

Overcome Craving  
With

# COMPLEX NUTRITION

Created by Brittny Branch

RECIPES TO LOVE

“ONE HEALTHY MEAL  
AT A TIME”

**FIGS AND RADISHES**

# LET'S GET STARTED!

GET READY TO  
HAVE SOME FUN IN  
THE KITCHEN THIS  
E-BOOK WILL GIVE  
YOU ALL THE INFO  
YOU NEED TO  
OVERCOME  
CRAVING WITH  
COMPLEX  
NUTRITION.



# *What Craving?*

THIS E-BOOK IS  
DESIGNED TO KEEP  
YOU FULL &  
SATISFIED WITH  
COMPLEX NUTRITION  
USING LEAN MEATS,  
WHOLE GRAINS  
PACKED WITH FIBER,  
FRESH FRUIT &  
WHOLE VEGETABLE  
WHICH ARE ALSO  
PACKED WITH FIBER,  
MINERALS, S, AND  
VITAMINS ALL YOU  
NEED TO STAY FULL  
AND TO KEEP THOSE  
PESTY CRAVING  
AWAY.

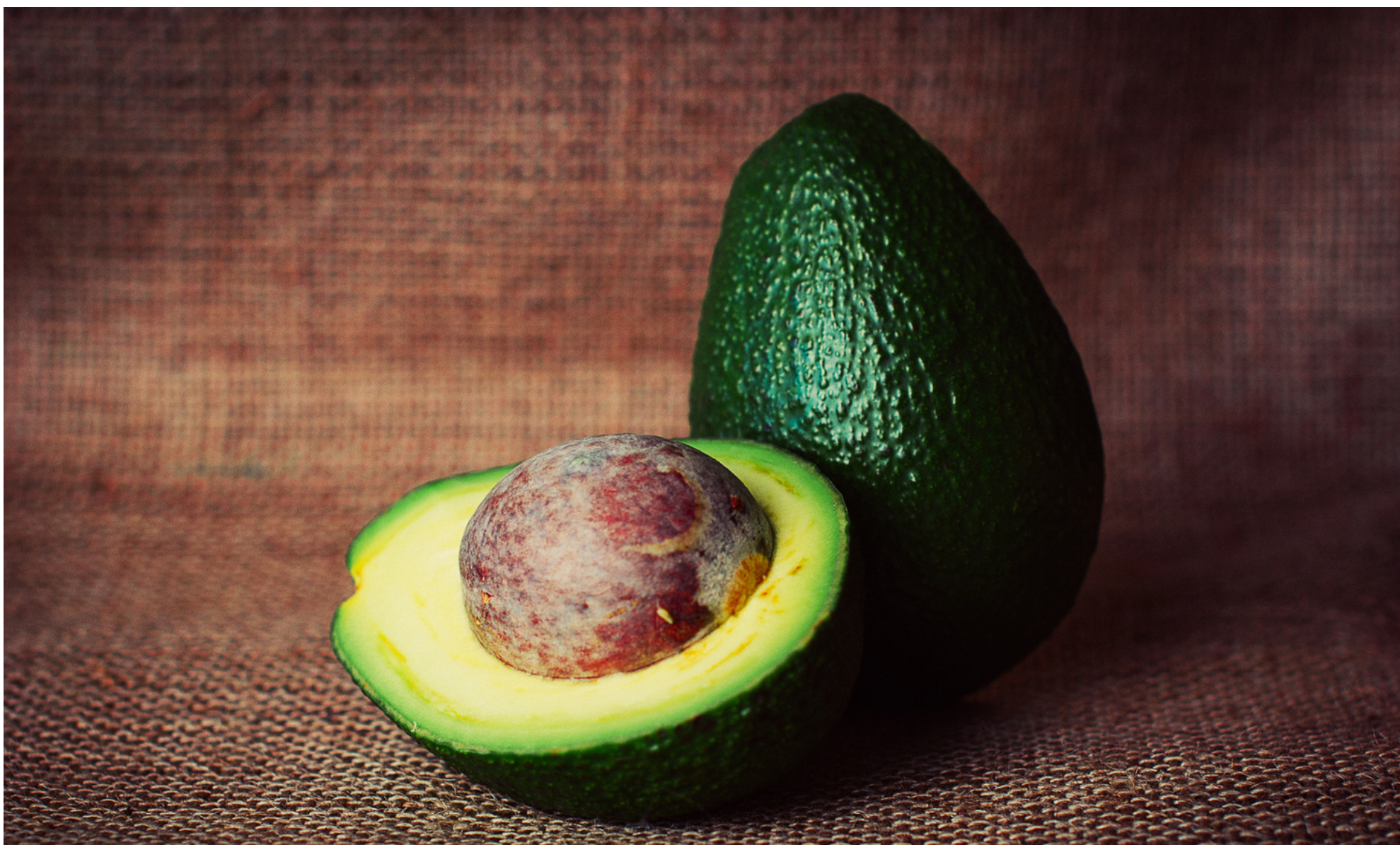
# Kale Smoothie

- 2 c kale, stems removed**
- 3/4 c milk ( your choice)**
- 1 frozen banana**
- 1/4 c plain non-fat greek yogurt**
- 1/4 c frozen pineapple**
- 2 tbsp nut butter ( your choice)**
- 3 tsp raw honey**



# Avocado Smoothie

**1/2 avocado**  
**1c vanilla almond**  
**milk( your choice**  
**of milk)**  
**1 frozen banana**  
**or 3c ice**  
**1 tsp cinnamon**



# Blue Moon Smoothie

1 head romaine  
lettuce  
3/4 cup  
blueberries,  
fresh or frozen  
1 apple,  
roughly  
chopped  
1/4 lemon or  
lime  
2 cups water

## Benefits of Blueberries:

iron  
phosphorous  
calcium  
magnesium  
manganese  
zinc  
vitamin K  
collagen



# Tasty Spiece Muffin

2 c whole wheat  
flour 1 c light  
brown sugar 1 tbsp  
baking powder 1/2  
tsp baking soda  
1/2 tsp salt  
1 tsp ground  
cinnamon  
1/2 tsp ground  
allspice  
2 large eggs  
1/2 tsp ground  
cloves

1 1/4 cups plain  
low-fat yogurt  
4 tbsp unsalted  
butter, melted  
1/4 c  
unsweetened  
applesauce  
1 tsp vanilla  
extract  
1 tbsp Raw Honey  
3/4 tsp fresh  
grated nutmeg

Preheat the oven to 375. Line muffin pan with muffin tins & spray down.

In large bowl add flour, brown sugar, baking powder, baking soda, salt, cinnamon, allspice, cloves and nutmeg whisk together. In a small bowl, whisk the eggs, yogurt, butter, honey, applesauce and vanilla. Fold the yogurt mixture into the dry ingredients mix well to combined.

Spoon the batter into the muffin tins. Bake for 18 minutes, remove from oven and let cool for 5 minutes. Serve warm with a drizzle of honey.

# QUINOA BERRY PARFAIT



**1 / 3 C COOKED QUINOA**  
**3 / 4 C GREEK YOGURT**  
**1 / 4 TSP VANILLA**  
**EXTRACT**  
**1 / 8 TSP GROUND**  
**CINNAMON**  
**1 / 4 C BLUEBERRIES**  
**1 / 3 C ALMONDS,**  
**CHOPPED**

**MIX TOGETHER QUINOA,  
YOGURT, VANILLA, AND  
CINNAMON. SPOON HALF OF THE  
QUINOA MIXTURE INTO A JAR OR  
BOWL, THEN HALF OF THE  
BLUEBERRIES AND ALMONDS.  
REPEAT THE LAYERS, ENDING  
WITH ALMONDS.**





# *Top of the Morning Pancakes!*

1 Ripe Banana

2 large whole  
egg

1/2 tsp Baking  
Powder

1/2 c Quick  
Rolled Oats

Heat pan with oil, add all ingredients to blender and blend until smooth. Pour batter into pan making small pancake circles. Cook 2-3 min on each side or til you start to see little bubble forming ( flip time ). Once pancake are done drizzle with warm honey and a touch of cinnamon, serve hot and enjoy!

# *Chicken Sausage Sunrise Scramble*

5 oz Chicken Sausage  
1/2 tsp Curry Paste  
Medium Hot  
1/4 tsp sea salt  
1 tbsp Olive oil  
1/2 medium red onion  
2 1/2 cups Fresh Baby  
Spinach  
1 tsp Lemon Juice  
1/2 cup Cherry  
Tomatoes  
1 tbsp fresh cilantro

Slice chicken sausage

In bowl add sausage, curry powder, s/p & toss to mix well. In large pan heat oil on medium-high heat. Add onion and sauté until softened, about 3 minutes. Add sausage mixture and sauté til onions are caramelized, about 3 minutes. Add spinach and lemon juice tossing until the spinach is wilted, about 1 minute. Add tomatoes and cilantro serve hot and enjoy!

# Banana Nut Muffin!



2 CUPS FLOUR,  
YOUR CHOICE  
1 1/2 TSP BAKING  
POWDER  
1/2 TSP SALT  
4 RIPE BANANAS  
1 C RAW HONEY  
3/4 C BUTTER,  
MELT  
2 LARGE EGGS  
1 TSP VANILLA  
EXTRACT  
1/2 C PECANS NUTS,  
OPTIONAL

PREHEAT OVEN TO 375 AND LIGHTLY BUTTER 2 MUFFIN TINS. IN A LARGE BOWL, COMBINE THE FLOUR, BAKING SODA, AND SALT; SET ASIDE. MASH 2 OF THE BANANAS WITH A FORK IN A SMALL BOWL & SET ASIDE. MASH REMAINING 2 BANANAS AND SUGAR TOGETHER FOR 3 MINUTES NEXT ADD THE MELTED BUTTER, EGGS, HONEY AND VANILLA AND MIX WELL TOGETHER, SCRAPING DOWN THE SIDES OF THE BOWL. MIX IN THE DRY INGREDIENTS DON'T OVER MIX, FOLD IN THE NUTS AND THE SET ASIDE MASHED BANANAS. SPOON THE BATTER INTO THE MUFFIN TINS GIVING THEM A TAP ON THE COUNTER TO GET ANY AIR BUBBLES OUT. BAKE UNTIL A TOOTHPICK COMES OUT CLEAN, 18 TO 20 MINUTES. LET COOL FOR A FEW MINUTES BEFORE TURNING THE MUFFINS OUT, SERVE WARM.

# Sweet Potato Hash

2 medium cooked  
sweet potato  
1 tbsp olive oil  
1 tsp Paprika  
1/8 tsp Cayenne  
Pepper  
1/2 tsp  
2 Large Eggs  
1 Avocados, slice  
1/2 cup salsa  
3 tbsp Hemp Seed (  
opital )  
1/4 cup Onion, dice



- Doesn't raise Blood Sugar
- High in Fiber
- Anti Inflammatory
- Support Healthy Weight Loss

B vitamins, Vitamin C, Vitamin D  
Calcium, Iron, Magnesium,  
Phosphorus, Potassium  
Thiamin, Zinc

In medium pan heat oil and add dice sweet potato, cook until soft then add onion and cook for 2-3 min. In center of mixture pour in eggs & scramble season with s/p, paprike and a sparkle of cayenne.

Serve topping with avocado slices, salsa, and hemp seeds.

# Winter SALAD

## WITH LEMON CHICKEN

1 POUND OF THICK BONELESS  
CHICKEN BREASTS

2 ORANGES, PEELED AND CUT  
INTO PIECES

1 AVOCADO, CUT INTO SLICES

1/2 CUP POMEGRANATE SEEDS

2 CUPS SPINACH, CHOPPED

1 CAN CHICKPEAS, RINSED AND  
DRAINED

1 SHALLOT, THINLY SLICED

A HANDFUL OF CHOPPED FRESH  
HERBS LIKE PARSLEY & BASIL

### CHICKEN MARINADE:

1/3 CUP OLIVE OIL

2 TBSP APPLE CIDER  
VINEGAR

1/2 LEMON, JUICE

1/2 TSP SALT

### DRESSING:


3 TBSP GREEK YOGURT

1-2 TBSP APPLE CIDER VINEGAR

2 TSP DIJON MUSTARD

S/P

HONEY TO TASTE




WHISK MARINADE INGREDIENTS TOGETHER. PLACE IN A BOWL WITH THE CHICKEN, COVER AND REFRIGERATE FOR 30 MINUTES. WHISK TOGETHER ALL INGREDIENTS FOR DRESSING, SET ASIDE. HEAT THE OIL IN A PAN, DISCARD EXTRA MARINADE FROM CHICKEN AND GRILL THE CHICKEN UNTIL DONE. LET STAND FOR A FEW MINUTES TO COOL BEFORE CUTTING. TOSS TOGETHER ALL OTHER SALAD INGREDIENTS IN BOWL, ADDING CHICKEN & DRIZZLE DRESSING ON TOP! SEASON WITH SALT AND PEPPER, SERVE & ENJOY!

# *Spicy Pork Tenderloin & Farro Salad*



1 whole pork  
tenderloin, 1  
pound  
1 lime, zest  
1/2 cup freshly  
squeezed lime  
juice  
1/4 cup honey  
1 1/2 tsp salt

1/2 tsp garlic  
powder  
1 chipotle chile  
pepper in adobo  
sauce  
1 tsp olive oil  
1 tbsp cilantro,  
chopped



In zip lock bag add in zest, lime juice, honey, salt, garlic powder, chipotle pepper, oil & cilantro, add in tenderloin and marinate overnight.

Heat grill pan and add oil, add tenderloin and cook until internal temp reach 160 (medium) or to desired temp.

# *Farro Salad*



4 cups water  
1- 1/2 c farro  
2 tsp salt, plus more  
to taste  
1 pound tomatoes,  
seeded and dice  
1/2 small red onion,  
chopped

1/4 cup fresh chives,  
chopped  
1/4 cup fresh parsley,  
chopped  
1 garlic clove, minced  
2 tbsp balsamic  
vinegar  
black pepper  
1/4 cup olive oil

In medium pot bring water to boil, add farro and cook until done, drain and add into salad bowl.

Add in the tomatoes, onion, chives, and parsley to the farro, and toss to combine.

In a bowl, whisk together the garlic, vinegar, salt, pepper, and olive oil. Add the vinaigrette to the salad and toss to coat. Serve and enjoy.



## *Mahi Mahi & Mediterranean Quinoa Salad*



2 medium lemon, one for  
slices & the other for juice  
4 mahi mahi fillets  
1 & 1/4 tsp s/p  
2 tbsp olive oil  
1/2 c vegetable stock  
1 clove garlic, minced  
4 tbsp unsalted butter  
1 tbsp parsley, chopped

In large skillet heat oil, mean while season mahi with s/p add to pan and cook for 2-4 min each or until done, take out of pan and set aside.

Deglaze with vegetable stock stirring well, add lemon slices & juice let reduce some 3-4 min, then add butter stir until melted now add chopped parsley, serve sauce over mahi & serve along side quinoa salad.



# Quinoa Salad



1/2 bunch kale washed,  
stems removed and  
chopped  
3 tbsp red wine vinegar  
S/P  
4 tbsp olive oil  
1 cup cooked white quinoa  
1 cup cherry tomatoes,  
halved  
1/4 cup crumbled feta  
cheese  
1/4 cup toasted pine nuts

In a small bowl, combine the vinegar and a pinch of salt and pepper. While whisking, slowly drizzle in the olive oil.

Pour half the dressing over the kale in a large bowl & mix well to coat leaves. Add the quinoa, tomatoes and more dressing and toss together. Mix in the feta cheese and pine nuts. Transfer the salad to a serving dish. Allow to sit for 20 minutes before serving along side Mahi Mahi.

# *Kale & White Beans Soup*

2 STALK CELER,  
CHOPPED  
1 FENNEL BULD,  
SLICED  
SPRIG OF THYME  
4 C KALE LEAVE,  
SHREDDDED  
2 CARROTS,  
SLICED  
1/4 TSP CHILI  
POWDER

4 C VEGETABLE  
STOCK  
2 GARLIC CLOVES,  
CHOPPED  
4 C WATER  
2 TBSP OLIVE OIL  
2 CANS  
CANNELLONI  
BEANS, DRAINED  
1 WHITE ONION,  
DICE  
S/P

IN SOUP POT HEAT OIL,  
ADDING IN ONION, GARLIC,  
FENNEL, CELERY & CARROT  
COOK FOR 5 MIN. ADD IN  
CHILI POWDER, STOCK,  
BEANS, WATER AND S/P  
COOK FOR 20 MIN. ADD IN  
KALE AND COOK FOR 5 MIN  
MORE SERVE HOT & ENJOY!

# DELICIOUS CABBAGE SOUP

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Tip: great time to use any leftover grains; quinoa, farro, barley ect.

|                           |                        |
|---------------------------|------------------------|
| 1 shredded<br>cabbage     | 1tsp dried basil       |
| 2 onion, dice             | 2 c vegetable<br>stock |
| 1tsp dried oregano        | 2 carrots,<br>grated   |
| 2 c water                 | 1 lemon, juice         |
| 2 tbsp olive oil          | 1 can tomato,<br>dice  |
| 1 stalk celery,<br>sliced | S/P                    |
| 1tsp dried thyme          |                        |

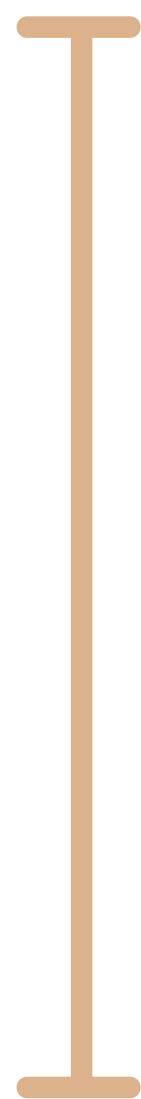


In soup pot heat oil and add celery, carrots and onion cook for 5 min. Now add in all other ingredients season with s/p and cook for 25 min medium-low heat. Serve hot and enjoy!

# HEARTY BARLEY SOUP



1/4 c barley  
2 tbsp olive oil  
1 zucchini, dice  
1 carrot, dice  
1 onion, dice  
1 red bell pepper,  
dice  
1 yellow bell  
pepper, dice  
S/P



1 potato, peeled &  
dice  
1 can corn  
1 can dice fire  
roast tomato  
1 bay leaf  
1 tsp tarragon  
5 c water  
2 c vegetable  
stock  
2 garlic, chopped

In soup pot add oil and sauté: bell pepper, onion, carrot, zucchini, garlic, dice tomato, potato and corn cook for 5 min. Add in water, stock, barley, bay leaf, tarragon and s/p to taste simmer together for 30 min til barley is done and potato is tender, serve hot!

# Turkey Brurger

Serve with Sweet  
Potato Fries

1 - 1/2 pounds 90-percent  
lean, freshly ground turkey  
S/P

Whole wheat buns

Micro green

Pepper Jack Cheese

1-2 cloves garlic, minces

1 bag of Alexia Sweet

Potato Fries, follow  
cooking direction

Preheat the grill to high. Form the meat into four 6-ounce burgers adding in garlic. Sprinkle the burgers on both sides with salt and pepper. Grill until done 3 to 4 minutes on each side. During the last minutes of cooking, add 2 slices of cheese to each burger, cover the grill and let the cheese melt for about 1 minute. Put the burgers on the buns topping w/micro greens, serve along side sweet potato fries.

# CREAMY POLENTA W/ SHRIMP

1 1/2 C POLENTA  
1- 1/2 POUND FRESH  
SHRIMP  
1 SMALL RED ONION  
1 CONTAINER BABY  
PORTABELLA MUSHROOMS,  
SLICES  
4 C FRESH BABY SPINACH  
OLIVE OIL  
S/P

.....

IN POT BOIL STOCK. ADD  
POLENTA, CONSTANTLY STIRRING,  
ONCE DONE ADD IN PARMESAN  
CHEESE, STIR TO INCORPORATE  
AND CUT HEAT OFF & SET ASIDE.

IN LARGE SKILLET HEAT OIL AND ADD ONION,  
MUSHROOMS SAUTE FOR 5 MIN. NOW ADD IN  
SHRIMP SEASON WITH GARLIC, S/P, ONION  
POWDER ADD IN EXTRA OIL. COOK HALF WAY  
THROUGH THEN ADD IN SPINACH MIX WELL TO  
COMBINED EVERYTHING COOK UNTIL SPINACH  
HAS WILTED DOWN & SHRIMP ARE DONE. ON  
PLATE START W/ POLENTA AND ARRANG SHRIMP  
MIXTURE ON TOP SERVE AND ENJOY!

# Yummy! Chicken Meatball

WITH YOGURT SAUCE

1 pound ground  
chicken lean  
1/4 cup whole wheat  
bread crumbs  
2 garlic cloves  
minced  
3 tbsp onion, dice  
small  
1/2 tsp dried thyme  
1/2 tsp dried  
oregano  
1/2 tsp s/p

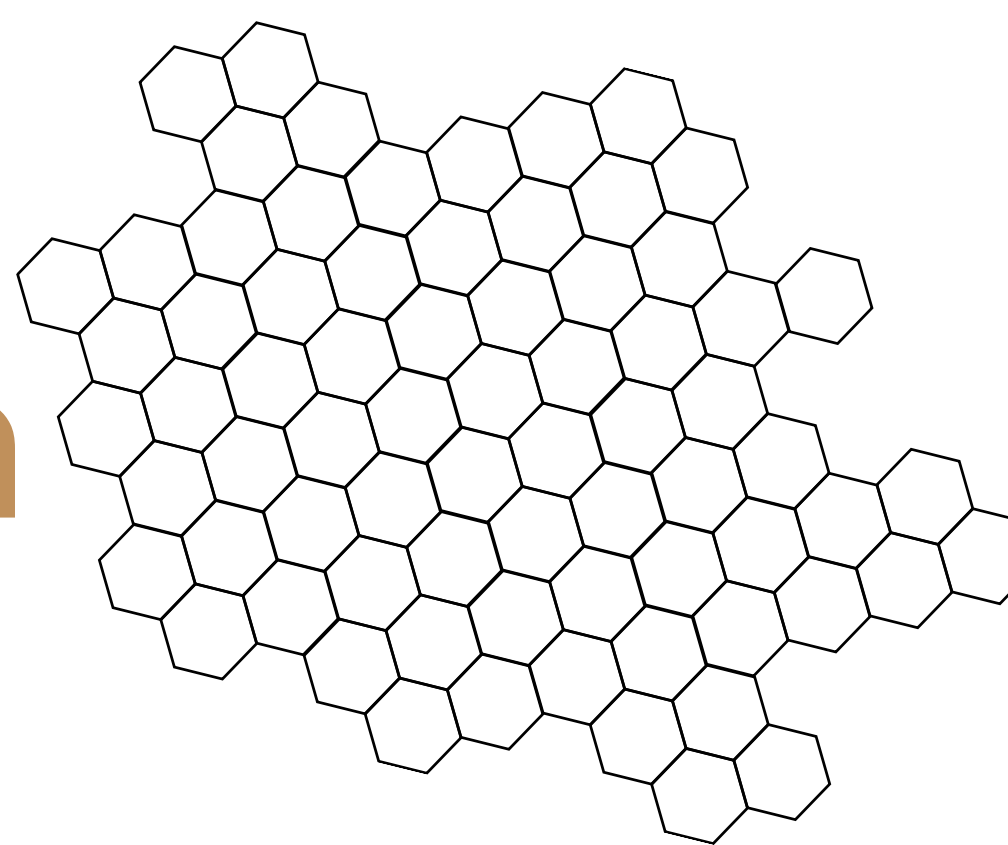
**Yogurt Sauce:**  
In bowl mix yogurt,  
garlic, s/p, olive oil &  
dill serve over  
meatballs.

3 garlic cloves minced  
1/2 tsp s/p  
1 tbsp fresh dill  
chopped + more for  
garnish  
1 cup plain yogurt  
non-fat  
1 tbsp olive oil

## **Meatballs:**

In a large bowl add ground chicken  
adding in bread crumbs, garlic,  
onion, thyme, oregano & s/p mix  
well to  
combined everything together, then  
form balls and place inside baking  
dish. Cook @ 375 for 30 min or until  
meatballs are done serve alongside  
of roast brussel sprout

# Honey Chicken Thighs



With Bulgur Tabbouleh & Roasted  
Brussel Sprout

4 pack of Chicken  
Thighs

2 tbsp Raw Honey

1/4c Olive oil

2 tbsp Parsley,  
chopped

1/2 Lime, juice &  
zest

1-2 garlic cloves,  
chopped

Marinate chicken  
morning of.

## **Brussel**

2 bunches of brussel sprout  
cut in half, trim ends &  
remove outer leaves

Season with salt and  
pepper drizzle w/ oil then  
place on baking sheet &  
roast in over 30-40 min  
@350

Bulgur Tabboueh

1 cucumber, dice

1/4 c mint, chopped

1c bulgur

1/3 c olive oil

1c green onion, chopped

1c parsley, chopped

cherry tomatoes, cut in  
half

1/3 c lemon juice

S/P

\*\*\* cook bulgur for about  
12 minutes. Remove from  
heat let stand, cover for  
10 minutes. Fluff with a  
fork.

Preheat oven to 350. Take thighs out  
of marinade and place on baking  
sheet lined with foil. Bake for 30-  
35min

In the salad bowl mix all ingredients  
together for tabbouleh seasoning with  
s/p and toss together. Serve next to  
honey chicken thigh & brussel sprouts.



# SALMON W/ CITRUS SPINACH

*And Wild Rice*

2 ( 8OZ) SALMON  
OLIVE OIL  
1 TSP ORANGE ZEST  
1/4 C FRESH  
ORANGE, JUICE  
S/P  
1 LEMON, SLICE  
4 C FRESH SPINACH



**FIGSANDRADISHES**

1C WHOLE WILD RICE  
1 1/2 C STOCK ( YOUR  
CHOICE)

COOK RICE UNTIL  
DONE ABOUT 20 MIN  
ON MEDOUM HEAT

ON BAKING SHEET LAY SALOM DOWN  
DIZZLE WITH OLIVE OIL SEASON W/  
SALT & PEPPER PLACES TWO SLICES OF  
LEMON ON TOP & BAKE FOR 25MIN @ 375

IN SAUTE PAN HEAT OIL , ADD SPINACH & ZEST  
COOK FOR 3 MIN STIRRING UNTIL SPINACH HAS  
WILTED DOWN. NOW ADD ORANGE JUICE, SALT  
AND PEPPER COOK ANOTHER 2-3 MIN SERVE  
ALONG SIDE SALMON & WILD RICE. ENJOY!



# Lemon Chicken Breast

Sauteed Kale & White  
Bean with Herb Bulgur

2 chicken breast  
2 tsp butter  
1 garlic clove, minced  
1 small onion, dice  
1 lemon, sliced  
1/4 tsp s/p  
1/2 tsp thyme  
1/4 c chicken stock  
2 tbsp lemon juice  
1 tbsp parsley, chopped  
2 tbsp olive oil

2 tbsp olive oil  
1 bunch kale, remove stem &  
chopped  
1 can white beans, rinsed &  
drained  
2 lemon zest  
S/P  
1/4 tsp parsley, chopped  
1 c bulgur, cooked  
Lemon wedges, for serving

\*\*Mix parsley inside  
cooked bulgur, drizzle w/  
olive oil and season with  
s/p.

In large pan heat oil, butter, garlic & onion.  
Season chicken breast with s/p then add  
chicken to pan and cook til golden brown  
remove chicken from pan place in serving dish.  
Then to same pan add lemon slices, thyme,  
lemon juice & stock cook on high for 3-4 min til  
sauce gets thick, pour over chicken.

In separate pan heat oil and add kale saute for  
3-4 min, add beans, zest and 2 c stock let  
simmer for 10-15 min so liquid can reduce  
season with s/p serve next to chicken.

# PAN- SEARED SCALLOPS

With Sautéed  
Spinach & Herb  
Quinoa



**PINCH OF RED  
PEPPER  
FLAKES  
1 FRESH  
ORANGE,  
JUICE  
6C SPINACH  
2 TBSP OLIVE  
OIL S/P  
1 POUND  
SCALLOPS**

**1 C QUINOA  
1 1/2 C  
VEGETABLE  
3TBSP PARSLEY,  
CHOPPED  
PINCH OF SALT**

**COOK FOR 15-20  
COVER FOR LAST 5  
MIN THEN FLUFF  
WITH TWO FORKS.  
ADD PARSLEY,  
SALT & DIZZLE  
WITH OLIVE OIL**

**HEAT OIL IN PAN, SEASON SCALLOPS  
WITH SALT AND PEPPER ADD TO PAN  
AND COOK FOR 3-4 MIN ON EACH  
SIDE, REMOVE FROM PAN AND SET  
ASIDE. TO SAME PANE ADD SPINACH,  
ORANGE JUICE AND SEASON WITH  
SALT AND PEPPER COOK TIL  
SPINACH HAS WILTED DOWN.  
PORTION OUT ONTO PLATE TOP W/  
SCALLOPS, SERVE W/ HERB QUINOA,  
ENJOY!**

# *Healthy* **GRAINS**

**QUINOA IS GLUTEN-FREE & HIGH IN PROTEIN. QUINOA PROVIDES ALL NINE OF ESSENTIAL AMINO ACIDS.**

**BENEFITS: HIGH IN FIBER, MAGNESIUM, B VITAMINS, IRON, POTASSIUM, CALCIUM, PHOSPHORUS, VITAMIN E AND ANTIOXIDANTS.**

**FARRO IS AN ANCIENT WHEAT GRAIN THAT COMES FROM MESOPOTAMIA. BENEFITS: HIGH IN FIBER, IRON, MAGNESIUM AND ZINC. \*FARRO IS NOT GLUTEN FREE.**

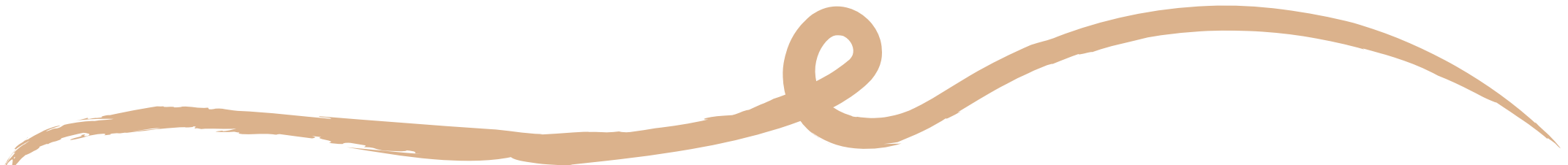
**BULGUR IS A WHOLE GRAIN MADE FROM CRACKED WHEAT. BULGUR IS PACKED WITH VITAMINS, MINERALS AND HIGH IN FIBER, HIGH IN PROTEIN MANGANESE, MAGNESIUM AND IRON.**

**WILD RICE IS A FRESHWATER (MARSH GRASS) GRASS & NOT A PART OF THE RICE FAMILY. BENEFITS: BOOST ENERGY, HIGH IN ANTIOXIDANTS, HIGH IN FIBER, SUPPORT WEIGHT LOSS. WILD RICE IS GRAIN FREE.**

# SPANISH COD WITH RICE & SPINACH

1/2 WHITE ONION,  
DICE  
S/P  
1 1/2C VEGETABLE  
STOCK  
2 TBSP OLIVE OIL  
1 C BROWN RICE  
4 C BABY SPINACH  
1 GARLIC CLOVE,  
MINCED  
ORANGE ZEST FOR  
GARISH

2 COD FILLETS, 4 OZ  
1 C CHERRY TOMATOES,  
CUT IN HALF  
1/4 C WHITE ONION,  
CHOPPED  
2 GARLIC CLOVES,  
CHOPPED  
1/8 TSP BLACK PEPPER,  
SMOKED PAPRIKA &  
CAYENNE  
1 TBSP OLIVE OIL  
1 TBSP BUTTER  
1 C TOMATO SAUCE  
1/2 C GREEN OLIVES



IN POT HEAT OIL AND SAUTE 1/4C  
ONION, GARLIC AND SPINACH COOK  
FOR 3-4 MIN. ADD RICE & STOCK  
COOK UNTIL RICE IS DONE, GARISH  
WITH ORANGE ZEST.

IN LARGE SKILLET HEAT OIL AND BUTTER  
ADDING IN ONION AND GARLIC COOK FOR 3-4  
MIN. ADD IN CHERRY TOMATOES, OLIVES AND  
TOMATO SAUCE SIMMER ADD IN ALL SPICES  
STIR, GENTLY PLACES COD IN AND COOK FOR 10  
MIN OR UNTIL COD IS DONE. PORTION OUT ON  
TO PLATE SERVE NEXT TO RICE AND SPINACH,  
ENJOY!

# Pesto Pasta & Shrimp

## KALE PESTO:

1/3C PINE NUTS  
2 GARLIC CLOVES  
1/2 LEMON, JUICE &  
ZEST  
1 BUNCH BABY KALE  
S/P  
1/4 TSP FRESH  
NUTMEG  
1/3 TO 1/2 C OLIVE  
OIL  
1/2 C FRESH  
PARMESAN CHEESE,  
GRATED

1/2 RED ONION  
1 FENNEL BULD,  
SLICED  
S/P  
1TBSP OLIVE  
OIL  
14OZ WHEAT  
PASTA  
FETTUCINE  
1 POUND  
SHRIMP

TO FOOD PROCESSOR ADD PINE NUTS,  
GARLIC, LEMON JUICE & ZEST, NUTMEG PULSE A  
FEW TIMES THEN SLOWLY DRIZZLE IN OIL  
ADDING IN KALE IN BATCHES. ONCE KALE AND  
OIL HAVE BEEN INCORPORATED ADD CHEESE  
AND PULSE A FEW MORE TIMES. ONCE DONE  
ADD TO PASTA GIVING A GOOD STIR TO  
COMBINED. FREEZE ANY EXTRA PESTO UP TO 1  
MONTH.


TO LARGE PAN HEAT OIL ADDING IN  
ONION & FENNEL SEASON WITH S/P  
COOK FOR 3-4 MIN ADD IN SHRIMP  
SAUTE UNTIL DONE ADD IN PASTA AND  
PESTO, STIR GOOD TO COMBINE, ADD IN  
ALITTLE PASTA WATER FOR THINNING IF  
NEEDED. SERVE HOT AND ENJOY!

# GREEK STYLE CHICKEN KABOBS WITH FARRO SALAD

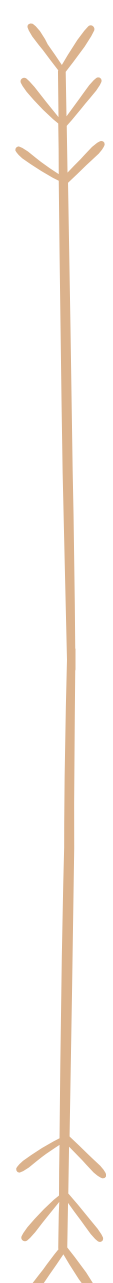


KABOBS:  
2 CHICKEN BREAST, LARGE  
DICE  
4 TBSP OLIVE OIL  
S/P  
1 GARLIC CLOVE, CHOPPED  
2 TBSP MC-CORMIK GREEK  
SEASONING  
FRESH ROSEMARY, 3-4 LONG  
SPRIGS

DICE CHICKEN BREAST AND PLACE IN BOWL SEASON S/P, GREEK SEASONING, GARLIC & OIL TOSS UNTIL WELL COMBINED. STARTING AT END OF ROSEMARY SPRIG SLID CHICKEN ON, RUB GRILL PAN DOWN W/ OIL AND GRILL KABOBS TIL DONE SERVE HOT NEXT TO FARRO SALAD.



FARRO SALAD:  
2 C VEGETABLE STOCK  
2 GARLIC CLOVES,  
CHOPPED  
3 TBSP OLIVE OIL  
1 C FARRO  
6 ARTICHOKE HEARTS,  
CHOPPED  
1/2 C FETA CHEESE  
S/P  
1/2 C PARSLEY,  
CHOPPED



IN POT HEAT STOCK AND ADD FARRO COOK UNTIL DONE. PLACE COOKED FARRO IN SALAD BOWL ADDING IN FETA CHEESE, S/P, ARTICHOKE HEARTS, GARLIC, PARSLEY & OLI, TOSS TO COMBINED SERVE NEXT TO KABOBS.

# Comfy Turkey Tenderloin

PAIRED WITH RED  
POTATO & BARLEY  
SALAD

1 tbsp olive oil  
1 (1.5 pound)  
turkey  
tenderloins  
s/p  
2 pounds red  
potatoes, cut  
into- 4's  
1 shallots,  
chopped  
2 c chicken stock  
2 tbsp balsamic  
2 tbsp fresh  
tarragon,  
chopped

In baking dish place potatoes and dizzle with oil, season turkey with s/p then place inside baking dish on top of potatoes. In bowl mix together balsamic, 1 tbsp oil, stock and tarragon pour mixture over turkey then spread out shallots.

Set oven to 400

Roast turkey and potatoes for 40 minutes, until temp is 160 (medium) or til desired temp. Let turkey rest 10 minutes before slicing. Serve next to red potatoes and barley salad.

1/2c cilantro,  
chopped  
2 tbsp olive oil  
1c barley  
7 sun-dried  
tomatoes  
2 garlic, minced  
1 tbsp balsamic  
vinegar  
1 (4 oz can  
)black olives,  
chopped  
2 1/2 c water

In pot boild water, reduce heat to low and cook barley for 30 min or until done, let cool and place inside salad bowl.

In blender add in sun-dried tomatoes, garlic, olive oil & balsamic blend until smoothie. Pour over cool down barley mixing in cilantro & black olives, dizzle with olive oil and place inside refrigerate.



# *Baked Halibut with Capers, Onions & Olives*

*Paired with Steamed Broccoli*

1 c cherry  
tomatoes, cut in  
half  
1/4 c onion,  
chopped  
1 tsp red chili  
flakes  
2 garlic cloves,  
minced  
s/p  
2 c broccoli

2 tbsp capers  
2 tbsp olive oil  
2 tbsp  
vegetable stock  
4 ( 6oz) halibut  
filets  
8 thyme sprigs  
10 kalamata  
olive, cut in half

In baking dish place halibut filets season each one with s/p, onion, red chili flakes and garlic. Mix olive oil and stock together pour mixture over each filet, add thyme sprig, spread out capers, cherry tomatoes & olives bake for 8-10 min or until halibut is done, serve hot next to steamed broccoli and farro salad for page 13 .

# Bake Chicken Breast with Balsamic Pepper

## And Herb Brown Rice

3-4 bell pepper,  
mix color slice  
1 tbsp dried  
basil  
1/4 c olive oil  
4 garlic cloves,  
chopped  
4 chicken  
breast  
1 c brown rice  
1 1/2 c water

1/2 c chicken  
stock  
S/P  
2 tsp italian  
seasoning  
1/2c organic  
balsamic  
1 red onion,  
sliced  
1/4 parsley,  
chopped

Preheat oven to 375.

In bowl whisk together oil, italian seasoning, garlic, s/p, stock & balsamic.

Spray baking dish with oil and add chicken breast season with s/p. Now add peppers and onion, pour mixture over the chicken breast coating well.

Cover with foil and bake for 40 min.

Boil water, add rice cook for 20 min drain and add parsley stir well.

On plate portion out chicken breast topping w/ balsamic peppers, serve next to herb brown rice.

Enjoy!

# Pan Seared Pork-Chop

*With a Warm Peach  
Sauce!*



- 2 peaches, cored & dice
- 2 garlic cloves, chopped
- Handful of sage, chopped
- 1/4 c apple cider vinegar (acv)
- 1 tbsp butter
- 1/4c olive oil
- 2 bone in thick pork chop

In pan heat oil, season pork chop with s/p cook on both sides 6-8 min or until done then remove from pan and set aside. To same pan add butter and peaches cook til peaches start to brown then add acv, garlic & sage cook for 5 min peaches should be fork tender. Pour sauce over pork chops and pair with quinoa salad from page 15. Serve and enjoy!

# Sun-Dried Tomato Chicken Burger

1 1/2 pound ground  
chicken meat  
3 tbsp sun-dried  
tomato pesto  
1/4 c feta cheese  
1 tbsp italian  
seasoning  
S/P  
2 Ciabatta Bun  
1/4 c mayo (your  
choice)  
Handful arugula



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In bowl add meat, italian seasoning, pesto, feta cheese and s/p mix well together and form into burger patties. Spray grill pan with oil add patties and cook on each side 2-3 min or until meat is cooked through. In small bowl mix mayo and 1 tbsp of pesto, spread on toasted ciabatta bun add patty and top with arugula serve with small salad.



# Chicken

## Stir-Fry

1 medium head cauliflower, stem removed and grated  
3 tsp vegetable oil  
2 large eggs, lightly beaten  
3 cloves garlic, minced  
One 1-inch piece fresh ginger, peeled and grated

1 cup frozen mixed peas and carrots, thawed  
1/4 cup thinly sliced scallions  
1/4 cup low-sodium soy sauce  
2 tbsp sesame oil  
2 cooked chicken breasts, diced ( can use rotisserie chicken)

1. Cut the cauliflower into chunks. Working in batches, pulse the cauliflower in a food processor until texture is like rice. You'll need about 4 cups of cauliflower rice. If you have any leftover, save it for another use.

2. In large skillet heat oil over medium-high heat. Add 1 teaspoon of the vegetable oil. Add the eggs and scramble. Transfer the eggs to a plate and set aside. Heat the remaining 2 teaspoons vegetable oil. Add the garlic and ginger and cook for 1 min, stirring. Add the peas, carrots, scallions and cauliflower. Cook until the vegetables are tender, about 5 minutes.

3. As the vegetables are cooking, In small bowl whisk together soy sauce and sesame oil. Add the sauce and chicken into the cauliflower mixture. Cook another 2 min. Stir the cooked eggs back into the mixture. Serve with additional soy sauce if desired.

SERVED WITH MIXED  
GREENS

# Grilled Mahi Mahi Mojo



2 cloves garlic, chopped  
2 tbsp olive oil, plus  
extra for brushing  
1/4 cup fresh lime juice  
s/p  
2 tbsp fresh cilantro,  
chopped & garnish  
2 (6 oz) Mahi Mahi  
fillets  
Mixed greens, for  
serving

In small pot add garlic and oil and saute until aromatic 1-2 min. Stir in the lime juice, cilantro leaves, and salt. Set aside until ready to serve. Rubboil on grill and heat to medium high heat. Brush the fillets with oil and season with s/p. Lay the fish on the grill, cook for 5 min on each side should firm to the touch.

Place a bed of mix greens on plates. Top with Mahi Mahi & drizzle with some of the mojo dressing greens also. Garnish with cilantro and enjoy!

# ONE

## SKILLET

### *Chicken & Rice*

2 tbsp olive oil  
4 bone-in chicken  
thighs  
1/2 tsp paprika  
S/P  
4 medium carrots,  
sliced  
3 stalks celery,  
sliced  
2 large shallots,  
diced

2 cloves garlic,  
minced  
1 tbsp thyme,  
chopped  
1 tbsp fresh  
oregano, chopped  
2 tsp lemon zest  
1 tbsp lemon juice  
1 c brown rice  
4 c chicken stock  
1 tbsp chives,  
chopped

In large skillet heat 1 tbsp of the oil over medium-high heat. Season chicken with paprika, s/p and toss in bowl. Add chicken skin-side down into skillet and cook until the skin is golden 4 - 5 min. Remove chicken and place on plate. To same skillet add another 1 tbsp oil, carrots, celery and shallots & cook, until soft 4- 5 min. . Stir in garlic, thyme, oregano, lemon zest, lemon juice, s/p and cook for 1 min. Stir in the rice and add stock stir to combine, then add the chicken thighs back to the pan, skin-side up. Bring to boil then cover, reduce the heat to a simmer and cook until the rice is done and the chicken is cooked through, 15 to 20 minutes.

# Sea Scallops

WITH BULGUR  
GRAIN SALAD



8 large sea  
scallops, patted  
dry  
2tbsp butter  
Olive oil  
S/P

salt  
1 cup bulgur  
1/4 c chopped fresh  
flat-leaf parsley  
2 tbsp fresh mint,  
chopped  
1/2 english cucumber,  
dice  
1/2 pint cherry  
tomatoes, half  
black pepper

Vinaigrette:  
1 c fresh  
raspberries  
1/2 c acv  
1/2 c balsamic  
vinegar  
2 tsp raw honey  
1 1/2 tbsp Dijon  
mustard  
1/2 c olive oil

Boil water for bulgur and cook until done about 25 min. In salad bowl add bulgur and all other ingredients: cucumber, cherry tomatoes, parsley, mint and feta cheese. For vinaigrette: mix together all ingredients whisk until smooth and pour over grain salad.

In pan heat oil and butter, season scallop with s/p and sear until done 3-4 min each side serve next to grain salad.



WITH HONEY GLAZED CARROT

# Turkey Fillets

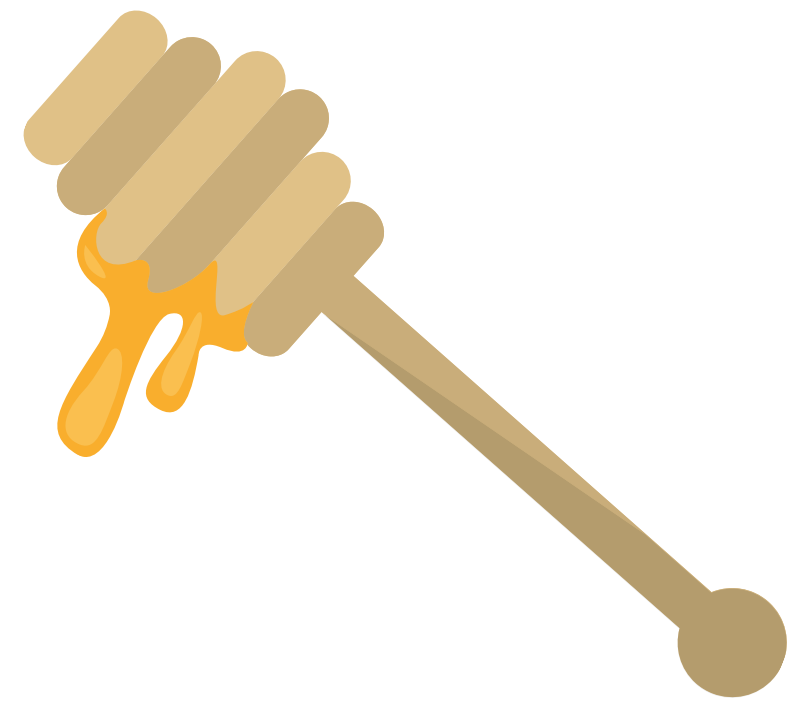
1 pound  
Turkey fillets  
S/P  
1 tsp  
McCormick  
Greek  
seasoning  
1 tbdp lemon,  
juice  
1 tbsp olive oil

3 large carrots,  
peeled and cut on  
bias  
2 tbsp butter  
2 tbsp honey  
pinch salt  
1 tsp orange zest  
1/2 c fresh orange  
juice  
1/2 tsp black  
pepper

In bowl mix together s/p, greek seasoning, oil and lemon juice. Rub mixtur all over turkey fillets and let sit for 15 min. Meanwhile heat grill pan and rub down with oil , grill turkey fillets on each side about 30 min or until done and golden brown.

In pot add 1c water, butter, honey and pinch of salt bring to boil and add carrots, cover for 5 min then uncover and cook until done. Water should be evaporated, add orange zest and orange juice cook for another 5 min serve next to turkey fillets & herb quinoa

# HONEY GLAZE SALMON PARIED W/ SUNFLOWER KALE SALAD



2-4 Salmon  
Fillets, 8oz  
1 bag of  
Vegetable Salad  
Kit ( Sunflower  
Kale)  
3 garlic, minced  
3 tbsp Butter  
1 Lemon, juice  
S/P

In small pot heat together lemon juice, honey, garlic and s/p. Meanwhile line baking sheet with foil and place salmon. Pour mix on top of salmon and bake @ 375 for 20-25 until salmon is cooked through. Toss salad in bowl and serve along salmon.

# Grilled Chimichurri Shrimp And White Bean Salad

## Chimichurri Sauce

1c fresh cilantro.  
Finely chopped  
1c fresh parsley,  
finely chopped  
1 garlic, minced  
1/4 tsp red pepper  
flakes  
1/4 c red wine  
vinegar  
salt  
1/2 c olive oil

1 1/2 pounds shrimp  
1 can white beans,  
drained and rinsed  
1 pint cherry tomatoes,  
halves  
1 small red onion, sliced  
Drizzle, olive oil  
1/4 c fresh parsley,  
chopped  
1 small cucumber, diced  
2 c arugula  
1/2 lemon, juice  
S/P

In salad bowl mix beans, cucumber, red onion, parsley, tomatoes, lemon juice & arugula drizzle w/ olive oil toss together and season with s/ p, set aside.

In small bowl mix together ingredients for chimichurri sauce. Pour half of the sauce over shrimp in separate bowl. Heat grill pan, spray w/ oil then place shrimp on grill cooking until done. Grill shrimp in batches. Once done serve the grilled shrimp along side white bean salad using the leftover chimichurri sauce for dipping.

# *Chimichurri*

## *Chicken Thighs*

### **With Eggplant Salad**

4 pack chicken  
thighs

2

garlic, minced

1 medium eggplant,  
dice skin on

2 tbsp olive oil

S/P

Mix Greens

Using chimichurri sauce from  
pg 61 marinate chicken thighs,  
overnight or morning of.

In medium bowl add in eggplant,  
garlic, s/p and oil toss together. Heat  
grill pan and add in eggplant grilling  
on each side, once done place in  
salad bowl with mix green and set  
aside.

To same grill pan add chicken  
thighs and grill until done.  
Serve next to eggplant salad and  
enjoy!

# Balsamic Glaze Pork-Chop

With Roasted Butternut  
Squash, Sweet Potato & Red  
Onion



1/2 balsamic  
vinegar  
2-3 tbsp raw  
honey  
3 tbsp olive oil  
2 garlic,  
minced  
4 (6 oz) Pork-  
Chop

1 bag mix  
butternut  
squash and  
sweet potato  
Drizzle olive  
oil  
s/p  
1 medium red  
onion, thick  
wedges

In sauce pot mix balsamic, oil, garlic & honey let simmer until sauce becomes thick to coat back of spoon. Heat pan and drizzle olive oil place pork-chops and saute 5-6min on each cook until done.

Preheat oven to 375. Place butternut squash, sweet potato and red onion in baking dish drizzle with olive oil sprinkle with s/ p and bake for 30 min or until vegetable are tender. Portion out onto plate next to pork-chop topped w/ balsamic glaze.

# Pan Roast Chicken Breast

Paired w/  
Parsnip Puree

4 chicken  
breast,  
skinless  
6 tbsp  
butter  
S/P  
4 sprigs  
rosemary  
5 parsnips,  
peel & dice  
1/2 c heavey  
cream



In medium pot boil water, add parsnips  
amd cook until done. Mash parsnips  
adding in buiter 3 tbsp, two sprig of  
rosmary chopped, cream & s/ p.

Heat skillet drizzle with olive oil, season  
chicken with s/p, two sprigs of rosemary  
chopped. Place chicken breast in skillet  
and saute until done giving 5-6 on each  
side. Once done remove chicken from pan  
and set aside, adding to pan 3tbsp butter,  
stock and 2tbsp flour, stir until sauce  
thicken slightly. On plate portion out  
parsnips puree, chicken breast pouring  
sauce over chicken, serve and enjoy!

# Roll Oats

Snack option #1

## Energy Balls

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- 1 1/2 c raw almonds
- 1/2 c rolled oats (1/4 c for garnish)
- 1/4 cup natural almond butter
- 3 tbsp olive oil
- 3 tbsp pure maple syrup
- 1 tsp pure vanilla extract
- pinch of salt
- 1/4 tsp of cinnamon
- 1/3 c raisins

In a food processor pulse almonds to a flour consistency.

Transfer almond flour to a bowl adding in oats. Next, add in almond butter, maple syrup, olive oil, vanilla, cinnamon and salt then stir to combine. The mixture should look like cookie dough, may be slightly crumbly.

Stir in the raisin then take spoon to scoop batter, using clean hands roll dough into balls.

Set the ball on a cookie sheet and repeat the process until you have used all dough.

Use the remaining oat & roll balls covering completely.

Freeze up to 1 hr to set.

Store in a cool, dry place for up to 5 days, or in the fridge for up to 2 weeks, or the freezer for up to 1 month.

# Yogurt Bites w/ Blueberries & Raspberries

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Snack option # 2

1 c plain yogurt  
2 tbsp raw  
honey  
1/4 c  
blueberries  
1/4 c  
raspberries

Stir together yogurt,  
blueberries, raspberry  
and honey, spoon  
mixture on to wax  
paper then freeze for 1  
hr.



# Warm Peaches & Cream



Dessert Choice

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4 peaches,  
remove seed &  
dice

6 tbsp raw  
honey

1 tsp cinnamon

1 lemon juice &  
zest

1 tsp pure  
vanilla extract

1 c plain greek  
yogurt

In sauce pot add all ingredients and cook on medium low heat for about 15 min or until peaches become soft. Spoon the peach mixture over plain greek yogurt topping with granola ( your choice).

# My Honor

It has been my honor to accompany you on this journey of learning how to tackle your craving, through complex nutrition. I'm so proud of you & look forward to continuing working together.

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