

GL^{OW}15 KITCHEN

NOURISHING RECIPES TO
FEEL & LOOK YOUR BEST



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Hello!

I'm Naomi Whittel, and I am thrilled that you have decided to share your time — and kitchen — with me.

I have spent many years travelling the globe to uncover the secrets of the world's healthiest cultures. My goal? To dive deep into what keeps them healthy, and then, bring back their rituals and treasured ingredients to help you live your best life.

From the wet markets of Beijing to the vineyards of Bordeaux to the islands off Coastal Panama and the spice markets of India, through my expeditions I've learned about the best foods we can grow and eat in our daily diets to unlock our bodies' internal powers to heal.

I've compiled the best of these recipes from my travels and my own pantry — throughout this ebook, I've also explained why these ingredients are so powerful.

Plus on each recipe you'll find a tab that labels the recipes high day or low day. The lifestyle I'm advocating has "high" and "low" days. Exciting new research in the field of anti-aging and disease prevention shows that protein plays an even bigger role in human health and longevity than previously thought. While we all know that ample protein is important for immunity, lean muscle mass and satiety, we are now understanding that controlled protein cycling (increasing protein on some days and reducing it on others) enables the body to undergo a natural detox - no spa trips necessary! I'm an advocate for empowering our bodies to do the job they are intended to do without invasive drugs or procedures when possible. Using diet to help extend the amount of years we feel and look amazing is within all of our reach. Within these recipes, you won't have to think about how to trim the protein, how to make lower protein meals tasty or how to create a recipe that will satisfy you and keep your cravings away - I've done all the work for you!

Explore with me, and discover the ingredients that will truly make a change in your life. After all, small changes make a world of impact.

*Naomi,
wellness explorer*



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Breakfast



ACAI SPICE BOWL

In my travels to South America, I've encountered Acai, a native fruit to the Amazon River Basin of South America that's a cross between a grape and blueberry. With a taste described as wild berry-meets-dark chocolate, this low-sugar fruit is rich with health benefits, including a high antioxidant level and excellent amounts of iron, calcium, fiber and Vitamin A.

This smoothie boasts a wealth of anti-inflammatory ingredients to help you give your body the optimum reset. Starting your day with blood sugar stabilizing Ceylon cinnamon will allow you to soar through your morning without needing to stop at the bakery or have a sugary latte. And the black pepper amplifies the curcumin in the turmeric to help cool down inflammation so your body can focus on healing and repair, not fighting an imbalanced immune system. Enjoy the slightly sweet flavor of the blueberries and acai, which when blended together provided a touch of creaminess which makes this feel like a decadent, and nourishing way to begin your day.



5 min



0 min



serves 4

INGREDIENTS:

- 2 cups wild blueberries, frozen
- 1 packet of acai berry, frozen (such as Sambazon) 100 grams
- 1 teaspoon ginger powder (can use more if preferred)
- 1 teaspoon turmeric (can use more if preferred)
- 1/2 teaspoon Ceylon cinnamon
- pinch of black pepper
- 1/4 cup chia seeds
- 3 cups unsweetened coconut, hemp or almond milk
- (optional) 1 serving collagen or non-denatured whey protein powder 20 g
- 1 Avocado

PREPARATION:

Place all ingredients in a blender and blend until smooth. Chill in the refrigerator for 30 minutes to 1 hour to thicken to desired texture. For a thicker texture, reduce milk to 2 cups. Add more as necessary to reach preferred consistency



NUTRITIONAL FACTS: Nutritional analysis per serving using Collagen (about 2 cups): calories 286, fat 23g, fiber 3g, protein 10g, carbohydrate 13 g, net carbohydrates 20 g



CACAO CREAM SMOOTHIE

The Guna people of Coastal Panama have remarkably low blood pressure. Studies attribute this to their daily ritualistic intake of a traditional cacao drink. Cacao is rich in hundreds of polyphenols and flavanols. These flavanols activate nitric oxide activity in our bodies, which is important for circulation and blood pressure. Research has shown that starting your day with fat, instead of carbohydrates can get your metabolism off on the right track.

I love the metabolism boosting MCT oil here, which helps bring out the intensity of the cacao and the sweetness from the coconut milk. If you don't have MCT oil, simply use coconut oil or coconut butter.

 5 min	 0 min	 serves 4
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INGREDIENTS:

- 3 cups *unsweetened vanilla hemp milk*
- 1 cup *full fat unsweetened coconut milk*
- 1/4 cup *MCT oil (or coconut oil or butter)*
- 1/4 cup *raw Cacao powder*
- 2 tablespoons *real vanilla powder or real vanilla extract*
- 3/4 cup *ice cubes*

PREPARATION:

Place all ingredients in a blender and blend until smooth.

 **NUTRITIONAL FACTS:** Nutritional analysis per serving (1 1/2 cups): calories 243, fat 23 g, fiber 2 g, protein 3 g, carbohydrate 4 g, net carbohydrate 2 g

BROCCOLI SCRAMBLE WITH GOUDA & RED POTATOES

Sometimes the things that seem the most simple have the most complexity. Take for example the gouda in this recipe – it’s overflowing with flavor but it’s greatness doesn’t end at our taste buds. Gouda is an excellent source of Vitamin K2, a transformative nutrient that promotes vibrant health and resistance to aging and degenerative disease.

Vitamin K2 might be one of the hottest topics in the health world now for good reason – this delicious cheese combats cardiac and prostate diseases, supports heart health and circulation by keeping calcium in the right place – in your bones, not your arteries and it also prevents the calcification of our skin’s elastin, making us less prone to fine lines and wrinkles and varicose veins.

This recipe is just full of hidden virtues of your favorite foods. Another fun tidbit? Keep your potatoes cold. When chilled, they contain resistant starch, which will help you maintain a healthy microbiome and regulate blood sugar levels and weight



20 min



15 min



serves 4

INGREDIENTS:

- 2 cups **broccoli florets**
- 1 cup *cubed, cooked and cooled red potatoes*
- 8 large pasture raised, **organic eggs**
- 1/2 teaspoon *ground black pepper*
- 1/2 teaspoon **sea salt**
- 1/2 teaspoon **turmeric powder**
- 1 tablespoon **ghee or clarified butter**
- 4 ounces **goat milk gouda cheese, shredded**
- 1 **avocado, peeled, seeded and diced**

PREPARATION:

1. Fill a pot 3/4 full of water and bring to a boil. Add the broccoli florets and cook 2 minutes or simply steam for about 2 minutes in a metal mesh steamer. Drain immediately and chop into small pieces. For faster prep time this can be done ahead.
2. Next, cook the potatoes following the same instructions above. Cook until fork tender, roughly 10 – 15 minutes. Cube the potatoes into bite – sized pieces and store in a glass container in the refrigerator. For faster prep time this can also be done ahead.
3. In a large mixing bowl, scramble the eggs with the pepper, salt and turmeric.
4. Melt the clarified butter in a 10” well-seasoned cast iron skillet over medium heat. Add the eggs to the pan and cook for about 1 minute. Lower the heat and stir the eggs so they scramble, about 3 minutes.
5. Stir in the broccoli and then sprinkle the egg mixture with the cheese. Cook for another 1 – 2 minutes. When the eggs are fully cooked and the cheese has melted, remove from heat. Stir in the cold potatoes.
6. Divide the eggs among 4 plates and serve with avocado on top.



NUTRITIONAL FACTS: Nutritional analysis per serving (1 slice): calories 380, fat 26 g, fiber 5 g, protein 22 g, carbohydrate 15 g, net carbohydrate 10 g

POACHED EGGS OVER SAUTÉED DANDELION GREENS AND AVOCADO CREMA

I have been eating Dandelion since I was little girl. Dandelion's nutritional composition makes it shine as a medicinal remedy. It has been used for irritated skin, indigestion, blood pressure and immunity as well as balance disorders of the gallbladder, liver, and kidney. One cup boasts high levels of vitamin A, C, and K as well as essential electrolytes like potassium, calcium, and magnesium. It's no wonder it's one of my favorite beauty foods! If eating dandelion is new for you, this dish will make you an easy convert.

Dandelion greens are an excellent way to get all the minerals and vitamins of a leafy green vegetable, while also getting the bitter component. Bitter foods stimulate gastric juices that enhance the digestion of foods, and make minerals in your diet more available for absorption. If you're new to adding bitters to your diet and want to start slow, replace one bunch of dandelion greens with spinach. The addition of curry powder adds beautiful color and takes advantage of the additional phytochemicals in this traditional Indian spice. Topped with buttery avocado crema, this dish is equally nutritious as it is decadent.



15 min



15 min



serves 4

INGREDIENTS:

- 1 tablespoon coconut oil or ghee coconut oil
- 1 large shallot, *finely chopped*
- 3 garlic cloves, *chopped fine*
- 1 teaspoon curry powder
- 2 bunches dandelion greens, washed and dried, ends trimmed, *chopped*
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 8 large pasture raised, organic eggs

AVOCADO CREMA

- 1 large avocado, *halved and pitted*
- ¼ cup canned full fat coconut milk
- 2 tablespoons avocado oil
- 1 tablespoon lime juice
- ½ teaspoon ground cumin
- ½ teaspoon sea salt

PREPARATION:

1. Heat the oil in a large sauté pan or cast-iron skillet over medium low heat for 30 seconds. Add the shallot and sauté, stirring occasionally, until lightly golden, about 5 minutes. Add the garlic and curry powder, stir and cook for 2 more minutes.
2. Add the dandelion greens, salt and pepper, stir and cook for 3 minutes. Turn heat to low and cook a few minutes more, wilting the dandelion greens, but don't overcook, you want them to retain their brilliant green color.
3. Meanwhile poach the eggs. While the water is boiling, make the avocado crema. Put the avocado, coconut milk, oil, lime juice, cumin and salt in a food processor and process until smooth and creamy, about 30 seconds.
4. Serve the poached eggs over the dandelion greens, topped with a dollop of avocado crema.



NUTRITIONAL FACTS: Nutritional analysis per serving (1/4 of the recipe): calories 353, fat 29 g, fiber 5 g, protein 15 g, carbohydrate 11 g, net carbohydrate 6 g



Soups &
Salads



BUDDA BOWLS

Quinoa, a flowering plant in the amaranth family Amaranthaceae, is found in so many of our recipes and dishes today. But, did you know this grain actually originated in the Andean region of Peru, Bolivia, Ecuador, Colombia and Chile. Yes! People began eating this powerfood 3,000-4,000 years ago. The Incas held quinoa up as a sacred crop.

And it's no wonder: this truly is a superfood. It is one of the most protein-rich foods we can eat and contains iron, lysine, magnesium, manganese, riboflavin B2 and twice as much fiber as other grains.

I'm passionate about salads and love finding ways to keep them exciting and new without compromising nutrition or flavor. Buddha bowls have become a favorite of mine since they are so versatile and you can create them with the vegetables, whole grains and plant proteins you have on hand. The concept of a Buddha bowl is to begin with a dense layer of fresh greens, then choose a whole grain like buckwheat, amaranth or quinoa, a couple non-starchy vegetables that adds lovely color and phytonutrients, then add a plant-based protein such as seeds, nuts, tempeh, lentils or beans. One of my favorite seeds are Sachi inchi seeds since they pack an exceptional amount of omega – 3 fats but you can use what you have in your refrigerator right now. Don't forget to whip up a tasty sauce to dress your salad with. Use healthy fats such as avocado oil, olive oil, tahini, or coconut oil and blend with aromatics and herbs to increase polyphenols and flavor. Yum!

 20 min	 20 min	 serves 4
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INGREDIENTS:

- SALAD**
- 2 cups cooked quinoa
 - 2 cups cauliflower florets
 - 2 cups brussels sprouts, *quartered*
 - 1 bunch broccolini, *de-stemmed and chopped*
 - 2 tablespoons coconut oil, *divided*
 - 1 package organic non- gmo soy tempeh, *diced*
 - 1 tablespoon coconut aminos
 - sea salt
 - black pepper
 - 4 radish, *diced*
 - 1/4 cup sesame seeds
 - 1 cup Kimchi (*or more*)

CREAMY TAHINI DRESSING

- 1/4 cup tahini
- 1 tablespoon maple syrup
- Pinch of sea salt
- 1/2 lemon, *juiced*
- 1/2 cup warm water

To make the dressing, combine all the ingredients in a food processor and blend until a smooth consistency is reached. Set aside.

PREPARATION:

1. Preheat oven to 350 degrees.
2. Prepare quinoa according to package directions. Set aside.
3. Place the cauliflower, Brussels sprouts and broccolini on a baking tray. Drizzle 1 tablespoon oil over vegetables and sprinkle with a pinch of salt and pepper. Roast vegetables in the oven for about 20 minutes or until fork tender. When done, remove from oven and set aside to cool. *NOTE: Make sure vegetables are all roughly the same size to ensure even cooking time.*
4. Heat remaining oil in a medium pan over medium high heat. Add the tempeh and stir to coat in oil. Cook for about 2 minutes on one side so the tempeh forms a nice golden brown crust. Flip tempeh, add coconut aminos, a dash more salt and pepper and cook for another 2 minutes. When tempeh has a golden crust on all sides, remove from heat and set aside.
5. Arrange 4 salad bowls on the tabletop. Place a 1/2 scoop of quinoa in each bowl. Next, layer in the vegetables. Then, top with tempeh. Sprinkle sesame seeds on top and place a serving of kimchi on the side. Drizzle dressing evenly amongst 4 bowls and enjoy.

 **NUTRITIONAL FACTS:** Nutritional analysis per serving (about 3 1/2 cups salad): calories 475, fat 26 g, fiber 8 g, protein 24 g, carbohydrate 43 g, net carbohydrate 35 g. Having a net carb of 35 grams is acceptable for an evening meal. This is a good time of day to get a dose of healthy carbs in.

DAIKON SALAD WITH BASIL LEMON DRESSING

This simple salad was inspired by nature's biochemical bounty. Get your collagen in effortlessly when you combine it with the vitamin C found in lemons to support your skin's own internal collagen production. The peel of citrus fruits contains an antioxidant - rich bioflavonoid known as hesperidin, studied for its heart and brain protective properties. If the sulforophane in broccoli sprouts weren't enough to get you excited about detoxification and cellular repair, eating it with daikon radish adds a mild and tangy flavor while giving an extra boost to your digestion, enhancing absorption for all of nature's nutrients. Enjoy this salad with a cup of bone broth or a few sardines.



10 min



0 min



serves 4

INGREDIENTS:

- 1 head of Bibb lettuce, or Boston Red, *rinsed and dried, coarsely chopped*
- 1 apple, *cubed into 1/2 inch pieces*
- 1/2 cup pine nuts
- 1/2 cup broccoli sprouts
- 3 inch piece of daikon radish, *peeled*

DRESSING

- 1/4 cup tea seed oil (*or extra-virgin olive oil*)
- Juice of 1 lemon
- Zest of 1 lemon
- 1 tablespoon raw honey
- 1/4 cup *chopped* fresh basil
- 1 tablespoon collagen powder
- 1/2 teaspoon himalayan salt

PREPARATION:

- Place lettuce, apple, pine nuts and sprouts into a large serving bowl. Using a peeler, shave daikon radish over the salad.
- In a small bowl, whisk together olive oil, lemon juice and zest, honey, basil, collagen and salt. Pour dressing over salad and enjoy immediately. Serve with soup, bone broth or sardines.



NUTRITIONAL FACTS: Nutritional analysis per serving (with 2 cups salad greens): calories 283, fat 24 g, fiber 3 g, protein 5 g, carbohydrate 16 g, net carbohydrate 13 g

CREAMY CURRIED CHICKEN SALAD WRAPS

Whenever I am in India, I am excited to visit the spice markets and indulge in the incredible curries and cuisine. Turmeric, a spice found in traditional Indian curries, has anti-inflammatory properties that make it one of nature's most powerful ingredients for maintaining good health.

I suggest using a store bought hormone – free, organic (if possible), rotisserie chicken to accentuate the simplicity of this quick dish. I'm constantly on the go, either for work, travel or enjoying quality time with my kids. So having a go – to chicken salad that isn't hard to make and tastes great, not to mention has triple the nutrition of the traditional store bought chicken salad is a wonderful culinary hack that kicks my nutrition up a notch. Skip the whole wheat wrap and use a steamed collard green leaf to add an extra health boost to your lunch. Don't forget the sprouts!



10 min



3 min



serves 4

INGREDIENTS:

1/4 cup avocado oil – based mayonnaise
 2 tablespoons tahini sauce (*thin tahini paste with equal amount water to create "sauce"*)
 1 tablespoon tahini + 1 tablespoon water to equal 2 tablespoons sauce
 1 tablespoon curry powder
 sea salt (*to taste*)
 black pepper (*to taste*)
 12 ounces cooked skin – on chicken breast, diced
 2 stalks celery, finely diced
 1/4 cup red onion, finely diced (*optional*)
 1/2 cup dried black currants (*can substitute raisins*)
 2 cups sprouts (*broccoli, alfalfa, clover etc.*)
 12 steamed medium collard leaves, stems trimmed

PREPARATION:

1. Steam the collard greens until cooked through, about 3 – 5 minutes. Set aside to cool.
2. In a small mixing bowl, combine the mayo, tahini sauce, curry powder, salt, and pepper. Stir to combine. In a large mixing bowl, place the diced chicken, celery, onion, and currants. Add the mayo mixture to the chicken and stir to evenly coat the vegetables and chicken. Taste and season with more curry, salt and pepper if you prefer more spice.
3. Take a steamed collard wrap and lay it on a flat surface. If the stem is thick, take a pairing knife and thin it down (but be careful not to over – trim and cut the stem out).
4. Scoop about 1/3 cup of chicken salad in the center of the collard. Place a small handful of sprouts over the chicken. Fold the wrap over the chicken mixture starting with the stem – side, then fold the opposite towards the center, and then complete the other two sides much like you would fold a wrap or a burrito.
5. Place three wraps on each plate and serve immediately with a fresh salad or soup. Store leftover wraps in the refrigerator for up to 2 days.



NUTRITIONAL FACTS: Nutritional analysis per serving (with 2 cups salad greens): calories 313, fat 18 g, fiber 5 g, protein 23 g, carbohydrate 20 g, net carbohydrate 15 g

MIXED VEGETABLE MISO SOUP

I love the warmth and full-bodied flavor this soup delivers. It's perfect for a chilly fall day or a cold winter night. But you can enjoy it anytime of year and reap the immune-boosting benefits of the probiotic – rich miso paste and mineral dense dulse flakes. Dulse is an edible seaweed that contains your daily requirement of iodine, along with other minerals such as calcium, magnesium and iron. This is a true beauty soup since its nutrients support your thyroid, which you need for glowing skin, radiant hair, and a functioning metabolism.

The collagen in the bone broth contains protein that will satisfy you and contribute to your beauty as well!



20 min



15 min



serves 4



INGREDIENTS:

1 tablespoon coconut oil
1 yellow onion, *diced*
1 tablespoon grated ginger
3 cloves garlic, *minced*
1 teaspoon turmeric
2 teaspoons cumin
sea salt
black pepper
8 ounces (*about 3 cups*)
shiitake mushrooms, *sliced*
2 large carrots, *diced*
2 cups broccoli florets
1 bunch large bok choy, *shredded*
4 cups bone broth or vegetable broth
1/4 cup miso paste
1/4 cup dulse flakes
(*for serving*)

PREPARATION:

1. Melt the oil in a large saucepan over medium heat. Sauté the onion for about 5 minutes or until translucent. Stir in the ginger and garlic, stir to combine.
2. Add turmeric, cumin, salt and pepper and cook for about 2 minutes, stirring constantly to prevent burning. Mix in the vegetables and cook for another 2 minutes.
3. Add in the broth, lower the heat to a gentle simmer and cook for about 5 – 10 minutes. Remove from heat.
4. Gently mix in the miso, and dulse flakes and stir to combine. Divide amongst 4 bowls. Great as a snack or a make it a meal by serving it alongside a mixed greens salad.
5. Store leftovers in an airtight glass container in the refrigerator for up to 3 days.



NUTRITIONAL FACTS: Nutritional analysis per serving (with 2 cups salad greens): calories 176, fat 5g, fiber 8g, protein 11g, carbohydrate 24 g, net carbohydrate 16 g



Dinners

Love these recipes and curious how to make them work for one of your Low Days? It couldn't be easier! Simply double the serving size so that the recipe yields 8 smaller servings, instead of 4. (This makes each protein portion smaller so you still maintain your "Low Day" protein intake).

To make these a complete Low Day meal add an additional serving of vegetables dressed in your favorite fats. Choose from healthy oils such as olive, avocado, coconut or tea seed. Add in some avocado, nuts, seeds or olives too. You'll be satiated and still on your plan!

ONE POT LAMB AND APPLE STEW

Warming spices like cumin and cinnamon are not only potent antioxidants, but happen to be delicious with lamb. Marinating the lamb beforehand makes this dish even tastier. More than likely the lamb you purchase will be grass fed, but don't assume, ask your butcher if it isn't labeled. Apples add a mild sweetness to this savory dish and provide a source of carbohydrates if you prefer to skip a serving of grain. Or, if you like, serve with a side of quinoa and sautéed Swiss chard.



15 min
+ time to marinate lamb



30 min



serves 4

INGREDIENTS:

1 1/2 teaspoons **cumin**
 1 teaspoon **cinnamon**
 1/2 teaspoon **cardamom**
 1/2 teaspoon **sea salt**,
 2 tablespoons **avocado oil**, *divided*
 1 pound **grass fed lamb**, *stew meat or shoulder**
 1 medium **onion**, *coarsely chopped*
 2 **celery stalks**, *chopped in 1/2 inch pieces*
 2 small-medium **apples**, *peeled and cubed in 1/2 inch pieces*
 1/2 cup **cashews**, *chopped*
 1 can **full fat coconut milk**
 1 tablespoon **arrowroot powder**
 1 tablespoon **water**

PREPARATION:

1. Mix the cumin, cinnamon, cardamom, salt, and 1 tablespoon oil in a medium mixing bowl. Add the lamb and stir to coat. Marinate in refrigerator for 2-8 hours.
2. Heat a large pot on medium-high heat and sear lamb on both sides, about 2 minutes each. Remove from pan and set aside. Turn heat down to medium and add the other tablespoon of oil, onions and celery. Cook for 10 minutes stirring occasionally, until soft, do not burn. Scrape the bottom of the pan to incorporate the spices from the lamb.
3. Add the apples and cashews, cook for another 5 minutes and add the lamb back to the pot. Stir in the coconut milk. Dissolve the arrowroot in water and add to pot. Cover and simmer for about 10 minutes until the apples are soft, but not mushy.

* you can request that the butcher de-bone shoulder meat



NUTRITIONAL FACTS: Nutritional analysis per serving (1/4 of the recipe): calories 581, fat 42 g, saturated fat 24 g, cholesterol 74 mg, fiber 4 g, protein 29 g, carbohydrate 26 g, net carbohydrates 22 g

THYME GRASS FED BEEF AND SPINACH

Get in the habit of using aromatic herbs to spice up your everyday meals. This quick and convenient dish makes that easy to do! Thyme is rich in the plant polyphenol luteolin, a potent antioxidant compound. Grass fed beef offers a healthier fat and nutrient profile than conventionally grown grain fed beef. You'll love this easy and effortless way to incorporate a serving of leafy green veggies. Enjoy alone or over a gluten free pasta like quinoa or bean - based pasta. Serve with a side of sauerkraut.



5 min



10 min



serves 4



INGREDIENTS:

- 1 tablespoon coconut oil or ghee
- 1 medium onion, finely chopped
- 2 tablespoons fresh thyme, or 2 teaspoons dried
- ½ teaspoon sea salt
- 1 pound grass fed ground beef
- 6 cups (6 ounces) fresh spinach
- 1 cup beef broth (or bone broth)
- 1 tablespoon arrowroot powder
- 1 tablespoon water
- Salt and pepper to taste

PREPARATION:

1. Heat oil on medium-low heat in a large skillet. Add onions, cook until soft and translucent, about 5 minutes. Add thyme and salt, cook another 2 minutes until aromatic.
2. Add beef, cook 2-3 minutes until lightly browned, but still pink. Mix in spinach, cover and wilt spinach, 2-3 minutes.
3. Add broth, heat 1 minute. Dissolve arrowroot with water, add to pan. Turn heat to medium-high, bring to a simmer to thicken sauce, about 2 minutes. Remove from heat and serve.



NUTRITIONAL FACTS: Nutritional analysis per serving (1/4 pound beef): calories 313, fat 20 g, fiber 2 g, protein 24 g, carbohydrate 7 g, net carbohydrates 5 g

COCONUT AND MACADAMIA NUT CHICKEN

I love Macadamia nuts. Not only are they delicious — they are incredibly healthy for you, too. These small, buttery nuts are native to tropical climates (they grow on macadamia trees in Hawaii, Australia, Brazil, Kenya and New Zealand). But even when I am home, I can easily find them at the local grocer and fine foods stores. While they are delicious, they are also 100% cholesterol-free — and rich in healthy fats and rich in flavanoids. The best part? They are also packed with omega 7 fatty oils and palmetoic acid — which can actually curb hunger and keeps you hydrated, too.

Ground macadamia nuts and shredded coconut give this dish a crunchy and buttery texture. Similar to the healthy fats found in avocados and olive oil, macadamia nuts are a rich source of monounsaturated fats that help to reduce cholesterol and triglycerides in the body, supporting a healthy heart. Chicken thighs with the skin on and bone in provide more nutrients, beneficial for collagen production and healthy joints and skin. Just be sure to get organic and pasture raised, as any pesticides the chickens ingest through their food get stored in the fat and skin. Lime zest, in addition to lime juice will give an extra boost in flavor and nutrients like vitamin C.

Serve with baked sweet potato and steamed green beans or bok choy.



10 min



45 min



serves 4

INGREDIENTS:

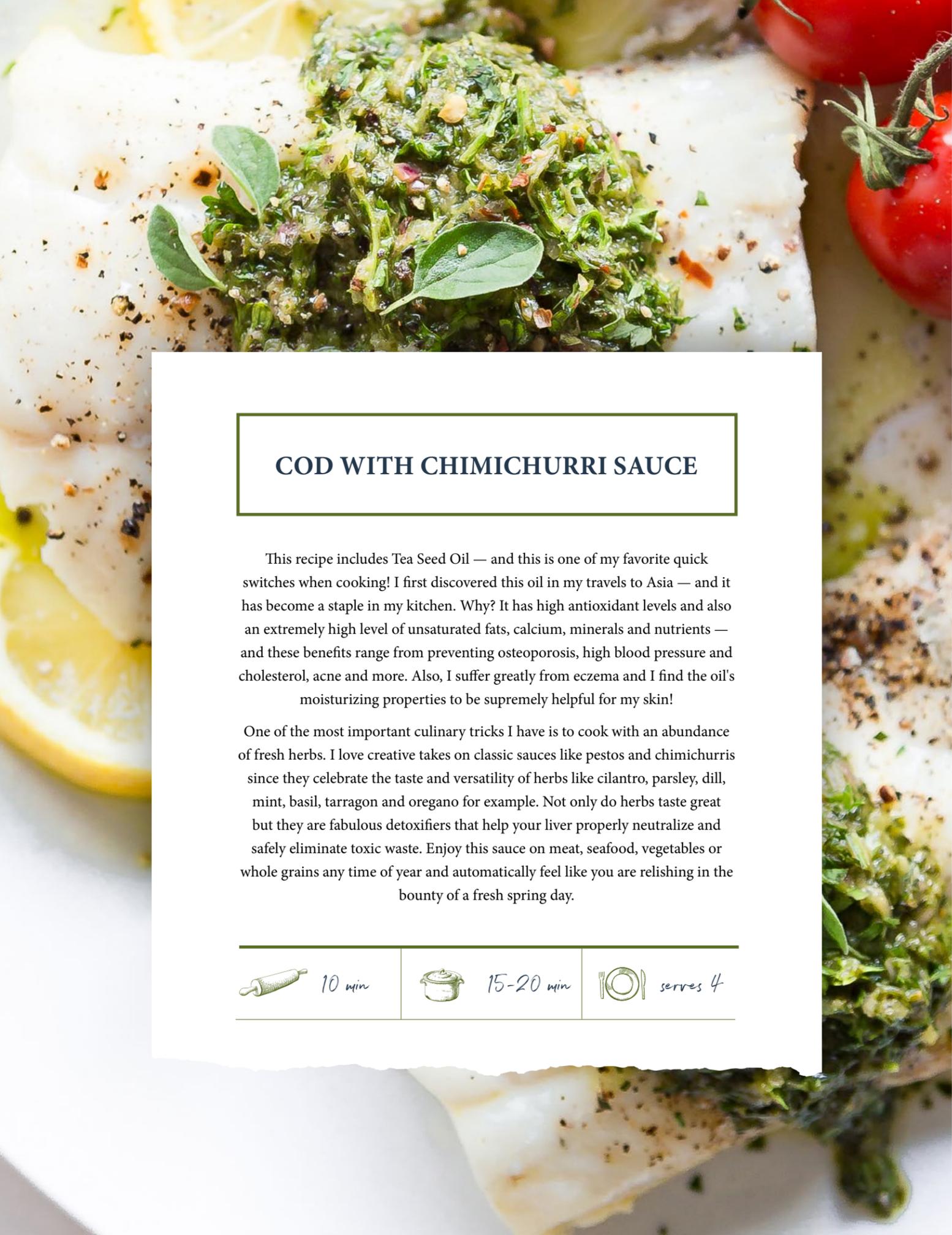
- 1 cup raw macadamia nuts, finely ground in a food processor
- 1/4 cup unsweetened shredded coconut
- 4 chicken thighs, skin on, bone in
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 4 teaspoons avocado mayonnaise
- 1 lime, zest and juice
- 1/4 cup cilantro, for garnish (optional)

PREPARATION:

1. Preheat oven to 375°F. In a small bowl, mix the macadamia nuts and coconut. Place chicken in a baking dish and sprinkle with salt and pepper. Spread each chicken thigh with 1 teaspoon of mayonnaise.
2. Spread macadamia coconut mixture on each chicken thigh, dividing evenly. Bake chicken for 40-45 minutes on center rack so not to burn the macadamia nuts. Serve with fresh lime zest and juice. Top with optional cilantro.



NUTRITIONAL FACTS: Nutritional analysis per serving (1 chicken thigh): calories 509, fat 46 g, fiber 4 g, protein 19 g, carbohydrate 8 g, net carbohydrates 4 g



COD WITH CHIMICHURRI SAUCE

This recipe includes Tea Seed Oil — and this is one of my favorite quick switches when cooking! I first discovered this oil in my travels to Asia — and it has become a staple in my kitchen. Why? It has high antioxidant levels and also an extremely high level of unsaturated fats, calcium, minerals and nutrients — and these benefits range from preventing osteoporosis, high blood pressure and cholesterol, acne and more. Also, I suffer greatly from eczema and I find the oil's moisturizing properties to be supremely helpful for my skin!

One of the most important culinary tricks I have is to cook with an abundance of fresh herbs. I love creative takes on classic sauces like pestos and chimichurris since they celebrate the taste and versatility of herbs like cilantro, parsley, dill, mint, basil, tarragon and oregano for example. Not only do herbs taste great but they are fabulous detoxifiers that help your liver properly neutralize and safely eliminate toxic waste. Enjoy this sauce on meat, seafood, vegetables or whole grains any time of year and automatically feel like you are relishing in the bounty of a fresh spring day.

 10 min	 15-20 min	 serves 4
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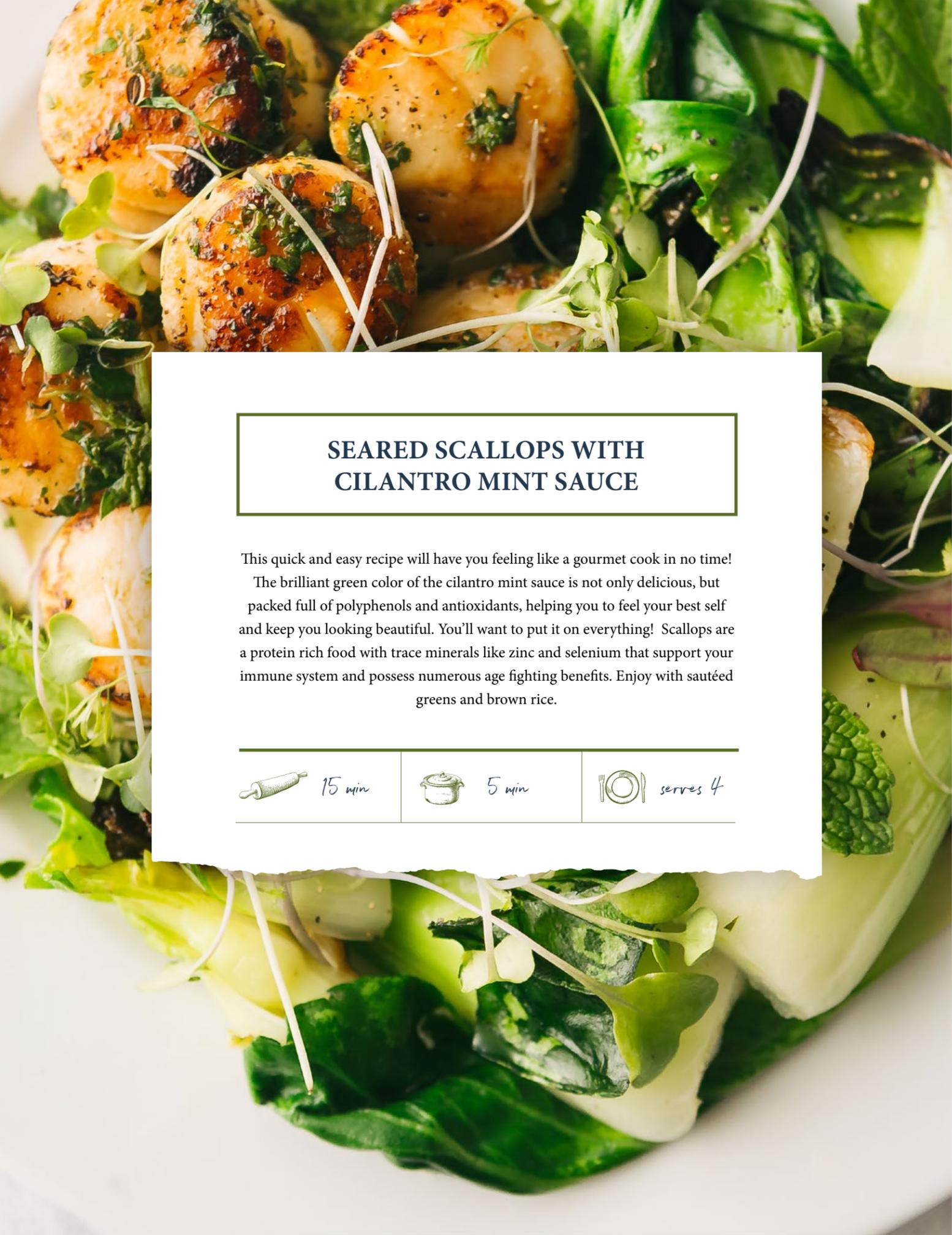
INGREDIENTS:

- SAUCE**
- 1/2 cup *parsley, washed and dried*
 - 2 tablespoons *fresh oregano or 1 teaspoon dried oregano*
 - 1 cup *cilantro, washed and dried*
 - 4 cloves *garlic*
 - pinch *red pepper flakes*
 - 3 tablespoons *lemon juice*
 - 1/2 a small *red onion, rough chopped*
 - 1/2 cup *tea seed or avocado oil*
 - 1/4 teaspoon *sea salt, plus more to taste*
 - 1/4 *pepper, plus more to taste*
 - 4 - 4 ounces *Wild Alaskan Cod*

PREPARATION:

1. Preheat the oven to 350 degrees. Line a baking sheet with parchment paper.
2. To make the chimichurri sauce, blend the parsley, cilantro, garlic, red pepper flakes, lemon juice, onion, salt and pepper in a food processor and blend until a smooth texture is achieved.
3. Place the cod on the baking sheet. Sprinkle with a little sea salt and pepper. Spread about 2 tablespoons of the sauce over each piece of cod. Bake in the oven until the fish is opaque and cooked through, about 15 – 20 minutes.
4. Serve cod with extra sauce if desired alongside a fresh salad and roasted veggies, such as asparagus or cauliflower.

 **NUTRITIONAL FACTS:** Nutritional analysis per serving (1 4-ounce cod fillet): calories 349, fat 28 g, fiber 1 g, protein 21 g, carbohydrate 4 g, net carbohydrates 3g



SEARED SCALLOPS WITH CILANTRO MINT SAUCE

This quick and easy recipe will have you feeling like a gourmet cook in no time! The brilliant green color of the cilantro mint sauce is not only delicious, but packed full of polyphenols and antioxidants, helping you to feel your best self and keep you looking beautiful. You'll want to put it on everything! Scallops are a protein rich food with trace minerals like zinc and selenium that support your immune system and possess numerous age fighting benefits. Enjoy with sautéed greens and brown rice.

 15 min	 5 min	 serves 4
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INGREDIENTS:

- SCALLOPS**
 1 pound sea scallops*
 1 tablespoon avocado oil
 1/2 cup broccoli sprouts

- SAUCE**
 (Makes about 1 cup)
 2 cups packed cilantro, washed and dried
 30 large mint leaves (about 5 sprigs), washed and dried
 3 tablespoons avocado oil
 1 tablespoon fresh lime juice
 1 tablespoon fish sauce**
 Dash of cayenne pepper (optional)

PREPARATION:

- Put scallops on a paper towel lined plate and salt all sides. Pat dry with a paper towel. Put in refrigerator for 15 minutes, remove and pat dry again. Meanwhile, make the sauce.
- Place cilantro, mint, oil, lime juice, fish sauce and cayenne in a food processor and mix until smooth and all ingredients are incorporated.
- Heat oil in a medium high cast iron or stainless steel skillet. Oil should be very hot and spatter with a drop of water. Add scallops and sear for 1-2 minutes until a golden brown crust develops. Carefully flip scallops and brown the second side, 1-2 minutes. You want a golden crust on both sides, cooked throughout, but not overcooked in the center. Place cooked scallops on a paper towel lined plate to drain and serve immediately topped with the mint cilantro sauce and sprouts.

*Fresh is best. Use scallops the day you purchase them for optimum freshness. Visit www.seafoodwatch.org to find information on buying the most environmentally responsible and sustainable scallops and seafood.

**Look for a fish sauce with minimal ingredients, like anchovies, sea salt, water, and sugar. Alternatively, you can use gluten-free soy sauce (tamari), or coconut aminos, just use 2 teaspoons instead of 1 tablespoon.

 **NUTRITIONAL FACTS:** Nutritional analysis per serving (1/4 pound scallops): calories 208, fat 15 g, fiber 0 g, protein 14 g, carbohydrate 5 g, net carbohydrates 5g

LASAGNA WITH CASHEW CHEESE, GARNISHED WITH GOAT CHEESE AND FRESH BASIL

This recipe celebrates culinary health hacks to increase your nutrient density and spare you the blood sugar rollercoaster from using regular noodles made with refined grains. Nutritional yeast is deactivated yeast. It has a nutty, and “cheese – like” flavor and is a great source of B vitamins. For those who are sensitive to the proteins or sugars in dairy, this is a great alternative to become familiar with. Some people find they can better tolerate goat cheese over dairy so a little goat cheese is used here to add a touch of creaminess. Omit it if you rather make this a dairy free meal.



10 min



15 min



serves 4

INGREDIENTS:

CASHEW CHEESE

- 1 1/4 cup raw cashews, soaked 8 – 12 hours and drained
- 2 cups cauliflower, steamed and drained
- 1/4 cup fresh basil
- 1/3 cup nutritional yeast flakes
- 1 teaspoon garlic powder
- 1/2 teaspoon turmeric powder
- sea salt
- black pepper

LASAGNA

- 6 small zucchinis or 3 large
- 2 cups tomato sauce
- 10 ounces spinach or arugula
- 1/2 cup basil, shredded
- 4 ounces organic goat cheese
- 1 tablespoon virgin olive oil
- Fresh parsley for garnish, chopped

PREPARATION:

1. To make the cashew cheese, add all the ingredients to a food processor or blender and blend until smooth, about 3-4 minutes.
2. For the lasagna, preheat oven to 350 degrees.
3. Slice each zucchini into 1/8-inch thick slices. Then, sprinkle each slice with a generous amount of salt. Set aside for 20 minutes to dehydrate. Pat with paper towels to soak up excess water from zucchini.
4. Spread a few tablespoons of tomato sauce on the bottom of a sheet pan or casserole dish. Lay zucchini slices side-by-side on the bottom of the dish.
5. Top the zucchini with about 1/2 cup sauce and 1/4 cup cashew cheese. Then, place a layer of greens on top and sprinkle with basil.
6. Repeat with the remaining ingredients, ending with a final layer of sauce and remaining cheese.
7. Garnish with extra basil, and the goat cheese.
8. Bake, covered, for 25 minutes and then continue uncovered for 20 minutes or until the top of the lasagna is golden brown.
9. Allow the lasagna to rest for 10 minutes before eating. Finish with olive oil and fresh parsley.



NUTRITIONAL FACTS: Nutritional analysis per serving (1/4 of the lasagna): fat 27 g, 35 mg, fiber 12 g, protein 24 g, carbohydrate 32 g, net carbohydrates 20 g. To make this a LOW DAY meal, simply make it serve 8 and/or exclude the goat cheese. Add a large salad with either 2 tablespoons of oil-based dressing or 1 tablespoon dressing and 1/4 avocado or 1 – 2 tablespoons chopped nuts and seeds.



Desserts

BANANA QUINOA CACAO COOKIES

Every time I return home from visiting the Guna people of Coastal Panama, I try to find new ways to incorporate cacao into the daily routine at home. With four kids, the cookies are always a hit--and for me, a sweet symbol of my travels.

These cookies are so nourishing they could easily be mistaken for breakfast! In fact, I like to munch on a few before a long run. The whole grains provide lasting energy, and especially because they contain only real - food sources of sugar from the banana and cacao, they elevate my endurance, instead of muting it. The texture is slightly chewy and moist and the flavor is like a comforting bowl of oatmeal without the heaviness to weigh you down. Enjoy as a treat later in the day or even as a pre - workout snack.



10 min



20 min



serves 12

INGREDIENTS:

- 2 ripe **bananas**, *mashed*
- 2 **eggs**, *lightly beaten*
- 1 tablespoon **real vanilla** (*extract or powder*)
- pinch of salt*
- 1 teaspoon **Ceylon cinnamon**
- 1 1/2 cups cooked **quinoa**
- 1/2 cup **coconut flour**
- 2 tablespoons **chia seeds**
- 1 tablespoon **psyllium husks** (*optional*)
- 1/2 cup **dark cacao chocolate chips**

PREPARATION:

1. Pre-heat the oven to 350F.
2. Line a cookie sheet with parchment paper.
3. In a food processor or medium mixing bowl, blend bananas until smooth and then add eggs, vanilla, cinnamon, and salt. If using a food processor, remove banana mixture and place into a bowl.
4. Place cooked quinoa, coconut flour, chia seeds, and psyllium into the bowl. Then gently fold in chocolate chips and mix everything together until evenly combined. Let mixture rest for about 10 minutes to thicken.
5. Place 2 tablespoons of batter onto the cookie sheet and pat down into a cookie shape.
6. Continue with remaining batter. Place the cookie sheet into the oven and bake for 15 - 20 minutes, depending on your oven.
7. When cookies are done baking, remove from oven and set aside to cool, about 5 - 10 minutes.
8. Store leftover cookies in an airtight container in the refrigerator for up to 5 days. Or, freeze in a freeze-safe bag for up to 6 months.



NUTRITIONAL FACTS: Nutritional analysis per serving (1 cookie): fat 5 g, fiber 5 g, protein 4 g, carbohydrate 18 g, sodium 31 mg, net carbohydrates 13 g

BLUEBERRY BERGAMOT-SCENTED ALMOND CAKE

When I traveled to Calabria in Southern Italy, I was astounded by the beauty of their Bergamot orchards. This citrus fruit, most commonly found in Earl Grey tea, grows abundantly in this part of Italy and has been used for centuries for cardiological health and to keep cholesterol in check.

You won't miss the gluten in this delicious, aromatic, blueberry and bergamot scented almond cake. You'll be getting a healthy dose of free radical fighting antioxidants with the blueberries, lemon and bergamot oil. Minimize additives by choosing a pure extract of bergamot oil, with simple ingredients like bergamot, water and alcohol. Who knew satisfying your sweet tooth could be so rewarding and healthy at the same time!



10 min



20 min



serves 12

INGREDIENTS:

- 1 1/2 cups almond meal
- 2/3 cup gluten free flour
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 2/3 cup coconut (melted) oil, plus more for greasing
- Zest and juice of one organic lemon
- 1/2 cup coconut sugar or 1/3 cup monk fruit
- 3 large eggs
- 1 1/2 teaspoons pure bergamot extract
- 1 cup frozen blueberries

PREPARATION:

1. Preheat oven to 350°F, grease an 8x8 inch baking dish.
2. Mix the almond meal, flour, baking soda, and baking powder in a large mixing bowl with a fork.
3. In a medium bowl whisk the coconut oil with the lemon zest. Add the sugar and mix well. Mix the eggs in, until smooth and well combined, add the bergamot extract.
4. Slowly add the wet oil mixture to the dry flour mixture, combining with a fork until well mixed. Fold in the blueberries.
5. Bake for 35-40 minutes. Center will still be moist, but testing with a clean knife should come out clean. Don't over cook, or cake will taste dry. Remove from oven and immediately pour the lemon juice over the top, evenly distributing the liquid over the top. Allow to cool to a warm temperature before cutting, at least 20 minutes.



NUTRITIONAL FACTS: Nutritional analysis per serving (1/12 of the cake): fat 5 g, fiber 2 g, protein 5 g, carbohydrate 18 g, sodium 92 mg, net carbohydrates 16 g

LAVENDER HONEY POTS DE CRÈME

When I was a little girl, my grandmother Mutti would send me into her gardens and farm in the South of France to collect herbs and florals for the tinctures she created to heal our ailments. Lavender was among those herbs--and every time I make this dessert, her smile immediately comes to mind. This fragrant flower smells beautiful, but also imparts a delicious, exotic taste to foods and dishes--and supports our health all the while--it's packed with calcium, iron and Vitamin A.

My European roots have also given me a deep appreciation for high quality dairy. Fortunately for all of us, the recent research attests that full fat grass fed dairy not only does not contribute to modern day chronic disease but that it might actually help to prevent it. The goal is to select the highest quality full fat, unsweetened sources of whole dairy products from healthy cows allowed to feed on grass, without confinement in small crates. This recipe calls for cream, full fat cream! The cream contains zero carbohydrates making the fat in the dairy the key component that stabilizes your hormones and makes cream a healthier food than we've been taught for decades. Enjoy this decadent treat on special occasions and transport yourself to a beautiful place in Southern France where relaxation, pleasure and beauty are fundamental life principles!



10 min



15 min



serves 4

INGREDIENTS:

- 1 1/2 cups **heavy cream** (ideally from grass fed cows or full-fat coconut milk for a dairy-free version)
- 1 tablespoon **edible dried lavender flowers**
- Juice and grated rind from 1/2 **lemon**
- 4 **egg yolks** (from pasture-raised hens)
- 2 tablespoons **honey**
- 1 tablespoon **monk fruit** (can sub coconut crystals)
- 1/4 teaspoon **sea salt**
- 1/2 teaspoon **real vanilla extract or powder**

**Save the egg whites for use in other recipes, such as egg muffins, or scrambles*

PREPARATION:

1. Preheat oven to 350 degrees.
2. Gently heat the cream, lemon and lavender flowers in a saucepan over medium heat and bring to a simmer. Remove the pan from the heat and let the mixture stand for 10 minutes
3. Beat egg yolks in a small mixing bowl, about 1 minute. Add in the honey, salt, and vanilla and beat for about 1 - 2 minutes. Then add in 1/4 cup of the warm cream mixture and beat thoroughly.
4. Gradually beat in the rest of the cream stirring constantly. Take a mesh kitchen strainer and pour the cream mixture through it into a bowl.
5. Using a ladle, pour the mixture into ramekins.
6. Carefully pour enough hot water into a rimmed baking dish to come halfway up the sides of the ramekins.
7. Bake until the edges are set but the center wiggles slightly, 45-50 minutes.
8. Remove the ramekins from the water bath and cool to room temperature.
9. You can either eat at room temperature or refrigerate until cold.



NUTRITIONAL FACTS: Nutritional analysis per serving (1 ramekin): fat 37 g, fiber 1 g, protein 5 g, carbohydrate 13 g, net carbohydrates 12 g

GOLDEN HOT CHOCOLATE

Guna people drink cacao five times a day. We wanted to use this inspiration to recreate a ritualistic drink you can make at home. Recently, the science behind boosting the health quotient of hot drinks with healthy fats has become more renowned. And so, this delicious recipe is inspired by that trend — ghee (clarified butter) and coconut oil are blended into the rich cacao, creating a drink that will keep you satiated and boost brain health.

With this drink you can enjoy the polyphenol rich benefits of raw cacao in a twist on hot chocolate! It's a great way to get more healthy fats into your diet, while balancing out the natural sugars in the honey. We've added turmeric and black pepper not just for taste, but also for an anti-inflammatory and antioxidant charge. Black pepper contains a phytochemical that makes the curcumin in turmeric more absorbable. Blending with an immersion blender gives it the taste and appearance of a specialty drink made at your favorite coffee shop!



minimal



5 min



serves 4

INGREDIENTS:

- 3 tablespoons **coconut oil**
- 2 tablespoons **ghee** (*from grass fed cows*)
- 1 teaspoon **turmeric powder**
- 1 teaspoon **ginger powder**
- 1 teaspoon **cinnamon**
- 4 teaspoons **collagen powder**
- A *pinch* of **freshly ground black pepper**
- 4 tablespoons **raw cacao powder**
- 2 tablespoons **raw honey**, *or more to taste*
- 4 cups **coconut milk** (*or nut milk of your choice*), *alternatively make macadamia nut milk, see below*

PREPARATION:

1. Melt coconut oil and ghee in a medium saucepan on medium-low heat. Add turmeric, ginger, cinnamon, collagen, black pepper, cacao and honey, stir to combine.
 2. Add coconut milk and heat for about 3 minutes. Use an immersion blender to blend ingredients thoroughly. Heat for another 2 minutes, or until heated through.
- Enjoy!



NUTRITIONAL FACTS: Nutritional analysis per serving (1 hot chocolate): fat 24 g, fiber 2 g, protein 4 g, carbohydrate 13 g, net carbohydrate 11 g

HOMEMADE MACADAMIA NUT MILK

Making your own macadamia nut milk doesn't take much time and you can be assured that you are getting a pure product with nothing else added, which can be hard to find with commercial brands. The additional step of soaking the macadamia nuts makes it more nutritious and digestible.



Soak time: 10 min Prep: 5 min



serves 4



INGREDIENTS:

- 1 cup raw macadamia nuts
- 1/2 teaspoon sea salt
- 4 cups filtered water for blending, plus 2-3 cups for soaking

PREPARATION:

1. Soak nuts with salt and 2-3 cups of water, making sure nuts are covered by at least an inch. Cover with clean towel and soak for 2 hours at room temperature.
2. Drain and rinse nuts several times. Add to blender with 4 cups of water, blend on high speed until smooth and creamy, about 60 seconds.
3. Straining is not necessary, but if you want a completely smooth and grit-free milk, line a strainer with cheesecloth and pour through. Squeeze out as much liquid as you can from the cheesecloth. Use immediately or store in fridge for 2-3 days.



NUTRITIONAL FACTS: Nutritional analysis per serving (1/4 of the recipe): fat 24 g, fiber 2 g, protein 2 g, carbohydrate 4 g, net carbohydrate 2 g



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