

CANDIDA-FRIENDLY

recipes



50+ low-carb meals, snacks and drinks
to detoxify your colon

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Breakfast Recipes

*Every time you eat or drink,
you are either feeding disease
or fighting it*





PALEO BREAD

INGREDIENTS

- 1 cup blanched almond flour
- 3/4 cup arrowroot starch
- 1/2 cup sprouted ground flax seeds
- 1/3 cup coconut oil
- 4 medium egg
- 1/4 cup room temp water
- 2 tbs yacon syrup (optional)
- 1 tsp apple cider vinegar
- 1/2 tsp sea salt
- 2 tsp baking powder

DIRECTIONS

- 1. Blend all ingredients in a food processor on high until smooth*
- 2. Transfer batter to a loaf pan greased and lined with parchment (leave some hanging over for easy removal).*
- 3. Smooth out the top and bake at 350 for 35-45 minutes or until a toothpick comes out clean*
- 4. Enjoy warmed up with some ghee*

PREP TIME: 10 MINS
COOK TIME: 45 MINS
TOTAL TIME: 55 MINS



SPROUTED EGG-FREE ADVENTURE BREAD

INGREDIENTS

- 2 1/4 cups buckwheat or quinoa flakes
(lower carb)
- 1 cup raw sunflower seeds
- 1/2 cup pumpkin seeds
- 3/4 cup raw almonds , coarsely
chopped
- 3/4 cup sprouted ground flax seeds
- 1/3 cup ground psyllium husk
- 3 tablespoons chia seeds or hemp
heart
- 2 1/2 tsp sea salt
- 1 tbs ceylon cinnamon
- 2 tablespoons yacon syrup
- 1/4 cup extra-virgin olive oil
- 2 1/2 cups water

DIRECTIONS

1. *Lightly grease a small loaf pan with ghee and mix the dry ingredients into a large bowl*
2. *Add the wet ingredients and use your hands or a sturdy spoon to mix the ingredients thoroughly.*
3. *Transfer the mixture to the pan and smooth out flat.*
4. *Place in the fridge for 3 hours or overnight (the longer, the better).*
5. *Bake at 400 degree for an hour or so (look for golden brown).*
6. *Let cool completely before slicing into thin pieces. Its delicious lightly toasted with raw honey or butter. Enjoy !*

PREP TIME: 10 MINS

WAIT TIME: 4 HOURS

COOK TIME: 1 HOUR

TOTAL TIME: 1 HOUR 10 MINS



FERMENTED BUCKWHEAT BREAD

INGREDIENTS

Makes 2 loaves

- 7 cups of organic buckwheat groats, soaked overnight in LOTS of water
- 2 cups pure water
- 2 tsp sea salt

DIRECTIONS

1. Soak groats overnight then rinse groats well in a strainer until no longer slimy
2. Add to blender with 2 cups water and salt and blend until smooth.
3. Pour into a glass bowl and cover with a towel and let ferment for 24 hours on the counter.
 - The warmer your area, the less time you need to ferment.
 - Once a small dome appears on the batter, it's ready to bake!
4. Preheat oven to 400 F. Pour the batter into 2 greased loaf pans lined with parchment (let some hang over the edges for easy removal) and top with nuts or seeds if you like.
6. Put the pans in the preheated oven and lower the temp to 350°F and bake for 50-55 minutes.
6. Let cool for 20 minutes then remove from pan and slice!

PREP TIME: 10 MINUTES
WAIT TIME: 24 HOURS
COOK TIME: 1 HOUR
TOTAL TIME: 1 HOUR 10 MINS



AVOCADO TOAST

INGREDIENTS

- 1 whole avocado sliced
- Pinch of sea salt
- chili flakes and/or garlic powder
- 1 slice low-carb gluten-free bread

(recipe above)

DIRECTIONS

1. Toast a slice of paleo or adventure bread and top with avocado and seasonings. Enjoy!



LIVER DETOX SMOOTHIE

INGREDIENTS

- 1/2 organic grapefruit
- 1/4 fresh cucumber (peeled)
- 1/4 cup coconut water
- 1/4 cup filtered water
- 1 tbs chia seeds
- 1 scoop collagen protein
- squeeze of lime juice

DIRECTIONS

1. Blend on high in a blender until smooth.
2. Add more water as needed
3. Enjoy!



CHIA SEED PUDDING

INGREDIENTS

- 3 tbs chia seeds
- 1 cup coconut milk
- 1 tsp yacon syrup
- pinch of ceylon cinnamon
- berries of choice

DIRECTIONS

1. Whisk together ingredients (except fruit) until well combined
2. Place in fridge to gel overnight (make to whisk/shake every hour to prevent clumping)
3. top with fruit and enjoy!

FRUIT-FREE CHOCOLATE SHAKE

INGREDIENTS

- 1 cup full fat coconut milk
- 1/2 cup water
- 1/2 cup peeled and frozen zucchini
- 1 tbs hazelnut butter or sunbutter
- pinch of sea salt
- 1 scoop stevia sweetened protein powder of choice (I like KETO Cocoa from Ancient Nutrition)

DIRECTIONS

1. Blend on high in a blender until smooth.
2. Add more water as needed
3. Enjoy!



WARM CHERRY PIE SMOOTHIE

INGREDIENTS

- 1 cup cauliflower
 - 1/5 cup frozen cherries
 - 1/4 cup zucchini
 - 1 tbs hemp heart
 - 1/2 cup coconut milk
 - 1 tsp ceylon cinnamon
 - pinch of sea salt
 - liquid stevia to taste]
 - 1 heaping scoop of collagen or gelatin
- (if you add gelatin, let it gel in the coconut milk before adding the rest of the ingredients. Make sure the cauliflower and zucchini are steaming hot)

DIRECTIONS

1. Steam cauliflower and zucchini until soft
2. Add all ingredients to a blender once steamed and blend until smooth and creamy
3. Enjoy warm and top with coconut flakes (optional)

PREP TIME: 10 MINUTES
TOTAL TIME: 15 MINS



LOW CARB FRENCH TOAST

INGREDIENTS

- 2 slices of adventure bread (recipe above) or paleo bread
- 2 pasture raised organic eggs
- 1 tsp ceylon cinnamon
- 1/2 cup cashew milk (or almond milk)
- sea salt
- 1 tbs yacon syrup
- 1/2 tsp pure vanilla bean

PREP TIME: 10 MINS
COOK TIME: 15 MINS
TOTAL TIME: 25 MINS

DIRECTIONS

- 1. Whisk the eggs, cinnamon, milk, salt, yacon syrup (or stevia) and vanilla bean in a bowl until well combined.*
- 2. Melt coconut oil in a stainless steel or cast iron skillet over medium heat*
- 3. Dunk the sliced adventure bread in the egg mixture and fry in a skillet on medium heat and cooked 2 minutes per side or until golden brown.*
- 4. Melt coconut oil and mix it with some raw almond butter and stevia to drizzle over French toast or drizzle some yacon syrup over the French toast and enjoy with a side of cucumber*



OVERNIGHT CINNAMON BUCKWHEAT OATS

INGREDIENTS

To a mason jar add:

- ½ cup raw buckwheat groats rinsed and soaked for at least 3 hours. (I soaked mine for 8 hours.) or buckwheat flakes (these don't need to be soaked or rinsed)
- ¾ cup almond milk
- 2 Tablespoons chia seeds
- 1 Tablespoon yacon syrup or sweetener of choice
- 1 teaspoon ground Ceylon cinnamon
- ¼ teaspoon pure vanilla bean
- 1/8 cup chopped pecans (for topping)

DIRECTIONS

1. After soaking the groats and rinsing them very well, add all the ingredients to a jar and mix well.
2. Leave the mixture overnight in the refrigerator and your breakfast is ready to go in the morning!
3. You can top it with pecans, extra cinnamon, coconut flakes or berries!

PREP TIME: 10 MINS
COOK TIME: 15 MINS
TOTAL TIME: 25 MINS



CANDIDA FIGHTING GREEN SMOOTHIE

INGREDIENTS

- 1 cup coconut milk
- 1/4 cup water
- 1 cup organic frozen spinach
- 1 scoop protein powder of choice (I like Ancient Nutrition vanilla multi-collagen)
- 1 tsp black seed oil
- 1 tbs coconut MCT oil
- 1 drop organic cinnamon essential oil
- or ceylon cinnamon

DIRECTIONS

1. Blend everything on high until smoothie and creamy, adding more liquid as needed

CREAMY KETO SMOOTHIE

INGREDIENTS

- 1-1 1/4 cups full fat coconut milk
- 1/2 frozen avocado
- 1 tbs hazlenut butter (or nut butter of choice)
- 1 tbs hemp hearts
- 2 tsp red cocoa powder
- 1 heaping scoop vanilla pea protein or vanilla collagen

DIRECTIONS

1. Blend on high in a blender until smooth.
2. Add more water as needed
3. Enjoy!

TURKEY BREAKFAST PATTIES



INGREDIENTS

- 1 lb ground turkey
- 1 tbs dried sage crushed
- 1 tbs green onions, finely minced
- 1/2 tsp dried thyme
- 1 large clove of garlic, minced
- salt and pepper to taste
- pinch of red pepper flakes
- 2 tbs olive or coconut oil

DIRECTIONS

- 1. place all ingredients in a large bowl and mix until just combined (over-working the mixture will make the patties tough)*
- 2. Divide mixture into eight equal portions. Form into 1/2 inch thick patties, set aside*
- 3. Heat 1 tbs of avocado oil in a large skillet over medium heat.*
- 4. Cook patties 3 to 4 minutes per side until browned and cooked through. Repeat with remaining patties.*
- 5. Serve with paleo bread and afresh salad.*

PREP TIME: 15 MINS

COOK TIME: 15 MINS

TOTAL TIME: 30 MINS

Main Recipes





ROSEMARY LEMON CHICKEN

INGREDIENTS

- 1 lb skinless, boneless chicken breast
- 2 tbs olive oil
- 1/4 cup freshly squeezed lemon juice
- 2 cloves garlic, minced
- 1/4 cup fresh rosemary, minced
- 1/2 tsp himalayan salt

DIRECTIONS

1. In a medium bowl, combine olive oil, lemon juice, rosemary and salt
2. Rinse chicken breasts and pat dry and place in a 9x13 in glass baking dish greased with avocado oil
3. Pour the marinade over the chicken, cover and refrigerate for at least 30 minutes or up to 4 hours
4. Bake at 350 for 25-30 minutes or until cooked through. You could also grill the chicken as well!
5. Enjoy with some sliced avocado and a freshly chopped and peeled cucumber salad drizzled with olive oil, salt and lemon juice.

PREP TIME: 15 MINS

COOK TIME: 15 MINS

TOTAL TIME: 30 MINS



ASIAN BUDDHA BOWL

INGREDIENTS

- 2 cups sautéed cauliflower rice or konjac noodled (or 1 cup quinoa)
- 1 cup steamed broccoli
- 1/2 avocado, cubed
- 1/4 cup diced cucumber
- wild caught shrimp (use as much as you like)
- 2 tbs coconut aminos
- 1 tsp garlic powder
- 1 tbs yacon syrup
- 1 tsp Yai's thai chilli lime hot sauce (optional)
- finely chopped cilantro
- 2 tbs green onion sliced
- black sesame seeds to taste
- 1 tsp grated ginger
- 1 tbs raw almond butter

PREP TIME: 15 MINS
COOK TIME: 15 MINS
TOTAL TIME: 30 MINS

DIRECTIONS

1. In a deep bowl, fill the bottom with cooked cauliflower rice, top with avocado, cucumber, sautéed shrimp broccoli, sesame seeds, chopped cilantro and sliced green onion.
2. For the dressing: mix coconut aminos, garlic powder, yacon syrup, hot sauce, grated ginger and cashew butter. Mix well and drizzle over bowl. ENJOY !

Tip: you can pre-chop veggies for the bowl for the week and make a large batch of dressing and place in a glass jar in the fridge for the week as well !



DANDELION GREENS SALAD

INGREDIENTS

- 1 large bunch of dandelion greens
- 1 tbs grated garlic
- pinch of chili flakes
- salt and pepper
- lemon juice

DIRECTIONS

1. Wash greens then lightly simmer in a sauce pan with a bit of water until bright green
2. The transfer to a skillet and saute with garlic and spices until tender
3. Drizzle with freshly squeezed lemon juice and olive oil and enjoy!

CAULIFLOWER MASH WITH LAMB



INGREDIENTS

- Grilled or baked lamb burger
- 1 large organic cauliflower head
- 1 large zucchini, finely chopped
- 1/2 white onion finely chopped
- 1 tbs gelatin
- 2 cloves garlic
- 1 tbs olive oil
- pinch of salt and pepper

DIRECTIONS

1. steam 1 large head of cauliflower, then blend it in a blender with 1 tbs gelatin, 2 cloves of garlic, salt and pepper and olive oil and a few tbs of full fat coconut milk. Blend until smooth and creamy
2. Place grilled protein on top of mashed cauliflower and serve it with a side of light sauteed zucchini and onion seasoned with turmeric, salt and pepper to taste. Enjoy!

LOW-CARB POWER BOWL

INGREDIENTS

- 2 cups riced cauliflower
- pinch of smoked paprika
- 1 package organic enoki mushrooms, washed and end cut off
- 1 cup finely chopped brussel sprouts
- Organic chicken breast, oven roasted then chopped into cubes
- 2 tbs tahini
- 2 small garlic cloves minced
- 2 tbs avocado oil
- 1 tbs yacon syrup
- 1/2 tsp turmeric
- 1 tbs lemon juice
- pinch of salt and pepper

DIRECTIONS

1. Fry cauliflower and Brussel sprouts and place at bottom of bowl.

2. Lightly cook enoki mushrooms and place on top of bowl with cubed chicken and freshly chopped spinach.

3. Drizzle with tahini dressing (2 tbs tahini, 2 cloves garlic, 2 tbs avocado oil, 1/2 tsp turmeric, 1 tbs fresh lemon juice, yacon syrup, salt and blend until smooth). Top bowl with sesame seeds and hemp hearts.

PREP TIME: 15 MINS
COOK TIME: 30 MINS
TOTAL TIME: 45 MINS



BONE BROTH PHO

INGREDIENTS

- 4 cups water (or bone broth)
- 2 heaping tbs Chicken Bone Broth powder
(I like Organika ginger bone broth)
- A bit of red cabbage thinly sliced
- 1/5 white onion thinly sliced
- 1 clove garlic grated
- 1 few slices of zucchini
- Salt and pepper to taste
- 1 tsp fennel seeds
- ½ tsp grated ginger
- 1 tbs coconut aminos
- Shrimp or protein of choice
- Thai basil to taste
- 1 packet of konjac noodles (I like Better Than Noodles)

DIRECTIONS

- 1. Add everything to a pot except noodles and bring it to a simmer until all the ingredients combine. Once the protein is fully cooked, turn the heat off.*
- 2. Rinse the konjac noodles well under water and place them at the bottom of your bowl*
- 3. Pour the soup over top and enjoy!*

PREP TIME: 10 MINS
COOK TIME: 15 MINS
TOTAL TIME: 25 MINS



CREAM OF BROCCOLI SOUP

INGREDIENTS

Serves 4

- 1 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 3 stalks Celery (chopped)
- 5 cups Broccoli (chopped, incl. stalks)
- 6 cups Water
- 1 tsp Dried Basil
- 2 cloves garlic
- 1 tsp Sea Salt
- 1 cup raw Cashews (or 2 cups full-fat coconut milk)
- 2 cups Green Lentils (cooked, drained and rinsed)
- 2 cups Baby Spinach (packed)

DIRECTIONS

1. Throw your chopped onion, garlic, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.

2. In a blender, create your cashew cream (or use full fat coconut milk) by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1)

3. Pour the cashew cream or coconut milk in with your veggies and stir. Now add your green lentils and stir again. Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Serve with a side of grilled chicken if desired. Enjoy!

PREP TIME: 10 MINS
COOK TIME: 20 MINS
TOTAL TIME: 35 MINS

WARM PEAR AND FENNEL SOUP

INGREDIENTS

- 1 bartlet pear
- 1 large head of fennel
- 1 garlic clove
- 2 cups veggie broth (or bone broth)
- 1 cup full fat coconut milk
- 1 inch piece of ginger
- salt and pepper to taste
- 1 tsp ceylon cinnamon

DIRECTIONS

1. Simmer fennel, garlic and ginger and pear in the veggie stock until tender.
2. transfer all ingredients and coconut milk to a blender and blend until smooth
3. Enjoy warm and store remaining soup in the fridge or freeze for the following week.
4. Top with coconut yogurt.

ANTI-INFLAMMATORY CARROT AND GINGER SOUP

INGREDIENTS

- 1 head of cauliflower, chopped
- 3 large carrots, grated
- 1 whole onion peeled and chopped
- 2 inch piece of ginger
- 2 cans full fat coconut milk
- 1 cup water
- salt and pepper to taste
- 2 tbs yacon syrup (optional)
- 2 cloves of garlic, peeled
- 2 heaping scoops of ORGANIKA Turmeric bone broth powder (optional)

DIRECTIONS

1. sautee garlic and onion in a large pot with some olive oil
2. Once lightly brown and translucent, add in all the remaining veggies and sautee for a few minutes for added flavour.
3. Add in 2 cups water and let the veggies simmer until soft.
4. Add in coconut milk and remaining ingredients. Once everything is cooked through, transfer the soup into a large blender (you may need to do this in batches).
5. Once soup is pureed, adjust the seasoning and waer to desired taste and thickness and enjoy!



LOW CARB PANCAKES

INGREDIENTS

- 1 cup quinoa or buckwheat flakes
- 1 tsp baking powder
- 1-2 tbsp yacon syrup or liquid stevia to taste
- 1/4 cup nut milk of choice
- 1 tsp pure vanilla bean
- 1/2 cup unsweetened pumpkin puree
- 1 tbs apple cider vinegar

DIRECTIONS

1. In a high-speed blender or mixing bowl, add all your ingredients and pulse or mix until a thick batter remains
 2. Allow the batter to sit for 5-10 minutes. If its too thick add extra milk
 3. over med-low heat, preheat some ghee or coconut oil in a skillet and cook the pancakes for 2-3 minutes per side or until slightly brown.
- ENJOY!

QUICK CHICKEN DINNER

INGREDIENTS

- 1 lb organic chicken tenders
- salt and pepper to taste
- 1.4 cup spanish onion, minced
- 2 cloves garlic minced
- 1 1/2 cups chicken bone broth
- 1 tsp coconut flour
- 1 tbs coconut oil
- 2 tbs fresh lemon juice
- 2 tbs fresh parsley, finely chopped
- Thin slices of lemon for garnish

DIRECTIONS

In a skillet, heat 1 tbs of olive oil over med-high heat. Add 3 chicken tenders to skillet, sprinkle both sides with salt and pepper and cook 2-4 minutes on each side or until cooked through and lightly browned. Repeat with remaining chicken tenders, adding a tablespoon of oil as needed. Transfer chicken tenders to a platter and keep in warm oven until ready to serve. In the same skillet, heat 1 tbs of oil over medium heat. Add onions and garlic and sauté for 1 min. Whisk in chicken bone broth and coconut flour and simmer sauce until reduced and thickened, about 2 to 3 mins. Remove skillet from heat and add coconut oil, lemon juice and chopped parsley (and cilantro if you like), stir to combine. Pour sauce over chicken tenders garnish with lemon. Serve with a large salad and enjoy!



FISH TACOS WITH HOMEMADE SALSA

INGREDIENTS

- 4 Ccoo by Nuco coconut wraps (or lettuce wraps)
- 2 wild caught salmon, haddock filets or shrimp
- 1 1/2 tps extra virgin olive oil
- salt and pepper to taste
- 1 lemon (juiced)]
- 1 cup baby spinach
- 1 cucumber diced
- 1/2 cup green onion (scallions)
- 1/2 cup red onion (finely diced)
- 1 jalapeno pepper (deseeded and sliced)
- 1 garlic (clove, minced)
- 1 lime (juiced)
- 1 avocado (peeled and mashed)

PREP TIME: 20 MINS
COOK TIME: 20 MINS
TOTAL TIME: 45 MINS

DIRECTIONS

- 1. Preheat the oven to 500°F and move the rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minutes or until fish flakes with a fork.*
- 2. Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.*
- 3. Prepare all ingredients for the salsa and mix together in a large mixing bowl. (mango (optional), red onion, jalapeno, green onion, and lime juice).*
- 4. Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, cucumber garlic and splash of lemon juice).*
- 5. Warm your tortillas and place on a plate. Put your salsa, guacamole, spinach and fish out in separate bowls with a spoon/fork in each. Happy fish taco night!*



WARMING LENTIL & SPINACH SOUP

INGREDIENTS

- 3 tbsp olive oil
- 1 whole onion, diced
- 1 whole carrot, peeled and diced
- 2 garlic cloves, minced
- 1 tbsp tomato paste
- 1/2 tsp cumin powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 4 cups chicken bone broth
- 1 cup water
- 1 1/4 cups brown, green or red lentils, soaked overnight then rinsed
- 1 bay leaf
- 2 cups fresh spinach leaves
- 1/4 cup chopped cilantro
- juice of 1 organic lemon

DIRECTIONS

1. Heat up the olive oil in a pot over medium heat. Add the diced onion and carrot. Sauté until the onion softens and starts to turn golden. Add the garlic and sauté for 1-2 minutes

2. Add the tomato paste, cumin, salt and pepper. Stir and sauté for 2 minutes longer. Add the bone broth and water, lentils and bay leaf. Bring to a simmer then cover the pot, slightly vented. Let the soup cook for about 30 minutes until the lentils are soft

3. Remove soup from the stove, remove the bay leaf then blend the soup in a blender or with an immersion blender until chunky. Don't blend it fully so that you get some texture from the lentils. Stir in the lemon juice, serve hot and enjoy!

PREP TIME: 10 MINS
COOK TIME: 35 MINS
TOTAL TIME: 45 MINS



KETO BURGER BUNS

INGREDIENTS

Makes 8 buns

- 7.5 tbs ground psyllium husk
- 2 cups almond flour
- 3 tsp baking powder
- 1.5 tsp sea salt
- 3 tsp apple cider vinegar
- 1.5 cups boiling water
- 4 Large eggwhites (save the yolks for brownies)
- 3 tbs sesame seeds for topping (optional)

DIRECTIONS

1. Preheat oven to 350 degrees. Mix dry ingredients together in a stand mixer, then add the egg whites and vinegar and mix well until combined. Pour boiling water over the dough while it is mixing/beating and mix *JUST* until it is combined (do not over-mix). Let dough sit for a few minutes to absorb the water then stir. Grease your hands with olive oil and form 8 balls of dough and place them on a baking sheet lined with parchment. Top with sesame seeds and bake in the oven for 40 minutes or until golden brown and cooked through. ENJOY!

SALMON BURGERS

INGREDIENTS

- 1/2 lb sockeye salmon, skin removed
- 1/2 tbs sesame oil (I like chosen foods)
- 1/2 tbs coconut aminos
- 1 clove of garlic, minced
- 1/2 tsp peeled and minced fresh ginger
- 1/4 cup finely chopped scallions
- 1/8 cup toasted raw sesame seeds
- 1 large egg
- 1/2 tbs coconut flour
- salt and pepper to taste

DIRECTIONS

1. Rinse salmon, pat dry and cut into 1/4 inch cubes
2. In a large bowl, combine salmon, coconut aminos, garlic, ginger, scallions, sesame seeds, salt and pepper and eggs
3. Stir coconut flour into the mixture.
4. Use a 1/4 cup measuring cup to form mixture into patties
5. Heat coconut oil in a 9 inch skillet over med-high heat. Cook patties for 4 to 6 minutes per side, until golden brown
6. Transfer patties to a paper towel-lined plate and serve hot with my KETO buns recipe above



LOW CARB SUSHI ROLLS

INGREDIENTS

All ingredients to taste/preference

- Large organic nori sheets (online: sea snax)
- Sliced carrots, lettuce and cucumber
- Sliced avocado and cooked quinoa
- Sliced wild caught shrimp (cooked)
- Coconut aminos

DIRECTIONS

1. Stuff the nori wraps with the listed ingredients in your desired proportions and then roll until nice and tight.
2. Dip in the coconut aminos and enjoy!



LIVER CLEANSING SALAD

INGREDIENTS

- 2 heaping cups of kale
- 1 cup dandelion greens, chopped
- 1 cup asparagus chopped
- 1 cup jerusalem artichoke peeled/chopped
- 2 tbs freshly squeeze lemon
- salt and pepper to taste
- 2 cloves garlic, minced
- goat feta cheese (optional)

DIRECTIONS

1. Saute all the veggies in olive oil and garlic until wilted and cooked through.
2. Transfer to a bowl and drizzle lemon, salt and pepper over the salad and top with goat feta cheese and pepita seeds. ENJOY!

Add beets to this salad when off the candida cleanse for extra liver support!



LOW-CARB GUT FRIENDLY RAMEN

INGREDIENTS

- 1 heaping scoop of bone broth powder (I like Organika turmeric bone broth)
- 1 tbs coconut aminos
- Pinch of salt
- 1 green onion sliced
- ½ tsp hot sauce (optional)
- 1 package of Konjac noodles (I like Better than Noodles)

DIRECTIONS

1. Boil 4 cups of filtered water on the stove and then fully rinse the konjac noodles.
2. Add all the ingredients to a large bowl and then pour the boiling water over-top.
3. stir the soup together and enjoy!

KETO AVOCADO SALMON

INGREDIENTS

Salmon

- 2 lbs sockeye salmon cut into 4 portions
- 1 tsp ground cumin
- 1 tsp paprika powder
- 1 tsp onion powder
- 1/2 tsp ancho chilli powder
- salt and pepper to taste

Avocado

- 1 avocado cubed, 1/2 red onion diced, 2 limes juiced, 1 tbs cilantro chopped, sea salt

DIRECTIONS

1. Mix the salt, chili powder, cumin, paprika, onion and black pepper together, rub the salmon fillets with olive oil and this seasoning mix and refrigerate for at least 30 minutes.
2. Pre-heat oven to 400
3. Combine the avocado, onion, cilantro, and lime juice in a bowl and mix well, chill until ready to use.
4. Bake the salmon for 10-15 minutes depending on the thickness and desired doneness. Make sure to cover the baking dish with a lid so the salmon cooks evenly.
5. Top with avocado salsa and enjoy!

Drink Recipes



ANTI-INFLAMMATORY GINGER SHOT



INGREDIENTS

- 1 large organic ginger root
- 2 tbs apple cider vinegar
- pinch of black pepper
- 1 small organic fresh turmeric root (or turmeric powder)
- 1 tsp raw manuka honey (optional)
- 1 cup water (or more if you want it a bit less strong)

You will need a good blender and a glass bottle or jar along with a fine-mesh sieve or cheesecloth

DIRECTIONS

1. Peel ginger and turmeric (doesn't have to be perfect)
2. Add all ingredients to the blender and blend on high until no chunks remain
3. Pour the liquid into a cheesecloth or sieve and strain until ALL the juice is out. You will need to squeeze the pulp as much as you can as it holds onto a lot of precious liquid ;)
4. Discard the pulp and pour the liquid into a glass bottle (a funnel helps to keep it mess-free) and store in the fridge for a week.
5. Take a shot everyday before meals and enjoy!

PREP TIME: 20 MINS
TOTAL TIME: 25 MINS



TURMERIC LATTE

INGREDIENTS

- 1 1/2 cups unsweetened coconut milk
- 1 tsp organic turmeric powder
- 1/2 tsp Ceylon cinnamon
- Pinch of black pepper
- 1 tbs coconut oil
- 1/2 tsp Organic Traditions yacon syrup or liquid stevia to taste

DIRECTIONS

1. Simmer 1.5 cups on coconut milk on the stove and add in 1 tsp organic turmeric powder, 1/2 tsp Ceylon cinnamon, pinch of black pepper, 1 tbs coconut oil and 1/2 tsp yacon syrup from Organic Traditions or liquid stevia to taste.
2. Whisk until well incorporated and pour into your mug. For extra foam, use your handheld whisk and froth up the drink and enjoy!



COLON CLEANSER DRINK

INGREDIENTS

- 2 cups boiled water
- 1/2 tbs apple cider vinegar
- liquid stevia (optional)
- 1 glass straw

DIRECTIONS

1. add all ingredients together and enjoy hot! You can add gelatin for extra benefits.
- *Drink on an empty stomach to cleanse the colon. Drink through a straw to protect the enamel on your teeth!**



GUT HEALING GREEN SMOOTHIE

INGREDIENTS

- 1 1/2 cups coconut milk
- 1 heaping scoop Ancient Nutrition gut restore collagen (or you can use 10g Lglutamine, 1 tsp ginger powder, juice of half a lemon, liquid stevia to taste)
- 1 tsp organic spirulina
- 1/4 cup frozen blueberries

DIRECTIONS

1. Blend on high and enjoy!



ALKALIZING MATCHA

INGREDIENTS

- 1.5 cups nut milk of choice, heated up
- 1/2 tbs of organic ceremonial matcha
- Liquid stevia or 1/2 tbs yacon syrup (optional)
- 1/8 tsp Ceylon cinnamon
- 1 heaping scoop of collagen (optional)
- 1/8 tsp pure vanilla bean (optional)

DIRECTIONS

1. Heat up coconut milk in a small pan then add the remaining ingredients and blend up with a hand-held whisk or transfer to a blender and blend on high until frothy.

2. Pour into a mug and enjoy!

Snack Recipes





TRAIL MIX

INGREDIENTS

- unsweetened coconut chips
- raw walnuts
- raw brazil nuts
- raw macadamia nuts
- lily's stevia chocolate chips (optional)

DIRECTIONS

1. Mix all ingredients together in a ziplock bag and store in the refrigerator



LEMON CAKE BITES

INGREDIENTS

- 1 cup buckwheat flakes
- 3/4 cup sesame seeds
- 2 tbs chia seeds
- 1 tsp turmeric
- 2 scoops Vegan vanilla protein powder (I like Garden of Life)
- 3 scoops collagen peptides
- 1/2 cup almond butter
- 1/4 cup coconut oil
- 30 drops organic lemon essential oil
- Pinch of sea salt
- 4 tbs yacon syrup

DIRECTIONS

1. Combine everything in food processor and blend until smooth! Form into balls and refrigerate for 1 hour. Enjoy!



CHOCOLATE MINT ENERGY BALLS

INGREDIENTS

- 1 1/2 cups almond flour
- 1 cup sunflower seeds
- 1/2 cup ground flax
- 1/4 cup red cacao powder
- Pinch of sea salt
- Liquid stevia to taste
- 1/2 cup coconut oil
- 4 drops peppermint essential oil (or to taste)
- 3 scoops collagen

DIRECTIONS

1. Blend dry ingredients on high until a fine flour/crumb is formed.

2. Add in remaining ingredients and blend until combined. If it is too dry, add more coconut oil.

3. Form into balls and refrigerate until firm.

**You can also make a big batch and freeze them. You can top them with a bit of coconut cream for a little extra goodness! **

BLOOD SUGAR BALANCING FAT BOWL

INGREDIENTS

- 1 cup coconut yogurt (homemade is best)
- 1/4 cup blueberries
- 1/2 an avocado
- 1 tbs sunbutter
- 1 tbs sprouted ground flax
- 1/2 tbs yacon syrup (optional)
- Pinch of Ceylon cinnamon

DIRECTIONS

1. Top all ingredients on the coconut yogurt in a bowl and drizzle over some yacon syrup. You can sprinkle Ceylon cinnamon on top for extra flavour. Enjoy!



CINNAMON SHAKE

INGREDIENTS

- 1 cup coconut milk
- 1 scoop protein powder of choice (I like Ancient Nutrition Vanilla Multi Collagen or Garden of Life vegan vanilla protein)
- 1 tsp Ceylon cinnamon
- 1 tbs raw almond or sunbutter
- 1 tsp chaga mushroom powder (optional)

DIRECTIONS

1. Blend all ingredients together and enjoy!



SHAMROCK SHAKE

INGREDIENTS

- 1 large cucumber, peeled
- ½ cup full fat coconut milk
- 1 cup baby spinach
- 1 handful of peppermint leaves or peppermint essential oil to taste
- 1 handful of ice (optional)
- Liquid stevia to taste

DIRECTIONS

1. Peel and cut the cucumbers into small chunks and blend with the rest of the ingredients and blend on high until creamy
2. Top with a bit extra coconut cream if desired and enjoy



GUT-HEALING SUGAR-FREE GUMMIES

INGREDIENTS

- 4 cups organic tart cherry juice
- 4 tbs grass-fed gelatin
- liquid stevia to taste
- 1 tbs freshly squeezed lemon juice

DIRECTIONS

1. Add the gelatin to the cold juice and let bloom/dissolve in a saucepan.
 2. Heat mixture on the stove on VERY low heat until the gelatin melts.
 3. Add the stevia and then pour the mixture into silicone shaped moulds or into a 8x8 glass baking dish
 4. Refrigerate carefully until firm.
 5. Pop out the gummies from the mould or slice into small cubes if you used a tray.
- *NOTE: you lose some flavour as the gelatin cools in the fridge so add a bit extra stevia to balance it out once it is cooled. **

PREP TIME: 5 MINS

COOK TIME: 5 MINS

WAIT TIME: 4 HOURS

TOTAL TIME: 4 HOURS 10 MINS



BAKED ASPARAGUS STICKS

INGREDIENTS

- Asparagus sticks, washed and fully dried
- 2 tbs olive oil
- salt and pepper to taste

DIRECTIONS

- 1. Cut off the ends of a bunch of asparagus and place them on a baking sheet and drizzle them with olive oil, salt and pepper*
- 2. Bake at 350 for 20 minutes or until tender and crispy. Enjoy!*

GUACAMOLE DIP



INGREDIENTS

- 2 large avocados
- juice from 1 lime
- 1/2 English cucumber, diced
- 2 large grated garlic cloves
- pinch of sea salt
- 2 tbs chopped cilantro
- 1 tomatoe diced (optional)

DIRECTIONS

- 1. Mash avocado with a fork and place in a bowl*
- 2. Add the lime juice, salt, garlic, tomato, cilantro and mix well until combined*
- 3. Serve with cucumber and jicama sticks!*

PALEO BLUEBERRY LOAF



INGREDIENTS

- 1 cup Almond flour or nut flour of choice
- 1/4 cup Coconut Flour
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 1 tbs Ground Flax Seed
- 1 tbs Hemp Seeds
- 1 cup pumpkin puree
- 3 tbs Extra Virgin Olive Oil
- 3 Egg whisked (or
- 2 tbs psyllium husk powder and 6 tbs water, let gel. Eggs do work best though)
- 1/5 cup yacon syrup and or liquid stevia to taste
- 1 cup Blueberries

DIRECTIONS

1. Preheat oven to 350°F. Combine the dry ingredients in a mixing bowl and mix well.
2. In a separate mixing bowl, add the pumpkin puree, oil, eggs and yacon syrup and mix well.
3. Pour the dry ingredients in with the wet ingredients and mix well. Gently fold in your fresh or frozen blueberries with a spatula.
4. Distribute the blueberries evenly throughout the batter, be careful not to over mix as this will break the berries and cause your bread to turn purple.
5. Line a loaf pan with parchment paper and pour in the batter. Bake in oven for 45 - 50 minutes. Insert toothpick in the center of cake. If it comes out clean, the bread is done. When fully cooked, lift the parchment paper out of the pan and let cool before slicing.

PREP TIME: 10 MINS

COOK TIME: 50 MINS

TOTAL TIME: 1 HOUR

Dessert Recipes



FRUIT-FREE NICE CREAM

INGREDIENTS

- 1 cup steamed then frozen zucchini
- 1 cup steamed then frozen zucchini
- 1 heaping scoop of vanilla flavoured protein powder (vegan or collagen)
- The hardened coconut cream from full fat canned coconut milk (reserve the liquid for smoothies)
- 4 tbs coconut milk from the carton
- 1 tbs yacon syrup
- Pinch of sea salt
- 1/8 tsp pure vanilla bean

DIRECTIONS

1. Add all the ingredients to a high powered food processor and blend on high until thick and creamy.
2. Add more liquid as needed and adjust the sweetener (stevia or yacon syrup) to taste.
3. Top with a bit of raw almond butter or hazelnut butter and enjoy!



SUGAR-FREE RASPBERRY JAM

INGREDIENTS

- 2 cups of berries fresh or frozen
- 1 tbs lemon juice
- 2 tbs organic chia seeds (or more as needed)
- 1-3 tbs yacon syrup or sugar-free sweetener of choice
- pinch of sea salt

DIRECTIONS

1. Cook berries in a saucepan over med heat until they begin to break down. Stir in lemon and sweetener and salt. Mash it down or leave it chunky. Cook for 5 more mins, remove from the heat and stir in chia seeds.
2. Let stand until it begins to thicken, adding water if needed to thin it out. Allow to cool to room temperature and store in an airtight container in the fridge for a week or two.



KETO CHOCOLATE MOUSSE

INGREDIENTS

- 1 whole soft avocado
- 1 can full fat coconut milk (only the hard part, but save the liquid)
- 1/2 cup hazelnut butter (or almond or sunbutter)
- pinch of sea salt
- liquid stevia or yacon syrup to taste
- 3-4 tbs red cocoa powder (or more if you want it richer)

DIRECTIONS

1. Add all the ingredients to a high-powered food processor and blend until the ingredients start to come together.
2. Slowly add in the coconut liquid from the can while the food processor is on until you achieved your desired texture/thickness. The pudding will firm up more in the fridge so keep that in mind! If you want it for frosting or truffles, add less liquid.
3. Refrigerate for 3 hours (the longer the better) before scooping into it!
4. Enjoy it rolled into truffle balls and coated in cocoa powder or in a bowl topped with strawberries or as a frosting on a cupcake or even frozen into an ice-cream!

PREP TIME: 10 MINS
WAIT TIME: 3 HOURS
TOTAL TIME: 3 HOURS 10 MINS

PALEO CHOCOLATE CHEESECAKE



INGREDIENTS

Crust:

- 3/4 cup raw hazlenuts
- 1/3 cup coconut oil
- 3 tbs yacon syrup
- 2 scoops vanilla protein powder of choice
- Pinch of sea salt
- 1/2 cup buckwheat or brown rice flour
- 1 cup GF oats

Filling:

- 1.5 cups raw cashews soaked overnight
- 4 tbs yacon syrup (or monk fruit sweetener to taste)
- 1/2 cup coconut oil
- 1/3 cup red cacao powder
- 3/4 cup lilys stevia chocolate chips, melted
- Pinch of sea salt
- The hardened part of 1 can coconut milk

DIRECTIONS

Crust:

1. Blitz dry ingredients together until a crumb forms, then add the wet and blend in a food processor until it holds together. Add a tiny bit of water or coconut oil if needed.
2. Press into a greased pie dish and bake at 350 for 15 mins or until golden brown.

Filling:

1. Blend all ingredients together in a food processor until smooth and creamy. Taste and adjust the flavour as needed.
2. Pour the filling into the baked crust and freeze until firm. Enjoy !

PREP TIME: 25MINS

WAIT TIME: 2 HOURS

TOTAL TIME: 2 HOURS 25 MINS

NUTTY RASPBERRY JAM BITES

INGREDIENTS

- 1 cup nut or seed butter of choice (no peanut or cashew butter)
- 3/4 cup raspberry chia jam (see recipe above)
- liquid stevia or yacon syrup to taste
- pinch of sea salt
- 4 tbs coconut oil, melted

DIRECTIONS

1. Mix peanut butter and coconut oil together with the salt and sweetener. Once combined, swirl in the raspberry jam (don't fully mix).
2. Line a baking sheet with parchment paper and scoop out tbs sized dollops and place on the baking sheet. Freeze the bites for 10 minutes or until firm. Enjoy!

CINNAMON "DONUT" BITES

INGREDIENTS

- 2 tbs ground flax + 6 tbs water
- 1/2 cup melted coconut oil (MCT oil works as well)
- 1 tsp sea salt
- 1 tbs Ceylon cinnamon
- 1 1/5 cup coconut flour
- 1 cup arrowroot flour
- 1.5 cups additional water
- 1/2 cup mini lily's stevia chocolate chips (optional)

DIRECTIONS

1. Let the ground flax gel in water, then add the remaining water and oil to the flax and mix well to combine. Add dry ingredients together and mix until no clumps remain and the mixture is completely smooth then add the dry ingredients to the wet and mix to combine
4. Roll 2-3 tbs sized rolls and place on sheet line with parchment. Don't make them big or they wont bake through. You can add choc chips, walnuts, sweetener, etc for mix ins if you want. Bake at 350 degrees for 35 mins or until bottoms are golden brown. ENJOY





VEGAN KETO ICE-CREAM SANDWICH

INGREDIENTS

Cookie Ingredients:

- 1/2 cup sunbutter
- 1/4 grassfed ghee or coconut oil (vegan)
- Pinch of salt
- 1 tbs Ceylon
- cinnamon
- 1/2 heaping cup almond flour
- Yacon syrup or liquid stevia (or monk fruit!)

Ice-cream Ingredients:

- hardened part of 2 cans of full fat coconut milk
- 1/3 cup red cacao cacao powder
- Pinch of salt
- Liquid stevia to taste
- 1.5 heaping tbs raw almond butter
- 2 heaping scoops vanilla collagen

DIRECTIONS

Cookie Directions:

1. Blend all ingredients in a food processor until combined. The form into patties and place on a baking sheet lined with parchment and freeze until firm.

Ice-cream Directions:

1. Blend all the ingredients together in food processor and pour into glass container and freeze, stirring every hour until firm.

2. Scoop some ice cream between two cookies and ENJOY. If you want vanilla sandwiches, use the Zucchini Fruit-free Nice cream (recipe above) instead!

PREP TIME: 20 MINS

WAIT TIME: 2 HOURS

TOTAL TIME: 2 HOURS 2 MINS



VEGAN COCONUT BUTTER CUPS

INGREDIENTS

Coconut Layer Ingredients:

- 1 cup coconut butter
- Pinch of pink salt
- 3 tbs ghee or coconut oil
- Pure liquid stevia or yacon syrup to taste (optional)
- 10 drops peppermint essential oil or to taste
- 2 tbs collagen (optional)
- A few drops of liquid chlorophyll or dash of spirulina powder to make them green (optional)

Chocolate Layer Ingredients:

- 1 cup 100% pure dark chocolate
- 2 tbs ghee or coconut oil
- Pinch of sea salt
- Liquid stevia to taste (stevia or yacon or monk fruit sweetener)

DIRECTIONS

1. Add all the ingredients for the coconut layer to a saucepan and melt on stove top on super low heat until it is smooth and well combined. Place 30 mini muffin liners on baking sheet (you want a flat surface) and pour the coconut mixture into mini muffin liners and freeze while making chocolate layer.

2. Melt the chocolate ingredients together on stove top and pour over the frozen coconut layer. Freeze again for 10 minutes and enjoy!

PREP TIME: 10 MINS
WAIT TIME: 30 HOURS
TOTAL TIME: 40 MINS



CHOCOLATE TRUFFLES

INGREDIENTS

- 4 heaping tbs red cacao powder
- 1 heaping scoop chocolate protein powder of choice (I like Ancient Nutrition KETO Cocoa)
- Pinch of sea salt
- 3 heaping tbs coconut cream (hardened part of canned coconut left in the fridge overnight)
- 1 to 2 tbs coconut water from the can
- 1 tbs yacon syrup (or stevia to taste)

DIRECTIONS

1. Combine dry ingredients in a bowl and mix.
2. Then, add coconut cream and sweetener.
3. Slowly mix in coconut water or nut milk, a little at a time. (You want to add just enough to make a thick truffle paste that holds ball shapes. You may need to add more/less liquid depending on the cocoa powder you use. If it's too wet, add more cocoa.)
 - a. The mixture will be quite dry initially so keep working it until it comes together and is very fudgy.
4. Form into balls and then refrigerate until firm.
5. Roll into more cocoa and enjoy!

PREP TIME: 15 MINS
TOTAL TIME: 15 MINS

pH Food Chart

The body fluids of a healthy individual are slightly alkaline (pH 7.35). Anything above or below that range means symptoms/disease may arise. Most degenerative diseases attributed to aging, such as cancer, osteoporosis, gout, heart disease, skin diseases, allergies, stones, etc have been scientifically linked to calcium and other mineral deficiencies that result in the body fluids becoming too acidic. Stress, Glyphosate and other pesticides create uric acid production in the body and the kidneys have a hard time regulating the pH which leads to the body becoming too acidic. Acidosis is a common factor in over 150 degenerative diseases. Therefore, it is essential to ensure you're consuming mostly alkaline or neutral foods to prevent further acidifying the body.

Most Alkaline	Alkaline	Neutral	Low Acid	More Acid	Most Acid
Baking soda	Spices	Curry	Vanilla	Nutmeg	Pork
Lime/Lemon	Grapefruit	Guava	Plum	Cranberry	Coffee
Nectarine	Cantaloupe	Dry Fruit	Prune	Pomegranate	Pudding
Persimmon	Honeydew	Figs	Tomatoes	Green Pea	Jams/jelly
Watermelon	Citrus	Dates	Tofu	Peanut	Soybean
Raspberry	Mango	Beans	Almond oil	Snow Pea	Carob
Chlorella	Parsnip	Rhubarb	Sesame oil	Legumes	Hazelnuts
Lentils	Berries	Grapeseed oil	Safflower oil	Carrots	Walnuts
Yam	Garlic	Pumpkinseed oil	Buckwheat	Chickpeas	Brazil nuts
Onion	Ginger root	Sunflower oil	Wheat/Spelt	Pistachio	Barley
Sea	Broccoli	Pine nuts	Semolina	Pecans	Pheasant
vegetables	Poppy Seeds	Millet	Teff	Corn	Beef
Burdock	Apples	Kasha	Goose	Rye	Lobster
Sweet Potato	Pears	Amaranth	Turkey	Oat bran	Processed cheese
Pumpkin Seeds	Avocado	Brown rice	Lamb	Mussels	Ice cream
Coconut Water	Cherries	Wild Duck	Shellfish	Squid	Beer
Dark leafy greens	Peach	Venison	Cow/goat milk	Casein	Sugar
Herbs	Potato	Venison	Aged cheese		Cocoa
Apple cider vinegar	Peppers	Flsh	Black tea		White vinegar
Molasses	Mushroom	Chicken Eggs	Balsamic vinegar		Cane sugar
Teas (herbal)	Cauliflower	Cream			
	Eggplant	Yogurt			
	Pumpkin	Honey			
	Primrose oil	Maple Syrup			
	Sesame Seeds	Rice vinegar			
	Cod liver oil				
	Almonds				
	Sprouts				
	banana				
	pineapples				
	Beets				
	coconut oil				
	olive oil				
	Quinoa				
	Wild rice				
	Duck eggs				
	Sucanat				

WEEKLY MEAL PLANNER

MONDAY

Breakfast:

Lunch:

Dinner:

TUESDAY

Breakfast:

Lunch:

Dinner:

WEDNESDAY

Breakfast:

Lunch:

Dinner:

THURSDAY

Breakfast:

Lunch:

Dinner:

FRIDAY

Breakfast:

Lunch:

Dinner:

SATURDAY

Breakfast:

Lunch:

Dinner:

WEEKLY GROCERY LIST



FRUITS	VEGGIES	FATS	PROTEIN	HERBS SPICES	CONDIM ENTS	BAKING SUPPLIES
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Holistic Spring