Directions

- Place all in a food processor and process until smooth but not creamy.
- Serve on a bed of wilted arugula or spinach



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3-Step Banana Oat Pancakes

Ingredients

- 1 ripe medium banana
- 3/4 cup gluten-free rolled oats
- 1/2 teaspoon baking powder
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon sea salt
- 1/3 cup dairy-free milk
- 1 teaspoon apple cider vinegar
- 3 tablespoons aquafaba*
- 1/2 teaspoon pure vanilla extract

Directions

- In a high speed blender, combine all the ingredients and blend until smooth.
- Lightly grease a griddle over medium heat.
- Scoop 2 tablespoons at a time onto the griddle to make 6-8 pancakes. Cook 3-4 minutes per side, or until the edges are set, then flip and cook for another 2-3 minutes. Serve warm or freeze individually.
- NOTES: Aquafaba is the liquid in a can of chickpeas. Alternatively, you can soak 1 tablespoon of ground flax in 3 tablespoons of water for 5 minutes, then use that in place of the aquafaba.
- Serve plain or top with fresh bananas, walnuts, and a drizzle of maple or agave.



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www.drpingel.com



Apple Chia Breakfast Medley



Ingredients

1/4 recipe Chia Gel

1 green apple, finely diced

1/8 - 1/4 cup almonds, soaked and chopped

1/4 cup lemon juice

1/2 teaspoon cinnamon

Fresh ground ginger root (optional)

1/4 teaspoon almond extract or other essential oil or flavor of your choosing

Stevia if desired for extra sweetness

Directions

- Put Chia Gel in a bowl.
- Add apples, almonds, lemon juice, cinnamon, almond extract and, optionally, ginger. Stir until well combined.
- Add water or nut milk and thin to desired consistency, or top with optional sauce.
- Check sweetness and add stevia if desired.

Chia Gel

1/2 cup chia seeds

2 1/2 cups water

- Put chia and water into quart sized Mason jar or glass bowl that can be covered.
- Shake or mix well.
- Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store up to a week in the refrigerator.



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Strengthen My Bones Green Smoothie

Ingredients

1/2 cup water
2 tablespoons sesame seeds
1 tablespoon lime juice
2 cups kale leaves
1/8 teaspoon sea salt
1 teaspoon nettles, dried herb
1 teaspoon alfalfa,
dried herb
1 teaspoon horsetail,
dried herb
2 cups frozen blueberries
Stevia to taste, as needed

Directions

- Blend all ingredients, except the frozen fruit, in a high-speed blender until smooth.
- Add the frozen fruit and blend until creamy.

* This recipe is adapted from a recipe by Karen Osborne in Eating for Bone Health



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www.drmarie.com



Oatless Overnight Oats

Ingredients

3 tbs hemp seed
1 tbs chia seed
1 tbs ground flax
cinnamon, nondairy milk.

Directions

- In mason jar add all ingredients.
- Put in the refrigerator overnight.
- Top with fruit, pumpkin seeds, coconut or topping of your choice.



Lorraine Maita Hormone Harmonizer

Lorraine Maita, MD the Hormone Harmonizer, specializes in helping you have boundless energy, stable moods, a lean body, sharp, clear mind and balanced hormones so you can feel like yourself again.

While aging and life changes are inevitable, suffering is optional. There are safe, effective ways to balance your hormones and slow the aging process so you can get your life back.

Adult men and women are freed of the struggle to maintain their weight, lift the brain fog, stabilize mood swings, fight fatigue and harmonize their hormones. They reclaim their strength, vitality, libido, and more. She enables them to think, feel and live life fully with optimal health.

www.lorrainemaita.biz





Tricia says...

My guy eats granola with his Greek yogurt each morning, and instead of using store-bought granola (with lots of sugar), we like to make this yummy granola. It's easy to make, cheaper than store-bought, and it's healthier too! You can cook it to varying levels of crunchiness...you won't know how crunchy, until after it's out of the oven and cooled, so experiment with different cooking times until you're happy with the result. You can make larger batches that will last longer. For added fun and taste, you can also experiment with different ingredients, like chia seeds, dried berries, coconut, different nuts, etc. Enjoy!

Tricia's Groovy Granola

Ingredients

3 C of rolled oats

**1 large ripe and smashed/pureed banana
salt to flavor**

Walnut or pecan pieces

Shredded coconut

4 drops of Stevia

Hemp seeds (optional)

Raisins or dried apple pieces (optional)

**1/4 cup of Walden Farms Pancake syrup for sweetness
(optional)**

Directions

Mash the banana until it's pureed (no lumps), add stevia, and then mix all the ingredients together. If you want more sweetness, add the pancake syrup.

Lay out on a sheet pan lined with wax paper (or not). Let cook at 350 degrees for 25-30 minutes, depending on preference of crunchy or chewy (you'll have to experiment to see what you prefer). Take out of the oven and let cool completely before storing in a plastic or glass container. Enjoy with yogurt or milk...or just a little crunch wherever needed!



Soups & Salads & Snacks



Easy Homemade Hummus

Ingredients

2 cans (15 ounces each) chickpeas (reserve 1-2 tablespoons for topping)

1/4 cup tahini

1/4 cup nut milk

1 teaspoon sea salt

1/2 tablespoon cumin

3-4 garlic cloves

Pine nuts, to taste

Smoked paprika, to taste

Directions

- In a food processor, combine all the ingredients, except the reserved chickpeas, pine nuts, and paprika. Process until well-combined.
- Serve topped with the reserved chickpeas, pine nuts, and smoked paprika, or store in an airtight container until ready to be eaten.



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Dako's Miso Soup

Ingredients

- 8 cups of water
- 2 strips of Kombu
- 5 tablespoon of Organic, nongmo white miso
- 1 purple topped turnip sliced thin
- 1 cup mushrooms, sliced thin(shitake is our fav)
- 1 cup of organic, non-gmo firm tofu, cubed
- 1 teaspoon wakame
- 1/4 cup green onion, chopped
- 1 cup broccoli, chopped (optional)
- 1 cup peas (optional)
- 1 cup spinach

Directions

- Boil 8 cups of water
- Lower heat to simmer and add the kombu. Simmer for 20 minutes. Remove kombu and save. Can be used twice.

FOR THE SOUP:

- Add the turnip and mushrooms to your broth, cook over medium-low heat until tender.
- Add the cubed tofu to warm
- Crush the wakame with your fingers as you add it into the soup
- In a separate bowl, mix the 5T of Miso paste with a small amount of hot water until dissolved.
- Add the miso liquid to the broth.
- Garnish with the chopped green onion (scallion) and serve
- Note: Do not boil the liquid once the miso is added.
- We like to add extra vegetables like broccoli, spinach, and peas. You can add whatever you like. Get creative!



Jennifer Simmons, MD

Dr. Simmons was one of the leaders in breast surgery and cancer care in Philadelphia for 17 years. Passionate about the idea of pursuing health rather than treating illness, she has immersed herself in the study of functional medicine and aims to provide a roadmap to those who want to know real health.

www.realhealthmd.com



Savory Immune-Boosting Soup

Ingredients

2 medium heads cauliflower, chopped into florets
4-5 large carrots, peeled
1 large yellow onion, sliced
6-8 garlic cloves, peeled
1 tablespoon avocado oil
1 teaspoon sea salt
1 teaspoon black pepper
2 jars (16.2 ounces) roasted red peppers
1/2 teaspoon cumin
1/2 teaspoon turmeric
1/2 teaspoon ground coriander
1/2 teaspoon smoked paprika
1/4 teaspoon cayenne (optional)
3-4 cups vegetable broth
Fresh parsley, to taste
Sesame seeds, to taste
Crushed red pepper, to taste

Directions

- Preheat the oven to 400 degrees F.
- Line two large baking sheets with parchment paper, then add the cauliflower, carrots, onion, and garlic.
- Drizzle with the avocado oil, season with the salt and pepper, and use your hands to combine. Bake for 30 minutes, or until the carrots are fork tender.

Continued...



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Savory Immune-Boosting Soup cont.

- Meanwhile, in a large pot over medium heat, combine the red peppers and spices. Sauté for 5 to 7 minutes. Add in the broth, stirring to combine.
- Reduce to a simmer and cook, covered, until the other vegetables are finished roasting. Then add the roasted vegetables to the pot.
- Use an immersion blender to liquify everything, adjusting the seasonings as desired.
- Divide the soup into 6 bowls and top with fresh parsley, sesame seeds, and crushed red pepper. Serve immediately.



Carrot Ginger Turmeric Soup with Roasted Chickpeas

Ingredients

1-2 tablespoons coconut oil
1 yellow onion, chopped
3 garlic cloves, minced
1 tablespoon turmeric
1 tablespoon ginger
1 tablespoon almond butter
4-5 carrots, peeled and chopped
1 2-pound pumpkin, peeled and roughly chopped
4 cups vegetable stock
Crushed red pepper, to taste
Roasted chickpeas, to taste

Directions

- In a large pot over medium heat, warm the oil. Add in the onion, garlic, turmeric, and ginger. Cook, stirring, for 3 minutes, or until fragrant.
- Add in the almond butter, stirring to combine. Add in the carrots and pumpkin, and cook for 10 minutes, or until the carrots and pumpkin soften and begin to caramelize.
- Pour the vegetable stock over the mixture, cover, and cook for 40 minutes, or until the carrots and pumpkin are fork tender.
- Use an immersion blender to blend until well combined.
- Pour into bowls and top with the crushed red pepper and roasted chickpeas. Serve immediately.



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Turkey PHO

Grain-free noodle soup

Ingredients

- 2 TBSP of Avocado oil
- 3 Garlic cloves pressed
- 1 TBSP of fresh ginger, grated
- 3 TBSP Thai red curry paste
- 1 package of ground organic turkey
- 5 cups of chicken broth (turkey if you have it)
- 1 1/2 cups of filtered water
- 2 1/2 TBSP fish sauce
- 1 can of Organic coconut milk
- 1 package of Miracle noodles (these are made out of mushrooms) drained
- 1 package of mushrooms of your choice (washed and cut up)

FOR TOPPING:

- 1 Lime cut into 4
- Diced red onion
- Red chili flakes
- Cilantro
- Mung bean sprouts
- Radishes
- Basil

Directions

- In your instapot use the Sautee feature and put in avocado oil, when hot add the garlic, ginger, and curry paste. Sautee for a few minutes. Turn off the Sautee feature.
- Sprinkle garlic salt, garlic powder, and paprika on the ground turkey, and form into 2 to 3-inch balls, place in the Instapot
- Add all the other ingredients (except the toppings) into the instapot. Cook for 10 minutes, when the timer is done, do a quick release and serve. Make sure to put lots of your favorite toppings on top. YUM



Heather Gray (AKA Lyme Boss)

Heather is a Functional Diagnostic Nutritionist Practitioner. She found this work after 27 years of undiagnosed Lyme Disease, Celiac Disease, Hashimoto's, and Endometriosis.

She was depressed, anxious, in chronic widespread pain, constipated, exhausted, weight gain, and had horrible periods, just to name a few things.

She set out on a path to healing. She has now lost over 100lbs, her pain has lessened, no more suicidal thoughts, and has all-day energy. She now has a practice where she teaches others how to take care of themselves and get the inflammation off their body and brain. She teaches you how to be the BOSS of your health journey. You have the power. She can show you how.

discoveringhealthfdn.com



Seasonal Summer Veggie Salad Recipe

Ingredients

DRESSING:

1/4-1/3 cup extra virgin olive oil
2 tbsp balsamic vinegar
1 tbsp dijon mustard
1/2 tbsp lemon juice
1 tsp garlic powder

SALAD:

2 cucumbers
2 bell peppers
1 zucchini
20 cherry tomatoes, halved
1/4 medium red onion
1 shallot
1 large avocado
2 radishes
1/4 cup chopped green onions
1/4 cup pitted Kalamata olives (optional*)
1/4 cup chopped parsley
1/4 cup chopped dill
1/4 cup chopped basil
Sea salt and black pepper, to taste

Directions

- In a small bowl, add the dressing ingredients, whisking until well-combined. Set aside.
- In a large bowl, add all the salad ingredients.
- Pour in the dressing and use your hands or salad tongs to mix until everything is combined.
- Serve over a bed of greens, in romaine lettuce boats, or with some Otto's gluten-free crunchy French bread!



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Colorful Citrus Salad

Ingredients

1 head of butter lettuce or any leafy green lettuce,
washed and dried
2 oranges, peeled and segmented
2 grapefruits, peeled and segmented
2 tangerines, peeled and segmented
1/4 cup chopped fresh mint
2 tbsp olive oil
1/4 cup of orange juice
1 tsp grated ginger
Salt and pepper, to taste

Directions

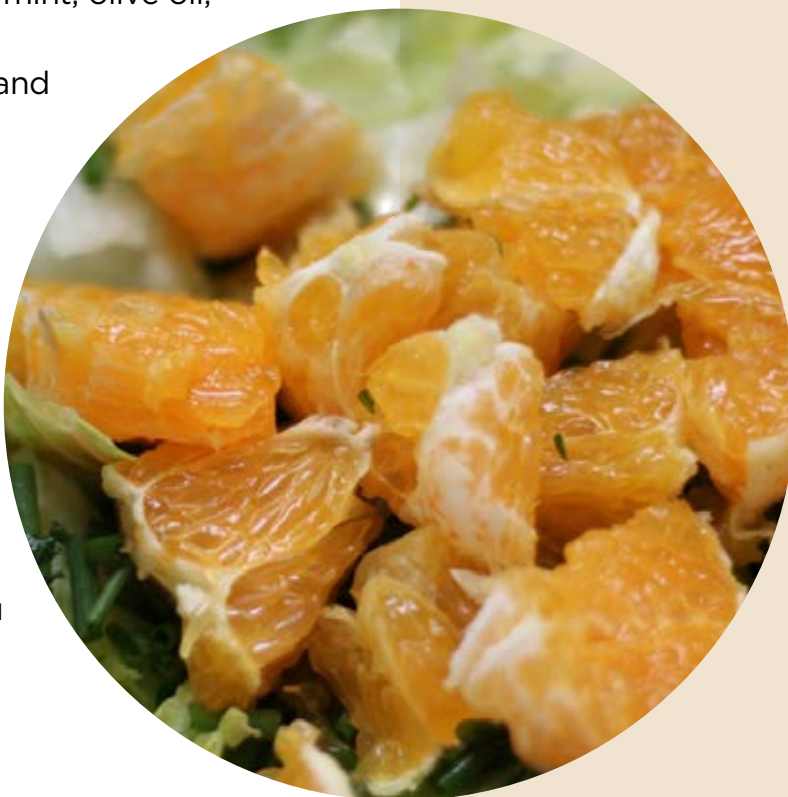
- Tear the lettuce leaves into bite-size pieces and place them in a large salad bowl.
- In a small bowl, whisk together the mint, olive oil, honey, ginger, salt, and pepper.
- Pour the dressing over the lettuce and toss gently to combine.
- Add the citrus segments and toss again to combine.
- You can also add some chopped nuts like almonds or pistachios for extra crunch.
- Let the salad sit for at least 15 minutes for the flavors to meld together.
- Divide the salad among plates and serve.

You can add any other citrus fruits you like, like lemon, lime or pomelo.



Tricia says...

There's something about a fresh citrus salad during the summer months that just make you feel so good! This recipe takes no time at all to make, but it's different enough from the normal fare, that you'll be super proud of yourself for making the effort. It's colorful and sweet, and oh-so-healthy!



Vegan Kale Caesar Salad

Ingredients

SALAD FILLING:

1 large sweet potato, diced
1 can (15.5 ounces) chickpeas, drained and rinsed
1 tbsp extra virgin olive oil
1 tsp himilayan sea salt
1 tsp black pepper
Vegan Parmesan (optional)
3 tbsp hemp seeds
3 tbsp nutritional yeast
1/2 tsp Himilayan pink salt
1 tsp garlic powder

DRESSING:

2 tbsp extra virgin olive oil or avocado oil
Juice of 1 lemon
2-3 tbsp Juice of 1 lemon
1 tbsp Dijon mustard
2 tsp nutritional yeast
1/2 tsp sea salt
1/2 tsp black pepper
1/4 cup water

SALAD BASE:

1 large bunch (about 8 cups) dinosaur kale, washed, stems removed, and chopped
1 Hass avocado, sliced

Continued...



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Vegan Kale Caesar Salad cont.

Directions

- Preheat the oven to 375 degrees F.
- On a baking sheet, place the salad filling ingredients, and toss to combine. Bake for 30 minutes.
- Meanwhile, in a food processor, combine the vegan parmesan ingredients, if using, and blend until the mixture is crumbly.
- In a high-speed blender, put the dressing ingredients and blend on high until well-combined.
- Chop the kale and place in a bowl. Add the vegan parmesan, if using, and drizzle with the dressing.
- Toss together, and serve with the sliced avocado and any desired add-ons.



Pesto Asparagus and Tomato Salad

Ingredients

16 oz. cherry tomatoes, halved

5 T olive oil

sea salt and black pepper

1 pound asparagus

2 medium zucchini

4 oz. Goat cheese

Spring mix

BASIL OIL:

1/3 C. olive oil

1 garlic clove, chopped

1 bunch of fresh basil leaves

salt and black pepper, to season



Directions

- Preheat the oven to 375F. Spread the tomatoes onto a baking tray lined with parchment paper and mix with three tablespoons of oil and season with salt and pepper. Lay them out, skin side down, on the baking tray and roast for 25-30 minutes, until semi-dried. The more dried they are the sweeter they become
- Peel and trim the woody bases from the asparagus, then transfer to a bowl and toss with one tablespoon of oil and salt and pepper.
- Slice the zucchini very thinly lengthwise and mix with a tablespoon of oil, salt and pepper.
- Grill the zucchini and asparagus, in an oven at 425, or on a preheated grill, turning after 2 minutes - or until char marks appear. Remove and leave to cool slightly.
- To make the basil oil, mix all the ingredients in a food processor (or in a bowl) until smooth.
- On a large serving platter/bowl spread out the spring mix and then lay the zucchini and asparagus over the spring mix. Top with tomatoes and crumbled goat cheese. Finish with dollops of basic sauce.



Tricia says...

This is one of our favorite salads, which can be served as a main, or as a side dish. It's great for entertaining, because it looks amazing with the bright assorted colors, and tastes delicious! The oven-roasted tomatoes should go in the oven before you begin making the other parts of the recipe. The slow roasting process brings out the natural sweetness of the cherry tomatoes.

If you don't have a grill, the zucchini and asparagus can be roasted in the oven. But a grill will add a nice flavor and grill marks for an upleveled look. (We really love to have the finished dish look AND taste great!) You can experiment with other lettuces as the base. Just replace the spring mix with something else...romaine, butter lettuce or arugula, for instance.



Tom Kha Gai (Classic Thai Soup)

Ingredients

1 lb boneless, skinless chicken thighs,
cut into bite-size pieces
3 cups chicken broth
2 cups coconut milk
2 stalks lemongrass, bruised with the back of a knife
4 kaffir lime leaves
2-3 red Thai chilies, sliced
2-3 cloves of garlic, minced
2-inch piece of ginger, thinly sliced
1 red pepper
10-12 pea pods
1/4 cup fish sauce
2 tbsp lime juice
6 drops of stevia (more or less to taste)
1/4 cup cilantro leaves, for garnish

Directions

- In a large pot, bring the chicken broth to a boil.
- Add the chicken, lemongrass, kaffir lime leaves, chilies, garlic, and ginger.
- Reduce the heat and simmer for 10-15 minutes, until the chicken is cooked through.
- Add in the vegetables.
- Stir in the coconut milk, fish sauce, lime juice, and stevia.
- Bring the soup back to a simmer and cook for another 5 minutes.
- Taste and adjust seasoning if needed.
- Serve hot, garnished with cilantro leaves.
- Serve with chopped fresh basil and sliced avocado.



Tricia says...

One of my favorite things to order at Thai restaurants is Tom Kha Gai. Between the lemongrass and the coconut milk, this soup really sings! You can serve this as a main meal, or as a soup alongside another dish. Either way, it will keep you warm and satisfied.



Entrees & Sides



Sweet Potato Black Bean Enchiladas

Ingredients

AVOCADO SAUCE:

2 medium avocados
3 cups water
Sea salt and black pepper, to taste
2-4 garlic cloves
1 teaspoon smoked paprika
1 teaspoon cumin
1 teaspoon coriander
Juice of 1/2 lime
1/3-1/2 cup fresh cilantro

ENCHILADAS:

1 large sweet potato, peeled and diced
1 teaspoon cumin
1 teaspoon garlic powder
1 teaspoon chili powder
1 teaspoon smoked paprika
1 tablespoon avocado oil
1-2 cups enchilada sauce
1-2 cups green chile enchilada sauce or salsa verde
8 almond flour tortillas
1 can (13.5 ounces) black beans
1 yellow squash, diced
1/2 red onion, diced
1 red bell pepper, diced
1-2 cups kale
Fresh cilantro, to taste

Continued...



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Sweet Potato Black Bean Enchiladas cont.

Directions

- Preheat the oven to 400 degrees F.
- In a high-speed blender, blend all the avocado sauce ingredients on high until well-combined, adding more water if needed. Adjust the spices according to your preference.
- On a large baking sheet, put the sweet potato, cumin, garlic powder, chili powder, paprika, and avocado oil, tossing to combine.
- Cook for 25 minutes, or until the sweet potatoes are fork tender, then reduce the oven temperature to 350 degrees F.
- In a 9×13 glass baking dish, add enough red and green enchilada sauce to cover the bottom.
- On a tortilla, place the sweet potatoes, black beans, squash, onion, bell pepper, kale, and a spoonful of red or green enchilada sauce. 7. Roll the tortilla and place in the baking dish. Continue this process until all 8 tortillas are in the dish. Bake at 350 degrees F for 30 minutes. 8. Remove from the oven and top with any leftover kale, if desired. Pour the avocado sauce on top. 9. Top with the fresh cilantro to taste and serve immediately. Enjoy!



Sweet Potato Curry



Ingredients

- 1-1/2 cups cubed organic, non-GMO tofu
- 1/2 cup coconut aminos
- 1 cup black rice
- 3 tablespoons coconut or avocado oil, divided
- 1/4 cup chopped white onion
- 3-4 garlic cloves, minced
- 1 tablespoon turmeric
- 1 tablespoon coriander
- 1 tablespoon Indian curry powder
- 2 teaspoons fennel seeds
- 2 teaspoons cumin
- 2 teaspoons ginger
- 1 large sweet potato, chopped into small chunks
- 1 (15-ounce) can coconut cream
- 2 cups mixed vegetables (such as broccoli, carrots, cauliflower, and peas)

Directions

- Put the tofu in a medium bowl and cover with the coconut aminos, using your hands to toss. Place in the refrigerator to marinate for at least 15 minutes.
- Cook the rice according to package instructions.
- Meanwhile, in a large saucepan over medium heat, heat 1 tablespoon of the coconut or avocado oil.
- Add in the onion, garlic, turmeric, coriander, curry powder, fennel seeds, cumin, and ginger. Stir continuously and sauté for 4 to 5 minutes, or until fragrant. Add in the sweet potatoes and sauté for another 2 to 3 minutes.
- Add in the coconut cream, and let simmer for 20 to 30 minutes, or until the sweet potatoes are soft and fork tender.



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Easy Roasted Veggies

Ingredients

1 lb mixed vegetables (such as broccoli, cauliflower, bell peppers, onion, zucchini, carrots, etc.)

2 tbsp olive oil

Salt and pepper, to taste

1 tsp dried herbs (such as thyme, oregano, or rosemary) (optional)

Directions

- Preheat the oven to 425 degrees F (220 degrees C).
- Cut the vegetables into similar size pieces so they cook evenly.
- In a large bowl, toss the vegetables with the olive oil, salt, pepper, and dried herbs (if using).
- Spread the vegetables on a baking sheet in a single layer.
- Roast in the preheated oven for 20-25 minutes, until the vegetables are tender and slightly browned.
- Stir the veggies half way through the cooking time.
- Serve hot as a side dish or add some protein like chicken or tofu to make it a complete meal.
- You can customize this recipe to your liking, you can use any vegetables you have on hand and adjust seasoning as desired.



Tricia says...

This is our absolute “go-to” when we are throwing together a meal. These roasted veggies are great alongside almost any meat dish. Remember to keep it cheerful, with various colored veggies. Experiment with different veggies each time, and discover your favorites. Regardless of which vegetables you use, this is an easy, quick way to enjoy eating vegetables.



Roasted Cauliflower Steaks with Egyptian Dukkah



Ingredients

FOR THE CAULIFLOWER:

2 (1.5-inch) cauliflower steaks, cut core to crown

1/4 cup olive oil, divided

Sea salt and pepper, to taste

1 tablespoon chopped parsley

FOR THE DUKKAH:

2 tablespoons raw walnuts

2 tablespoons raw macadamia nuts

2 tablespoons raw pistachios

2 tablespoons sesame seeds

1/2 tablespoon fennel seeds

1/2 teaspoon ground cumin

1/2 teaspoon ground coriander

Directions

- To make the cauliflower: Preheat oven to 400 degrees F. Rub each steak with 1 tablespoon of the olive oil and place on a sheet pan. Season with the salt and pepper.
- Transfer the pan to the oven and roast for 25 minutes per side, or until golden and tender.
- To make the dukkah: In a skillet over medium-low heat, toast the walnuts, macadamia nuts, and pistachios for 1 minute. Add the sesame seeds, fennel seeds, cumin, and coriander and toast another minute, stirring often, until fragrant.
- Transfer the nut mixture to a food processor and pulse until coarsely chopped. Be careful not to over process.
- Serve the cauliflower steaks drizzled with remaining olive oil and sprinkled with dukkah and enjoy!

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Broccoli with “Cheese”



Ingredients

4 cups broccoli, chopped into small florets

- 1 lemon or lime, juice of
- 1 teaspoon salt
- 1-2 cloves garlic (optional)
- herbs and seasonings as desired (optional)
- 1 recipe Creamy Nut Cheese (next page)

Directions

- Rinse and chop broccoli and place in a bowl.
- Cover broccoli with salt and massage until it has softened.
- Add half the lemon juice and massage again.
- In a separate bowl, combine remaining lemon juice with oil to make a marinade.
- Press garlic, if desired, into the marinade mixture and stir or shake well.
- Add herbs or seasonings if desired and mix well.
- Pour dressing over broccoli and massage marinade into the broccoli.
- Allow to sit at room temperature for 15 minutes or longer preferably in a salad press.
- Place broccoli in a shallow bowl or on a baking sheet.
- Top broccoli with “cheese”.
- Dehydrate at 105°F for 3-4 hours until tender.
- If you leave the broccoli in the dehydrator for longer than 6 hours, it will get rubbery. Serve warm.



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Creamy Nut Cheese

Ingredients

- 1 cup cashews, macadamia nuts or a combination, soaked 4 - 6 hours if possible
- 1 large lemon, juice of
- 1/2 cup water
- 1/4 teaspoon sea salt
- 1 tablespoon nutritional yeast (optional) - gives a more “cheesy” flavor

Directions

- Put all ingredients into blender or Vitamix.
- Blend on high speed for several minutes. Mixture should be thick and creamy.
- Adjust amount of water for desired consistency.

Other Variations:

- Other nuts, like pine nut, Brazil nuts or almonds can be substituted for the cashews or macadamia nuts. The resulting cheese will not be as white and creamy as when using cashews and macadamia nuts, and the taste will be somewhat stronger.
- For “cheddar cheese”, use red bell pepper instead of all or part of the water. Put the red bell pepper in the blender and blend until liquefied. Add a little bit of water if needed to get the blender moving. Add the remaining ingredients, except the water, and blend. Add water if needed to thin to desired consistency.



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Green Beans Almondine

Ingredients

1 pound green beans, washed, trimmed and, if ambitious, cut in half lengthwise 1/4 cup lime juice

2 tablespoons olive oil

1 cup mushrooms, finely chopped

1 teaspoon sea salt or to taste

1 cup almonds, preferably soaked, rinsed and dehydrated

Directions

- Combine lime juice and olive oil in a bowl to make the dressing.
- Combine green beans and mushrooms in a bowl or baking dish.
- Pour dressing over beans and mushrooms and toss well, squeezing with your hands so that the marinade penetrates. Put in salad press to help the marinating process.
- Allow to sit at room temperature for 15 minutes or longer or warm in dehydrator at 140 degrees for up to 60 minutes before serving.
- Pulse chop or slice almonds into small pieces, and mix into green beans.
- Garnish with Crispy Onions



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Crispy Onions

Ingredients

1 - 2 large onions, cut in half and thinly sliced either by hand or using a food processor or mandolin

1 teaspoon sea salt

1 tablespoon olive oil

Juice of 1 lemon or lime

1/2 cup sesame seeds

3 teaspoons paprika

Other seasonings and additional salt if desired (cayenne, garlic, curry, etc)

Directions

- Place onions in a bowl and sprinkle with salt.
- Massage the salt into the onions until they have wilted.
- Allow to sit at room temperature for 10 minutes so that they soften a bit.
- Combine olive oil and lemon juice in a small bowl and pour over the onions.
- Mix with hands to be sure all onions are coated. Allow to marinate for at least 1/2 hour.
- Grind the sesame seeds to a powder in a coffee grinder.
- Add paprika and additional seasonings as desired.
- Put paprika/ sesame mixture in a paper or plastic bag.
- Squeeze excess liquid from onions and place in bag with sesame mixture. Don't over fill the bag or the onions won't get evenly coated. You may need to process the onions in several batches.
- Shake the onions in the bag until they're well coated.
- Place on mesh dehydrator trays and dehydrate at 105 degrees F until crispy, usually about 18 to 24 hours.



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Mushroom Gravy

Ingredients

- 1/4 cup warm water
- 1/4 cup Brazil nuts or almonds, ideally soaked for 6 hours, rinsed and drained
- 1 shallot or 1 clove garlic
- 2 teaspoons dried mushroom powder
- 1/4 teaspoon salt
- 1 pinch of pepper
- 1/2 cup olive oil

Directions

- Put all ingredients in the blender and blend until smooth.
- Adjust salt and pepper to taste.





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Savory Stuffing

Ingredients

**4 cups nuts and seeds, soaked and drained - Suggestion:
1 cup almonds, 1 cup walnuts, 1/2 cup pumpkin seeds, 1/2
cup sunflower seeds, 1 cup hazelnuts**

1/2-1 cup yellow onions

6 stalks celery

4 carrots

6 scallions

2 cups mushrooms

1 cup pecans, preferably soaked, rinsed and dehydrated

1 cup parsley

1/2 lemon, juice of

1 teaspoon salt

**1 tablespoon poultry seasoning or 1/2 tablespoon each of
rosemary, thyme, sage and marjoram.**

**Additional seasonings to taste: fresh or dried herbs:
rosemary, thyme, sage, marjoram (Start with 1 teaspoon
dried or 1-2 tablespoons fresh and adjust to preference.)**

Black pepper to taste, if desired

Fresh pressed garlic, 1-2 cloves or to taste, if desired

Continued...



Savory Stuffing cont.

Directions

- Place soaked nuts and seeds in food processor with onions, carrots, and mushrooms and process with “S blade” until finely chopped and somewhat sticky. It should resemble traditional bread stuffing after the bread has been moistened.
- Remove from processor and set aside in a large bowl.
- Pulse chop parsley, celery and scallions in food processor with S blade until finely minced. Add to nut vegetable mixture.
- Pulse-chop pecans in food processor to about 1/8 inch pieces.
- Add pecans, herbs, salt and lemon juice to bowl.
- Mix well with wooden spoon or hands. The mixture should hold together.
- Adjust seasonings to taste: rosemary, thyme, sage, parsley, salt, pepper, garlic.
- Arrange on a serving platter and serve as is, or put in dehydrator overnight to warm through and create a crusty exterior with a moist interior. You'll need to remove some of the dehydrator trays to fit the platter of stuffing.
- If you prefer a crispier stuffing, dehydrate the stuffing as a 1-inch thick patty and crumble in a bowl before serving.

** The seasonings in this recipe are adaptable to your particular tastes and traditions. You may use the basic recipe for texture and adjust the seasonings and flavorings according to your favorite family recipe.



Crazy-Good Cabbage and Kielbasa

Ingredients



- 1 medium head of green or savoy cabbage (2 pounds), cut in 1 inch pieces
- 1 smoked kielbasa, cut in half inch pieces
- 1/3 C. Mustard (Dijon)
- 1/3 C. White Vinegar
- 2 Cloves Garlic or chopped shallot
- 1 can of white beans (navy, northern or cannelloni) , drained and rinsed
- 1 bunch of finely chopped fresh dill or 2 tablespoons of dried dill
- Salt and Pepper

Directions

- Preheat oven to 450 degrees. Add the cabbage to a rimmed baking sheet and toss with olive oil, salt and pepper to coat. Arrange in an even layer, then scatter the kielbasa on top. Roast without flipping until cabbage is tender and charred in spots and the kielbasa is dark golden, 25 to 30 minutes.
- In a medium bowl, stir together ¼ cup olive oil with the vinegar, dill, shallot, mustard, 2 teaspoons salt and a few grinds of pepper. Add the beans and stir to combine.
- Divide the cabbage and sausage among plates and spoon the beans and vinaigrette on top.



Tricia says...

OK, when we are short on time, this recipe comes to our rescue! We never tire of it. The dressing with the beans is super tangy and adds such a nice complement to the roasted cabbage and kielbasa. If you can find kielbasa that doesn't have additives, that's preferable. Most stores carry a pre-cooked kind that just needs to be heated, but it does usually have a few undesirable ingredients, like sugar or corn syrup. I'll admit that I make an allowance for ease's sake, when we are in a hurry, but I prefer to source a healthier version when I can. I hope you enjoy this recipe as much as we do. It's cheap, it's easy and it's crazy-good!



Frittata with Bacon

Ingredients

1 Orange and 1 Red bell pepper
1 Zucchini
1/2 pound of Spinach
1 pound of Chicken, cubed
6 slices of bacon
16 oz. of Cherry tomatoes
8 Eggs
6 Oz of Grated cheese
1 Onion
Fresh basil
Avocado (optional)
Italian herbs: oregano, thyme, rosemary, basil. Sage, parsley



Directions

- Preheat oven to 400 degrees
- Cut the bacon and remove from the skillet, leave some bacon grease (2 T) and pour out the remaining grease. When cool, cut into small pieces.
- Cut the chicken and saute in the bacon grease, turning on all sides for 5 minutes until brown and almost fully cooked. set aside.
- Beat the eggs and add cheese, salt and pepper and whatever Italian spices you have or prefer.
- Slice zucchini, and cut peppers and onion into small pieces (1 inch pieces) and saute in the same pan with 1 T of olive oil. Don't cook all the way. Add spinach until wilted but not fully cooked.
- Slice cherry tomatoes in half.
- Add meat to the vegetables in the skillet, along with the tomatoes, and pour egg mixture over sauteed veggies and meat.
- Bake in an oven-safe skillet or dish until done, roughly 30 minutes.
- Serve with chopped fresh basil and sliced avocado.



Tricia says...

A frittata is basically a quiche without the crust. This makes it healthier and easier, in my book! The great thing about this recipe, is that you can swap out vegetables of practically any kind. It's a great way to use up leftovers, too! Just a warning: it does take time to bake, so if you're impatient like I am, make sure you have something else to do while it's cooking, (preferably, not nibbling on other food!). But this dish always comes out tasty, even if you overcook it by mistake... which we did recently! It's still good! Hope you enjoy it!



Herbed Mashed “Potatoes”

Ingredients

1 head of cauliflower, lightly steamed – 1 head serves about 4-6 people

1/8-1/4 teaspoon black pepper (to taste)

1/2 teaspoon flax oil

1/2 teaspoon coconut oil

1 handful of fresh rosemary or choice of herbs, finely minced

1 scallion, finely minced

1/2 teaspoon salt or to taste

Directions

- Break cauliflower into 2-inch chunks put in blender or food processor with “S” blade until smooth.
- Transfer cauliflower puree to a bowl.
- Add flax and coconut oil and stir well.
- Add salt and pepper to taste.
- Add spices and herbs and stir well.
- Serve right away.



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Yummy Turkey Meatball Curry

Ingredients

2 pounds of Ground turkey
1 red pepper (optional)
1 orange pepper (optional)
1 carrot (optional)
1/2 C. Fresh basil
6 cloves of garlic
4 green onions
2 T fish sauce
2 tsp of red curry paste
1 T of corn starch or Guar gum
3 T of olive oil for cooking
Salt

CURRY SAUCE

1 cup of sweet or Yellow Onion
6 cloves of garlic
2 T of red curry paste
2 cans of reduced fat coconut milk
2 limes
1 T fish sauce
1/2 C. Basil
1/2 C. Cilantro
2 tsp of curry powder

Continued...



Tricia says...

This looks complicated, but it's not. And you can make a larger batch, if you are cooking for more people. We actually made this recipe for a Heal Your Hunger retreat at my house and all of our clients loved it! It's hard not to! If you're vegetarian, you can substitute the turkey meatballs with tofu or tempeh. Or, just vegetables and added cashews tastes great, as well. If you don't want to eat it with rice, you could add sweet potatoes for some healthy carb alternative. To be totally transparent, this was the first meal my guy made for me when we first started dating (he made me the vegetarian version)! That was a smart move. :)



Yummy Turkey Meatball Curry cont.

Directions

- Make the meatballs: In a large bowl, using your hands or in the base of a stand mixer fitted with the paddle attachment, mix the ground turkey, 1/3 cup basil, garlic, green onions, fish sauce, curry paste, sugar, cornstarch, salt until fully incorporated.
- Heat the vegetable oil in a large skillet over medium heat, until glistening. Scoop the meatballs out into golf ball size portions, 2 tablespoons each, about 30 total, onto a baking sheet or plate.
- Using your hands, gently roll the meatballs and place them into the oil. Cook the meatballs in batches until browned on all sides, they do not have to be cooked all the way through. Once browned, place the meatballs on a plate.
- Make the red curry sauce: Drain off all but 1 tablespoon oil from the meatball pan. Still over medium heat, add the onions and until softened, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute longer. Add the curry paste and break it up as much as possible with a whisk or wooden spoon. Add the coconut milk and stir or whisk until paste and cream are fully incorporated and curry sauce is smooth. Add the lime juice, fish sauce, sugar and salt, stir again to combine.
- Bring to a boil over high heat before adding all the meatballs back in, submerging them into the curry sauce. Turn heat to low. Simmer, covered until the sauce has thickened and the meatballs are cooked through in the center, with a temperature of 165°F on an instant read thermometer, about 20 minutes.
- Season the sauce to taste with more salt if needed. Add the fresh basil and stir to combine.
- Serve the curry meatballs on their own, alongside cooked rice or over roasted vegetables. Sprinkle with cilantro and crushed red pepper flakes for additional heat.



“Braised” Garlic Greens - Living Version



Ingredients

1 head kale, de-stemmed and shredded or chopped into small pieces

1 head collard greens, de-stemmed and shredded or chopped into small pieces

4 cups baby spinach, washed and drained

2 lemons, juiced

3 cloves garlic

1 tablespoon cup macadamia nut or olive oil (optional)

1 teaspoon salt

Directions

- Rinse and chop greens and place in a bowl.
- Cover greens with salt and massage until they wilt. Continue until the greens have shrunk in size and there is green water in the bowl. Drain the liquid, reserving for later.
- Add half the lemon juice and massage again.
- In a separate bowl, combine remaining lemon juice and optional oil with a few teaspoons of the reserved liquid.
- Press garlic into the juice/oil mixture and stir or shake well.
- Pour dressing over greens and toss well, squeezing with hands so that the marinade penetrates the greens.
- Allow to sit at room temperature for 15 minutes or longer, preferably in a salad press, or warm in dehydrator at 140°F for up to 60 minutes before serving.



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Loscalzo, MS, DC,
CCN, DACBN**

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www.drritamarie.com





Pork Chops in Lemon Caper Butter

Ingredients

- 4 1 inch thick Pork Chops
- 2 T of drained Capers
- 1 tsp Dried Thyme leaves
- 2 T Olive Oil
- 4 T butter
- Small Shallot
- 2 cloves Garlic
- 2 Tsp Flour or coconut flour
- 2 C Chicken broth
- 1 tsp Lemon zest
- 2 T of lemon juice

Continued...



Tricia says...

If you really want to impress your guests, this recipe will do it! We have made this on a few occasions for my mother and stepdad, and my mom doesn't stop talking about this meal for days! It's so delish! We buy fresh pork chops from Whole Foods, but you can get them from any butcher. We just find that the fresh ones beat the pre-packaged ones, and make this recipe really talk! I never liked cooking before I met my partner, and this meal really made me feel like I could cook. So I'm just saying...you'll feel like a professional chef when you serve this meal!



Pork Chops in Lemon Caper Butter cont.

Directions

- Dry the pork chops with paper towels and season aggressively with pepper and salt. Heat oil in a skillet and when hot add the pork chops. Cook for about 5 minutes per side until brown. Transfer to a plate and cover with foil or another plate to keep warm.
- Drain the fat from the skillet, then melt 2 tablespoons of butter in it over medium heat until sizzling. Add the shallot and garlic, and sauté until the aromatics soften, reducing the heat if necessary, about 1 minute. Sprinkle in the flour, and cook, stirring, for 2 minutes. Whisk in the wine and chicken stock, raise heat to high and bring the liquid to a boil, scraping up the browned bits on the bottom of the pan. Reduce heat to medium-high and cook, uncovered, until the liquid is reduced by half, 7 to 10 minutes.
- Stir in the capers, parsley, lemon zest and juice and hot sauce to taste (if you're using it), and simmer for 1 to 2 minutes. Stir in the remaining 2 tablespoons of butter until it's melted and the sauce looks smooth. Nestle the pork chops into the sauce, and allow them to warm up for a couple of minutes, then serve, pouring sauce over each pork chop to taste. Garnish with more fresh parsley



Greek Kabobs on the Grill with Greek Salad

Ingredients

1 pound of Chicken
1 Lemon
Garlic
1 C. Low-Fat Greek Yogurt
Fresh Dill
1 Red Bell Pepper
1 Green Pepper
1 Red Onion

SALAD:

1 Cucumber
2 medium sized tomatoes
1/2 Red onion
4 oz Feta
10-12 Chopped Kalamata Olives (halved or in quarters)

FRESH GREEK SALAD DRESSING:

Olive oil
Red wine vinegar
Greek herbs: choose any of these: oregano, garlic, basil, fennel, marjoram, mint, parsley, rosemary, sage, savory, tarragon, and thyme
Salt and pepper

Continued...



Tricia says...

This is our absolute favorite “go-to” when we are having friends for dinner. But we make it just for us, often, as well. You can substitute the vegetables with mushrooms, tomatoes, eggplant, etc. The Mediterranean diet is widely considered to be among the healthiest. The salad is super easy to make, it takes only minutes. But leave it in the fridge for about an hour, so the vegetables can soak up the dressing a bit. It’s amazing how so few ingredients can taste so good and look so beautiful on the table.



Greek Kabobs on the Grill with Greek Salad cont.

Directions for Kabobs

- Make marinade: In a bowl whisk together yogurt, lemon juice, garlic, salt and pepper to taste.
- Place chicken in bag or bowl, cover with mixture and marinate: Place chicken in a gallon size resealable bag, pour olive oil mixture over chicken and press chicken into marinade. Seal bag and refrigerate 45 minutes to 2 hours.
- Season veggies: Drizzle and toss veggies with 2 Tbsp of the olive oil, season with remaining oregano and basil and salt to taste.
- Prepare grill and thread ingredients onto skewers: Thread a red bell pepper, red onion, 2 chicken pieces on to skewer and repeat twice.
- Grill or bake.
- Garnish parsley, serve with tzatziki sauce (google this, there are many versions online)



Directions Greek Salad

- Cut tomatoes and cucumber in small chunks and the onion in even smaller chunks. Toss together with pieces of olives, crumbled feta and Greek salad dressing.





Turkey Vegetable Bolognese

Ingredients

- 1 red pepper seeded and chopped
- 1 sweet onion diced
- 1 zucchini diced
- 1/2 cup small broccoli florets chopped
- 1 can organic tomatoes (28 oz.)
- 1 small can organic tomato paste
- 1 Pound organic ground turkey or beef
- 1 teaspoon EVOO
- 1/4 teaspoon sea salt or to taste
- 1/2 teaspoon Pepper or to taste
- 2-3 pressed garlic cloves (or you can use powder but fresh is best!)
- 1 tablespoon dried oregano
- 1 tablespoon dried organic basil

Directions

- In a large skillet, turn heat to medium high, add olive oil (but do not let it smoke). Add onion and sauté for several minutes. Add red pepper and sauté for a few minutes more. Add ground turkey (or beef) and sauté until browned. Add zucchini and broccoli and stir. Add salt, pepper, garlic powder, oregano, and basil and stir. Add tomatoes and all of the tomato paste, stirring well to blend. Bring to a boil, cover, turn down low and simmer until flavors are blended - about twenty to thirty minutes. Near the end of cooking, press fresh garlic into the Bolognese and stir, then salt, pepper, oregano or basil to taste. Serve over sautéed spinach or spaghetti squash or quinoa noodles or brown rice noodles.



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Seared Ahi with Potatoes and Grilled Veggies

Ingredients

Ahi (4 oz pieces, one piece per person)
Bell pepper
Onion
Broccoli
Red potatoes

Directions

- Heat olive oil in a skillet. Coat the Ahi with pepper and salt. Sear the Ahi 2 minutes on each side (leave raw on the inside, or cook all the way, if preferred).
- Preheat oven to 425. Cut up bell pepper, broccoli and onion in 1 inch pieces and toss with olive oil, salt and pepper. Lay out on a baking sheet and roast for 10-15 minutes to preferred softness.
- Chop up potatoes and mix with olive oil, salt and pepper. Roast in an air fryer or on another baking sheet in the oven at 425 until soft.



Tricia says...

We first made this recipe on our trip to the Big Island of Hawaii. We had a small studio efficiency so we were limited in kitchen appliances. We were amazed at how easy and quick it was to throw this meal together after a long day at Volcano National Park. Be sure not to cook the Ahi for too long...a little pink in the middle is essential. Of course, if you can find fresh Ahi, it will only increase the flavor of the meal.





Green Curry Glazed Tofu

Credit to Ali Slagle: New York Times Cooking

Ingredients

- 1 (14 to 16-ounce) block extra-firm tofu
- Kosher salt (such as Diamond Crystal)
- 1 (14-ounce) can Reduced-fat, unsweetened coconut milk
- 3 to 4 tablespoons Thai green curry paste (most grocery stores carry this)
- 1 tablespoon neutral or coconut oil, plus more as needed
- 2 cups chopped vegetables, such as snap or snow peas, asparagus, broccoli, kale, fennel or corn kernels or a combination (see Tip)
- 2 tablespoons lime juice (from 1 lime)
- Cooked rice or another grain, for serving

Continued...



Tricia Nelson

This is one of my favorite dishes! We learned by trial and error that you need to get the Extra Firm tofu. (Don't listen to anyone that tells you otherwise.) We like to use "reduced fat" coconut milk, so it isn't too rich. We made the mistake of using regular fat coconut milk one time, and while it was delicious, it was too heavy... and then I felt too heavy LOL! As the recipe states, you can use whatever vegetables you like...we always like to use various colors so it isn't too green or too red. (It's all about the presentation!) But when you're not feeling like eating meat, this is a nice alternative. And our experience is that whenever you want to be sure your guests enjoy the meal... you can't go wrong with a coconut curry dish!



Green Curry Glazed Tofu cont.

Directions

To make crispy, flavorful tofu without having to press it first, use this smart method from Andrea Nguyen, the author of “Asian Tofu” (Ten Speed Press, 2012) and other cookbooks: Warm the tofu in a pan with a small amount of flavorful sauce. As it cooks, it will dry out and absorb the flavors of the sauce. Next, you add oil to the pan, which crisps the tofu. In Ms. Nguyen’s recipe, soy sauce is used, but here, the aromatics in Thai green curry paste and the sugars in coconut milk toast and caramelize on the tofu. Once the tofu has a deep-brown crust, remove it, sear a quick-cooking vegetable in the same pan, then reduce the remaining curry-coconut mixture into a fragrant, sweet-and-spicy glaze.

- Cut the tofu in half lengthwise, then slice crosswise into 6 sections. (You’ll have 12 squares total.) Transfer to a towel-lined plate and pat dry, then sprinkle with salt.
- Transfer the coconut milk to a liquid measuring cup or medium bowl, add the green curry paste, stir with a fork until smooth, then season to taste with salt. (Be aware that some curry pastes are quite salty.)
- Arrange the tofu in an even layer in a large (12-inch) nonstick or well-seasoned cast-iron skillet. Pour 2 tablespoons coconut-curry mixture over the tofu and flip the tofu to coat. Set the skillet over medium-high and cook tofu without flipping until the skillet is dry and the undersides of the tofu are speckled golden, 3 to 5 minutes.
- Add the oil, swirl to coat, then flip the tofu. Cook until browned and crisp, 3 to 5 minutes, then flip once more until the remaining side is browned and crisp, 1 to 2 minutes, adding more oil as needed. Transfer to a plate.
- If the skillet is dry, add more oil, over medium-high, then add the vegetables, season with salt and cook, without stirring, until charred underneath, 2 to 3 minutes. Pour in the remaining coconut-curry mixture and boil, stirring occasionally, until the vegetables are crisp-tender and the liquid has thickened to a glaze, 4 to 5 minutes. (The sauce is ready when a spoon dragged across the bottom of the skillet leaves a trail.) Turn off the heat, stir in the lime juice, then add the tofu and gently stir to coat. Season to taste with salt. Eat on top of rice.

TIP: This recipe accommodates any vegetable that will cook in 6 to 8 minutes. If you’d like to use a vegetable that takes longer, like sliced carrots or winter squash, sear them for a few additional minutes, tossing occasionally, before pouring in the coconut-curry mixture.



Apricot Pecan Yams - Baked

Ingredients

2 pounds fresh sweet potatoes or yams, about 4 cups

1 teaspoon salt

1/2 - 1 cup freshly squeezed orange juice

1/2 cup dates

1/2 - 1 cup dried apricots, preferably soaked for a couple of hours in warm water 1/2 - 1 cup pecans

Directions

- Pit dates and soak in a bowl of water to soften, ideally for an hour or longer.
- Put dried apricots in a bowl of water to soften, ideally for an hour or longer
- Peel yams, and cut into cubes.
- Steam yams for 15 minutes or until softened, but still firm
- Put orange juice, apricots and dates in blender and process until almost completely smooth. Adjust with water to the desired consistency.
- Coarsely chop pecans, setting aside a few halves for decorating the finished dish.
- Place yams in a rectangular baking dish and top with 1/2 of the apricot-orange-date sauce.
- Stir gently to mix the yams and apricot sauce, so that the sauce is swirled in but not blended together with the yams.
- Top the yams with the remainder of the apricot orange sauce.
- Bake at 300 degrees for 20 minutes.
- Sprinkle pecans on top and decorate with pecan halves before serving.



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www.drmarie.com



Spaghetti Squash and Meatballs

Ingredients

1 pound of ground beef
1 Onion
1 Yellow pepper
1 Red pepper
1 egg
1 jar of your favorite tomato sauce (sugar-free)
2 cloves of garlic
Oregano
Pepper
Salt
1 medium sized spaghetti (winter) squash
1 T Olive oil

Continued...



Tricia says...

We first cooked this meal in Florida when visiting with friends and family. It's fun, it's colorful and it's a healthy alternative to regular pasta. Kids love the idea of scraping spaghetti from the squash, so it's nice for them to see how versatile food can be. You can substitute with various veggies in the sauce, adding mushrooms or eggplant. Enjoy!



Spaghetti Squash and Meatballs cont.

Directions

- Preheat the oven to 400°F.
- Slice the spaghetti squash in half lengthwise and scoop out the seeds and ribbing. Drizzle the inside of the squash with olive oil and sprinkle with salt and pepper.
- Place the spaghetti squash cut side down on the baking sheet and use a fork to poke holes. Roast for 30 to 40 minutes or until lightly browned on the outside, fork tender, but still a little bit firm. The time will vary depending on the size of your squash.
- Remove from the oven and flip the squash so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash. Add to a serving bowl and keep warm until the rest of the meal is ready.
- In a bowl, mix together the ground beef with 2 cloves of crushed garlic, pepper, salt, oregano and one egg. Create small 2 inch meatballs. Heat 2 T olive oil in a skillet on medium high and cook the meatballs, rolling on various sides until they are browned (but not fully cooked). Take out of the pan and place on a plate until sauce is ready.
- Remove some of the beef fat (with a paper towel) and add red and yellow peppers and onion (cut into 1 inch pieces) to the pan, stirring until mostly cooked. Stir in the jar of tomato sauce, and the meatballs. Cover and reduce heat to low/simmer for 10 minutes.
- Spread spaghetti sauce and meatballs over a bed of spaghetti squash and enjoy!



Sweets & Treats



Almond Pecan Pie Crust

Ingredients

1 1/2 cups almonds, soaked for 6 hours or overnight and rinsed and drained. 1 1/2 cups pecans

3/4 cup dates, unsoaked

Directions

- Place all ingredients into food processor and process until it holds together but still has some texture.
- Sprinkle some chopped almonds on bottom of pie pan to prevent crust from sticking (optional).
- Press crust into pie pan, forming a thicker trim at top edge.
- If desired, dehydrate crust for a few hours or overnight until flaky.

Coconut Pie Crust

Ingredients

1 1/2 cups unsweetened, raw dried coconut 3/4 cup macadamias

3/4 cup hazelnuts or walnuts

1/2 teaspoon salt

1/2 cup dates, pitted and unsoaked

Directions

- Place coconut, macadamias, walnuts and salt in food processor and process until coarsely ground.
- Add dates and process until it begins to stick together.
- Remove from processor and work with hands to achieve a mass that holds together.
- Press into pie plate.



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Apple Pie



Ingredients

4 cups apples, cored, peeled if desired and thinly sliced or shredded.

1 large lemon, juiced

1/2 cup dates

2 tablespoons coconut butter or 1/2 cup fresh coconut flesh

1/4 - 1/2 cup water or coconut water

1 teaspoon cinnamon

Pinch salt

1 recipe pie crust, pressed into a 9 inch pie plate

Directions

- Core and slice or shred apples.
- Juice lemon and pour over apples to completely cover and prevent oxidation.
- Blend one cup apples with dates, coconut butter and the lemon juice that was poured over the apples.
- Add water as needed for blending. Mixture should be thick and creamy, but pourable.
- Sprinkle cinnamon over remaining apples and mix well.
- Put apple slices into a bowl.
- Pour blended apple mixture over sliced apples and mix well.
- Spoon apple mixture into prepared crust.
- If desired, roll out remaining crust and cut into 1 inch wide sections and place crust sections over the top of pie filling, creating a lattice work design.
- Refrigerate pie for an hour or more to set.
- Serve with “ice cream”, for pie a la mode



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Vanilla “Ice Cream”

Ingredients

1 cup cashews

2 teaspoons vanilla extract

6 Medjool dates or 1/4 teaspoon stevia or other low glycemic sweetener

2 cups water

Directions

- Blend all ingredients until the mixture is smooth and thick. Add water if it is too thick, Put mixture in an electric ice cream maker and turn on. Run until it turns into “ice cream”.
- This recipe makes about 1 1/2 pints of ice cream. If you want need more, 1 1/2 times the recipe or double



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Raw Cacao Pudding

Ingredients

2 avocados

1/4 Cup raw cacao powder

1/8 teaspoon organic stevia (to taste)

1/4 Cup almond, coconut, hemp, or cashew milk

Stevia (or raw honey) to taste

Directions

- Place all ingredients in a Vitamix, Blendtec or other blender. Blend until smooth. You may want to adjust the sweeteners to your taste. I find that this recipe can be done with just stevia but the honey makes it more flavorful. You can also adjust the almond milk if you want it creamier. You may also want to add more cacao for a richer chocolate flavor. To make a delicious chocolate mousse, use canned coconut milk instead of almond milk.
- Not all avocados are the same size so you may have to adjust this recipe up or down based on how creamy you like it. Add almond butter, nuts and berries and serve it in a martini glass to dress it up!
- Try, taste, tweak and make it your own! Enjoy!!!



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Yummy Cookies

Ingredients

1 cup almond flour
1/4 cup coconut flour
1/4 cup erythritol, or other sugar substitute like monk fruit or several drops of stevia
1 tsp baking powder
1/4 tsp salt
1/4 cup melted coconut oil
1 egg
1 tsp vanilla extract
1/4 cup Lily's sugar-free chocolate chips (optional)

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a medium bowl, whisk together the almond flour, coconut flour, erythritol, baking powder, and salt.
- In a separate bowl, mix together the coconut oil, egg, and vanilla extract.
- Add the wet ingredients to the dry ingredients and mix until well combined.
- Stir in the chocolate chips (if using).
- Roll the dough into small balls and place them on a baking sheet lined with parchment paper.
- Press the balls down slightly to flatten them into cookies.
- Bake in the preheated oven for 12-15 minutes, or until the edges are lightly golden brown.
- Remove from the oven and let them cool for a few minutes before serving.

You can use any flour you like such as oat flour, rice flour or a gluten-free flour mix. And you can also add different flavors like cocoa powder, cinnamon, nutmeg or any other spice you like.



Tricia says...

If you want to serve your kids or grandkids healthy, but yummy, home-made cookies. Try this recipe! They are light, but delicious, and also nice to serve after a meal when you entertain. You can also experiment with adding various nuts or extracts, like almond or lemon.



Healthy Holiday Cookies: Low-Glycemic, Gluten-Free

Ingredients

- 1 cup pecans
- 1/2 cup almonds, soaked overnight, rinsed and drained
- 1 cup unsweetened dried coconut
- 1 tablespoon Chia Gel (see below)
- 2 teaspoons vanilla extract
- 2 teaspoons cinnamon
- 1 pinch sea salt
- 10 - 15 drops Sweet Leaf Whole Leaf Stevia Concentrate, to taste

Directions

- Process pecans, almonds, coconut, and chia gel with salt and spices in food processor until they are completely chopped. Mixture should be a little coarse and should hold together. If needed, add 1 or 2 tablespoons of water.
- Roll or press dough onto non-stick sheets and use cookie cutters to make into desired shapes.
- Place in freezer until they are firm.

Chia Gel

1/2 cup chia seeds

2 1/2 cups water

- Put chia and water into quart sized Mason jar or glass bowl that can be covered.
- Shake or mix well.
- Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store up to a week in the refrigerator.



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Blueberry Delight

Ingredients

- 2 cups fresh or frozen blueberries
- 1 tbsp lemon juice
- Several drops of stevia or other sugar substitute
- 1/4 cup water
- 2 tsp cornstarch, or arrowroot or guar gum for thickness
- 1/2 tsp vanilla extract
- 1 tsp cinnamon (optional)

Directions

- In a medium saucepan, combine the blueberries, lemon juice, erythritol or other sweetener, water, and cornstarch.
- Cook over medium heat, stirring constantly, until the mixture comes to a boil.
- Reduce the heat and let simmer for 2-3 minutes, or until the mixture thickens.
- Remove the saucepan from the heat and stir in the vanilla extract and cinnamon (if using).
- Let the blueberry mixture cool for a few minutes before serving.
- You can eat it as is, or serve it over a sugar-free whipped cream or with a sugar-free ice cream.

You can also add more or less of the sugar substitute based on your taste.



Tricia says...

If you know anything about me, I'm not a "dessert eater". I love eating 3 meals and leaving at that. But, when I entertain, I do like to serve dessert for my friends that aren't on the 3 Meal Magic plan. This is an easy, no-fuss dish that can be served over yogurt or ice cream, or even cake or sweet bread. I sometimes enjoy this with yogurt for breakfast, which works great, too!



Yay!

You are now on your way to more delicious eating!

On a other note, if you struggle with your weight and with binge eating, we invite you to join the Heal Your Hunger family!

Eating healthy is so much easier when you have support, and a plan to address the underlying causes of emotional eating.

Heal Your Hunger offers a step-by-step process for overcoming cravings and overeating. The women in my program not only lose weight without crazy diets or impossible exercise programs, but they also experience more happiness, fulfillment in relationships, self-confidence and deeper spiritual connection, overall.

If you'd like to explore how you can make peace with food and start feeling great, please reach out. We'd love to show you how we've done it, and how you can, too.

Start with a complimentary Emotional Eating Breakthrough Session. We'd love to connect with you. www.HealYourHunger.com/apply

Light & Love,

Tricia





Laura

"When I came to Heal Your Hunger, I was grumpy and had a short temper because I was unhappy with myself. I was a dentist with my own practice, and my employees kept quitting on account of my perfectionism. Thanks to this program, I'm not that way anymore. Sometimes it's hard to believe it when people tell me I'm kind, patient and lovely to be around! And, I've been able to lose weight and keep it off."



Kim

"Imagine...feeling so good that you wouldn't want to ruin that experience by feeling stuffed with food. That's what the Heal Your Hungers program has given me. I love the person I am today, and I no longer fight with food. Food is now nourishment, not nirvana!"



Tsilah

"My life has been changed on account of this program. Not only have I shed the person I was: hard on myself, critical of others, controlling and lonely, but I have been blessed to lose 100 pounds and keep it off for over a decade. It's very rare to be able to overcome binge eating on one's own. So we do this with the support of community and coaching. It makes all the differences."



Susan

"Heal Your Hunger changed my life. I've lost weight, I'm in better shape (at age 75) than I've ever been, and my joints no longer ache because I am not binging on sugar. Not only that, but my relationship with my husband is better because of this program."



Pat

"I spent 50 years trying to find peace around food. I was up and down the scale and, even when I was thin, I wasn't at peace. It wasn't until I walked this HYH path that I was able to finally stop struggling with food and weight. It's been several years of peace now, and I'm now fortunate to be able to be a coach in Tricia's program, so I can show other women how they can experience the same freedom. Freedom is our birthright, after all."

