

Breakfast (Chef V's Healthy Routine)

HOW TO USE CHEF V'S HEALTHY ROUTINE

To follow my Healthy Eating Plan, It is important to have 16 oz. of Chef V's Organic Green Drink first thing in the morning, before you eat anything.

You can have the plain Chef V's Ultra Shake provided with water or create a smoothie from the recipes below, using the Ultra Shake in the smoothie. Then follow the schedule and enjoy a delicious lunch recipe or mix and match to create a great meal from my portion chart, which is also a great tool to use for eating out.

Breakfast 16 oz. Chef V Organic Green Drink (wait 15-30 minutes before smoothie)

Chef V
Smoothie:

1 Chef V Ultra Shake packet with choice of Chef V Smoothie recipes. You can also just mix with water in your Chef V Blender cup (like on your cleanse). If you get bored with smoothies (I'm not sure how that could happen but..), I have a list of recipes at the bottom of this page for easy meals to replace your breakfast.

Chef V Smoothies!

**Chef V's Berry Smoothie Chef V's
Citrus Green Smoothie Chef V's Chia
Mango Smoothie Chef V's Favorite
Green Protein Smoothie Chef V's Super
Smoothie Chef V's Beet-It Smoothie**

Chef V's Alkaline Smoothie
Chef V's Berry Smoothie
Chef V's Super Green Smoothie
Chef V's Ginger Apple Berry Smoothie
Chef V's Morning Mojito Smoothie
Chef V's Green Goddess Smoothie
Chef V's Ginger Apple Smoothie
Chef V's Vanilla Nut Shake

Chef V's Citrus Green Smoothie 2 large pieces of organic kale 1/4 cup pineapple (fresh or frozen) 1/4 cup mango (skinned, fresh or frozen) 1/2 cup of ice 1/4 cup Chef V 7 Greens 1/4 cup unsweetened coconut milk 1 serving of Chef V Ultra Shake protein powder or powder of your choice

Directions: Blend all ingredients for 1-2 minutes until smooth. Bon Appétit!

Chef V's Chia Mango Smoothie 1/2 cup Mango 1/2 cup Pineapple 1/2 cup unsweetened coconut milk 1/2 cup of ice 1 tsp. chia seeds 1 serving of Chef V Ultra Shake protein powder or powder of your choice

Directions: Place chia seeds in 1/2 cup of unsweetened coconut milk. Let sit for 10 minutes. Add Milk to blender and blend with the remainder of ingredients. Blend for 1-2 minutes until smooth. Bon Appétit!

Chef V's Favorite Green Protein Smoothie 1 large piece of organic kale 1 piece of organic chard 1/2 cup of ice 1/2 cup organic unsweetened almond milk 1/4 cup chopped pineapple (fresh or frozen, not canned) 1/4 cup of raw cashews, soaked in water for an hour. 1 serving of Chef V protein powder or vegan protein powder of your

choice

Directions

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Drain cashews and blend all ingredients for 1-2 minutes until smooth. Bon Appétit!

Chef V's Super Smoothie 1/2 organic pear, ripe 1/4 avocado, skinned 1/2 organic cucumber 1/2 lemon, juice 1/4 cup chopped cilantro 1-2 pieces organic green kale 1 tsp. fresh ginger, minced 1/2 cup unsweetened coconut milk 1 serving of Chef V Ultra Shake protein powder or Powder of your choice

Directions: Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!

Chef V's Beet-It Smoothie 1/2 cup organic blueberries (fresh or frozen) 1/2 cup organic raspberries (fresh or frozen) 1/4 cup diced organic red beet, raw & skinned 1 piece organic red chard 1/2 cup ice 1 cup organic unsweetened almond milk Optional 1 serving of vegan protein powder (hemp, pea, or brown rice)

Directions: Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!

Chef V's Super Antioxidant Smoothie 1/2 cup organic blueberries (fresh or frozen) 1/2 cup organic raspberries (fresh or frozen) 1/4 cup pomegranate seeds 1/4 cup diced organic red beet, raw 2 pieces of organic green kale 1/2 cup ice 1/2 cup coconut water 1 serving of Chef V Ultra Shake protein powder or Powder of your choice

Directions: Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!

Chef V's Alkaline

Smoothie

1/2 organic pear 1/4 avocado, skinned 1 cup spinach 1-2 small pieces green kale 1 cup almond milk 1 tsp. chia seeds 1 serving of Chef V Ultra Shake protein powder or Powder of your choice

Directions: Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!

Chef V's Berry Smoothie 1/4 cup organic blueberries (fresh or frozen) 1/4 cup organic raspberries (fresh or frozen) 1/2 cup organic unsweetened almond milk 1/2 cup of ice 1/4 cup raw cashews, soaked in water for an hour 1 serving of Chef V Ultra Shake protein powder or powder of your choice

Directions: Blend all ingredients for 1-2 minutes until smooth. Bon Appétit!

Chef V's Super Green

Smoothie 1-1/2 cups filtered water
1-cup ice 1 small avocado, skinned and pitted 2 large pieces kale 1-cup spinach 2 medjool dates, pitted Juice from 1 lemon Dash of cinnamon 1 tbsp. chia seeds

Directions Blend all ingredients together in a Vitamix for 2 minutes or until smooth.

Chef V's Ginger Apple Berry Smoothie

1/2 Fuji apple 1/2 cup blueberries 1/2 cup raspberries 2 small pieces organic red chard 1 tbsp. fresh ginger, minced (I use a garlic presser) 1 cup ice
3/4 cup almond milk Optional 1 serving of vegan protein powder (hemp, pea, or brown rice)

Directions: Combine all ingredients in a blender. Blend 1-2 minutes until

smooth. Bon Appétit!

Chef V's Morning Mojito Smoothie 1/2 cup ice 2 cups organic spinach 1/4 cup fresh or frozen pineapple (skinned and chopped) 1/4 cup lime juice 1/4 cup lemon juice 5-10 mint leaves (depending on how minty you like it!) 1 serving of Chef V Ultra Shake protein powder or Powder of your choice

Directions: Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Add 1/4 cup filtered water if necessary. Bon Appétit!

Chef V's Green Goddess Smoothie 2 large pieces of organic green kale 1/2 Granny Smith apple 1/4 avocado 1/2 organic cucumber 1/4 cup chopped cilantro 1/4 cup lime juice 1 medjool date 1/2 cup ice 1/2 cup organic unsweetened almond milk 1 serving of Chef V Ultra Shake protein powder or Powder of your choice

Directions: Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!

Chef V's Ginger Apple Berry Smoothie

Ingredients 1/2 Fuji apple 1/2 cup blueberries 1/2 cup raspberries 2 piece organic green kale 1 tbsp. fresh ginger, minced (I use a garlic presser) 1 cup ice 1/2 cup almond milk
Optional 1 serving of vegan protein powder (hemp, pea, or brown rice)

Directions: Combine all ingredients in a blender. Blend 1-2 minutes until smooth. Bon Appétit!

Chef V's Vanilla Nut Shake 1 tsp. real vanilla 1/4 cup raw cashews, soaked in water for an hour, drained 1 tbsp. chia seeds 1/2 cup almond milk 1/2 cup of ice 1 tsp. raw coconut nectar Dash of cinnamon 1 serving of Chef V Ultra Shake protein powder or powder of your choice

Directions: Soak chia seeds in almond milk for 10 minutes. Add milk and the remainder of ingredients to a blender. Blend for 1-2 minutes until smooth. Bon Appétit!

***If you get bored of smoothies or want to switch it up:**

Chef V's Easy Cereal

1/4 cup crushed almonds 1/4
cup crushed walnuts 1/4 cup
organic blueberries 1 tbsp.
coconut flakes 1/2 cup
almond or coconut milk

Mix the ingredients together in a bowl and pour milk substitute over the cereal.

Chef V's Toast with

Avocado 1 slice gluten free
bread (I like Udi's) 1/4 avocado
dash of lemon juice (optional) dash
of balsamic vinegar (optional)

Toast lightly and spread avocado into the toast, like butter. You may need to smash the avocado up a bit before spreading. For extra pizzazz, add a dash of lemon juice and balsamic vinegar on top.

Chef V's Smoked Salmon and

Avocado

4 oz. smoked wild salmon, sliced
thin 1/2 avocado, sliced thin sliced
red onion (optional) 1 tsp. capers
(optional)

Eat the salmon like sashimi or if you need something more filling, use a gluten free bagel (Udi's is great!). Smear avocado on a toasted bagel, and add smoked salmon. You can add red onions and capers if desired.