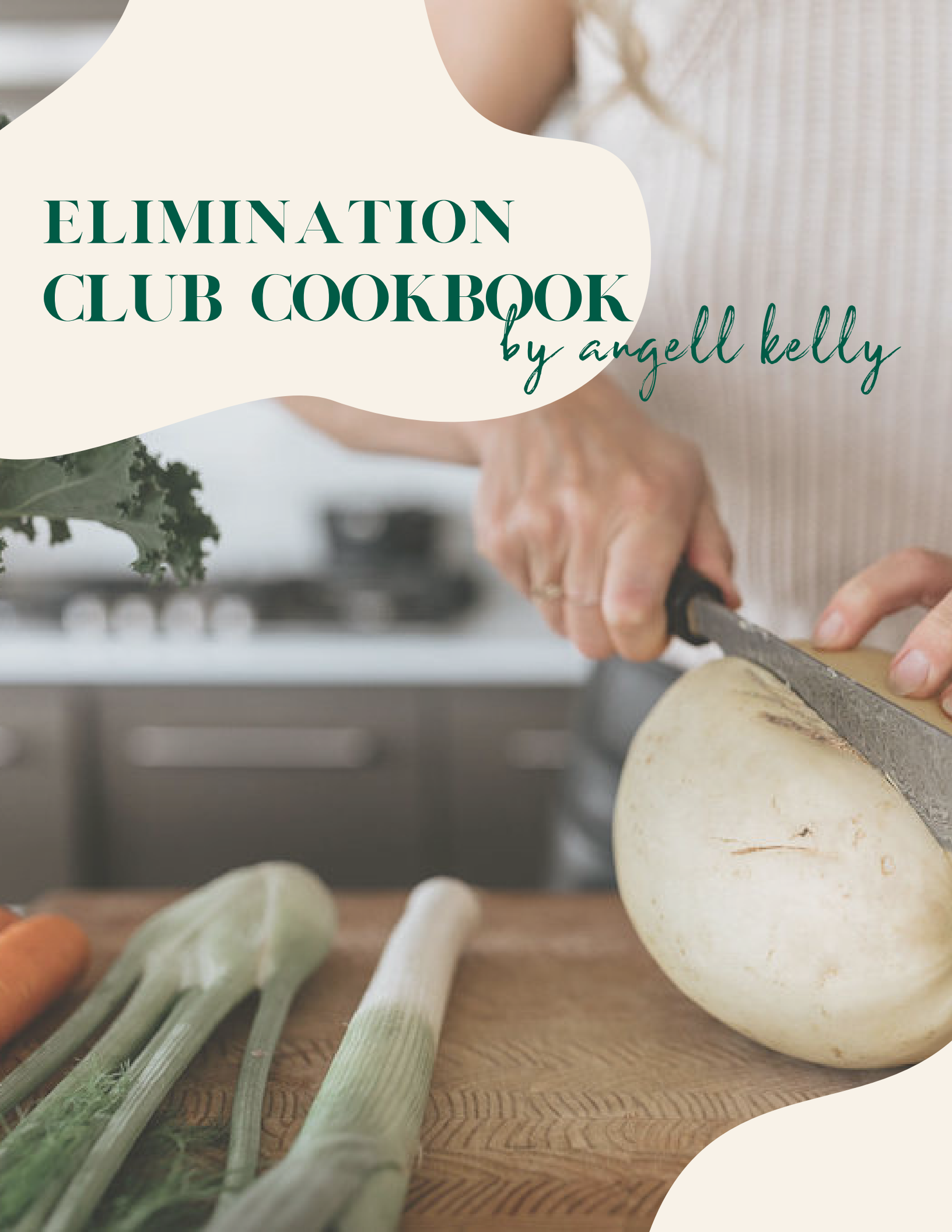


ELIMINATION CLUB COOKBOOK

by angell kelly



HI

I'm Angell Kelly



I am a Certified Integrative Nutrition Health Coach and I specialize in helping those who are constantly bloated, chronically constipated or running to the bathroom to restore normal, happy digestive function.

I struggled with chronic constipation and bloating for years! It was not uncommon for me to go days, if not weeks, without a bowel movement. This led me to study nutrition, and while completing my training I went down every possible rabbit hole I could find to determine the root cause of my gut issues.

One very powerful rabbit hole was food sensitivities. I completed a 3-week elimination diet, and I was FLOORED at how powerful the results were! I learned that DAIRY was my food sensitivity and was not only contributing to my gut issues but was directly tied to the acne I had been struggling with my entire life.

It is a huge myth that an elimination diet will be bland and unsatisfying. I hope these recipes show you how delicious and fulfilling a whole food diet without common food allergens can really be!

You will be eliminating gluten, dairy, corn, soy, eggs, refined sugar and alcohol. Limit your processed foods (read your ingredients), avoid deep-fried food, and keep your natural added sugars to <25g/day. Choose any of the following recipes for breakfast, lunch and dinner in order to avoid the culprit foods of the Elimination Club. Keep in mind that leftovers make for a great lunch the next day or can be frozen and used for dinner another evening. If you follow a vegan diet, most recipes can still be used by subbing out the animal protein for beans and the bone broth for vegetable stock.

Welcome to the Club!

angell

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APPLE CINNAMON OATMEAL



What you need:

1/2 cup oats*
1 apple
1/4 cup chopped walnuts
1 tbsp almond butter
Coconut oil or vegan butter
Cinnamon
Non-dairy milk
1 scoop collagen (optional)

If you have an oat sensitivity, substitute with buckwheat

What to do:

Bring 1 cup of water to a boil and then add in oats. Reduce heat and let simmer for 6-8 min. Remove from heat and let stand for 2 min.

Sauté apples in coconut oil or vegan butter and dust with cinnamon

Add all ingredients together in a bowl and non-dairy milk to cool.

Optional oatmeal upgrade: cook oats in non-dairy milk and mix in collagen

AVOCADO BENNY



What you need:

2 x 1/4 inch thick slices of sweet or regular potato

2 slices bacon

1 avocado

2 sprigs of asparagus

Alfalfa sprouts

Hollandaise:

1/2 cup cashews

1/4 cup water

3 tbsp nutritional yeast

1.5 tbsp lemon juice

2 tsp dijon mustard

1 tsp garlic powder

1/2 tsp ground turmeric

Salt & pepper

What to do:

First thing in the morning, soak your cashews in water, ideally for 2 hours.

Place bacon in oven at 275°F. It may take up to 1 hour to cook at this lower temperature, but this way you will not oxidize the fats or form potentially carcinogenic nitrosamines.

Mix all hollandaise ingredients in blender until creamy. Transfer to a small pot and warm mixture. Continue to add water while heating until ideal consistency is reached.

Fry 2 thick slices of sweet potato and your asparagus in oil until semi-soft.

Build your benny with sweet potato as the base, followed by bacon, sliced avocado, and asparagus. Pour on your vegan hollandaise and top with alfalfa sprouts.

*Recipe credit

<https://www.diannesvegankitchen.com/>

BANANA BREAD

Less than 3g of natural added sugar / slice



What you need:

- 2 medium-size bananas
- 2 flax eggs
- 2 tbsp maple syrup
- 2 tbsp heated coconut oil or MCT oil
- 1/4 plain coconut yogurt
- 1 cup almond flour
- 1/2 cup GF flour (I like Bob's Red Mill 1-to-1)
- 1/2 tbsp baking powder
- 2 tbsp chia
- 2 tbsp flax

What to do:

Prepare flax eggs by mixing 2 tbsp of flax meal with 5 tbsp of water, and let sit for 5 min until it thickens.

Blend wet ingredients + bananas in blender. Mix dry ingredients separately, then combine with wet. Pour into loaf pan and bake for 50min at 350F.



BREAKFAST HASH



What you need:

1/2 onion
1 clove garlic
1 sausage of choice
1/2 cup chopped yam
1/4 cup chopped brussel sprouts
1/4 cup chopped mushroom
1/4 cup chopped zucchini
2 tbsp salsa
Cashew cheese

What to do:

Pull sausage out of casing directly into a frying pan and chop into small pieces. Let cook in its own oil, then add onions & garlic and cook until translucent. Add chopped yam and brussels sprouts and cook 5 min, then add mushroom and zucchini.

Top with salsa and cashew cheese.



CHERRY CACAO SMOOTHIE ●●●

What you need:

1/2 cup frozen cherries
1 heaping tbsp cacao powder
1/2 avocado
1/4 cup of frozen zucchini
1/4 cup of cashews
Handful of kale/greens
1 scoop collagen (optional)
1 scoop of L-glutamine (optional)
Coconut kefir + water

What to do:

Blend ingredients adding coconut kefir and water gradually to reach ideal consistency



COCONUT YOGURT



What you need:

2 cans coconut milk*

4-6 probiotic capsules

Topping options:

Fresh berries

Granola

A tiny bit of maple syrup (as a dessert)

*I recommend the brand Earth's Choice
for ideal texture



What to do:

Chill cans of coconut milk overnight.

Pour entire contents of cans into a blender. Open 4-6 probiotic capsules and add to the coconut milk (the more capsules, the more sour your yogurt will be). Blend until smooth. Pour into 2 clean mason jars and let sit covered with a cloth on the counter for 48 hours. Chill and enjoy!

Note: Make sure the room isn't too warm or the fermentation will happen too quickly and you will have liquid at the bottom.



LIFE CHANGING LOAF OF BREAD



What you need:

1 cup sunflower seeds
1/2 cup flax seeds
1/2 cup chopped almonds
1.5 cups rolled GF oats
2 tbsp chia
4 tbsp psyllium husks
1 tsp salt
1 tbsp maple syrup
3 tbsp melted coconut oil
1.5 cups of water

Optional toppings:

Nut butter
Vegan butter
Honey drizzle
Berries

What to do:

Mix all dry and wet ingredients separately, then combine. Place in a loaf pan (ideally silicon) and let sit out for at least 2 hours.

Bake in oven at 350F for 20 min, then remove from pan and bake upside down directly on the rack for another 30-40min.

Let cool before slicing. You can eat it like toast if you'd like and warm it up in the toaster!

*Recipe credit:

<https://www.mynewroots.org/site/2013/02/the-life-changing-loaf-of-bread/>

MANGO MINT SMOOTHIE ●●●

What you need:

- 1/2 cup frozen mango
- 1/4 cup fresh mint
- 1/2 avocado
- 1/2 a lime, juiced
- 1/2 cup frozen cauliflower
- Handful of kale/greens
- 1 tbsp flax seeds
- 1 scoop collagen (optional)
- 1 scoop L-glutamine (optional)
- Coconut kefir + water

What to do:

Blend ingredients adding coconut kefir + water gradually to reach ideal consistency



NOATMEAL ● ● ●

What you need:

1/4 cup hemp hearts

1 tbsp flax seed meal

1/2 tbsp chia

1/2 cup canned coconut milk (use both liquid and cream)

Toppings (optional):

Chopped pecans, cinnamon & vegan butter

Peanut butter & blueberries

Strawberries & coconut cream

What to do:

Stir ingredients in a saucepan until they start to thicken like oatmeal. Serve with toppings of choice.



PB & J SMOOTHIE



What you need:

1/2 cup frozen blueberries
1 tbsp peanut butter
1/4 cup of frozen zucchini
1/2 avocado
Handful of kale/greens
1 tbsp chia
1 scoop collagen (optional)
1 scoop L-glutamine (optional)
Coconut kefir + water

What to do:

Mix ingredients in blender, adding coconut kefir and water gradually until you reach the ideal consistency

POWER PANCAKES

Serves 2



What you need:

- 1 cup almond flour
- ½ cup Bob's Red Mill 1-to-1 GF flour
- 1 tsp baking powder
- 1 scoop of collagen (optional)
- 1 flax egg
- 1 tbsp cinnamon
- 1 tbsp melted vegan butter or coconut oil
- 1 tbsp chia seeds
- 1 cup non-dairy milk

Add toppings of choice: blueberries, peaches, coconut yogurt, banana, nut butter, vegan butter, cinnamon, maple syrup, etc.



What to do:

Prepare flax egg by mixing 1 tbsp of flaxseed meal with 2.5 tbsp of water. Let sit for 5 min until it thickens.

Combine ingredients and let sit 5 min for chia to absorb liquid. Grease a skillet and pour batter, cooking for a few minutes on each side. Serve with toppings of choice!



SWEET & SAVORY OATMEAL ● ● ●



What you need:

1/2 cup oats*
1 tbsp peanut butter
1/3 cup frozen (or fresh)
blueberries
1 tbsp chia
1 tbsp hemp hearts
1 tbsp pumpkin seeds
Non-dairy milk
Salt
1 scoop collagen (optional)

*If you have an oat sensitivity,
substitute with buckwheat

What to do:

Stovetop: Bring water to a boil and then add in oats. Reduce heat and let simmer for 6-8 min. Remove from heat and let stand for 2 min.

or

Microwave: Add 1 cup of water to oats and microwave for 5 min. Cover and let stand for 1 min.

Add remaining ingredients and salt to taste, non-dairy milk to cool.

Optional oatmeal upgrade: cook oats in non-dairy milk and mix in collagen.

LUNCH



AVOCADO "TOAST"



What you need:

2 rice cakes
1 avocado
1 tbsp vegan mayo (soy-free)
Radish
Bell pepper
Alfalfa sprouts
Hemp hearts
Salt

What to do:

Mix avocado and vegan mayo together.
Spread onto rice cakes and top with
chopped radish, bell pepper, alfalfa
sprouts, hemp hearts and salt.



CHICKPEA GREEK SALAD



What you need:

1/2 yellow bell pepper
1/4 chopped red onion
1 avocado
1/3 cup chopped cucumber
1/2 cup diced tomatoes
6 pitted Kalamata olives
1/3 cup of chickpeas
Fresh parsley
Continued below...
1 tbsp olive oil
1 tbsp apple cider vinegar
Vegan “feta” (optional)
Salt & pepper

What to do:

Drain and rinse canned chickpeas.
Combine all ingredients and top with olive oil and apple cider vinegar. Salt & pepper to taste.



CREAMY BEET SALAD



What you need:

Red beets
Snap peas
Cucumber
Red onion
Walnuts
Cashew feta

*Adjust quantities according to how many servings you wish to prepare

Dressing (serves 2):
2 tbsp coconut yogurt
1 tbsp vegan mayo
1 tbsp chopped dill
Garlic salt to taste

What to do:

Wash and chop beets into bite-sized pieces and steam until semi-firm. Once cooked, rinse with cold water until they are cool to touch. At this point, you should be able to rub the skin off (optional).

Combine beets, shelled snap peas, chopped cucumber, finely diced red onion, walnuts and feta. Mix creamy dressing ingredients and add to salad when you're ready to eat!

KALE CAESAR



What you need:

1-2 cups of raw kale
Olive oil
Salt
Cherry tomatoes
Mushrooms (I recommend shiitake)
Cucumber
Avocado
1-2 tbsp cashews
Chicken breast (optional)
Vegan Caesar salad dressing (I recommend Maison Orphée brand)

*Adjust quantities according to how many servings you wish to prepare

What to do:

Bake chicken breast in oven at 375F for 20-25 minutes with olive oil, salt & pepper.

Wash and chop kale into bite-sized pieces. Drizzle with olive oil and sprinkle with salt, then massage the kale for 1 minute with your hands.

Fry mushrooms and cherry tomatoes in olive oil. Combine all ingredients and drizzle with vegan Caesar salad dressing.



KALE WRAPS



What you need:

2 large pieces of Lacinato kale
(romaine works as well)

Vegan mayo (soy-free)

Mustard

Bell pepper

Cucumber

Clean deli meat (I recommend
McLean's or Sunworks)

Cashew cheese

What to do:

Place deli meat on the inside of the kale.
Spread with mayo & mustard and then
add veggies & cashew cheese. Start on
the leafy end and roll into a wrap. Cut
in half and enjoy!



"PASTA" SALAD



What you need:

GF pasta of choice (I recommend chickpea/lentil)

Cherry tomatoes

Cucumber

Yellow bell pepper

Vegan feta

Fresh basil & Italian parsley

Avocado

Artichokes

Kalamata olives

2 tbsp pine nuts

Olive oil & apple cider vinegar

*Adjust quantities according to how many servings you wish to make

What to do:

Cook your GF pasta al dente. Rinse with cold water to cool.

Combine ingredients and drizzle with olive oil, apple cider vinegar and salt & pepper to taste.



RAINBOW SLAW

Serves 1-2



What you need:

- 1 cup shredded purple cabbage
- 1 carrot
- 1 broccoli stalk
- 1 small yellow beet
- 2 radishes
- Handful of kale
- Sunflower seeds
- 1 chicken breast

Dressing:

- 1 tbsp soy-free vegan mayo
- 1 tbsp coconut yogurt
- 1 tsp mustard
- Dill
- Caraway seeds

What to do:

Bake chicken breast in oven at 375F for 20-25 minutes with olive oil, salt & pepper.

Grate cabbage, carrot and beet and combine with julienned broccoli stock, sliced radish and chopped kale. Mix dressing ingredients together, add to slaw and top with chicken breast and sunflower seeds.



VEGGIE BURGERS

Serves 2-4



What you need:

¾ cup mashed sweet potato

¾ cup mashed potato

½ cup quinoa

½ cup oat flour (or oats)

½ cup mushrooms

2 tbsp of bell peppers

Salt & pepper to taste

½ tsp cumin

¼ tsp chili powder

Butter lettuce

Condiments (optional): ketchup,
vegan mayo, mustard, vegan
cheese, avocado, sliced tomato, red
onion

What to do:

Bring ½ cup of quinoa and 1 cup of water to a boil. Simmer for 10-15 min until fluffy.

Boil sweet and regular potato until soft. Mash.

Combine cooked quinoa, mashed potatoes and remaining ingredients. Form into patties and fry in oil or on the BBQ. Serve with butter lettuce as the bun and condiments of your choice.





DINNER

ALMOND-CRUSTED HALIBUT



Serves 2

What you need:

2 halibut fillets
¼ cup vegan butter
1 clove garlic
1 tsp lemon zest
1 tbsp lemon juice
1/3 cup almond flour
Salt & pepper

1 cup of quinoa

8-10 sprigs of asparagus

Balsamic vinegar (no added sugar)

What to do:

Boil 1 cup of quinoa with 2 cups of water and then simmer for 15 min.

Pan-fry asparagus in olive oil until semi-firm and slightly browned. Drizzle with balsamic vinegar.

Blend vegan butter, garlic, lemon zest & juice and salt and pepper.

Preheat oven to 400F. Spread ½ tbsp of lemon “butter” onto each fillet. Cover with almond flour. Cook in oven for 5 minutes and then turn oven to broil on high for 5 more minutes. Keep an eye on it because halibut can easily be over-cooked! Almond flour should have created a crust. Serve topped with remaining lemon “butter”.

BORSCHT

Serves 4



What you need:

1/2 red onion
2 cloves garlic
4 chopped beets
2 cups chopped baby potatoes
2 carrots
1 cup shredded purple cabbage
2 stalks celery
2 cups of bone broth
2 cups of mushroom broth
Stewing beef
Fresh dill
Coconut yogurt

What to do:

Salt & pepper the stewing beef and then sear briefly in a pot with oil. Remove from pot and set aside.

Add onions and garlic to the pot and cook until translucent. Add potatoes, beets and carrots and cook for 10min. Add celery, purple cabbage, stewing beef and dill and cook for another 5 min. Add bone and mushroom broth and bring to a boil. Reduce heat and simmer for 1-1.5 hours, until beef is tender.

Top with coconut yogurt and fresh dill.



BOYFRIEND BURGER

Serves 4



What you need:

Burger:

- 1 lb. grass-fed ground beef
- 1 lb. ground pork
- 2 tbsp hemp hearts
- 1/2 onion, finely diced
- 2 cloves minced garlic
- 1/2 cup oats
- Salt & pepper
- 1/4 cup frozen blueberries (optional)

Fries:

- 1 medium-size yam
- Olive oil

Butter lettuce

Condiments (optional): tomato, onion, mustard, ketchup, soy-free vegan mayo, avocado, sauerkraut

What to do:

Combine burger ingredients and cook on BBQ until cooked thoroughly.

Chop yams (skin on) into wedges. Toss with olive oil, salt and pepper (feel free to add cumin or cayenne if you want a little more flavor). Place on baking sheet in oven at 450°F for 15-25 minutes, flipping at the halfway mark. Make sure the wedges lie flat when baking.

Build your burger with lettuce as the bun, adding condiments of your choice.

CALIFLOWER PIZZA CRUST

Serves 2



What you need:

Crust:

Fine-mesh strainer or nut milk bag
1 head of cauliflower
2 tbsp flaxseed meal (to create 2 flax eggs)
1/3 cup of cassava flour or Bob's Red Mill 1-to-1 flour
1/3 cup of almond flour
1 tsp oregano
1 tsp basil
1 tsp garlic powder
Salt & pepper

Topping:

Pesto (See PESTO PASTO)
Mushrooms
Asparagus
Red onion
Chicken
Semi-soft cashew cheese (optional)



What to do:

Prepare your flax eggs by combining 2 tbsp of ground flaxseed with 5 tbsp of water. Let sit for at least 5 min until the mixture thickens.

Blend the cauliflower making it into cauliflower "rice." Boil a pot of water and add riced cauliflower for 5 min. Strain in a fine-mesh strainer or nut milk bag and be sure to remove as much water as possible. THIS IS IMPORTANT.

Prepare pesto (see PESTO PASTO recipe)

Combine riced cauliflower with the flax egg, cassava flour/GF flour, almond flour, and spices. Once you have your dough, press onto a lined baking sheet in your desired shape to 1/4 to 1/2 inch thickness. Bake in the oven at 400F for 25 min.

Fry chicken in oil with salt and pepper until cooked thoroughly. Remove from pan and add onions (sliced in long pieces) and cook until translucent. Add asparagus and mushrooms and cook until semi-firm.

Remove crust from oven and cover with pesto. Add toppings and return to the oven for 10-15min. Remove from oven and top with semi-soft cashew cheese.



CHARRED CAESAR SALAD

Serves 2



What you need:

1 head of romaine

Olive oil

Garlic salt

1 chicken breast

Brussels sprouts

Bell pepper

Zucchini

Cherry tomatoes

Vegan Caesar salad dressing (I
recommend Maison Orphée brand)

Nutritional yeast

What to do:

BBQ chicken breast, chopped brussel sprouts, bell pepper and zucchini.

Cut 1 head of romaine length-wise and using a basting brush, paint the cut side of the romaine with olive oil. Sprinkle garlic salt. Charr romaine cut-side down at high heat on the BBQ. Stay close as this should only take ~2 min.

Build your Charred Caesar Salad with the romaine head as the base, topped with shredded chicken, grilled vegetables, fresh tomatoes and Caesar dressing. Sprinkle with nutritional yeast for a parmesan-like flavour!



CHILI

Serves 4-6



What you need:

- 1 lb. grass-fed beef
- ½ onion
- 2-3 cloves garlic
- 1 zucchini
- 1 apple
- 1 small butternut squash
- 2 carrots
- 1 green pepper
- 1 red pepper
- 1 can of beans of choice (navy, kidney, black, etc.)
- 1 large can of whole tomatoes
- Pinch of cayenne
- Avocado (optional)
- Cashew cheese (optional)



What to do:

In a pot, fry onions and garlic in olive or coconut oil until translucent. Add beef and cook thoroughly. Chop zucchini, apple, squash, carrots and peppers and cook until semi-firm. Add whole tomatoes + ½ can of water and bring to a boil, then let simmer for a minimum of 10 minutes. Add beans, cayenne and salt and pepper to taste.

Serve topped with avocado and cashew cheese!

COCONUT CURRY

Serves 2



What you need:

1 cup of brown or wild rice
Sausage of choice
1/2 onion
2 cloves garlic
1 leek
6 slices of ginger
4 slices of turmeric
1 small butternut squash
1 zucchini
Brussels sprouts
1 cup kale (or any leafy green)
1 can of coconut milk
Fresh cilantro

What to do:

Boil 1 cup of brown rice with 1 3/4 cup of water then reduce heat, cover and let simmer for 45 min. Remove from heat and let stand covered for 10 min.

Remove sausage from casing and fry in its own oil until cooked thoroughly. Add garlic, onion, leek, ginger and turmeric and cook until onion becomes translucent. Add butternut squash and cook until semi-firm. Add zucchini and brussel sprouts, cooking until semi-firm. Add chopped kale and cook for 1-2 minutes until it shrinks down. Add coconut milk and simmer until it reduces and thickens (if there is not enough sauce, add water). Salt & pepper to taste and top with fresh cilantro. Serve on rice.



Note: photo has a few additional vegetables not listed in recipe



FISH TACOS

Serves 2-4



What you need:

2-4 cod fillets (1 per person)

¼ cup tbsp almond flour

¼ cup tbsp cassava flour

¼ tsp garlic salt

¼ tsp paprika

1 flax egg

Mango salsa:

Fresh or frozen mango

Bell pepper

Red onion

Tomato

Fresh cilantro

Splash of apple cider vinegar

Coconut flour tortilla wraps

Vegan mayo

Purple cabbage

What to do:

Prepare your flax egg by combining 1 tbsp of ground flaxseed with 2.5 tbsp of water. Let sit for at least 5 min until the mixture thickens.

Combine almond flour, cassava flour, garlic salt and paprika. Soak cod in flax egg, then coat with flour mixture. Fry in olive oil for 2-4 min per side.

Finely chop mango salsa ingredients and combine.

Build your fish taco with a coconut flour wrap as the base, a spread of vegan mayo, your fried fish, mango salsa and cabbage!





HEMP-CRUSTED SALMON



What you need:

1 salmon fillet, depending on size
1 tbsp vegan mayo (soy-free)
1 tbsp hemp hearts
Lemon
Brown or wild rice

2 cloves of garlic
Broccoli
Green beans

What to do:

Boil 1 cup of brown or wild rice with 1 $\frac{3}{4}$ cup of water then reduce heat, cover and let simmer for 45 min. Remove from heat and let stand covered for 10 min.

Set oven to bake at 350°F. Spread vegan mayo on salmon and top with hemp hearts and a few thin slices of lemon. Bake for 15-20min, until salmon is flakey.

Fry garlic in olive oil for 1 min then add broccoli and green beans. Cook on low so as not to burn the garlic. Drizzle with lemon, salt and pepper upon serving.

LACOS

Serves 2



What you need:

1-2 chicken breasts
1 tsp chili powder
Butter lettuce
1/2 cup purple cabbage
1 tomato
1/4 cup red onion
Jalapenos to desired spiciness
1 tsp of white vinegar
Cilantro to taste
Lime
Coconut yogurt

What to do:

Bake chicken breast in oven at 375F for 20-25 minutes with olive oil, salt, pepper & chili powder. Let cool before shredding the chicken for the “tacos”.

Finely chop tomatoes, onion, jalapeno and cilantro and add to a bowl with white vinegar, making your own little pico de gallo mix. Use your butter lettuce leaf as the taco shell and add chicken, chopped cabbage, pico de gallo and top with fresh lime juice and a drizzle of coconut yogurt.

MAMA'S STEW

Serves 4



What you need:

1/2 red onion
2 cloves garlic
2 cups chopped baby potatoes
1.5 cups chopped broccoli
2-3 carrots
2 celery stalks
2 cups of bone broth + 2 cups of mushroom stock
Stewing beef
4 bay leaves
1/4 cup cassava or Bob's 1-to-1 GF flour

What to do:

Salt & pepper the stewing beef and then sear briefly in a pot with oil. Remove from pot and set aside.

Add onions and garlic to the pot and cook until translucent. Add potatoes, broccoli, celery, and carrots and cook for 10min. Add back stewing beef, sprinkle with cassava flour and cook for another 2 min. Add bay leaves, bone and mushroom broth and bring to a boil. Reduce heat and simmer for 1-1.5 hours, until beef is tender.



"MAC" & "CHEESE"

Serves 2-4



What you need:

Chickpea pasta (or any gluten-free pasta)

1/2 sweet potato

1 tsp Dijon mustard

1/4 cup bone broth

1-2 tbsp nutritional yeast

1 tbsp tahini

1/4 onion

1 clove garlic

Asparagus (4 stalks/person)

Brussel sprouts (4 brussels/person)

Zucchini

What to do:

Boil 1/2 sweet potato until soft. Mix in blender with dijon mustard, bone broth, nutritional yeast, tahini and salt to taste and set aside.

Fry asparagus, zucchini and halved brussel sprouts in oil, onions and garlic until semi-firm.

Boil chickpea pasta until al dente.

Combine ingredients and enjoy.

PESTO PASTO

Serves 2



What you need:

Pesto:

Handful of basil

1 tbsp tahini

1-2 tbsp olive oil

1 tbsp hemp hearts

1/4 cup cashews

1 clove garlic

1 tbsp nutritional yeast

1/2 lemon, juiced

Salt & pepper to taste

Bacon

1 clove garlic

1/2 onion

1/3 cup chopped leek

1 tbsp olive oil

1 cup of chopped brussel sprouts

Fresh cherry tomatoes

1-2 zucchinis

What to do:

Cook bacon in oven at 275F for 30-45min, until desired crispiness.

Blend pesto ingredients.

Fry garlic, onions and leek in olive oil until translucent. Add brussel sprouts and cook until browned.

Spiralize your zucchini and steam until al dente.

Build your dish with zucchini noodles as the base, then chopped bacon and vegetables and finally a large dollop of your homemade pesto!



Note: photo has a few additional vegetables not listed in recipe

BUILD YOUR OWN POWER BOWL



What you need:

1/2 cup whole grain of choice
(quinoa, rice, buckwheat, etc.)
1 small yam
Handful of chopped kale
Cooked vegetables of choice
(mushrooms, cauliflower, broccoli,
peas, asparagus, zucchini, beets,
Brussels sprouts, etc.)
Raw vegetables of choice (bell
pepper, cherry tomatoes, purple
cabbage, grated carrot)
1 avocado
1-2 tbsp hummus/bean dip/baba
ganoush
Salad dressing of choice
Sunflower seeds

What to do:

Cook your whole grain of choice and mix with chopped kale. Roast your vegetables and yam.

Combine whole grain, kale, cooked and raw vegetables in a bowl, add hummus (or your dip of choice), and top with sunflower seeds and salad dressing.



RED CURRY SOUP

Serves 4



What you need:

2 chicken breasts
Olive oil
1/2 onion
2 cloves garlic
1 tsp sliced turmeric
2 cups diced butternut squash
1/2 a zucchini
1 cup diced celery
2 cups of bone broth
1/2 cup coconut cream (top part of can of coconut milk)
1.5 tbsp red curry paste
Fresh cilantro
Salt & pepper

What to do:

Bake chicken breasts in oven at 375F for 20-25 minutes with olive oil, salt & pepper. Let cool then shred chicken with 2 forks.

Fry chopped onion, garlic, and turmeric in oil until translucent. Add butternut squash, zucchini, and celery. Cook until semi-firm, then add in red curry paste and mix thoroughly. Pour in bone broth and coconut cream and simmer for a minimum of 10 min. Add shredded chicken and salt & pepper to taste. Top with fresh cilantro.



SALMON BOWL

Serves 2-4



What you need:

2 salmon fillets
¾ cup mashed yam
2 tbsp red onion
1-2 cloves garlic
½ cup oats
1 tbsp almond flour

Brown rice

Rapini

Carrots

Vegan mayo

Coconut aminos

What to do:

Bake salmon in oven at 350 for 20 min.

Boil yam until soft. Mash with a fork and combine with diced onion, garlic, oats, flour and chopped up salmon. If patties are too wet, add more almond flour/oats. Form into patties and cook on the BBQ, in the air fryer, in the oven, or on the stove top.

Cook rice and steam vegetables.

Combine all ingredients in a bowl and drizzle with coconut aminos. Top salmon patties with a dollop of vegan mayo, and enjoy!

SPAG SQUASH BOLOGNESE ● ● ●

Serves 4

What you need:

2 spaghetti squash
Olive oil
1/2 onion
2 cloves garlic
1 lb grass-fed ground beef
1 head of fennel
1 small eggplant
2 carrots
1/2 zucchini
1, 28oz can of diced tomatoes
Fresh oregano & basil (optional)
Salt & pepper

What to do:

Cut the spaghetti squash lengthwise and scoop out the seeds. Rub the inside with olive oil and top with salt & pepper. Bake in the oven at 400F for 45min to 1 hour. You will know it is cooked when the inside becomes translucent and easily pulls away from the sides of the squash.

Fry onion and garlic in olive oil until translucent. Add-in beef and cook thoroughly. Add skinned and chopped eggplant, carrots, fennel, and zucchini and cook until semi-firm. Pour in diced tomatoes and 1/2 can of water and bring to a boil. Add-in spices and salt & pepper to taste, and simmer for minimum 10 min.

Use a fork to scoop “spaghetti” strands out of the squash. Use this as your base and top with Bolognese sauce.



Note: photo has a few additional vegetables not listed in recipe

STUFFED SQUASH



Serves 4

What you need:

2 spaghetti squash

Olive oil

1/2 onion

1/2 cup quinoa

1-2 tbsp vegan butter

Sausage of choice

1/2 red onion

1 clove garlic

8-10 sprigs of asparagus

1/3 cup dried apricot

1/2 cup cashews

1 tbsp cinnamon

What to do:

Cut the spaghetti squash lengthwise and scoop out the seeds. Rub the inside with olive oil and top with salt & pepper.

Bake in the oven at 400F for 45min to 1 hour. You will know it is cooked when the inside becomes translucent and easily pulls away from the sides of the squash.

Bring 1/2 cup of quinoa and 1 cup of water to a boil. Simmer for 10-15 min until fluffy. Add vegan butter once cooked.

Pull sausage from casing and chop & fry in its own juices until cooked thoroughly. Add in diced onion and garlic and cook until translucent. Chop asparagus into small pieces and add to pan, cooking until semi-firm.

Add quinoa to sausage mixture, toss in cashews and diced apricots, and sprinkle with cinnamon and salt & pepper to taste. Stuff inside each squash half and serve!

SUNDAY SOUP

Serves 4



What you need:

- 1/2 onion
- 2 cloves garlic
- 1 lb. grass-fed beef
- 1 butternut squash
- 2 cups brussel sprouts
- Any leftover fresh vegetables from the week
- 1-2 cups of chopped kale
- 2 cups of chicken bone broth



What to do:

In a pot, fry onions and garlic in oil until translucent. Add beef and cook thoroughly, chopping into large chunks. Add squash, brussel sprouts and leftover veg and cook until semi-firm. Add kale and cook until it shrinks. Add bone broth and simmer for a minimum of 10 minutes. Salt & pepper to taste.

A portrait of a woman with long, wavy brown hair and a nose ring, smiling with her eyes closed. She is wearing a black turtleneck sweater. The background is a plain, light-colored wall. On the left side, there is a yellow, cloud-like shape containing the word "TREATS" in red, serif capital letters.

TREATS

4 INGREDIENT VEGAN LEMON COOKIES



Makes 5.13g added sugar/cookie

What you need:

1 cup almond flour
1/4 cup coconut sugar
1 lemon, juiced
2 tbsp water
1/2 tsp baking soda
1-2 tbsp chia

Coconut cream
1 tbsp honey

Recipe credit: @ariellelorre

What to do:

Mix dry ingredients with $\frac{3}{4}$ the juice of a lemon and 2 tbsp water. Bake for 10-15min at 350C. For icing, mix the top of a can of coconut milk with honey and spread on cooled cookies.



AVOCADO PUDDING

Serves 2. 8.5g added sugar/serving
if using maple syrup



What you need:

- 1 avocado
- 2 tbsp cacao powder
- 1 tbsp maple syrup or $\frac{1}{4}$ cup unsweetened apple sauce
- Coconut kefir or milk
- Strawberries (optional)
- Banana (optional)

What to do:

Blend ingredients while slowly adding coconut milk to ideal consistency.

Serve with strawberries, bananas or just as-is!





CHIA PUDDING



What you need:

1 cup non-dairy milk

3 tbsp chia

Stevia to taste

Toppings/add-ons of choice:

Cacao powder

Berries

Cinnamon

Matcha powder

Coconut flakes

Nut butter

What to do:

Mix ingredients and cover overnight in refrigerator (or at least 4 hours). Eat with toppings of choice!

COSMIC COOKIE

One dozen. 4g added sugar / cookie



What you need:

1.5 cup rolled oats
1 cup almond flour
1/2 cup protein powder of choice (I like Enerex brand)
1/4 cup GF or cassava flour
1/2 cup sunflower seeds
1/3 cup pumpkin seeds
1/4 cup flax seeds
1/2 tbsp cinnamon
1/4 tsp salt
1/2 cup non-dairy milk
1/3 cup coconut oil (melted)
2 tbsp molasses
2 tbsp honey
Dried cranberries (w/o added sugar)
Chocolate chips (w/o added sugar)

What to do:

Mix wet and dry ingredients separately, then combine
Fold in chocolate chips & cranberries (eyeball the amount)

Bake at 350F for 20-25min



MANGO NICECREAM

Serves 2



What you need:

2 frozen bananas
1 cup frozen mango
1/2 squeezed lime
1/2 cup coconut cream (top of
coconut milk can)

What to do:

Slice frozen banana into small pieces. Place all ingredients in blender or food processor and mix thoroughly. Pour into freezer-friendly container and freeze for 1-2 hours, depending on how soft you like your ice cream. Remove and scoop into bowls.

STUFFED DATES



What you need:

1 date

1/2 tsp of nut butter

1 square of refined sugar-free dark
chocolate

Salt

What to do:

Microwave your date for ~10 seconds.

Remove the pit and spread nut butter
inside. Stuff with a small square of dark
chocolate and microwave for another
~5 seconds. Sprinkle with sea salt, let
cool and enjoy!



A woman with long blonde hair, wearing a white ribbed halter top, is peeling a purple and white vegetable (likely a purple cauliflower) on a wooden cutting board. She is using a black peeler. The peeling process has created several shavings of the vegetable's skin, which are lying on the board. In the foreground, there are some yellowish, translucent objects, possibly lemons or limes, which are out of focus. The background is a plain, light-colored wall.

SNACKS

BABA GANOUSH



What you need:

2 eggplants
Olive oil
2 cloves garlic
2 tbsp tahini
2 tbsp lemon juice
Handful fresh parsley
¼ tsp smoked paprika
Salt to taste
Dried figs (optional)

What to do:

Slice the eggplants lengthwise and rub with olive oil. Season with salt and place face down on a parchment-lined baking sheet. Cook in the oven at 400F for 40min.

Remove from oven and let cool slightly. Scoop out the insides and place in blender/food processor. Add remaining ingredients and blend until smooth! Salt to taste and top with chopped dried figs.



BEAN DIP



What you need:

2 cloves of garlic
3 tbsp olive oil
1, 28 oz can of navy beans
2 tbsp of tahini
2 tbsp of lemon juice
Handful of fresh parsley
1 tsp of cumin
Salt to taste



What to do:

Cook garlic in olive oil until slightly browned. Combine all ingredients (including oil) in a blender and blend thoroughly! Salt to taste.



CASHEW CHEESE



What you need:

2 cups of raw, unsalted cashews
1/2 cup of water
2-4 probiotic capsules
1/2 tsp of salt
1 tbsp of nutritional yeast
1 tbsp of lemon juice
1-2 tsp paprika

What to do:

Soak the cashews in water for 24 hours

Strain and rinse the cashews, then place them in a blender. Add 1/2 cup of water and blend until you reach a creamy consistency. Empty 2-4 probiotic capsules into the blender and mix in (the more probiotics, the more "sour" the flavor). Put mixture in a nut milk bag, then place the bag in a strainer hovering over a bowl. Cover and leave sitting on the counter for 24-48 hours.

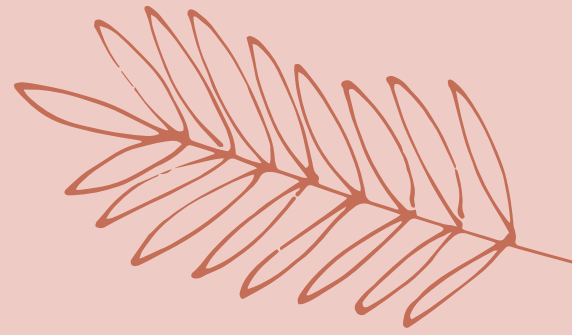
Taste the cashew mixture at 24 hours to see how much fermentation has taken place. If you think it is sour enough, move on to the next step!

Mix cashew paste with nutritional yeast, lemon juice, salt, and 1 tsp of paprika. Pour into a container or mold, and use remaining paprika to dust the top.

Refrigerate and enjoy! Note - the fermentation continues in the fridge but at a slower rate, so it only continues to get better.



CHICKPEA SOCCA



What you need:

1 cup chickpea flour
1 cup water
1 1/2 tablespoons extra-virgin olive oil, plus more for the pan and drizzling
1/2 tsp salt
Spices of choice (oregano, rosemary, basil)

What to do:

Combine ingredients and let sit for 30 min for the flour to absorb the liquids.

Preheat oven to 450F and put an empty iron skillet in the oven for 5 min to heat before the batter is ready. Remove from oven and coat bottom of skillet with oil, then pour in chickpea batter making sure it covers the bottom of the skillet.

Broil for 5-8 min, until the top of the socca blisters and browns. Remove from pan, slice into wedges, drizzle with olive oil and sprinkle with coarse salt.



*Recipe credit:

<https://www.thekitchn.com/how-to-make-socca-a-naturally-gluten-free-chickpea-flatbread-cooking-lessons-from-the-kitchn-169513>



GUACAMOLE

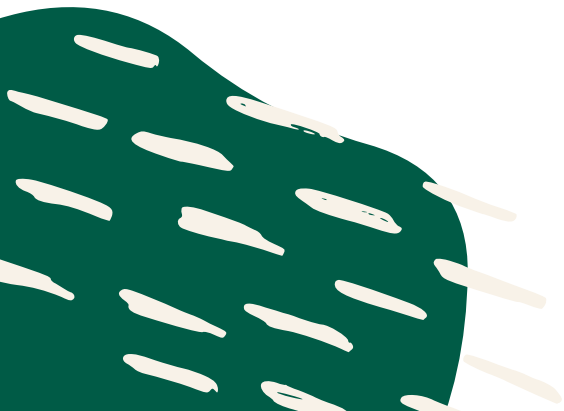


What you need:

2 ripe avocados
1 tbsp of coconut yogurt (optional)
1 clove of garlic
¼ cup fresh diced tomatoes
1 tbsp diced red onion
½ lime, juiced
Fresh cilantro
Salt to taste

What to do:

Combine ingredients. If not eating immediately, leave the avocado pits in the dip to avoid ripening.



KALE CHIPS



What you need:

1 bunch of kale
2 tsp olive oil
Sea salt

What to do:

Wash your kale and let dry completely. Remove leaves from fibrous stalks and tear into chip-sized pieces (considering shrinkage). Drizzle with olive oil and massage into kale.

Place on a baking sheet in a single layer and bake at 300F for 10min. Rotate pan and flip any pieces that are getting too crispy. Return to oven for 10-15 min watching closely. Let cool and enjoy!





BEVERAGES

ALMOND MILK



What you need:

- 1 cup raw almonds
- 4 cups water
- Pinch of salt
- 1 tsp vanilla (optional)
- Nut milk bag

What to do:

Soak almonds in water for minimum 24 hours.

Strain & rinse, then blend almonds with fresh water, salt and vanilla

Strain with nut milk bag, chill and serve! Note that without an emulsifier the mixture will separate – shake well before serving. You can dry out your leftover almond meal in the oven and use as almond flour.



CHILL HOT CHOCOLATE

15mg caffeine 130mg theobromine

8g added sugar



What you need:

1 tbsp Cacao paste or powder

1 tbsp Cacao butter

1 scoop of collagen

Ashwaganda (extract or drops)

Reishi or chaga tea (or extract)

1/2 tbsp raw honey

What to do:

Bring a pot of water to boil. Add reishi/chaga mushrooms and leave on a rolling boil for at least 30 min.

Alternatively, you can purchase reishi/chaga extracts and simply add a 1/4 - 1/2 tsp per cup of boiling water.

Add ingredients to the blender and mix until frothy!



ENERGIZING CHAI

0mg caffeine, 8g added sugar ● ● ●

What you need:

*Chai spice blend (not chai tea)

1 tbsp Coconut butter

Maca

Reishi or chaga tea

1/2 tbsp raw honey

*You can use chai tea instead, but it will likely be caffeinated (~50mg). In this case swap out the reishi/chaga tea

What to do:

Bring a pot of water to boil. Add reishi/chaga mushrooms and leave on a rolling boil for at least 30 min.

Alternatively, you can purchase reishi/chaga extracts and simply add a 1/4 - 1/2 tsp per cup of boiling water. Add chai spice blend to the hot water and let steep until flavor is strong.

Place tea and chai in a blender with remaining ingredients and mix until frothy!

MINT MATCHA

35-70mg caffeine, 23-46mg l-theanine, 6.5 added sugar



What you need:

1/2 - 1 tsp Matcha powder

Mint tea

1 scoop collagen

1/2 tbsp maple syrup

Non-dairy milk of choice

What to do:

Boil water and steep mint tea for 5 min

Blend mint tea, matcha powder, collagen, maple syrup and non-dairy milk of choice until frothy.



MOCHA MADNESS

15mg caffeine, 130mg theobromine,
8g added sugar



What you need:

1 cup of decaf coffee
1 tbsp cacao powder
1 tsp cacao butter
1 scoop collagen
Non-dairy milk to taste
½ tbsp honey

*feel free to use regular coffee if
you are not eliminating caffeine

What to do:

Brew coffee. Place ingredients in
blender and mix until frothy.



NOT-SO-BASIC PSL

<10 mg caffeine, 6.5g added sugar



What you need:

- 1 cup of decaf coffee*
- 2 tbsp of pumpkin puree
- 1 scoop of collagen
- 1 tsp MCT oil
- Splash of non-dairy milk to taste
- ½ tbsp of maple syrup
- Pumpkin pie spice mix

*feel free to use regular coffee if you are not eliminating caffeine

What to do:

Brew coffee. Place ingredients in blender and mix until frothy. Top with pumpkin pie spices.



OAT MILK



What you need:

1 cup rolled oats
3 cups water
Pinch of salt
1 tbsp maple syrup (optional)
Nut milk bag

What to do:

Combine ingredients and blend for no more than 30 seconds – if you overblend, the milk will be slimy! Strain using nut milk bag, chill and serve.

HAPPY GUT
HAPPY LIFE



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