



Week 2

Recipe Book

for inspiration

Empowered Fertility Renewal



Table Of Contents

Poached Eggs Over Ham and Asparagus.....	01
Herby Breakfast Sausages.....	02
Sausage Frittata.....	03
Almond Flour Pancakes.....	04
Beef Chili.....	05
Greens n' Beans.....	06
Beef Pot Roast.....	07
Creamy Lemon Salmon.....	08
Zucchini Fries.....	09
Bone Broth.....	10
Sweet Asian Chicken Wings.....	11
Strawberry and Salmon Salad.....	12
Red Lentil "Flatbread"	13
Tart Cherry Gummies.....	14
Lemon Coconut Smoothie.....	15
BlooBanana Smoothie.....	16
Banana Chocolate Lava Cake.....	17
Banana Muffins.....	18

Poached Eggs Over Ham and Asparagus

YOU WILL NEED:

- 1 bunch asparagus
- 2 eggs
- 1-2 tbsp apple cider vinegar
- 2 slices of ham
- salt and pepper to taste

HOW TO MAKE

1. Fill a small pot with about 4 inches of water and place on stovetop to bring to a boil.
2. Steam asparagus separately in a shallow skillet or pot just until fork tender.
3. Once water is boiling, reduce heat to low until you can only see small bubble rising from the bottom of the pot. Put 1-2 tbsp apple cider vinegar in and stir. Gently drop in your 2 eggs and set the timer for 3 minutes. Remove and serve over asparagus and ham. Salt and pepper to taste.

Herby Breakfast Sausages

Serves 4

INGREDIENTS:

- 9 oz. (250g) ground pork
- salt and pepper
- 2 tbsp. sage, chopped
- 2 tbsp. basil, chopped
- 1 tbsp. coconut oil

How To Make

1. In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into eight sausages.
2. Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.
3. Serve hot or store in the refrigerator for later.

Notes:

- Serve as a side with an omelette, or you can cut these in pieces and make a frittata with them.
- Organic and/or pasture-raised pork preferred

Sausage Frittata

SERVES 6

INGREDIENTS:

- 12 whole eggs
- 2 small/medium zucchini, diced
- 1 lb sausage (either Italian or breakfast sausage)
- 2 orange or red bell peppers, chopped
- 1 cup coconut milk (any dairy or non-dairy milk works)
- 1 tsp salt
- 2 tbsp coconut oil (or ghee or butter)
- Pepper to taste

Step 4

In a separate bowl mix 12 eggs, coconut milk, and salt together. Mix in cooked zucchini/peppers, and sausage. Stir well.

Step 5

Heat 2 tbsp coconut oil in skillet over medium heat, pour in frittata mixture and let heat for 1-2 minutes. Place skillet in oven for 15 minutes or until the center is set - there can be a small wiggle like jello but the center should no longer be liquid.

Enjoy!

Step 1

Preheat oven to 350 degrees.

Heat 12-inch cast iron skillet over medium heat and cook sausage, breaking apart the sausage as you go. Once cooked through and browning, remove from skillet and set aside.

Step 2

Sauté diced zucchini and bell peppers in sausage fat 3-4 minutes until soft. Sprinkle with some salt at this stage.

Almond Flour Pancakes

Serves 4

Ingredients

1/2 cup almond flour
1/2 tsp baking soda
1/4 tapioca flour
1 tsp ground cinnamon
1/4 tsp nutmeg
3 large eggs
2 medium, ripe bananas, mashed
1 tbsp almond butter (or nut butter of choice)
1 tsp apple cider vinegar
2 tsp vanilla
2 tbsp maple syrup
1/2 tsp salt

1. Whisk all dry ingredients together in one bowl (almond flour, tapioca flour, baking soda, cinnamon, nutmeg, maple syrup, salt)
2. Add in eggs, mashed bananas, almond butter, apple cider vinegar, maple syrup and mix until well combined.
3. Heat a large skillet over medium heat and cover with a thin layer of coconut oil or butter to prevent sticking (don't use too much!).
4. Place a heaping spoonful of batter onto heated skillet. Let sit until small bubbles form - about 2-3 minutes - flip over and cook another 2-3 minutes or until fully cooked through. Repeat until batter is done.
5. Enjoy with some fresh fruit and additional nut butter spread on top.

Beef Chili

PERFECT TO USE HIDDEN LIVER FOR

While eating liver can be difficult to do straight, hiding it in dishes with lots of other flavors makes it much easier. Take your liver and food process until completely smooth, scoop into ice cube trays and freeze. Simply drop a few liver cubes into a few dishes per week and you're well on your way to getting more nutrients in.

YOU WILL NEED:

- 1 lb ground beef
- 4 garlic cloves, minced
- 1 medium yellow onion, diced
- 2 tbsp olive oil
- 2 tbsp chili powder
- 1 tsp cumin
- 1 tbsp salt
- 1/2 tsp cinnamon
- 1 tbsp unsweetened cocoa
- 1 tbsp apple cider vinegar
- 1/2 can pureed pumpkin
- 2 bell peppers, diced
- 1-14oz can crushed tomatoes
- 2 cup bone broth
- Optional: 2-3 frozen cubes of liver
- Optional: 1-15oz can white kidney or cannellini beans

HOW TO MAKE

1. Heat oil in a pot over medium heat and cook ground beef while breaking it apart with your spoon.
2. Add in all spices, garlic, and onion. sauté together until fragrant and onions are soft, about 2 minutes.
3. Combine the rest of ingredients, mix well, and bring to a boil. Then let simmer for at least 20 minutes or until the desired consistency is reached. If you like a thinner chili then add more broth.

Greens n' Beans

Properly soaking and preparing beans is important to decrease the amount of anti-nutrients, or phytates. If eating beans a lot then this is an important step. If you only consume them every once in a while and they don't make up the bulk of your diet then you can use canned beans for ease and convenience if you don't have time to soak.

For white beans, place 2 cups of beans in a large bowl and cover with warm water. Add in a pinch of baking soda and let soak at room temperature ideally for 18-24 hours. Drain water and replace with new water about every 7 hours. If short on time, an overnight soak of at least 7 hours is good in decreasing some of the phytates.

INGREDIENTS

- 1 lb (16 oz) fresh and washed spinach (or greens of your choice, escarole works great)
- 4 garlic cloves, minced
- 1 yellow onion, diced
- 3 tbsp olive oil
- Salt and pepper to taste
- 2 cups cannellini or white beans
- 4 cups bone broth
- Optional: pecorino romano to serve

DIRECTIONS

1. Sauté onions and garlic in 2 tbsp olive oil in pot over medium heat for 1-2 minutes or until fragrant and onions are translucent.
2. Add in spinach and cook until wilted, sprinkle with a healthy pinch of salt at this phase.
3. Add in bone broth, beans, and bring to a gentle boil. Turn down heat, cover, and gently simmer for 20 minutes.
4. Salt and pepper to taste.
5. Enjoy!

Beef Pot Roast

PREP TIME: 20 MINUTES

COOK TIME: 2.5 HOURS

INGREDIENTS

- 2-3 lb beef chuck
- 4 medium sweet potatoes, cut in quarters
- 1 bunch multicolored carrots, greens removed and cut in 3 inch pieces
- 1 large yellow onion, quartered
- 4 garlic gloves, whole
- 3 sprigs fresh rosemary
- 3-4 cups bone broth or water
- 1 bay leaf
- 2-3 tbsp coconut oil or more if needed for sear
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375° F.
2. Heat coconut oil in Dutch oven on the stove on high heat. Sear beef roast on all sides, approximately 2 minutes per side. Set aside.
3. Turn stove to medium-high heat, and toss sweet potatoes, carrots, and garlic in to Dutch oven. Brown for 4 minutes or until potatoes and carrots begin to get a some good color, stirring once. Scoop vegetables to one side of Dutch oven and place beef chuck on the other side. Salt and pepper. Add water or broth. Add rosemary sprigs and bay leaf.
4. Place cover and put into oven for 40 minutes. After 40 minutes turn oven down to 325°F and continue roasting for ~2 hours or until the meat is falling apart.

Creamy Lemon Salmon

INGREDIENTS:

- 4 salmon filets
- 3 tbsp coconut oil or ghee
- 1.5 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp salt

Cream Sauce:

- 1 tbsp ghee
- 2 small shallots, diced
- 3 garlic cloves, diced
- 1 can full-fat coconut milk
- 1/2 cup bone broth
- Juice of 1 lemon
- Zest of 1 lemon
- 1 tsp salt
- 2 tbsp parsley for garnish

Step 1

1. Combine spices in a small bowl. Pat the salmon dry and season both sides.
2. Heat coconut oil in skillet over medium-high heat.
3. Once the skillet is hot, sear the salmon approximately 2-3 minutes per side depending on thickness of salmon filet.
4. Remove from skillet and set aside.

Step 2

5. Wipe out pan if necessary, place back on medium heat and add in ghee.
6. Sauté shallots and garlic for 1-2 minutes until fragrant.
7. Add in coconut milk, bone broth, and salt.
8. Let simmer until the sauce reduces to desired consistency.
9. Stir in the juice of 1 lemon. Place salmon filets in sauce and let simmer for a little bit to warm up.
10. Serve with as much zest and parsley as desired over some cauliflower rice.

Zucchini Fries

INGREDIENTS:

- 1.1 lbs. (500g) zucchini
- 1 clove garlic, crushed
- 1 egg
- 1 tsp. plant milk
- 4 tbsp. almond flour
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 3 tbsp. olive oil

Directions

1. Preheat oven to 430°F (220°C). Cut zucchini into fry-like pieces.
2. Crack the egg into a bowl and whisk with the milk. Season with salt, pepper, add the crushed garlic, oregano, and thyme. Mix well.
3. On a separate plate, have your almond flour ready.
4. Grease a large baking tray with 1 tbsp. of olive oil.
5. Dip the zucchini in the egg, then roll in the breadcrumbs and place on the baking tray.
6. Place the tray in the preheated oven and bake for 15 minutes. Turn the fries 2-3 times during this time, drizzling them with the remaining 2 tbsp. of olive oil.
7. Season with salt and serve.

Bone Broth

There are infinite variations of bone broth. You can use any type of vegetable and any type of bone. The following is a basic recipe that you can experiment with as you wish.

INGREDIENTS:

- 5 lbs meat bones or scraps
- 1 onion, chopped large
- 1 celery stalk, chopped large
- 1 carrot, chopped large
- 1 head garlic, split in half
- Optional: chicken feet

How To Make

Add all ingredients to a pot and fill with water until just above the bones and vegetables. Bring to a boil. Reduce to a simmer and let go for at least 3 hours, though preferably for 6 or more. Salt to taste.

Notes:

- You can keep vegetable scraps, bones leftover from meals, and freeze in bags in the freezer until it's "broth day". This reduces food waste and makes your bone broth a little more varied each time.

Sweet Asian Chicken Wings

ADAPTED FROM UNBOUND WELLNESS

YOU WILL NEED:

- 2 lbs chicken wings
- 1/2 coconut aminos
- 1/4 cup apple cider vinegar
- 3 tbsp chicken broth
- 2 tbsp coconut oil
- 2 tbsp honey
- 1 tsp coconut sugar
- 2 tsp garlic powder
- 1/2 tsp ginger
- 1/2 tsp salt
- 2 tsp arrowroot powder

DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Dry chicken wings and set aside.
3. In a bowl, mix together all of the liquid ingredients and seasonings except the arrowroot powder.
4. Whisk in the arrowroot starch until well incorporated and the sauce slightly thickens. It will still be a very liquid sauce, it will thicken in the oven.
5. Reserve about 1/3 of the sauce for dipping.
6. Add the wings to the sauce and toss until well coated. Place the wings on a baking sheet and cover with the rest of the sauce.
7. Bake for approximately 40 minutes, turning halfway through. Bake until you reach the desired color/crispiness.

Strawberry and Smoked Salmon Salad

YOU WILL NEED:

For the salad:

- 4 handfuls lettuce mix
- 3.5 oz. (100g) smoked salmon, torn
- 10 mini mozzarella balls, torn (omit if dairy-free, replace with avocado)
- 10 strawberries, halved
- handful basil leaves

For the dressing:

- 1 tbsp. honey
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 1 tsp. honey mustard

1. Divide the lettuce leaves between two plates. Add the torn smoked salmon and mozzarella balls as well as the strawberries and basil leaves.
2. Mix all the dressing ingredients and drizzle over the salads. Season with freshly ground black pepper and serve.

Red Lentil "Flatbread"

INGREDIENTS

Lentil Prep:

- 1 cup red lentils
- 2 cups water
- 1 tbsp lemon juice

To make:

- 2 Tbsp garlic powder
- 1 Tbsp cumin
- 1 Tbsp coriander
- 1 Tbsp black pepper
- 1 Tbsp salt
- ¼ cup olive oil

1. Soak 1 cup red lentils in 2 cups of water with 1 tbsp lemon juice overnight.
2. Drain lentils, and replace 2 cups of water. Blend lentils and water together in a blender on the highest setting until very smooth.
3. Mix well and reserve batter for use to cook later or cook right away.
4. To cook breads heat a cast-iron pan until it is very hot (smoking) and add a large dollop of batter. Using the back of your spoon spread the batter in a circle in the pan until it is about 1 cm thick. Cook for about 2 full minutes. Flip over and cook for another minutes on the other side.

*These are best eaten immediately. My suggestion is have the batter ready and cook a fresh one or three whenever you want one. They only take about 3 minutes to make once the batter is ready.

Tart Cherry Gummies

This is a great recipe from PaleoRunningMama - it's an awesome way to get some extra gelatin and collagen in while also having a little something sweet. Tart cherry juice also helps with melatonin production!

INGREDIENTS

- 3/4 cup 100% organic tart cherry juice
- 1/4 cup freshly squeezed lime juice, strained
- 2 tbsp honey
- 3 tbsp Vital Proteins Beef Gelatin

1. In a small pan, heat the juices until hot but not boiling.
2. Lower the heat and mix in honey until fully dissolved.
3. Whisk in 1 scoop of gelatin at a time until fully dissolved, about 7-10 minutes.
4. Remove from heat and place in your gummy molds.
5. Place in refrigerator until firm, about 1-2 hours. You can use mini muffin molds with liners if you don't have any molds, or you can put it in a shallow glass dish and cut out squares.

Lemon Coconut Smoothie

This is a super refreshing, light smoothie that I love

INGREDIENTS

- 1 cup full-fat coconut milk
- Zest of 1 lemon
- 2 tbsp lemon juice
- 1 cup of ice
- 2 tbsp honey
- 1 tsp fresh grated ginger
- 2 scoops collagen
- 1/8 tsp turmeric
- 1 tbsp chia seeds
- Water as needed if too thick

BlooBanana Smoothie

INGREDIENTS

- 1 cup (150g)
blueberries, frozen
- 1 medium banana, ripe
- 2 tbsp. almond butter
- 2 cups (480ml) almond
milk, unsweetened, or
coconut milk
- 2 medjool dates
- 2 scoops (50g) gelatin
or collagen or other
protein powder
- 1 tsp vanilla extract

Banana Chocolate Lava Cake

Serves 1

Ooooo I do love this one. It has a delicious gooey center and the cake part is fluffy and flavorful.

Prep time: 5 minutes

Cook time: 2 minutes

Total time: 7 minutes

Ingredients:

Cake:

- 1 ripe banana
- 1 whole egg
- 1 tbsp vanilla almond milk (or any milk substitute of choice)
- 1/2 tsp vanilla extract
- 1 tsp maple syrup
- 2 tbsp coconut flour
- 1/4 tsp cinnamon
- pinch of salt

For the center:

- 1 tbsp peanut butter (or nut butter of choice)
- 1 tsp dark chocolate chips (at least 70% dark)

Combine all cake ingredients together in a large mug. Make a small hole in the middle and place the peanut butter and chocolate chips in, then cover with cake batter. Microwave for 2 minutes. If the middle looks slightly wet and not cooked, then continue placing in microwave for 5 second increments until done (if I need to do this, I only need to do it once or twice). Enjoy that ooey, gooey, delicious center!

Banana Muffins

Prep time: 10 minutes

Cook time: 25-30 minutes

Total time: 35-40 minutes

Makes 10 muffins

Ingredients:

4 ripe bananas, mashed

1/3 cup nut butter (I like to use peanut butter)

1/4 cup coconut oil, melted

2 tsp vanilla extract

1/2 cup coconut flour

1/4 cup flax meal

tsp baking powder

1 tsp baking soda

1.5 tsp cinnamon

1/4 tsp nutmeg

1/2 tsp salt

Preheat oven to 350°. Prepare muffin tin with liners (I use plain parchment liners). Combine all ingredients in a bowl until evenly mixed. Scoop 1/4 cup of batter into muffin tin. Bake for 25-30 minutes or until an inserted toothpick comes out clean. Enjoy!