

A close-up photograph of a bowl filled with golden-brown, fried plantain slices. The plantains are cut into thick, curved pieces and are piled together in a light-colored bowl. The background is softly blurred, showing more of the bowl and some kitchen items.

Empowered Fertility Renewal

Recipe Book

Week 5

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- A wooden cutting board is the central focus, featuring several slices of cooked salmon with a pinkish-orange hue and a slightly charred exterior. The salmon is arranged in a row, with some pieces showing the skin. To the right of the salmon, there are fresh green arugula leaves and two slices of red tomato. The background is a dark, textured surface, possibly a countertop or wall, which is slightly out of focus. The overall lighting is soft and natural, highlighting the textures of the food.
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Caulie Porridge

Serves 4

- 1 large head cauliflower, florets**
- 3/4 cup unsweetened coconut flakes**
- 2 tablespoons coconut butter**
- 3 cups full fat coconut milk**
- 1 large lemon, zested**
- 1/2 cup fresh mixed berries**
- Sea salt to taste**
- 1/2 pound additive free bacon, cooked**

1. Place cauliflower florets into a food processor or blender and pulse until the cauliflower is the same consistency as large grains of rice. Set aside.
2. Heat a large skillet over medium-high heat, add riced cauliflower, coconut flakes, coconut butter, and coconut milk, and stir to combine. Bring to a simmer, cover with a lid and cook for about 25-30 minutes, stirring every 3-4 minutes, until the cauliflower is tender and the porridge is a creamy consistency.
3. Cool and serve warm with lemon zest, mixed berries, and a side of bacon.

Sweet Potato and Zucchini Fritters With Smoked Salmon

Serves 4

1 large zucchini, or 2 small

1 tsp salt

1 medium sweet potato, shredded or grated on box grater

3 eggs

1/4 cup coconut flour

1/2 tsp garlic powder

1/2 tsp onion powder

Oil for cooking in skillet

Cheesecloth

Plain coconut yogurt (or sour cream if in Balance and able to eat dairy)

8+ ounces smoked salmon (or more depending on preference)

1. Grate the zucchini with the large holes on a box grater or use the grating attachment for a food processor. Sprinkle grated zucchini with salt and let sit for 15 minutes.
2. Grate sweet potato with the large holes on a box grater or use the grating attachment for a food processor.
3. Squeeze as much water as you can out of the zucchini using the cheesecloth.
4. Combine zucchini, sweet potato, eggs, coconut flour, garlic powder, and onion powder together and mix well. If it's too wet and doesn't come together then add more coconut flour
5. Heat 1-2 Tbsp oil, butter, or ghee in skillet on medium-high heat and cook fritters 3-4 minutes each side until cooked through.
6. Serve with yogurt or sour cream and salmon on top

Sausage & Sweet Potato Over Arugula

Serves 4

1 pound ground breakfast pork sausage

2 large sweet potato, cut in slices (approximately 8 slices)

Salt to taste

4 large handfuls of arugula

2 avocados, halved

Optional: small scoop of kimchi or sauerkraut

1. Form the ground sausage into round patties approximately the size of your palm
2. In a skillet over medium-high heat, cook the patties on each side until browned and cooked through. Remove.
3. Place slices of sweet potato into the same skillet, cook 2-3 minutes each side or until browned and easily pierced with a fork
4. Divide arugula, sausage patties, and sweet potato between 4 plates. Divide avocados, season with salt, and enjoy

Blueberry Applesauce

6 large apples, cored, chopped and steamed

2 cups frozen blueberries

1/4 cup water (use coconut milk if wanting a creamier finish)

1/4 cup coconut sugar

1 lemon zested and juiced (around 2 Tbsp juice)

1 tsp vanilla

1/4 tsp salt

Optional: Can add maple syrup and cinnamon to taste when serving

Serving Suggestion: Serve with a side of breakfast sausage or bacon

1. Peel, dice, and core the apples
2. Place apples, blueberries, water, coconut sugar, lemon zest and juice, vanilla, and salt into a large pot. Mix well.
3. Heat pot over medium-high heat until bubbling, cover and reduce heat to low. Let simmer while stirring occasionally for 25 minutes until the apples are extremely soft
4. Mash manually with a fork or use an immersion blender to puree applesauce to desired consistency. Add water if too thick or simmer for longer if too thin
5. Serve with a side of protein like bacon or sausage, or add collagen/gelatin to your serving

Greek Chicken Salad

Serves 4

3 cups cooked and shredded chicken breast

2 tablespoons minced red onion

1 tablespoon chopped parsley

Sea salt and pepper to taste

1 large avocado, peeled and mashed

1 teaspoon grated lemon zest

1/4 cup sliced olives

4 cups baby spinach

Mix all ingredients together and serve over the spinach

Grilled Lemon Chicken Salad

Serves 4

2 lemons

1 ½ tbsp. oregano

1 ½ tbsp. olive oil

2 tsp. minced garlic

4 skinless, boneless chicken breasts (around 5 oz. (150g) each)

8 oz. (220g) asparagus

8 green onions, trimmed

1 tsp. coconut oil

1 ½ tbsp. white wine vinegar

4 oz. greens of choice

1. Heat oven to 400°F (200°C).
2. Grate lemon rinds to equal 2 teaspoons, then halve the lemons and set aside.
3. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken, season with salt and pepper and toss to cover.
4. Place the chicken and halved lemons on a baking tray inside the heated oven and bake for 20-25 minutes, until the chicken is cooked through and browned. Wait until slightly cooled then chop the chicken.
5. Heat the coconut oil in a small pan over medium heat and cook the asparagus and green onions for 3 to 4 minutes or until tender, turning occasionally. Cut asparagus and green onions into 2-inch pieces.
6. Divide the greens over plates and top with asparagus and green onions. Drizzle with white wine vinegar and season with salt and pepper. Serve with chicken and lemon halves.

Curried Cauliflower Soup

Serves 4

- 1 yellow onion, chopped**
- 1 cauliflower head**
- 2 tsp. fennel seeds**
- 1 cup. (190g) red lentils, soaked with water overnight**
- 3 tbsp. yellow curry paste**
- salt and pepper**
- 2 tbsp. olive oil**
- 4 cups water**

1. Heat the oven to 400°F (200°C).
2. Separate the cauliflower head into small florets.
Drizzle ¼ of the cauliflower with 1 tablespoon of olive oil, and season with 1 teaspoon of the fennel seeds and salt and pepper. Place in a roasting dish and set aside.
3. Heat the remaining 1 tablespoon of oil in a large pot, adding the chopped onion and the remaining 1 teaspoon of fennel seeds. Cook for 3-4 minutes until onion has softened. Add in the remaining cauliflower and lentils to the pan. Stir in the curry paste and add in 4 cups of water. Bring to a boil, then reduce the heat and simmer gently for 25 minutes, until cauliflower is tender and lentils are cooked.
4. In the meantime, place the roasting dish with cauliflower into the oven and roast for 20 minutes, until browned.
5. Once soup is cooked blitz it with a hand blender until smooth and creamy. To serve, divide the soup between bowls and top with the roasted cauliflower.

Miso Salmon With Zoodles

Serves 2

For the salmon:

2 salmon fillets, 4.5 oz. (130g) each
2 tbsp. miso paste
2 tbsp. honey
¼ cup (60ml) coconut aminos
2 tbsp. ginger, grated
2 tbsp. apple cider vinegar
1 tbsp. sesame oil
2 tsp. sesame seeds

For the noodles:

14 oz. (400g) zucchini noodles
6 radishes, sliced
2 tsp. sesame oil
2 tsp. ginger, grated
1 tsp. honey
2 tbsp. coconut aminos
juice of 1 lime

1. Mix all the salmon marinade ingredients. Coat the salmon fillets in the marinade and refrigerate for at least 20 minutes.
2. In the meantime, place the zucchini noodles and sliced radish in a bowl. Mix all the ingredients for the dressing and pour over the salad. Mix well and refrigerate.
3. Preheat oven to 350°F (180°C).
4. Place the salmon in an oven safe dish and pour some of the marinade over it. Bake for 12 minutes and then turn the broiler on for about 2-3 minutes to brown the top. Check often to avoid burning.
5. Once cooked, serve salmon alongside the zucchini salad. Sprinkle with sesame seeds to serve.

Tuscan Spaghetti Squash

Serves 4

1 large spaghetti squash

1 pound mild or hot Italian sausage

1.5 tsp ground sage

1 tsp salt

1/3 tsp garlic powder

1/2 tsp thyme

3-4 cups kale (around 5 oz)

Sauce:

1 cup raw cashews, soaked for at least 1 hour

3 garlic cloves

1 can coconut milk

1/2 tsp red pepper flakes

1 tsp salt

pepper to taste

1. Heat oven to 400. Halve spaghetti squash and take out seeds. Roast in oven for 35-40 minutes until tender.
2. While the squash is baking, cook the sausage in a skillet over medium-high heat. Add in seasonings and kale and cook until kale is wilted. Turn heat down or off and prepare sauce.
3. Combine all sauce ingredients together in a blender and blend until smooth and creamy.
4. Using a fork, fluff the "spaghetti" out of the squash. Add to sausage. Add sauce. Mix well and heat through on medium heat.

Chicken Fajitas

Serves 4

- 1.5 pounds chicken cut into strips**
- 3 bell peppers (red, yellow, orange)**
- 1/2 red onion, sliced**
- 1/2 yellow onion, sliced**
- 1.5 tsp salt**
- 1.5 tsp cumin**
- 2 tsp chili powder**
- 1 tsp garlic powder**
- 1/2 tsp oregano**
- 4 Tbsp olive oil**

1. Heat oven to 425
2. Combine all ingredients in a bowl and mix well with seasonings. Lay everything flat in a single layer on a baking sheet prepared with parchment paper
3. Roast for 20-25 minutes until chicken and veggies are cooked and browned, mixing about halfway through.
4. Serve with Plantain Tortillas and other fixings - Enjoy!

Plantain Tortillas

Serves 4

4 green plantains (the greener the better)

1 tsp salt

2-3 tbsp coconut flour

1. Cut each plantain in 4 pieces with peel still on
2. Boil in a large pot for 15 minutes
3. Once boiled, take peel off and place plantains in food processor. Add salt. Process until plantains have come together to form a sticky, thick "dough". If it is too wet from using riper plantains let it sit to dry out for about 20 minutes and come back to it.
4. With really stick, hard to handle dough use a spoon to scoop up about 1 Tbsp and roll it in coconut flour to make it easier to handle. Roll into a ball.
5. Place the ball on a long piece of plastic wrap and fold the plastic over. Manually flatten the plantain dough until larger than your palm.
6. In a skillet over medium heat cook the tortillas for about 1-2 minutes each side or until slightly browned. You can put a very thin layer of oil if you need to but these should slide around easily, especially if you used some coconut flour to make it less sticky and easier to handle

Mongolian Beef

Serves 4

- 1 pound ground beef**
- 3 garlic cloves, minced**
- 1 inch piece of ginger, minced**
- 4 green onions, split between white and green ends**
- 1/4 cup bone broth**
- 1 Tbsp + 1 tsp arrowroot starch**
- 2 tsp coconut sugar**
- 1 tsp apple cider vinegar**
- 1 tsp sea salt**
- 1/3 cup coconut aminos**
- Cauliflower rice for serving**

1. In a skillet over medium-high heat, cook beef until browned while breaking apart with a spoon. Remove
2. In the same skillet add garlic, white part of scallions, and ginger - heat for 1 minute until fragrant.
3. In a separate bowl, combine coconut aminos, broth, coconut sugar, apple cider vinegar, salt, arrowroot and mix well
4. Place sauce mix in with garlic and ginger and mix for about 30 seconds or until starting to slightly thicken. Add beef back in and mix well with sauce. Add green scallions.
5. Serve over cauliflower rice

Chili Con Queso Dip

Recipe from whatgreatgrandmaate.com

Serves 4

1/2 cup cashews, soaked overnight
2 tsp coconut oil, divided
3 cloves garlic, minced
1 medium cauliflower head, florets separated
3 cups dairy free milk (oat milk or coconut milk work great)
1/2 cup nutritional yeast (make sure it's not fortified with folic acid)
1/2 medium onion, diced
1 pound ground beef
2 tsp sea salt
2 tsp mustard powder
1.5 tsp chili powder
1 tsp cumin
1/2 tsp turmeric powder
1 14.5 oz can of diced tomatoes, drained
1 4 oz can of diced green chilis
2 Tbsp apple cider vinegar
Cilantro for garnish

1. Soak cashews for at least 1 hour, preferably overnight
2. Heat 1 tsp oil over medium heat in pan with lid
3. Add garlic and sauté for 1 minute
4. Add cauliflower florets, mix well, add in dairy free milk and bring to a boil. Reduce to medium-low heat, cover, and let simmer for 15 minutes or until the cauliflower is tender
5. Remove from heat and transfer to a high powered blender. Add in soaked and drained cashews with nutritional yeast and blend until smooth and creamy. Set aside
6. In the same pan, heat 1 Tbsp oil over medium heat, add onion and cook stirring until translucent
7. Add in ground beef, salt, mustard powder, chili powder, cumin, and turmeric. Cook until the meat is browned while breaking apart with spoon
8. Pour in the cauliflower/cashew sauce. Add drained diced tomatoes, green chili, and apple cider vinegar and mix well.
9. Let everything simmer together for about 10-15 minutes uncovered until to desired thickness.
10. Enjoy!

Raspberry Smoothie

Serves 1

- ½ ripe banana**
- 1 cup (125g) frozen raspberries**
- 1 cup (240ml) almond or coconut milk**
- 2 tbsp. protein - collagen or gelatin**
- 1 tbsp. smooth almond butter**
- handful ice cubes**

Place all ingredients in a high-speed blender and blitz until smooth.

Overnight Matcha Chia Pudding

Serves 2

- ¼ cup (30g) chia seeds**
- 1 ½ cup almond milk**
- 2 tsp. maple syrup**
- 3 tbsp. (40g) collagen or gelatin protein**
- 1 tsp. matcha**
- 1 cup (100g) fresh or frozen berries, to serve**

1. Mix the chia seeds and almond milk and place in the fridge. After an hour, mix again and place back in the refrigerator to chill overnight.
2. The next morning, mix in the maple syrup, protein powder, and matcha.
3. Divide between two bowls and serve with berries.

Peanut Butter Protein Fluff

Serves 1

1 cup (250g) full-fat coconut yogurt
2 tbsp. peanut butter or almond butter
2 tsp. maple syrup (or honey)
favorite garnish (banana, granola, blueberries)

1. Add the yogurt, nut butter and maple syrup into a small mixing bowl and whisk together using a hand mixer, until fluffy.
2. Transfer the mix into a bowl and top with your favorite toppings to serve.

Chocolate Banana Bread

Recipe from onedollarkitchen

3 mashed ripe bananas
1/4 cup olive oil
1/4 cup maple syrup
2 teaspoons vanilla extract
1 + 1/3 cup almond flour
1/4 cup coconut flour
1/4 cup unsweetened cocoa powder
2 teaspoons baking soda
1/4 tsp salt

1. Preheat oven to 350
2. Combine the wet ingredients in a large mixing bowl. In a separate bowl, mix all dry ingredients together. Combine the dry ingredients to the wet and mix well
3. Pour into a bread pan prepared with parchment paper to prevent sticking
4. Bake for 35-45 minutes or until a toothpick comes out clean