

5-DAY

# *Slim Down*

RECIPES



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# SMOOTHIES

If you have a high-speed blender, add all ingredients in the order listed WITHOUT ice. Then blend until smooth. Only add ice, if you want your smoothie to be colder.

If you DO NOT have a high-speed blender, add dairy-free milk, banana, apples, and dates to the blender first. Blend until smooth. Feel free to add a few more tablespoons of dairy-free milk to get the mixture going, if needed. Then add other items like pumpkin seeds, hemp protein, and spices to the mixture and blend well. If you would like your smoothie to be colder, add 3 to 5 ice cubes at the end and blend well.

## A FEW TIPS FOR MAKING DELICIOUS SMOOTHIES:

- Feel free to add water to thin out a smoothie.
- Use organic produce whenever possible.
- Each smoothie recipe serves two people or can be used as a substitute for one large meal.
- Protein is important in the morning. You can add extra protein to any smoothie by including a scoop of your favorite protein powder. Try hemp protein by Nutiva, Pea Protein, or simply add 3 tablespoons of hemp seeds.

Looking for a few ideas to add to your smoothie? Give your smoothie a boost by adding any item listed here:

- hemp seeds
- flax seeds
- chia seeds
- spirulina
- bee pollen
- unsweetened shredded coconut
- raw cacao powder
- raw honey
- stevia
- superfoods (maca, lucuma, wheatgrass powder)
- matcha powder
- detox greens (dandelion, parsley, cilantro, radish)
- sprouts of any kind
- camu camu for vitamin C
- plant-based protein powder

Feel free to add fruit to any vegetable smoothie for increased sweetness. Try 1/2 cup berries, 1/2 apple, or 1/2 banana.

**NOTE** - All smoothies can be sweetened with 1-2 tablespoons of honey or opt for a no sugar sweetener such as stevia. I suggest 2 drops of stevia per smoothie.

## GREEN SMOOTHIE

1½ cups dairy-free milk  
1 cup spinach  
½ cup blueberries  
½ avocado  
1 scoop plant-based protein powder  
1 teaspoon flax seeds

## SLIM DOWN SMOOTHIE

1½ cups dairy-free milk  
1 cup kale  
½ cup strawberries  
½ avocado  
1 scoop plant-based protein powder  
1 teaspoon chia seeds

## SUPERFOOD SMOOTHIE

1 cup dairy-free milk  
½ cup coconut water  
1 cup kale  
1 orange  
½ avocado  
1 teaspoon chia seeds  
1 teaspoon coconut oil

## SPINACH SMOOTHIE BOWL

Serves 1

¾ cup coconut milk  
½ cup blueberries  
½ cup spinach  
½ frozen banana  
½ cup pineapple, chopped  
1 scoop plant-based protein powder

### **Toppings**

2 tablespoons chia seeds  
2 tablespoons shredded coconut

Add the blueberries, spinach, banana, pineapple, and protein powder to a high-speed blender. Blend until smooth. Serve in a small serving bowl. Top with chia seeds and shredded coconut.

# BREAKFAST

## SCRAMBLED EGGS WITH PEPPERS AND SPINACH

Serves 1

2 eggs

sea salt to taste

black pepper to taste

1 tablespoon coconut oil

½ large bell pepper, chopped

2 cups baby spinach

¼ cup salsa

**SCRAMBLE EGGS.** Crack eggs in a small bowl and whisk until smooth. Season with sea salt and black pepper and set aside.

**SAUTÉ VEGETABLES AND EGGS.** Melt coconut oil in a large pan over medium heat. Add chopped bell pepper and spinach. Sauté for about 3 minutes, then add the whisked eggs. Fold the eggs into the pepper and spinach until firm. Serve with salsa.

## EGGS WITH SPINACH AND ONIONS

Serves 1

2 eggs

sea salt to taste

black pepper to taste

1 tablespoon coconut oil

1 small onion, chopped

2 cups baby spinach

½ avocado

**SCRAMBLE EGGS.** Crack eggs in a small bowl and whisk until smooth. Season with sea salt and black pepper and set aside.

**SAUTÉ VEGETABLES AND EGGS.** Melt coconut oil in a large pan over medium heat. Add onion and sauté for about 3 minutes until soft. Next, add the baby spinach and sauté for an additional 3 minutes. Add the whisked eggs. Fold the eggs into the onion and spinach until firm. Top with avocado and serve.

# LUNCH

## SPINACH SALAD WITH LEMON TAHINI DRESSING

Serves 2

### **Salad Ingredients**

4 cups baby spinach  
1 small cucumber, chopped  
¼ cup almonds  
2 celery stalks, chopped  
½ cup carrots, shredded  
1 cup purple cabbage, shredded  
1 cup sprouts or micro greens (I have been using sunflower sprouts)  
2 hard-boiled eggs, chopped

### **Tahini Dressing**

¼ cup tahini  
1 lemon, juiced  
1 garlic clove, chopped  
sea salt to taste  
black pepper to taste

MIX DRESSING INGREDIENTS. In a small bowl, whisk the dressing ingredients well. Add ¼ cup of water, if the dressing is too thick. Set aside.

ASSEMBLE SALAD. Add the salad ingredients to a large bowl. Pour dressing over salad just before serving.

## FRESH SALAD WITH LENTILS OR SALMON

Serves 2

### **Salad Ingredients**

2 cups spring mix  
4 radishes, sliced  
2 cups baby kale  
¼ cup olives, pitted  
1 large red bell pepper, chopped  
½ cup carrots, shredded

### **Lemon Basil Dressing**

1 lemon, juiced  
¼ cup extra virgin olive oil  
1 teaspoon dried basil  
1 garlic clove, chopped  
sea salt to taste  
black pepper to taste

### **Choice of Protein**

½ cup lentils, drained and rinsed **or** 3-4 ounces salmon (bake at 400 for 20-30 minutes)

MIX DRESSING INGREDIENTS. In a small bowl, whisk the dressing ingredients well and set aside.

ASSEMBLE SALAD. Put salad ingredients in a large mixing bowl. Top with lentils or salmon. Pour dressing over salad just before serving.

# MEDITERRANEAN MINT SALAD

Serves 2

## **Salad Ingredients**

4 cups baby spinach  
½ cup cultured vegetables  
1 small beet, peeled and grated  
1 cucumber, chopped  
1 cup cherry tomatoes, halved  
1 cup sprouts or microgreens  
1 avocado, chopped  
10 mint leaves, torn

## **Tahini Dressing**

¼ cup tahini  
1 lemon, juiced  
1 garlic clove, chopped  
sea salt to taste  
black pepper to taste

## **Choice of Protein**

½ cup canned garbanzo beans, drained and rinsed **or** 5 slices deli turkey, nitrate-free

MIX DRESSING INGREDIENTS. In a small bowl, whisk the dressing ingredients well and set aside.

ASSEMBLE SALAD. Put salad ingredients in a large mixing bowl. Pour dressing over salad just before serving. Top with garbanzo beans or turkey.

# SIMPLE SALAD BOWL

Serves 2

## **Salad Ingredients**

4 cups mixed greens  
½ bunch cilantro, chopped  
½ yellow bell pepper, chopped  
½ cup cherry tomatoes, diced  
½ cup purple cabbage, chopped  
1 avocado, chopped

## **Tahini Dressing**

¼ cup tahini  
1 lemon, juiced  
1 garlic clove, chopped  
sea salt to taste  
black pepper to taste

## **Choice of Protein**

½ cup canned garbanzo beans, drained and rinsed **or** 1 hard boiled egg

MIX DRESSING INGREDIENTS. In a small bowl, whisk the dressing ingredients well and set aside.

ASSEMBLE SALAD. Put salad ingredients in a large serving bowl. Top with garbanzo beans or egg. Pour dressing over salad just before serving.

# CHOPPED SALAD BOWL

Serves 2

## **Salad Ingredients**

4 cups arugula  
1 cup jarred artichokes in water, drained and chopped  
1 avocado, sliced  
1 cup purple cabbage, chopped  
1 cucumber, chopped  
2 celery stalks, chopped  
½ bunch parsley, chopped

## **Lemon Basil Dressing**

1 lemon, juiced  
¼ cup extra virgin olive oil  
1 teaspoon dried basil  
1 garlic clove, chopped  
sea salt to taste  
black pepper to taste

## **Choice of Protein**

½ cup lentils, drained and rinsed **or** 8 ounces shrimp

**MIX DRESSING INGREDIENTS.** In a small bowl, whisk the dressing ingredients well and set aside.

**ASSEMBLE SALAD.** Put salad ingredients in a large serving bowl. Pour dressing over salad just before serving. Top with lentils or shrimp.

**NOTE:** To make the shrimp, thaw 8 ounces of frozen shrimp. Add coconut oil to a small sauté pan over medium heat. Season with sea salt and black pepper. Sauté for about 4 to 5 minutes until the shrimp is opaque.



# DINNER

## TURKEY MEATBALLS WITH CUCUMBER SALAD

Serves 4

1 small onion, finely chopped  
1 pound ground turkey  
¼ cup almond flour (or other gluten-free flour)  
1 egg  
2 teaspoons Italian seasoning  
sea salt to taste  
black pepper to taste  
1 tablespoon coconut oil  
2 cups marinara sauce  
2 cucumbers, sliced

**FORM MEATBALLS.** In a large mixing bowl, add onion, ground turkey, flour, egg, Italian seasoning, sea salt, and black pepper. Use your hands to mix the ingredients and form into 2-inch balls.

**COOK MEATBALLS.** Add coconut oil to a sauté pan over medium heat. Once the oil has melted, add the meatballs to the pan. Brown the meatballs all the way around (about 12 minutes), then add the marinara sauce. Cover the pan and lower the heat. Continue to cook for about 20 minutes until the meatballs are cooked all the way through. Serve with a side of cucumbers.

## SAUTÉED CHICKEN BREAST WITH LEMON BROCCOLI

Serves 4

4 skinless and boneless chicken breasts  
1 teaspoon turmeric  
1 teaspoon cumin  
sea salt to taste  
black pepper to taste  
1 teaspoon coconut oil  
2 cups fresh broccoli florets  
1 lemon, juiced

SEASON CHICKEN. Season chicken breasts with turmeric, cumin, sea salt, and black pepper. Set aside.

SAUTÉ CHICKEN. Add coconut oil to a sauté pan over medium heat. When the oil has melted, add the chicken breasts. Brown the chicken on both sides for about 8 minutes per side, covered. Add the broccoli florets on top of the chicken breasts and cover. Add about  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of water if the pan is dry. Let the broccoli steam for about 5 minutes. Uncover and season with lemon juice and sea salt. Serve immediately.

## PALEO FISH TACOS

Serves 4

1 pound white fish fillets (cod or halibut)  
1 teaspoon garlic powder  
sea salt to taste  
black pepper to taste  
1 tablespoon coconut oil  
8 romaine lettuce leaves (or paleo taco shells)  
1 cup purple cabbage, shredded  
 $\frac{1}{2}$  bunch cilantro, chopped  
1 avocado, sliced  
2 limes, juiced

SEASON FISH. Season fish fillets with garlic powder, sea salt, and black pepper. Set aside.

SAUTÉ FISH. Add coconut oil to a large sauté pan. When the oil has melted, add the seasoned fish. Sauté for about 5 minutes until cooked all the way through. Set aside when done.

ASSEMBLE TACOS. Add fish to the lettuce leaves (or paleo taco shells). Top with cabbage, cilantro, avocado, and lime juice before serving.

# ONE POT CHICKEN WITH OLIVES AND TOMATOES

Serves 4

4 skinless and boneless chicken breasts  
1 teaspoon Italian seasoning  
1 teaspoon garlic powder  
sea salt to taste  
black pepper to taste  
1 tablespoon coconut oil  
1 small onion, chopped  
½ cup pitted olives  
1 cup cherry tomatoes

**SEASON CHICKEN.** Season chicken breasts with Italian seasoning, garlic powder, sea salt, and black pepper.

**SAUTÉ CHICKEN.** Add coconut oil to a large sauté pan over medium heat. Place the chicken in the hot pan. Add the onion, olives, and cherry tomatoes on top. Cover and let the chicken cook for about 15 minutes. Check the pot and turn over the chicken. Add about ¼ cup of water, if the pan looks dry. Cover and cook for an additional 10 minutes until the chicken is cooked all the way through. Serve with a side salad.

# OVEN ROASTED SALMON AND ASPARAGUS

Serves 4

4 salmon fillets  
1 bunch asparagus  
2 tablespoons coconut oil, melted  
1 teaspoon garlic powder  
sea salt to taste  
black pepper to taste  
1 lemon, juiced

**PREHEAT YOUR OVEN.** Set your oven to 350 degrees F.

**ROAST SALMON AND ASPARAGUS.** Place salmon fillets and asparagus on a sheet pan. Be sure to trim the woody ends of the asparagus. Season with coconut oil, garlic powder, sea salt, and black pepper. Bake for about 15 minutes. The salmon should be firm and the asparagus tender. Top with lemon juice before serving.

# SNACKS

## HUMMUS AND VEGETABLES

Serves 4

2 15-ounce cans chickpeas, drained and rinsed  
4 teaspoons tahini  
2 garlic cloves  
¼ cup extra virgin olive oil  
1 large lemon, juiced  
assorted vegetables for dipping

**BLEND INGREDIENTS.** Place chickpeas, tahini, garlic, olive oil, and lemon juice in a high-speed blender or food processor and blend until smooth.

**SERVE WITH ASSORTED VEGETABLES.** Serve with sliced cucumber, carrot sticks, celery sticks, or other raw vegetables. Any remaining hummus can be stored in an airtight container in the refrigerator for up to 7 days.

## BASIL AND MINT PESTO

Serves 4

1 cup sunflower seeds  
2 cups fresh basil leaves  
10 mint leaves  
1 lemon, juiced  
½ cup extra virgin olive oil  
sea salt to taste  
black pepper to taste  
flax crackers for dipping  
sliced cucumber and tomato for dipping

**COMBINE INGREDIENTS.** Place sunflower seeds, basil, mint, lemon juice, olive oil, sea salt, and black pepper in a high-speed blender or food processor and blend until smooth.

**SERVE.** Serve with flax crackers or sliced cucumber and tomato. Any remaining pesto can be stored in an airtight container in the refrigerator for up to 3 days.

## COLLAGEN BANANA ALMOND MILK SMOOTHIE

Serves 1

- 1 frozen banana
- 2 cups almond milk
- 1 teaspoon vanilla
- 1 inch piece of fresh ginger
- 1 teaspoon cinnamon
- 1 scoop collagen

BLEND ALL INGREDIENTS. Place all ingredients in a high-speed blender and blend until smooth.

## GREEN APPLE WITH ALMOND BUTTER

Serves 1

- 1 green apple, sliced
- 2 heaping tablespoons almond butter

ASSEMBLE SNACK. Spread almond butter on each slice of apple.