

# Lunch and Dinner

## (Chef V's Healthy Routine)

### HOW TO USE CHEF V'S HEALTHY ROUTINE

I want to make this simple for you. Since you may not always be in the mood for certain things, I've created an easy chart to mix and match with literally thousands of different options for you, which is also a great tool if eating out. If you need recipe ideas, you can find salads, soups, entrees, side dishes and snacks below. Each of these soups, salads and entrees has enough nutrients as a full meal during Chef V's Healthy Routine.

I like to keep it simple. Having a piece of protein with quinoa and some broccoli or green beans (steamed) is the easiest, most affordable way to stay on track. However, if you like to cook or get tired of eating the same things, I've created lots of recipes that are approved for my 21 Day Challenge. See the below for my favorite salads, soups, entrees, side dishes and snacks! Bon Appetit!

#### Lunch

Prepare a hearty salad, soup or entree from my Chef V recipes below. Pack it full of nutrients like healthy fats and protein. Include dark leafy greens (cooked or raw), healthy fats like avocado and coconut oil, and organic protein like wild fish, organic chicken or organic turkey. If you are vegetarian or vegan, use beans and nuts for protein (all options are on my 21-Day Challenge Chart)

\*Drink LOTS and LOTS of water (8 oz. per hour)

#### Dinner

Prepare a nice sized soup, salad or entrée from my Chef V recipes below. Make sure to include healthy fats and quality protein from the lists below. Pack your meals with as many vegetables as you like. There is also an unlimited amount of combinations below on my easy to plan food portion chart.

\*Make sure to have plenty of rest and drink LOTS and LOTS of water! (8 oz. per hour while awake)

#### Snack

Having a snack everyday isn't a bad thing as long as you are choosing the right snacks. See below my approved snacks while on your 21 day challenge and for the rest of your life!

## Chef V's Healthy Routine Portion Chart

(Mix & Match! Literally Thousands of Options!)

Protein (6 oz. serving)	Starch (½cup serving)	Vegetable (Unlimited servings)	Seasoning/Herbs
Wild Salmon	Quinoa	Any Leafy Green	Garlic
Fresh Tuna	Brown Rice	Broccoli & Cauliflower	Ginger
Trout	Wild Rice	Green Beans	Basil
Mackerel	Black Rice	Peas	Cilantro
Canned Tuna	Black Beans	Zucchini	Parsley
Cold Water Fish	Kidney Beans	Any Squash	Rosemary
Organic Chicken	Lentils	Sweet Potato	Thyme
Organic Turkey	Pinto Beans	Carrots	Red Chili Flakes
Duck	Lima Beans	Parsnips	Cayenne Pepper
Lamb	White Beans	Cabbages	Black Pepper
Vegetarians: Beans & Nuts	Gluten Free, Corn Free Pasta	Any Onions & Bulbs	No-salt Seasoning
		Mushrooms	Raw Coconut Oil (1tbsp.)
		Cabbage	Cold Pressed Olive Oil (1 tbsp.)
		Cucumber	Apple Cider Vinegar
		Snap Peas	Balsamic Vinegar
		Avocado	Coconut Aminos (soy sauce sub)

## STILL HUNGRY?

Here are more recipes & resources for you from Chef V!

### Chef V Recipes- See Below ↓

Scroll down to the bottom of this page for lots of hearty Chef V Salads, Soups, Entrees, Side Dishes and Snacks to keep you on track.

### Chef V Blog

I've created a blog to share healthy recipes that are approved for your 21 Day Challenge and lifestyle. You can also ask questions on the blog!

[ChefVblog.com](http://ChefVblog.com)

### Facebook and Instagram

These free online community sites offer ideas where thousands of people like you are sharing their experiences. I've also included tons of recipes, pictures, and ideas.

[Facebook.com/privatechefv](https://www.facebook.com/privatechefv) or Instagram @chefvw #chefv #chefvrecipes

## **Pinterest**

I am also pinning recipes from my favorite healthy food blogs. Check out my Pre-cleanse Approved recipe board:

[pinterest.com/privatechefv/pre-post-cleanse-approved/](https://www.pinterest.com/privatechefv/pre-post-cleanse-approved/)

## **Chef V Recipes- See Below ↓**

### **\*CHEF V HEARTY SALADS\***

#### **Chef V's Super Food Power Salad (serves 2-4)**

##### Ingredients

4 cups cut organic green kale

1 lemon

1 avocado

½ cup pomegranate seeds

Slivered raw almonds

##### **Directions:**

Squeeze lemon juice onto kale to wilt. Mash avocado into kale mix. Top with pomegranate seeds and raw almonds.

#### **Chef V's 'Chipotle' Bowl (serves 2)**

##### Ingredients

2 cups organic mixed greens (arugula, spinach, red leaf, kale, chard, green leaf, or romaine, etc.)

1 cup cooked organic quinoa or brown rice, cooled

¾ cup organic black beans, cooked and cooled

½ mango skinned and cubed

¼ cup chopped cilantro

¼ small red onion diced

1 small lime, juiced

½ avocado, skinned, cubed

##### **Directions:**

Fix two bowls with lettuce on the bottom. Top with plain quinoa (or rice) and beans. Mix mango, onion, cilantro, and lime juice in a small bowl. Add mango mixture to top of salad. Top with avocado and serve. Bon Appétit!

## **Butternut Squash Salad with Quinoa (serves 2)**

### **Ingredients**

2 cups of wild organic greens (Arugula, spinach, mixed herbs)  
½ small organic butternut squash, deseeded and diced small  
1.5 tbsp. organic coconut oil  
¼ cup of organic onion (sweet or yellow)  
1 clove organic garlic (minced)  
½ tsp. organic nutmeg  
½ tsp. organic thyme  
organic sea salt  
crushed black pepper  
¾ cup raw organic white pumpkin seeds (pepitas)  
1 organic pomegranate (deseeded & rinsed, use the seeds for the salad)  
2 small or 1 large organic avocado (sliced)  
1-cup organic quinoa (cook in a rice cooker with 2 cups of water)

### **Optional Dressing :**

For lettuce only. Toss lettuce in a mixture of :

2 tbsp. organic cold pressed olive oil  
1 tbsp. sherry vinegar

### **Directions:**

Preheat oven to 350 degrees. Line baking sheet with aluminum foil.

In a bowl, mix pumpkin seeds with 1 tbsp. of coconut oil. Use just enough oil so seeds are lightly coated. Add sea salt to taste and mix so that seeds are fairly evenly coated. Transfer seeds to lined baking sheet, and bake for about 15-25 minutes (or until seeds are cooked and begin to golden). Remove tray every 10 minutes to stir the seeds and check for doneness. Let cool and set aside.

In a large non-stick pan, heat 2 tbsp. coconut oil over medium heat. Add chopped onion and small cubes of butternut squash (the smaller the squash is diced, the easier it will cook). Sauté squash and onions over medium heat for 5 minutes or until squash are soft. Do not burn squash or onions. Add garlic, thyme and nutmeg and cook for additional 1-2 minutes. Mix butternut squash together with the cooked quinoa. Add salt and pepper to taste. Set aside in a bowl and let cool in the fridge.

To arrange the salad, start by adding a serving of greens to the plate. Next add the cooled butternut squash mix. Add 3-4 slices of avocado. Top with pumpkin seeds and pomegranate seeds. Bon Appetit!

## **Chef V's Avocado Kale Salad (serves 2-4)**

### **Ingredients**

1-2 large bunch of organic black kale (lacinato kale or dinosaur kale. Chopped)  
½ red onion  
1 garlic clove, minced  
1 lemon, juiced  
¼ -cup organic cold pressed olive oil  
1 tsp. organic sea salt  
1 tsp. black pepper  
1 large avocado

**Directions:**

Remove ends of stems from kale leaves. Chop the leaves into small pieces. Place in large bowl. Finely chop ½ red onion into small pieces. Add to bowl. Place garlic through a masher or mash garlic cloves and chop into tiny pieces. Add to a separate small bowl.

In the small bowl, add lemon juice, olive oil, salt and pepper. Stir well with a fork. Add to kale salad and massage with hands until leaves are fully covered. This will help wilt the kale so the leaves are not so tough or bitter. Chop the avocado into small pieces and mash. Add the avocado mash to the lemon-covered kale and stir until the avocado covers the kale like a creamy dressing.

**Chef V's Greek Chopped Salad (serves 2-4)**

Ingredients

2 tbsp. cold pressed olive oil  
1 tbsp. balsamic vinaigrette  
2 cups organic romaine lettuce, washed and chopped  
1 large cucumber, skinned, cut into 1-inch chunks  
1 cup cooked garbanzo beans  
1 tbsp. chopped organic mint  
1 tbsp. chopped organic parsley  
1 tbsp. chopped organic basil  
¼ cup Kalamata olives, drained and chopped in half (seeds removed)

**Directions**

Mix the olive oil and balsamic with the romaine lettuce. Mix in the rest of the ingredients. Refrigerate for 1 hour to marinate and serve cold.

**Chef V's Antioxidant Love Salad (serves 2)**

Ingredients

1 large organic red chard leaf, washed & chopped  
1 cup organic red leaf lettuce, washed and chopped  
1 tbsp. cold pressed olive oil  
1 tbsp. organic balsamic vinegar  
1 small raw organic beet, washed, skinned & diced

½ cup organic raspberries  
¼ cup pomegranate seeds  
¼ cup chopped raw walnuts

**Directions:**

Combine olive oil and vinegar with chard and red leaf lettuce. Divide lettuce on two separate plates. Distribute half the beets, raspberries, pomegranate seeds and chopped walnuts to each salad. Bon Appétit!

**Chef V's Sweet Watermelon Crunch Salad (serves 2-4)**

Ingredients

2 cups organic arugula  
Approximately ½ small/medium watermelon (~3 cups) 2-inch cubes of watermelon, seeded, drained  
2 organic Bartlett pears, peeled, cut ½ inch  
3 cups organic broccoli florets, blanched 3 minutes, cooled  
2 tbsp. raw pine nuts

Optional dressing

¼ cup cold pressed olive oil  
2 tbsp. apple cider vinegar  
1 tsp. mustard  
½ tsp. lemon zest

**Directions**

Arrange arugula on 4 plates, add watermelon chunks, pears, broccoli florets, and top with almonds. Combine dressing ingredients and drizzle over the top of the salad. Bon Appetit!

**Chef V's Grilled Mango Cilantro Salad (serves 4)**

Ingredients

1-2 organic mango, skinned and cut into thick slices (for easy grilling)  
½ cup sliced red onion  
1 cup cooked organic black beans  
1 avocado, peeled, chopped  
1 lb. grilled organic chicken (optional)  
4 cups organic mixed greens

**Directions**

On a greased grill or grill pan, place mango over a medium high heated grill. Grill on each side for 1 minutes or until grill marks appear. Cut the grilled mango into smaller chunks. Mix greens with ½ of cilantro vinaigrette recipe (below). Add black beans, red onion, mango chunks, avocado and grilled chicken (optional).

### **Chef V's Easy Green Salad (serves 2)**

#### **Ingredients**

3 cups of loosely packed organic greens (any greens you like!)  
1 cup shredded green cabbage  
1 small organic cucumber, washed, skinned and sliced  
1 cup cooked organic kidney beans, (hot or cold)  
1 whole sliced avocado, skinned and pitted  
1 cup of seasonal fruit (Use Spring fruits like blueberries, cantaloupe, or pineapple)

#### **Directions**

Divide the lettuce up between 2 plates. Top with green cabbage, cucumber, kidney beans, avocado and fresh fruit. Drizzle with lime vinaigrette below.

### **Chef V's Lime Vinaigrette (serves 2)**

¼ cup lime juice  
1 tbsp. organic coconut nectar  
⅓ cup cold pressed olive oil  
Pinch of sea salt & pepper

#### **Directions**

Blend lime and oil ingredients in a Vitamix on low. Slowly add the coconut nectar while Vitamix is running low. Add salt and pepper to taste.

## **\*CHEF V HEARTY SOUPS\***

### **Chef V's Avocado Green Curry (Serves 2)**

#### **Ingredients**

1 tbsp. organic coconut oil  
1 clove garlic, minced  
½ cup organic green beans  
1 large organic zucchini, sliced into round thins  
2 tbsp. green curry paste  
1 cup of organic coconut milk  
2 large avocados, skinned, pitted, chopped into 1-inch chunks  
½ cup organic basil, sliced

#### **Directions**

Heat coconut oil in a large saucepan. Add garlic and sauté for 1 minute. Add green beans, zucchini, and cook for 3 minutes. Add curry paste and stir covering all of the vegetables. Slowly stir in coconut milk and bring to a simmer for 3 minutes. Add avocado and basil and turn off heat. Serve over brown rice or quinoa. Bon Appétit!

## **Chef V's Creamy Carrot Soup (serves 2)**

### **Ingredients**

1-2 tsp. organic coconut oil (or extra virgin olive oil)  
3 cloves garlic, minced  
2 cups sweet onion, diced  
1.5 pounds organic carrots, peeled and chopped into big chunks (about 5 cups)  
5 cups organic vegetable broth  
2-3 tbsp. freshly grated organic ginger, to taste  
¾ cup raw cashews, soaked in water  
½ cup almond milk  
Pinch of organic sea salt & pepper, to taste

### **Directions**

Place cashews in a bowl of water and soak for at least 30 minutes, set aside. Heat a large pot over medium heat. Add oil, garlic, and onion and sauté for about 3-5 minutes.

Add in the carrots, vegetable broth, and 2 tbsp. of the grated ginger. Stir and bring to a boil. Reduce heat and simmer for about 20 minutes, or until vegetables are tender. Turn off heat and cool soup for 10 minutes.

Drain and rinse the cashews very well. Unless you have an immersion blender, blend the soup in a blender in small batches adding the cashews and almond milk to blend. Starting on low, blend until it comes together, gradually increasing the speed to high, let some steam escape or cool the soup slightly before blending.

Taste and add salt and pepper if desired. Garnish with cashews and parsley. Bon Appetit!

## **Chef V's Creamy Broccoli Soup (serves 2)**

### **Ingredients**

2 tbsp. organic coconut oil  
1 large yellow onion, chopped  
3 shallots, chopped  
2 garlic cloves, minced  
1 quart of organic vegetable broth  
6 cups organic broccoli florets, chopped  
1 tbsp. fresh thyme leaves  
½ cup raw, unsalted cashews  
1-cup coconut milk  
½ cup pepitas for garnish

### **Directions**

In a large soup pot over medium-high heat, heat the coconut oil. Add onions, shallots, and garlic and cook until translucent, about 3-4 minutes. Add broth & broccoli and boil for 10 minutes.



Remove the soup and pour into a blender. Add Thyme, coconut milk, and cashews to blender. Blend until smooth, 2-3 minutes. Serve in a bowl and top with pepitas.

### **Chef V's Delicious Vegan Soup (Serves 4-6 or is great for leftovers)**

#### **Ingredients**

1 cup uncooked red or tricolored quinoa, rinsed and drained  
½ tbsp. organic coconut oil  
3 organic garlic cloves, minced  
2 cup diced sweet onion (about ½ large)  
1 jalapeno, seeded if preferred and diced  
1 large zucchini peeled and chopped to ½-1 inch dice (2.5-3 cups)  
1.5 tsp. ground cumin  
1 tsp. chili powder  
½ tsp. ground coriander  
6 cups organic vegetable broth  
1.5 cups cooked organic black beans (one 15-oz can rinsed and drained)  
Pinch of organic sea salt and black pepper, to taste  
¼ tsp. cayenne pepper (or red pepper flakes)  
1 cup of organic spinach or kale leaves  
Top with avocado, cilantro, & green onion

#### **Directions**

For the easiest way to prepare quinoa, add 1-cup quinoa and 2 cups of water to a rice cooker. I use the white rice setting and it comes out perfect every time. OR in a medium-sized pot, add quinoa along with 1.5 cups water. Bring to a boil, reduce heat to medium, and cover with tight fitting lid. Simmer covered for about 17 minutes or until the water is absorbed and quinoa is fluffy. Remove from heat, fluff with fork, and keep it covered until ready to use.

Meanwhile, heat oil in a large wok or pot. Add garlic and onion and sauté for a few minutes over medium heat. Add in the jalapeno and zucchini and sauté for 5-7 minutes more.

Stir in the cumin, chili powder, coriander, and broth. Bring to a boil and then reduce heat to medium and simmer for about 15 minutes uncovered.

Just before serving, stir in the cooked quinoa, drained and rinsed black beans, cayenne, and spinach or kale. Season with salt and pepper to taste, adding more spice if desired.

Garnish soup with avocado, cilantro, & green onion.

### **Chef V's Creamy Beet Soup (serves 4 and great for leftovers)**

#### **Ingredients**

1 tbsp. cold pressed olive oil  
1 cup chopped onion  
3 cloves garlic, minced  
3 cups fat-free organic chicken broth (or vegetable broth for vegan)  
3 large beets, peeled and cut in quarters  
1 medium sweet potato, skinned and cubed  
1 cup unsweetened coconut milk  
1 bay leaf  
1 tsp. sea salt  
1 tsp. crushed red pepper (optional)

#### **Directions**

Heat the oil in a large pot, big enough to make the soup. Add onion and cook for 2 minutes. Add garlic and continue to cook for one more minute or until onion becomes translucent. Add broth, beets, sweet potato, coconut milk, and bay leaf. Boil for 20 minutes or until beet and sweet potato become tender. Remove the bay leaf. Transfer small batches of soup into a blender and blend 3-4 batches until smooth. Add salt and crushed red pepper to taste. Bon Appétit!

### **Chef V's RAW Cucumber Cilantro Avocado Gazpacho (serves 2-4)**

#### **Ingredients**

1 ripe organic avocado  
1 organic cucumber, skinned  
½ cup organic cilantro  
1 clove organic garlic  
2 tbsp. chopped organic chives  
2 cups filtered ice water  
1 ¼ tsp. organic sea salt  
Juice of 1 organic lime

#### **Directions:**

Refrigerate all ingredients overnight. Add cold ingredients to a blender and blend until smooth. The colder they are, the less foam there will be. Serve cold and Bon Appétit!

## **\*CHEF V ENTREES\***

### **Chef V's Grilled Salmon Pasta (serves 2)**

#### **Ingredients**

1 lb. wild salmon fillet, skin removed  
1 large Meyer lemon (juiced)  
3 tbsp. cold pressed olive oil  
1 tsp. salt

2 cloves of garlic, crushed  
1 tbsp. capers, drained  
¼ cup organic basil, slivered  
2 cups brown rice or quinoa penne

### **Directions**

Cut salmon into two filets. Place salmon in a bowl or bag to marinate. Mix lemon juice, salt, olive oil, and garlic in a separate bowl. Pour half the mix over the salmon to marinate for 10 minutes. Reserve the rest of the marinade for pasta and add the capers to marinade. Dispose of the salmon marinade before cooking. Grill salmon for 3 minutes on each side for medium doneness (longer for well done). Cook the pasta based on the directions on the box. Drain the pasta and add the rest of the marinade to the pasta. Add basil to pasta and mix well. Divide the pasta on two plates. Place salmon filet on top and Bon Appétit!

## **Thai Red Curry (with Chicken or Vegan) (serves 2)**

### **Ingredients**

1lb. organic chicken breast, cut into ½ inch chunks  
(If vegan, substitute zucchini, sunchokes, celery, or any other approved veggies)  
¼ cup sliced onion  
1 clove garlic minced  
1 8 oz. can bamboo shoots, drained  
½ cup snap peas  
1 large carrot sliced thin  
1 or 2 tbsp. red curry paste (can add or decrease depending on taste)  
1 can light coconut milk  
¼ cup organic basil, sliced into slivers  
Salt and pepper to taste

### **Directions**

1. In a non-stick pan, bring oil to medium high heat. Add chicken and cook for 4-5 minutes stirring the chicken with a spatula or spoon. Set aside. (For veggies, add in step 3)
2. In a larger pot. Add 1 tbsp. oil and onion for 2-3 minutes until translucent (medium heat).
3. Add garlic, snap peas, and carrot (or any other approved veggies). Cook for 2 minutes on medium low.
4. Add bamboo shoots and curry paste. Stir curry paste to cover all veggies.
5. Add coconut milk. Turn heat to low/simmer.
6. Add cooked chicken (or veggies) to curry. Simmer for 5 minutes or until chicken is cooked.
7. Add salt and pepper to taste. When serving, add fresh basil. Bon Appétit!

## **Pink Peppercorn Seared Ahi Tuna (serves 2)**

### **Ingredients**

1 lb. ahi tuna steak  
½ red onion sliced  
¼ cup organic parsley, chopped  
1 tbsp. ground pink peppercorns  
1 tsp. black sesame seeds  
1 tsp. white sesame seeds  
Organic pink sea salt to taste  
2 lemons juiced

### **Directions**

Cover the outside of tuna steak in lemon juice. Add pink peppercorns to cover. Heat oil in a large pan over high heat. Add the tuna once the oil is hot. Sear the tuna for 30 seconds on each side. Remove the tuna and let sit for 1-2 minutes. Slice the tuna into ¼ inch slices and lay the tuna on a plate sliced. Top the tuna with sliced onions and chopped parsley. Bon Appétit!

## **Chef V's Chili Lemon Seared Tuna (serves 2)**

### **Ingredients**

12 oz. Wild Tuna  
1 tbsp. cold pressed olive oil  
1 lemon, juiced  
1 tsp. organic sea salt  
1 tsp. chili powder

### **Directions**

Prepare a grill or grill pan to medium high heat. Rinse tuna, pat dry and place on a plate. Rub the tuna with olive oil. Pour the juice from the lemon onto the tuna. Sprinkle tuna with salt and chili powder. Grill tuna on a hot grill for 1-2 minutes on each side. Remove the tuna and slice thinly against the grain. The fish should be slightly rare in the middle. Bon Appétit!

## **Chef V's RAW Pesto Lasagna with Macadamia Ricotta (serves 2)**

### **Ingredients**

4 large zucchini, sliced thin, length-wise (the sub for noodles)  
2 large portabella mushrooms, sliced thin, length-wise (sub for noodles)

### **'Ricotta Cheese' Ingredients:**

1-cup macadamia nuts- soaked for an hour  
1 lemon juiced  
1 tbsp. olive oil  
1 tsp. organic sea salt  
1 tbsp. fresh chopped rosemary

### Pesto Ingredients:

1-cup fresh organic basil  
½ cup raw pine nuts  
1 clove garlic  
2 tbsp. cold pressed olive oil  
2 tbsp. water  
½ cup organic arugula  
1 tsp. organic sea salt

### **Directions**

Prepare the ricotta cheese by mixing all ingredients into Vitamix or food processor and process until smooth. Set aside in a bowl, scrapping the sides to get all the 'cheese'. Rinse Vitamix and blend all the pesto ingredients together, slowly adding the oil while blending. Set aside in a bowl, scrapping the sides of Vitamix to get all pesto. In a 3 x 8 baking dish, smear a small amount of pesto on the bottom. Layer 2-3 pieces of zucchini. Layer ½ the amount of 'ricotta' on top of the zucchini. Layer 2-3 portabella mushrooms on top of the ricotta. Layer ½ the amount of Pesto on top of the mushrooms. Repeat once more and end with pesto layer on top. Garnish with leftover pine nuts and shredded basil. Bon Appétit!

## **Chef V's Organic Roasted Chicken with Cumin Black Rice and Mustard Greens (Serves 4)**

### Ingredients

2 skin-on bone-in organic chicken breast halves (about 1 pound)  
2 bone-in organic chicken leg-thigh quarters  
1 tsp. paprika  
¾ fresh ground pepper  
½ teaspoon organic sea salt  
2 tsp. organic cold press olive oil  
1 cup sliced Vidalia onion  
3 garlic cloves, coarsely chopped  
½ cup organic vegetable broth  
1 tsp. organic raw honey  
8 cups chopped mustard greens, stems removed (about 7 ounces)

### **Directions**

1. Preheat oven to 450F
2. Sprinkle chicken evenly with paprika, ½ teaspoon pepper, and ¼ teaspoon salt. Heat a 10 inch cast iron skillet over high heat. Add oil to pan; swirl to coat. Add chicken, flesh sides down; cook 5 minutes. Turn chicken over; cook 2 minutes. Turn chicken over; cook 2 minutes. Place pan in oven. Bake at 450F for 20 minutes or until done. Let stand 5 minutes.

3. In a large skillet over medium- high heat. Add 1 tbsp. olive oil to pan; sauté 3 minutes or until lightly browned. Add broth and honey pan to coat; cook 3 minutes or until broth almost evaporates. Add greens to pan; sauté 3 minutes or until tender. Sprinkle with remaining ¼ teaspoon pepper and remaining ¼ teaspoon salt. Bon Appétit!

### **Chef V's Organic Cumin- Crusted Wild Black Cod (serves 4)**

#### **Ingredients**

1 tablespoon cumin seeds  
½ teaspoon organic sea salt  
¼ teaspoon freshly ground black pepper  
4 (6-ounce) wild black cod  
½ teaspoon olive oil  
2 tablespoon cold pressed organic olive oil  
2 tablespoons chopped organic fresh flat leaf parsley  
2 organic lemon wedges

#### **Directions**

Preheat oven 375 F. Roast cumin seeds in a large skillet over medium heat 2 minutes or until toasted. Place cumin, sea salt, and pepper in spice or coffee grinder or food processor; process until finely ground. Rub cumin mixture over top and bottom sides of fillets.

Heat oil in pan over medium-high heat. Add fillets; cook 2 minutes on each side or until browned. Wrap handle of pan with foil. Bake and 375F for 3 minutes or until fish flakes easily with fork. Sprinkle with parsley, serve with side lemon wedges. Bon Appétit!

### **Chef V's Chili Lemon Salmon (Or Chicken or Veggies) (serves 2)**

#### **Ingredients**

12 oz. Wild Salmon, cut in two fillets (Or for different recipe use chicken or veggies for vegan)  
1 tbsp. cold pressed olive oil  
2 lemons, sliced in half  
1 tsp. organic sea salt  
1 tsp. chili powder

#### **Directions**

Preheat oven to 500° F. Rinse salmon, pat dry and place on a metal baking sheet, lined with foil. Rub each fillet with olive oil. Squeeze the juice from one-half lemon onto each fillet. Sprinkle fillets with salt and chili powder, then place a half lemon on top of each fillet. Turn down oven temperature to 275°. Place salmon in oven and cook for 8-12 minutes, depending on how well done you like your fish. For the

chicken, grill it on the grill for 3-5 minutes per side. Or place in oven on 350° covered for 20 minutes and uncovered for 15 minutes. Enjoy!

### **Chef V's Sweet Mango Meatloaf (serves 4)**

#### **Ingredients**

##### **Meatloaf**

1 lb. organic ground turkey (For vegan, use veggie fibers left over from juicing, carrots, beets, zucchini, & green veggies to make your meat substitute)  
½ cup almond flour (or almond meal)  
1 tbsp. cold pressed olive oil  
¼ cup diced sweet onion  
½ cup organic shredded carrot  
¼ cup diced celery  
2 cloves garlic, minced  
½ organic mango, skinned and diced  
2 tbsp. almond milk (or coconut milk)  
½ tsp. ground cumin  
1 tsp. organic sea salt

##### **Topping**

2 tbsp. lime juice  
½ organic mango, skinned and diced  
1 tsp. apple cider vinegar  
½ tsp. ground cumin  
Pinch of organic sea salt & pepper

##### **Directions:**

Preheat oven to 400 degrees.

In a sauce pan, bring the oil to medium high heat. Sauté onions, celery and carrots for 3-5 minutes until onions are translucent. Add the minced garlic and turn the heat off. In a large bowl, combine turkey (or veggie fibers), onion mix, mango, almond milk, cumin and salt. Spray a 6 x 6 inch pan with a healthy non-stick cooking spray (I like coconut oil spray). Fill the pan with the meatloaf mix. Cover with foil and bake for 20 minutes. While the meatloaf is cooking prepare the Mango topping. Combine all ingredients in a food processor or Vitamix and pulse until a thick blended consistency (like a ketchup). Remove the foil from the meatloaf and add the mango topping. Bake for 15 minutes uncovered. Remove and let cool for 10 minutes. Serve with my sweet potato puree (find recipe at [ChefVblog.com](http://ChefVblog.com)), my Mac & "Cheese" recipe below, and/or grilled vegetables. Bon Appétit!

### **Grilled French Rack of Lamb and Organic Farmers Market Baby Carrots with Tricolor Quinoa (Serves 2)**

### Ingredients

½ French rack of lamb (4 bones).  
2 tbsp. cold pressed organic olive oil  
2 tbsp. minced garlic  
¼ cup chopped mint  
1 tbsp. fresh rosemary  
1 bunch of organic baby carrots (not packaged baby carrots)(split in half)  
1 cup Organic Tricolored Quinoa  
1 tsp. cumin spice  
½ tsp. ground mustard spice  
¼ cup chopped organic cilantro  
¼ cup chopped raw pecans (optional)  
1 cup water

### **Directions**

Preheat the oven to 350 F. In a small bowl mix 1 tbsp. oil, garlic, mint, and rosemary. Dip or rub the outside of rack of lamb. Let the lamb rest to room temperature in the marinade. Toss carrots in 1 tbsp. of oil and ½ tbsp. garlic. Roast in oven at 350 for 15-20 minutes in a jelly roll pan.

Cook Quinoa as directed in a rice cooker or on the stove top with water. (I like the rice cooker because it does it perfectly every time, just press white rice setting). Add cumin and mustard with a dash of sea salt when cooked. Before serving, add chopped cilantro and raw pecans.

While the carrots and quinoa are cooking, cook the lamb. Cover the lamb again with the marinade before grilling. Cover the bones in foil to resist charring and grill for 7-10 minutes on each side over medium low until desired doneness. Let the Rack rest for 5 minutes before slicing, Slice earlier for more rare and let rest longer for medium or medium well.

Slice delicately into four pieces serving two per person Over Quinoa and Carrots. Enjoy this simply good meal of lamb and carrots together for a delightful pre or post cleanse meal. Bon Appetit!

### **Chef V's Grilled Chicken Pesto Pasta (serves 2)**

#### Ingredients

1 lb. organic chicken breast (or use veggies for vegan!)  
2 cups brown rice or quinoa pasta  
½ cup Chef V Easy RAW Pesto (see easy pesto below)

#### **Directions**

Lightly salt and pepper the organic chicken. Grill on a greased grill or grill pan for 3-5 minutes on each side. Set chicken aside and bring 6 cups of water to a boil. Cook pasta according to package directions. Use a cheese-less pesto sauce or use my Easy RAW Pesto recipe below to mix pesto in with drained pasta and mix in chicken. Bon Appétit!



### **Chef V's Easy RAW Pesto (enough for 8 servings!)**

2 cups organic basil, washed  
¾ cup raw pine nuts  
2 cloves garlic  
½ cup cold pressed olive oil  
1 tbsp. lemon juice  
Pinch of salt and pepper, to taste

#### **Directions**

Blend all ingredients together in a Vitamix or food processor for 2-3 minutes or until smooth. This will keep for up to a week in your fridge. It's great on anything from gluten free bread, to pasta, to marinating your favorite protein or vegetables. Bon Appétit!

## **\*EASY SIDE DISHES\***

### **Chef V's Grilled Artichoke (serves 2)**

#### **Ingredients**

1 organic artichoke  
2 cloves garlic  
½ onion  
6 cups water  
½ lemon, juiced  
1 tsp. balsamic vinegar  
Organic sea salt and pepper to taste

#### **Directions**

Wash and trim artichoke spikes with scissors. Cut the artichoke in half, vertically. Remove the fuzzy center. Bring a large stockpot of water to boil and add artichoke, garlic and onion. Boil covered for approximately 30-45 minutes, depending on size of artichoke. (The leaves should pull out easily when done). Remove artichokes and set aside, upside down, to remove water. Char on a grill or grill pan for 2-3 minutes until you have some good grill marks (this will add smokiness). Mix the lemon juice and balsamic together. Drizzle over the inside of the artichoke, emphasizing the heart. Sprinkle with salt and pepper. Enjoy!

### **Chef V's Spicy Sweet Potato Puree (serves 2)**

1 large sweet potato, skinned and cut into large chunks  
3 cups water  
¼ cup almond milk or coconut milk  
¼ tsp. organic sea salt  
¼ tsp. cayenne pepper  
¼ tsp. red chili flakes

**Directions**

Bring 3 cups of water to a boil. Add sweet potato. Boil potato for 15 minutes, or until potato is soft. Drain water and add sweet potato, milk, salt, cayenne and chili flakes to a blender (preferably Vitamix). Blend for 1 minute. Serve immediately or you can keep up to 1 week in the fridge as a leftover side dish. Great with wild fish, poultry, lamb or wild game.

**Green Beans with Almonds (serves 1)****Ingredients**

1 tsp. coconut oil  
1 tbsp. slivered raw almonds  
1 clove garlic, minced  
½ cup organic green beans, washed and trimmed  
1 tsp. raw coconut aminos

**Directions**

Heat coconut oil in a frying pan over medium high. Add raw almonds and stir to coat. Add minced garlic and stir. Add green beans and cook for 1-2 minutes. Add coconut aminos and cook for another 1-2 minutes. Serve Warm.

**Roasted Red Onions and Winter Squash (6 servings)****Ingredients**

3 tablespoons organic coconut oil  
1 tablespoon chopped fresh thyme  
1 tablespoon organic raw honey  
3 garlic cloves, sliced  
2 (12-ounce) delicate squashes, halved, lengthwise, seeded, cut into ½ inch slices  
1 pound red onion, cut into wedges  
½ teaspoon organic sea salt  
½ teaspoon freshly ground black pepper  
3 tablespoons chopped fresh flat leaf organic parsley  
organic cooking spray or coconut oil spray

**Directions**

Place baking sheet in oven. Preheat oven 475F (leave pan in oven to heat). Combine first 5 ingredients in a large bowl, stirring with a whisk. Add squash and onion; toss gently to coat. Sprinkle vegetable mix with ¼ teaspoon sea salt and ¼ teaspoon pepper. Remove preheated pan with oven mit. Coat pan with coconut oil spray. Arrange veggie mix in a single layer on a pan. Bake 475F for 20 minutes or until tender, turning once. Sprinkle with remaining ¼ teaspoon sea salt, remaining ¼ teaspoon pepper, and chopped parsley. Bon Appétit!

**Cumin Black Rice (serves 2)**

### Ingredients

1 tsp. cumin seeds  
1 tsp. cold pressed olive oil  
½ tsp. crushed red pepper  
¼ tsp. organic sea salt  
1 cup black rice  
1 ½ cup organic vegetable broth

### **Directions**

Place cumin, olive oil, red pepper, and salt in a small sauce pan over medium heat; cook 2 minutes, stirring occasionally. Add 1 cup uncooked black rice to pan; cook 2 minutes stirring occasionally. Add 1 ¼ cups veggie broth to pan bring to boil. Reduce heat, cover, and simmer 15 minutes. Remove from heat, let stand 10 minutes or until liquid is absorbed. Bon Appétit!

### **Chef V's Mac & "Cheese" Makeover (serves 2-4)**

#### Ingredients

2 cups quinoa or brown rice elbow pasta  
2 cups chopped butternut squash  
2 cups cashews soaked overnight  
1 clove garlic  
½ lemon juiced  
½ cup almond milk

#### **Directions**

Boil 3 cups of water in a saucepan and cook the butternut squash for 20-30 minutes until it is tender. Drain the squash and add squash, almond milk, garlic, cashews, lemon juice and salt to a Vitamix or food processor. Cook the pasta according to the package directions. Drain and mix with the cheese sauce.

### **Red Cabbage and Onions (serves 2-4)**

#### Ingredients

2 tsp. cold pressed olive oil  
1/3 cup finely chopped red onion  
1/2 lb. organic red cabbage (~1/2 small head), thinly sliced (about 4 cups)  
1/2 tsp. organic sea salt  
3 tbsp. organic balsamic vinegar

#### **Directions:**

Heat oil in a medium sized pan over medium heat. Add onion, and cook until soft, about 4 minutes. Add cabbage, ½ tsp. salt, vinegar, and ½ cup water to pan; raise heat to medium-high. Continue stirring until cabbage begins to wilt and liquid has evaporated, about 8 minutes. Transfer cabbage to a bowl; serve immediately or cover with foil to keep warm. Bon Appétit!

## **\*\*Yoga Poses To Practice\***

## **\*EASY SNACKS TO KEEP YOU ON TRACK!**

### **Chef V's Easy Trail Mix (4 servings)**

#### Ingredients

1-cup raw almonds  
1-cup raw walnuts  
¼ cup unsweetened, dried Goji berries  
¼ raw sprouted sunflower seeds

#### **Directions**

Mix all ingredients together in a small bowl or a Ziploc bag for on the go. I keep one in the car and a bowl in the house so snacking is always easy and healthy.

\*Trade ingredients out to make it a different fun mix. Use raw nuts: pistachios, cashews, pecans, macadamias, etc. Use unsweetened and unsulfured dry fruits: pineapple, apple, mango, blueberries, etc.

**Keep an easy trail mix around for go to healthy snacks! Make different trail mix easy with one or two raw nuts, one seed, and one dried, unsweetened fruit.**

### **Chef V's Spinach Artichoke Dip (serves 4-6)**

#### Ingredients

¾ cup raw cashews (unsoaked)  
¾ cup unsweetened organic almond milk or coconut milk  
2-3 tbsp. lemon juice  
2 cloves garlic, minced  
1 tsp. organic sea salt  
½ tsp. dry powdered mustard  
1-½ cups canned or frozen artichoke hearts  
2 cups fresh organic spinach

#### **Directions**

Preheat oven to 425 degrees. Add cashews, almond milk, and lemon juice to a Vitamix or blender and blend until smooth. When smooth, add artichoke (partially thawed if frozen) and spinach. Pulse but do not blend. Transfer mix to a 6 x 6 baking dish and bake for 20 minutes. Remove the dip and let cool for 5 minutes before serving. Enjoy with carrots, celery, gluten-free crackers or bread. Bon Appétit!

### **Chef V's Easy Apple Sauce (1 serving)**

#### **Ingredients**

½ cup organic unsweetened applesauce  
1/8 tsp. cinnamon (optional)

#### **Directions**

Stir in cinnamon (optional) and enjoy.

### **Chef V's Buttery Celery Sticks (serves 1)**

#### **Ingredients**

1 celery stick  
1 tbsp. raw almond butter

#### **Directions**

Clean celery stalks. Remove outer skin of celery. Cut stalk in half. Smear almond butter on the celery stalk. Enjoy!

### **Easy Hummus (serves 4)**

1 can organic garbanzo beans (drained and washed)  
2 tbsp. tahini  
½ lemon juiced (about ¼ cup)  
1 clove garlic, minced  
2 tbsp. olive oil  
Pinch of sea salt  
(for spicy add a pinch of cayenne or crushed red chili flakes)

#### **Optional Topping Ideas:**

1 tsp. cold pressed olive oil  
½ tsp. paprika  
¼ tsp. cayenne pepper  
¼ tsp. dried oregano  
1 tbsp. chopped olives

#### **Directions**

Place all ingredients in a blender except for olive oil. Slowly blend and add olive oil while blending on low until blended well. Place in a bowl, swirling a nice look with a spoon. Drizzle olive oil on top and sprinkle with paprika, cayenne, oregano, and chopped olives (optional). Eat with fresh veggies like cucumber, celery or carrots to dip. Also gluten-free crackers or bread is great! Will last 5-7 days in refrigerator.