



**Menus, Recipe Book
& Food Lists**

- BREAKFAST -

Spiced Almond Smoothie

- 1 tablespoon raw almond butter n 1/4 avocado
- 1 kale leaf, stem removed
- 1/4 cucumber, peeled
- 1/4 lime, peeled and seeded
- 8 to 10 chopped fresh mint leaves
- 1/2-inch piece fresh ginger root, peeled
- 1/2 teaspoon extra virgin coconut butter
- 1/4 cup hemp seeds (see note below)
- 1 tablespoon chia seeds (see note below)
- 1 cup water
- 2 to 3 ice cubes, depending on how cold you like your drinks
- Optional: 1/4 jalapeño chili, seeds removed

Combine all the ingredients in a blender and blend on high speed until smooth.

Almond and Strawberry Smoothie

1 tablespoon raw almond butter

3 raw walnuts (see note below)

1 cup water

1/2 cup fresh or frozen strawberries n 1/4 avocado

1/2 teaspoon fresh gingerroot, peeled

1/4 teaspoon cinnamon

1 tablespoon flaxseeds (see note below)

2 to 3 ice cubes, depending on how cold you like your drinks

Combine all the ingredients in a blender and blend on high speed until smooth.

** PRO TIP - NOTE: To activate the enzymes in the seeds and nuts in any smoothie recipe for easier digestion, you can soak them ahead of time. Fill a bowl with enough water to cover the seeds or nuts and soak for at least -30 minutes, preferably overnight if time permits.*

- LUNCH -

Super Fit Chicks Salad Garden Bar

Why go to a salad bar when you can create your own at home? To make this easy, start your week by setting up your own salad bar fixings.

Preparation:

Make your salad the night before so you can grab-and-go on your way out the door. Store dressing in a separate container.

Store items not requiring refrigeration in small glass jars, preferably on a single shelf so they're easy to find. Toasted and raw nuts and seeds stay fresh for weeks when sealed in glass jars.

Ready, set, prep: Pick a variety of items from the list below and add them to your shopping list each week. Start by choosing your greens. Consider mixing various types of greens together (btw, skip iceberg lettuce; it is hardly green and has almost no nutrients). Then choose your veggies, protein, healthy fats, and dressing. Select different options over the 10 days for variety.

Greens (2 cups per salad): Arugula, Spinach, Mixed greens, Watercress, Kale

Vegetables (1 to 2 cups per salad, except as noted)

Cucumber
Peppers: red, green, yellow
Sprouts: sunflower, pea shoots, clover, etc.

Tomatoes: grape, cherry
Carrots
Beets (1/4 to 1/2 cup)
Red onions (1/4 to 1/2 cup)
Scallions (1/4 to 1/2 cup)
Broccoli, lightly steamed
Cauliflower, lightly steamed

Cabbage: red, Napa, etc.
Mushrooms
Snap peas
Asparagus
Artichoke hearts (packed in water in glass jars)
Hearts of palm (packed in water in glass jars)
Kalamata olives
Zucchini
Roasted eggplant

Herbs: *Dried:* parsley, basil, oregano, dill, cilantro, mint, etc. (1 teaspoon);
Fresh: mint, parsley, basil (1 cup), dill, and oregano (1/4 cup)

Protein (4 to 6 ounces)

Canned fish (packed in water): salmon, sardines, herring, etc. (skip tuna; it has too much mercury)

Chicken (baked or roasted) n Turkey (baked or roasted)

Tofu

Tempeh

Hard-boiled eggs (2)

Cooked shrimp

Leftover chicken or seafood from dinner

Healthy fats (choose one)

Avocado (1/4 to 1/2)

Nuts, raw: almonds, cashews, walnuts, hazelnuts, Brazil nuts, pecans, etc. (1/4 cup)

Seeds, raw: flax, chia, hemp, sunflower, pumpkin, sesame, etc. (1/4 cup)

Dressing (1 to 2 tablespoons per salad)

Here is the basic principle for making simple salad dressing. You can get creative with these ingredients; experiment and find out what you like.

Start by mixing oil with lemon (or lime) juice or vinegar, at a ratio of 3/4 oil to 1/4 lemon or vinegar (or 3 to 1 oil to vinegar):

- Oil: extra virgin olive, flax, walnut, or avocado oil
- Lemon or lime juice, or apple cider, balsamic, or wine vinegar
- Optional: Dijon mustard (mixed with lemon or vinegar)
- Optional: seasonings including salt, freshly ground black pepper,
- fresh or dried herbs such as basil, oregano, garlic, onion, and rosemary

- Optional (to make your dressing creamy): avocado or tahini (sesame
- paste)

Creamy Cauliflower Soup

Servings: 4 Prep time: 15 minutes Cook time: 15 minutes

2 tablespoons extra virgin olive oil (reserve 1/4 teaspoon for serving)

1/2 medium onion, diced

2 cloves garlic, sliced

1 medium cauliflower, cut into 2-inch chunks

1/4 cup raw cashews

2 tablespoons sesame seeds or 1 tablespoon tahini

1/4 avocado

salt and freshly ground black pepper, to taste

1 tablespoon chopped fresh parsley

Heat the oil in a medium soup pot over medium heat. Add the onion and garlic and sauté for 5 minutes, until translucent. Then add 4 cups water and the cauliflower, cashews, and sesame seeds or tahini. Bring to a boil, reduce the heat to low, and simmer for 10 to 15 minutes, or until the cauliflower is tender. Let cool for 5 minutes.

Transfer to a blender (or use a hand-held immersion blender to puree the soup directly in the pot) and blend with the avocado until smooth. Season with salt and pepper. Drizzle with the 1/4 teaspoon extra virgin olive oil and chopped parsley. Serve warm or chilled with your favorite salad and protein of your choice.

Chicken Soup For The Cause

Servings: 4 Prep time: 15 to 20 minutes Cook time: 55 minutes

- n 1 tablespoon extra virgin olive oil
- n 1 small chicken, cut into quarters
- n 3 medium carrots, peeled and sliced into half-moons
- n 4 stalks celery, diced
- n 2 medium onions, diced
- n 1 quart reduced-sodium chicken stock
- n salt and freshly ground black pepper, to taste
- n 2 thin slices fresh ginger
- n 1 cup kale or spinach
- n 1 cup chopped fresh parsley

Heat the oil in a medium soup pot over medium heat. Brown the chicken 2 to 3 minutes on each side. Remove and set aside.

Add the vegetables (minus the kale or spinach) to the pot and cook for 4 to 5 minutes. Put the chicken back in the pot, add the chicken stock, and bring to a boil. Reduce the heat to low, cover, and simmer for about 45 minutes, until the chicken starts to fall off the bones (you may want to add more liquid).

Remove the bones. Skim any grease off the top with a ladle. Season with salt and pepper and add ginger. Add the kale or spinach and allow them to wilt. Add the parsley and serve with a green salad.

- DINNER -

Grilled Salmon With Onion Marmalade over Greens

Serves: 4 Prep time: 20 minutes Cook time: 15 minutes

- n 2 medium red onions, thinly sliced
- n 2 tablespoons extra virgin olive oil, plus extra for brushing the salmon
- n 1 tablespoon apple cider vinegar
- n salt and freshly ground black pepper, to taste
- n 4 salmon fillets (4 to 6 ounces each)
- n 8 cups arugula
- n juice of 1/2 lemon, plus 1 lemon cut into 4 wedges
- n 1/4 cup chopped fresh parsley

Prepare the grill or use a grill pan. In a bowl mix the onions, olive oil, vinegar, and salt and pepper. Place the onions in the middle of a large piece of foil; crimp it closed and place it on the grill or grill pan. Grill for about 10 minutes, until the onions are soft, shaking the foil from time to time.

Cut each salmon fillet into 2 or 3 strips, brush with olive oil, and season with salt and pepper. Place each strip on the grill or grill pan and cook for 2 minutes on each side, or until cooked through. Let cool.

Arrange the salmon on top of the arugula and drizzle with lemon juice. Combine the chopped parsley with the onions and place a spoonful on top of each salad.

Serve with a lemon wedge.

Grilled Pepper Steak And Salad

Serves: 4 Prep time: 10 minutes Cook time: 7 to 8 minutes

- n 4 pieces flank steak (5 ounces; or steak of your choice)
- n 1 tablespoon extra virgin olive oil
- n 1/4 cup freshly ground black pepper
- n optional: 1 teaspoon ground chili pepper
- n 1/2 teaspoon salt
- n 1 tablespoon chopped fresh parsley

Prepare the grill or use a grill pan. Brush each piece of steak with 1/4 tablespoon of the olive oil. Combine the peppers and salt in a small bowl and rub the steaks with the mixture; let sit for 5 minutes. Grill the steaks for 3 to 4 minutes on each side (or to desired doneness). Let stand for 5 minutes before slicing.

Sprinkle with chopped parsley and serve with salad of your choice.

Stir-Fry Vegetables With Almonds

Serves: 4 Prep time: 20 minutes Cook time: 10 minutes

- n 1 tablespoon extra virgin olive oil
- n 1 tablespoon sesame oil
- n 2 stalks celery, thinly sliced on the bias
- n 1 onion, cut in half and thinly sliced
- n 2 carrots, peeled and cut into half-moons
- n 2 cups broccoli florets or sliced bok choy
- n 1 red or yellow pepper, seeded and sliced into strips
- n optional: 16 ounces organic firm tofu, cubed
- n 2-inch piece gingerroot, peeled and julienned
- n 2 cloves garlic, sliced
- n 1 jalapeño chili, seeded and thinly sliced
- n 6 mushrooms, stalks removed, thinly sliced
- n 1/2 cup whole raw almonds
- n 1/4 cup water (more if needed)
- n 2 tablespoons low-sodium, gluten-free tamari
- n 1/2 cup whole basil leaves
- n 3 scallions, thinly sliced on the bias

In a large sauté pan or wok, heat the olive oil and sesame oil over medium-high heat. Add the celery, onions, and carrots and stir-fry for 2 minutes. Add the broccoli or bok choy, peppers, and tofu, if using, and stir-fry another 2 minutes. Add the ginger, garlic, jalapeño, and mushrooms and cook 2 more minutes. Add the almonds, a little of the water as needed, and the tamari and continue to stir-fry until the vegetables are cooked but still crunchy. Toss with the basil and scallions just before serving.

Roast Chicken Breast With Rosemary

Serves: 4 Prep time: 10 minutes Cook time: 10 minutes

- n 1/4 cup fresh rosemary, finely chopped
- n 2 tablespoons Dijon mustard
- n zest of 1 lemon
- n 1 tablespoon olive oil
- n 4 boneless, skinless chicken breasts (4 to 6 ounces each)
- n salt and freshly ground black pepper, to taste

Preheat the oven to 400°F. Combine the chopped rosemary, mustard, lemon zest, and olive oil in a small bowl to make a paste and rub over both sides of each chicken breast. Season with salt and pepper and bake in a greased ovenproof baking dish for 5 minutes.

Turn down the heat to 350°F and cook for an additional 5 minutes or so; the chicken should be firm but not pink inside. Use a meat thermometer to ensure that the temperature is at least 165 degrees in the center. Be careful not to overcook. Serve with Baked Zucchini and Tomatoes (see recipe below).

Wilted Leafy Greens

Serves: 4 Prep time: 10 minutes

- n 4 cups kale, stems removed
- n 4 cups watercress or mustard greens, stems removed
- n 8 cups spinach
- n 1/2 cup water
- n 2 tablespoons extra virgin olive oil
- n salt and freshly ground black pepper, to taste

Tear the greens into 2- or 3-inch pieces. Heat a large saucepan over medium heat and add the water, olive oil, and kale. Cover and let the kale wilt for 1 to 2 minutes. Add the watercress or mustard greens and allow them to wilt for another 1 to 2 minutes.

Finally, add the spinach and let wilt for another 1 to 2 minutes. Drain any excess water, add salt and pepper, and serve.

Broccoli Rabe With Garlic and Cherry Tomatoes

Serves: 4 Prep time: 5 minutes Cook time: 4 minutes

- n 2 tablespoons extra virgin olive oil
- n 4 cloves garlic, chopped
- n 2 bunches broccoli rabe, trimmed
- n 1/2 cup water
- n 2 cups cherry tomatoes, halved
- n salt and freshly ground black pepper, to taste

Heat the olive oil in a large saucepan over medium heat. Add the garlic and sauté for 10 seconds, then add the broccoli rabe and sauté until wilted slightly. Add the water and the cherry tomatoes and cover. Let steam for 3 minutes, or until the broccoli rabe is tender. Season with salt and pepper.

Baked Zucchini and tomatoes

Serves: 4 Prep time: 10 minutes Cook time: 10 minutes

- n 2 tablespoons extra virgin olive oil, plus extra for greasing the baking tray
- n 4 zucchini, sliced on the diagonal into 1/4-inch pieces
- n 4 tomatoes, sliced
- n 2 onions, thinly sliced
- n salt and freshly ground black pepper, to taste n 1 avocado, pitted and diced
- n 1 cup loosely packed fresh basil leaves

Preheat the oven to 375°F. Grease a baking tray with olive oil and arrange alternate slices of the zucchini, tomatoes, and onions, making 4 layers. Drizzle with the 2 tablespoons olive oil and season with salt and pepper. Bake for 10 minutes. Serve scattered with the diced avocado and the basil.

Additional Approved Vegetables

Artichoke	Hearts of palm
Arugula	Jalapeño peppers
Asparagus	Kale
Bean sprouts	Lettuces
Beet greens	Mushrooms
Bell peppers (red, yellow, green)	Mustard greens
Broccoli	Onions
Brussels sprouts	Parsley
Cabbage	Radicchio
Cauliflower	Radishes
Celery	Shallots
Chives	Snap beans
Collard greens	Snow peas
Dandelion greens	Spinach
Eggplant	Summer squash
Endive	Swiss chard
Fennel	Tomatoes
Garlic	Turnip greens
Ginger root	Watercress
Green beans	Zucchini

Approved Fruits: - just 2 - kiwi (with skin on) and all berries (straw, blue, rasp, black)

Great Flavorings & Fats

Extra virgin olive oil	Seeds: hemp, chia, flax, pumpkin, sesame
Extra virgin coconut butter (often called coconut oil; at room temperature it is solid, but at warm temperatures it may be liquid)	Tahini (sesame seed paste)
Other healthy oils that you like walnut, sesame, grape seed, flax, or avocado	Canned/Jarred Kalamata olives
Nut butters: raw if possible - choose from almond, cashew, macadamia, or walnut)	Almond meal
Nuts: walnuts, almonds, pecans, macadamia nuts	Vinegars
	Low-sodium, gluten-free tamari
	Low-sodium broth (veg or chicken)
	Dijon mustard
	Sea salt
	Black pepper (peppercorns)