

# Week 3 Recipes

All recipes serve 1 adult for 6 days. Double- Triple it, if you gotta feed more:)

Pick 2 different days to meal prep if that works better for you

## Curried Egg Salad with red onion and celery

- 1 dozen hardboiled eggs \* see directions below
- 1/4 cup loosely packed cilantro
- 2 tsp dried or fresh dill
- 1 small lemon - zest and juice from
- 1/4 cup red onion chopped
- 1 tbsp great quality mayo - “Primal Kitchen Avocado mayo” is best one out there:)
- 3 tbsp plain goat milk yogurt
- 3 large celery stalks - chopped

### DIRECTIONS

Easy way to Hardball eggs!

Boil water - Then add the eggs, turn off heat- let eggs sit COVERED for 9 mins.

Remove immediately and rinse in cold water - put in ice bath and place in fridge

Combine all other ingredients - peel and add eggs - combine well with a large fork- place in fridge. Keeps for a week- GREAT with salad below + walnuts and sunflower seeds

## Super Colorful Spring Salad w/flax oil and lemon

- 20 oz - bout 8 loose cups of combo of kale, spinach, arugula
- 2 red bell pepper - sliced thinly
- 1 orange bell pepper
- 1 large golden beet (red is okay) - shred in food processor OR buy shredded from your Healthy grocery store salad bar:)
- 1/2 red onion, chopped
- 2 tbsp flax oil -in fridge section
- 1 small lemon juiced

### DIRECTIONS

combine all ingredients in a large bowl

Add flax and lemon last

toss well - holds for 7 days!!

Enjoy with egg salad above, avocado and walnuts:)

## Wilted Kale with Broth

- 6-8 cups de-stemmed and torn Kale. Bout 6 oz
- 1 shallot thinly sliced and chopped
- 2 cloves garlic chopped
- 1/4 cup vegetable broth
- 2 cups walnuts
- avocado slices- 1/2 avocado thinly sliced

### Directions

Heat large pan on low heat, add shallots and garlic- cook for 2-3 mins. Add vegetable broth, cook for 2 mins on medium heat. Add de-stemmed kale, cook on medium to allow to wilt but still stay bright green- 1 min max.

Remove from heat top with walnuts and currants and serve, or save in container for later. Top with walnuts and avocado before eating.

## Lamb and Veg Frittata

- 5 tbsp coconut oil
- 2 lbs ground lamb
- 1 large yam - shredded
- 1 large red bell pepper- thinly sliced
- 1 large red onion, diced
- 10 eggs
- 5 tbsp coconut milk cream
- 1/2 tsp gomasio

### DIRECTIONS

Heat oven to 350 degree. Place large skillet on stovetop over medium heat. Add coconut oil, lamb, yam, bell pepper and onion, saute for 4 mins.

In a large bowl, whisk 10 eggs. Pour into skillet and let cook with rest of ingredients for 5 mins on med/ high heat. Pour all from pan into baking dish and bake at 350 for 30-40 mins, checking at 25 mins to see if done.

## Paprika Cauliflower

- 3 lbs cauliflower, broken into florets
- 1/8 cup coconut oil, melted

- 3 tbsp paprika

## Directions

Preheat oven to 375. Melt coconut oil in saucepan (or in microwave) over low heat - about 2 mins (10 secs microwave). Place cauliflower florets in large bowl, add coconut oil and paprika, toss with hands to combine. Bake in oven for 35-40 mins.

## Cooked chicken patties

Simply buy organic, free range chicken patty's from store. Cook up 4-5 according to package directions.

Slice up chicken patty's and store in container - to toss in salads or with baked cauliflower.