

YOU CAN END  
*Emotional Eating*

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RECIPES





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# JUICES

**DIRECTIONS:** Juice all ingredients through a juicer. Try adding a dash of cinnamon, turmeric, ginger, or cayenne for increased digestion.

A FEW KEY POINTS TO REMEMBER:

- All juice recipes make 1-2 servings.
- It is preferable that all juices be made in a juicer. If you don't have a juicer, you may use a high-speed blender and strain the juice with a cheesecloth.
- If you have thyroid issues or sensitivity to foods that contain goitrogens, any of the greens can be substituted with parsley or lettuce. You can also lightly steam the dark leafy greens before juicing or making smoothies.

## GREEN JUICE

1 cucumber  
3 celery stalks  
3 kale leaves  
1 green apple  
1 lemon, juiced

## ORANGE JUICE

3 carrots  
1 orange  
1 inch piece of ginger

## BEET JUICE

1 small beet  
1 cucumber  
1 cup spinach  
1 orange

## LOVE JUICE

1 cup spinach  
1 apple  
1 cucumber  
2 celery stalks  
1 lemon, juiced

# SMOOTHIES

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

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

## **A FEW TIPS FOR MAKING DELICIOUS SMOOTHIES:**

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

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

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

- plant-based protein powder
- goji berries, currants, dates (limit, if weight loss is desired)

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

**NOTE** - All smoothies can be sweetened with 1-2 tablespoons of honey or coconut sugar or opt for a no sugar sweetener such as stevia. I suggest 2-3 drops of stevia per smoothie.

## HEALTH SMOOTHIE

1½ cups dairy-free milk  
½ avocado  
½ cup strawberries  
1 scoop plant-based protein or collagen  
1 cup kale, chopped  
1 teaspoon chia seeds  
1 teaspoon alcohol-free vanilla extract

## DIVINE SMOOTHIE

1½ cups dairy-free milk  
½ avocado  
1 scoop plant-based protein or collagen  
1 cup spinach  
½ cup pineapple  
1 teaspoon chia seeds

## LOVE ME SMOOTHIE

1½ cups dairy-free milk  
½ avocado  
1 scoop plant-based protein or collagen  
1 cup kale, chopped  
½ cup fresh raspberries  
2 tablespoons raw cacao powder

## LIVE SMOOTHIE

1 ½ cups dairy-free milk  
½ avocado  
1 orange  
1 scoop plant-based protein or collagen  
1 cup spinach  
½ banana  
1 teaspoon flax meal

## ENERGY SMOOTHIE

1 ½ cups dairy-free milk  
½ avocado  
1 cup kale  
1 banana  
1 scoop plant-based protein or collagen  
2 tablespoons raw cacao power

# BREAKFAST

## SCRAMBLED EGGS WITH SPINACH

Serves 1

1 tablespoon coconut oil  
1 garlic clove, chopped  
2 cups baby spinach  
2 eggs  
sea salt to taste  
black pepper to taste  
¼ cup salsa

**SAUTÉ SPINACH.** Heat coconut oil in a pan over medium heat. Add garlic and baby spinach. Sauté for about 3 minutes until the spinach wilts.

**SCRAMBLE EGGS.** Whisk eggs in a small bowl, then add to the spinach. Mix well and cook to your liking. Season with sea salt and black pepper. Top with salsa.

## VANILLA CHIA PROTEIN PUDDING

Serves 1

⅓ cup chia seeds  
1¼ cup dairy-free milk  
1 scoop vanilla plant-based protein powder  
1 tablespoon honey  
2 tablespoons coconut flakes

**COMBINE.** Mix the chia seeds, dairy-free milk, protein powder, and honey together. Let it sit for about 5 minutes. Mix the pudding again and top with coconut flakes. Add fresh fruit, if desired.

## DAIRY-FREE YOGURT WITH GRANOLA AND BERRIES

Serves 1

1 8-ounce container dairy-free yogurt  
1 cup Granola (see recipe in Snacks)  
1 cup fresh berries

**ASSEMBLE.** Add all ingredients to a small bowl and serve.

# LUNCH

## LEMON MINT ROTISSERIE CHICKEN SALAD

Serves 2

1 cup rotisserie chicken, shredded  
4 cups mixed greens  
2 large cucumbers, sliced  
2 avocados, diced  
1 cup carrot, shredded  
1 cup cherry tomatoes, halved  
1 handful fresh mint leaves  
1 apple, cored and chopped  
2 tablespoons extra virgin olive oil  
1 lemon, juiced  
sea salt to taste  
black pepper to taste

SHRED CHICKEN. Cut chicken portion off of rotisserie chicken. Shred chicken into bite-sized pieces. Set aside.

COMBINE. Add the remaining ingredients to a large bowl and mix well. Top with chicken and serve.

## OLIVE WALNUT SALAD

Serves 2

8 cups mixed greens  
¼ cup olives, pitted  
1 cup walnuts  
2 scallions, chopped  
1 large cucumber, chopped  
5 radishes, halved  
4 slices nitrate-free deli turkey  
1 lemon, juiced  
2 tablespoons extra virgin olive oil  
sea salt to taste  
black pepper to taste

COMBINE. Add all ingredients to a large mixing bowl and mix well before serving.



## WALNUT PÂTÉ SALAD WITH ROAST BEEF

Serves 2

8 cups mixed greens  
1 cup fresh basil, chopped  
1 avocado, sliced  
1 large cucumber, chopped  
1 cup carrot, shredded  
1 lemon, juiced  
2 tablespoons extra virgin olive oil  
4 slices nitrate-free deli roast beef  
1 cup Walnut Pâté (see recipe in Snacks)

COMBINE. Add mixed greens, basil, avocado, cucumber, carrot, lemon, olive oil, and roast beef to a large mixing bowl. Mix well and top with Walnut Pâté before serving.

## SWEET LIME ZEN BOWL WITH SALMON

Serves 2

4 large carrots, chopped  
1 large sweet potato, chopped  
1 large onion, chopped  
4 garlic cloves  
1 tablespoon coconut oil  
sea salt to taste  
black pepper to taste  
1 6-ounce can salmon, drained  
2 tablespoons black sesame seeds  
2 limes, juiced

PREHEAT YOUR OVEN. Set your oven to 450 degrees F.

ROAST VEGETABLES. Add carrots, sweet potato, onion, and garlic to a large mixing bowl. Coat with coconut oil and season with sea salt and black pepper. Spread out on a baking sheet and bake for about 30 minutes or until the vegetables are golden and tender. Remove from the oven and set aside.

ASSEMBLE. When the meal is ready to assemble, add roasted vegetables to the base of the serving bowls. Top with salmon and black sesame seeds. Add fresh lime juice before serving.

## SLICED CHICKEN DELI WRAP

Serves 2

2 large wraps  
2 tablespoons dijon mustard  
6 slices nitrate-free deli chicken  
2 cups mixed greens  
1 tomato, sliced  
1 cucumber, sliced  
1 avocado, sliced

ASSEMBLE. Place wraps on a flat surface. Spread mustard on the wraps and top with remaining ingredients. Roll like a burrito and serve.

## TUNA SALAD WITH SWEET POTATO

Serves 2

2 medium sweet potatoes  
1 5-ounce can tuna, drained  
1 avocado  
1 teaspoon all purpose seasoning (salt free)  
sea salt to taste  
black pepper to taste  
½ bunch parsley, finely chopped  
1 lemon, juiced

PREHEAT YOUR OVEN. Set your oven to 450 degrees F.

ROAST SWEET POTATOES. Place sweet potatoes on a small baking pan. Roast for 1 hour. The sweet potato is done when the center can be easily pierced with a fork or knife.

MAKE TUNA SALAD. While the sweet potatoes are roasting, add the tuna, avocado, all purpose seasoning, sea salt, and black pepper to a mixing bowl. Mash with a fork. Fold in the chopped parsley and lemon juice. Serve the tuna salad on top of roasted sweet potato.

## CHICKEN SALAD WITH CRACKERS

Serves 2

2 avocados

1 cup carrot, shredded

1 rotisserie chicken, deboned and chopped into bite-sized pieces

1 teaspoon all purpose seasoning (salt free)

½ teaspoon cayenne pepper (optional)

1 lemon, juiced

8 flax crackers

1 cucumber, sliced

COMBINE INGREDIENTS. Add avocados to a large mixing bowl and mash with a fork. Add in carrot, chicken, all purpose seasoning, cayenne (if desired), and lemon juice. Mix well and serve on top of flax crackers and sliced cucumbers.

# DINNER

## LOVE ME TURKEY LOAF WITH CUCUMBER SALAD

Serves 4

1 pound ground turkey  
1 egg  
¼ cup almond flour  
1 onion, chopped  
1 bell pepper, chopped  
1 teaspoon garlic powder  
2 tablespoons all purpose seasoning (salt free)  
sea salt to taste  
black pepper to taste  
½ cup barbecue sauce

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

COMBINE LOAF INGREDIENTS. Mix the turkey, egg, almond flour, onion, bell pepper, garlic powder, all purpose seasoning, sea salt, and black pepper in a large mixing bowl. Mix well and place in a baking pan. Form the meat into a loaf shape and cover with aluminum foil.

BAKE LOAF. Place loaf in the oven and bake for about 45 minutes. Make sure the center is fully cooked. Once the loaf is well cooked, remove the foil and coat the loaf with barbecue sauce. Place the loaf back in the oven -- without the foil -- and let the loaf bake for another 10 minutes. When the loaf is done, set it aside to cool. Serve with sliced cucumbers seasoned with sea salt and black pepper.

## LOVE ME MEATBALLS WITH MARINARA AND SALAD

Serves 4

1 pound ground chicken  
1 egg  
¼ cup almond flour  
2 tablespoons Italian seasoning  
sea salt to taste  
black pepper to taste  
2 cups marinara sauce, sugar free

PREHEAT YOUR OVEN. Set your oven to 400 degrees F.

FORM MEATBALLS. Add the ground chicken, egg, almond flour, Italian seasoning, sea salt, and black pepper to a large mixing bowl and mix well. Form the meat into ½-inch balls and place on a baking sheet.

BAKE MEATBALLS. Bake for about 20 to 25 minutes. Make sure the meatballs are cooked all the way through. Serve with your favorite marinara sauce and a side salad.

### **Side Salad**

2 heads romaine lettuce, chopped  
½ bunch parsley, chopped  
1 cup carrot, shredded  
1 cucumber, chopped  
1 lemon, juiced  
2 tablespoons extra virgin olive oil  
1 teaspoon dried basil  
sea salt to taste  
black pepper to taste

COMBINE. Mix salad ingredients in a large mixing bowl and serve with the chicken meatballs.



## LOVE ME SALMON AND GREEN BEANS

Serves 4

4 salmon fillets  
1 pound green beans (fresh or frozen)  
1 tablespoon coconut oil  
2 teaspoons garlic powder  
sea salt to taste  
black pepper to taste  
1 lemon, juiced

PREHEAT YOUR OVEN. Set your oven to 400 degrees F.

ROAST SALMON AND GREEN BEANS. Place salmon fillets and green beans onto a baking sheet. Coat both the salmon and green beans with coconut oil and season with garlic powder, sea salt, and black pepper. Place the sheet pan into the oven and bake for about 20 minutes. Remove from oven. Squeeze lemon juice on top before serving.

## LOVE ME CHICKEN SWEET POTATO BOWL

Serves 4

1 tablespoon coconut oil  
4 boneless chicken breasts, chopped  
4 teaspoons all purpose seasoning (salt free)  
sea salt to taste  
black pepper to taste  
1 large sweet potato, chopped  
1 cup water or chicken broth  
4 cups kale, chopped

SAUTÉ CHICKEN. Add coconut oil to a large pan over medium heat. When the oil is melted, add the chicken and season with all purpose seasoning, sea salt, and black pepper. Sauté for about 10 minutes. Place chicken pieces in a small bowl and set aside.

COOK SWEET POTATO AND KALE. Add the chopped sweet potato to the same pan with water or chicken broth. Cover and cook for about 10 minutes. Uncover and add the kale. Cover again and let the kale wilt for about 5 minutes. Uncover and turn off the heat. Mix in the chicken before serving.

## LOVE ME BURGER WITH SWEET POTATO FRIES

Serves 4

2 large sweet potatoes, sliced into fries  
2 tablespoons coconut oil  
1 pound ground beef  
1 tablespoon ground cumin  
1 teaspoon turmeric  
sea salt to taste  
black pepper to taste  
1 head romaine lettuce  
1 small red onion, thinly sliced  
1 tomato, sliced

PREHEAT YOUR OVEN. Set your oven to 400 degrees F.

ROAST SWEET POTATOES. Add sweet potatoes to a baking sheet and coat with 1 tablespoon of the coconut oil. Place in preheated oven for 15 minutes. Turn the slices, then bake for an additional 10 minutes. Remove from the oven and set aside.

FORM HAMBURGERS. While the sweet potato fries are baking, add ground beef, cumin, turmeric, sea salt, and black pepper to a large mixing bowl. Mix well, then form into 4 patties.

COOK HAMBURGERS. Add 1 tablespoon of coconut oil to a hot pan over medium heat. When the pan is hot, add the hamburger patties. Cook on each side for about 8 minutes until the center is no longer pink. Remove the burgers from the pan and place on a plate lined with paper towel to catch any extra oil.

ASSEMBLE HAMBURGERS. Serve the burgers on romaine lettuce leaves. Top with red onion, tomato slices, and other condiments. Serve alongside the sweet potato fries.

## MEAT CHILI WITH SIDE SALAD

Serves 4

1 tablespoon coconut oil  
1 onion, chopped  
4 garlic cloves, chopped  
1 pound ground beef  
sea salt to taste  
black pepper to taste  
1 teaspoon cayenne pepper  
2 tablespoons chili powder  
1 tablespoon cumin  
1 14.5-ounce can diced tomatoes  
1 bunch cilantro, chopped  
4 scallions, chopped

**SAUTÉ INGREDIENTS.** Add coconut oil to a hot pan over medium heat. When the oil is melted, add the onion. Sauté for about 5 minutes, then add the garlic. Sauté for an additional 3 minutes and add the ground beef. Season with sea salt, black pepper, cayenne, chili powder, and cumin. Continue to sauté until the meat is no longer pink, then add the diced tomatoes.

**SIMMER CHILI.** Lower the heat to low and cover. Let the chili simmer for at least 10 minutes. Turn off the heat and stir in chopped cilantro. Top with chopped scallions before serving with a side salad.

### **Side Salad**

2 heads romaine lettuce, chopped  
½ bunch parsley, chopped  
1 cup carrot, shredded  
1 cucumber, chopped  
1 lemon, juiced  
2 tablespoons extra virgin olive oil  
1 teaspoon dried basil  
sea salt to taste  
black pepper to taste

**COMBINE.** Mix salad ingredients in a large mixing bowl and serve with the meat chili.

## CODFISH WITH ROASTED VEGETABLES AND SWEET POTATO

### POTATO

Serves 4

2 medium sweet potatoes  
4 codfish steaks  
1 large onion, chopped  
2 large tomatoes, quartered  
1 pound asparagus, bottom ends chopped  
2 tablespoons coconut oil  
sea salt to taste  
black pepper to taste  
1 tablespoon all purpose seasoning (salt free)  
1 lemon, juiced

PREHEAT YOUR OVEN. Set your oven to 400 degrees F.

ROAST SWEET POTATOES. Place sweet potatoes on a small baking pan. Roast for 1 hour. The sweet potato is done when the center can be easily pierced with a fork or knife.

BAKE COD AND VEGETABLES. While the sweet potatoes are baking, add the cod, onion, tomatoes, and asparagus to a baking pan. Coat with coconut oil and season with sea salt, black pepper, and all purpose seasoning. Bake for about 20 minutes until the fish is fully cooked and the vegetables are tender.

ASSEMBLE. When you are ready to serve, add sweet potato to the bottom of a serving bowl. Top with cod, vegetables, and a squeeze of lemon juice.

# SNACKS

## WALNUT PÂTÉ

1 cup walnuts  
1 garlic clove  
2 tablespoons extra virgin olive oil  
1 lemon, juiced  
½ bunch parsley, roughly chopped  
1 small onion, roughly chopped  
1 tablespoon dulse

COMBINE. Add all the ingredients to a high-speed blender or food processor. Blend until smooth. Store in an airtight container in the refrigerator for up to 7 days.



## GUACAMOLE WITH CRACKERS

Serves 2

2 avocados

1 teaspoon cumin powder

1 teaspoon garlic powder

½ teaspoon cayenne pepper (optional)

sea salt to taste

black pepper to taste

½ cup cherry tomatoes, halved

½ bunch cilantro, finely chopped

8 flax crackers

1 cucumber, sliced

**MIX GUACAMOLE.** Mash two avocados in a small mixing bowl with a fork. Season with cumin, garlic, cayenne (if desired), sea salt, and black pepper. Fold in cherry tomatoes and cilantro. Mix well and serve with flax crackers and sliced cucumbers.

## BAKED APPLE AND CINNAMON

Serves 2

2 apples

1 tablespoon coconut oil

2 teaspoons cinnamon

1 teaspoon nutmeg

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

**BAKE APPLES.** Slice apples in half and remove the core and seeds with a knife. Place in a baking pan, cut-side up. Rub the cut side with coconut oil and season with cinnamon and nutmeg. Bake for about 40 minutes until soft.

## GRANOLA

Makes about 5 cups

3 cups unsweetened coconut flakes

1 cup walnuts

1 cup pumpkin seeds

½ cup sunflower seeds

½ teaspoon sea salt

1 teaspoon nutmeg

1 teaspoon cinnamon

1 teaspoon ground ginger

1 teaspoon alcohol-free vanilla extract

½ cup honey

2 tablespoons coconut oil, melted

**PREHEAT YOUR OVEN.** Set your oven to 300 degrees F.

**MIX AND BAKE.** Line a baking sheet with parchment paper. Add all the ingredients to a large mixing bowl and stir until well combined. Spread mixture onto the baking sheet and bake for about 25 minutes. When the granola is golden brown, remove from the oven and set aside to cool. When the granola is no longer hot, store it in an airtight container for up to 7 days.

# PROTEIN BALLS

## CINNAMON TAHINI PROTEIN BALLS WITH GREEN JUICE

Makes 10 to 12 balls

- 1 cup rolled oats
- ½ cup tahini
- ¼ cup maple syrup
- 2 teaspoons cinnamon
- ¼ cup ground flax seed
- ¼ cup unsweetened coconut flakes

COMBINE. Mix all ingredients in a large mixing bowl. Roll into bite-sized balls and place in an airtight container. Refrigerate for 30 minutes before serving. The balls can be stored in the refrigerator for about 7 days.

## CASHEW TAHINI BALLS

Make about 15

- ½ cup cashews
- ¼ cup unsweetened shredded coconut
- 3 tablespoons tahini
- 2 tablespoons hemp seeds
- 2 tablespoons vanilla protein powder
- 1 tablespoon raw cacao powder
- 1 packet stevia powder

Add all the ingredients to a high-speed blender or food processor. Blend until well mixed. Add a few tablespoons of water if you are having trouble blending. Scoop into bite-sized balls and store in an airtight container for up to 7 days.

## BLUEBERRY ALMOND COCONUT BALLS

Makes about 20

- ⅔ cup almond butter
- ⅓ cup vanilla protein powder
- 1 cup unsweetened shredded coconut
- 3 tablespoons dried blueberries (no sugar added)
- 1 packet stevia powder

Add all the ingredients to a high-speed blender or food processor. Blend until well mixed. Add a few tablespoons of water if you are having trouble blending. Scoop into bite-sized balls and store in an airtight container for up to 7 days.