

MON



BREAKFAST
Lemon Ginger Smoothie



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Cream of Celery & Asparagus Soup



SNACK 2
Golden Turmeric Latte



DINNER
Spaghetti Squash Chow Mein

TUE



BREAKFAST
Lemon Ginger Smoothie



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Spaghetti Squash Chow Mein



SNACK 2
Golden Turmeric Latte



DINNER
Zucchini Alfredo with Turmeric Chicken

WED



BREAKFAST
Lemon Ginger Smoothie



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Zucchini Alfredo with Turmeric Chicken



SNACK 2
Cream of Celery & Asparagus Soup



DINNER
Spaghetti Squash Chow Mein

THU



BREAKFAST
Blueberry Energy Smoothie



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Spaghetti Squash Chow Mein



SNACK 2
Golden Turmeric Latte



DINNER
One Pan Chicken, Golden Cauliflower & Carrot Fries

FRI



BREAKFAST
Blueberry Energy Smoothie



SNACK 1
Immunity Boosting Bone Broth



LUNCH
One Pan Chicken, Golden Cauliflower & Carrot Fries



SNACK 2
Carrots & Guacamole



DINNER
Kimchi Fried Cauliflower Rice

SAT



BREAKFAST
Bacon, Eggs, Avocado & Sauerkraut



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Kimchi Fried Cauliflower Rice



SNACK 2
Carrots & Guacamole



DINNER
Sausage & Sauerkraut Skillet

SUN



BREAKFAST
Bacon, Eggs, Avocado & Sauerkraut



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Cream of Celery & Asparagus Soup



SNACK 2
Carrots & Guacamole



DINNER
Sausage & Sauerkraut Skillet



FRUITS

- 2 Apple
- 6 1/2 Avocado
- 7 Lemon
- 2 1/2 Lime

SEEDS, NUTS & SPICES

- 1 1/2 tsps Black Pepper
- 1 cup Cashews
- 1 1/2 tsps Cinnamon
- 2 tsps Dried Thyme
- 1 1/2 cups Hemp Seeds
- 2 tsps Italian Seasoning
- 2 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Sesame Seeds
- 2 1/3 tsps Turmeric

FROZEN

- 3 cups Frozen Blueberries
- 6 cups Frozen Mango
- 1 cup Frozen Peas

VEGETABLES

- 6 cups Asparagus
- 12 cups Baby Spinach
- 18 Carrot
- 2 heads Cauliflower
- 28 stalks Celery
- 8 cups Coleslaw Mix
- 26 Garlic
- 1/2 cup Ginger
- 3 stalks Green Onion
- 4 cups Parsley
- 2 Spaghetti Squash
- 4 cups Swiss Chard
- 9 Yellow Onion
- 4 Zucchini

BOXED & CANNED

- 8 cups Canned Coconut Milk

BAKING

- 3 tsps Honey
- 3 tsps Raw Honey

BREAD, FISH, MEAT & CHEESE

- 8 slices Bacon
- 2 lbs Chicken Breast
- 10 ozs Chicken Sausage
- 2 lbs Extra Lean Ground Chicken
- 4 Whole Chicken Carcass

CONDIMENTS & OILS

- 1/3 cup Apple Cider Vinegar
- 1/2 cup Coconut Aminos
- 1/2 cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 2 cups Kimchi
- 3 cups Sauerkraut
- 1/3 cup Sesame Oil
- 2 tsps Tamari

COLD

- 12 Egg

OTHER

- 2 1/8 ozs Collagen Powder
- 39 cups Water



Lemon Ginger Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Frozen Mango
1 cup Canned Coconut Milk
1 tbsp Ginger (fresh, grated or minced)
1 tbsp Honey
2 Lemon (juiced and zested)
2/3 oz Collagen Powder

DIRECTIONS

01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

MAKE IT VEGAN

Omit the collagen and/or use protein powder instead. Use maple syrup or another liquid sweetener instead of honey.

NO FROZEN MANGO

Use frozen peaches or frozen pineapple instead.

LEMON JUICE

One lemon yields three to four tablespoons of lemon juice.



MIRIAM HUGHES HELLO@NATURALHEALTHNP.COM

Blueberry Energy Smoothie

4 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Cashews
1/2 cup Hemp Seeds
4 cups Water
4 cups Baby Spinach
3 cups Frozen Blueberries

DIRECTIONS

- 01 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 02 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

NOTES

MAKE IT SWEETER

Add in a few soaked dates to sweeten it up.



MIRIAM HUGHES HELLO@NATURALHEALTHNP.COM

Bacon, Eggs, Avocado & Sauerkraut

4 SERVINGS 15 MINUTES



INGREDIENTS

8 slices Bacon
8 Egg
2 Avocado
1 cup Sauerkraut

DIRECTIONS

- 01 In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
- 02 Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
- 03 Transfer cooked eggs to plate and add sauerkraut. Enjoy!



MIRIAM HUGHES HELLO@NATURALHEALTHNP.COM

Immunity Boosting Bone Broth

8 SERVINGS 12 HOURS



INGREDIENTS

2 Whole Chicken Carcass (about 2 lbs of bones)
2 Carrot (peeled and chopped)
2 Yellow Onion (diced)
4 stalks Celery (chopped)
6 Garlic (cloves, halved)
2 tbsps Apple Cider Vinegar
2 tsps Sea Salt
2 cups Parsley (chopped)
12 cups Water

DIRECTIONS

- 01 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 02 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

SERVING SIZE

One serving is approximately 1 to 1 1/2 cups.

LOW FODMAP

Omit garlic and onions.



MIRIAM HUGHES HELLO@NATURALHEALTHNP.COM

Cream of Celery & Asparagus Soup

8 SERVINGS 25 MINUTES



INGREDIENTS

1/4 cup Coconut Oil
2 Yellow Onion (chopped)
12 stalks Celery (chopped)
6 Garlic (cloves, minced)
8 cups Water
2 tsps Sea Salt
1 tsp Black Pepper
6 cups Asparagus (woody ends snapped off)
1 cup Hemp Seeds
8 cups Baby Spinach

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 02 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 03 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

SERVING SIZE

One serving is approximately 2 cups.

NO HEMP SEEDS

Use cashews.

ADD SOME CRUNCH

Set aside a few spears of asparagus, roast before serving and use as a garnish.

NO SPINACH

Use kale, swiss chard or any leafy green.



Golden Turmeric Latte

2 SERVINGS 10 MINUTES



INGREDIENTS

1 tbsp Ginger (grated)
1 cup Canned Coconut Milk
1 cup Water
1 tsp Turmeric (powder)
1 tbsp Raw Honey
1/2 tsp Cinnamon
1 1/2 tsps Coconut Oil

DIRECTIONS

- 01 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 02 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

NOTES

USE FRESH TURMERIC ROOT

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

AVOID A MESS

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

ON-THE-GO

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

VEGAN

Use maple syrup to sweeten instead of honey.



Carrots & Guacamole

5 SERVINGS 5 MINUTES



INGREDIENTS

- 10 Carrot (medium)
- 2 1/2 Avocado
- 2 1/2 Lime (juiced)
- 2/3 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Peel and slice carrots into sticks.
- 02 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 03 Dip the carrots into the guac & enjoy!

NOTES

LEFTOVERS

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

SPICE IT UP

Add chili flakes, salsa and/or chopped cilantro to the guacamole.



Spaghetti Squash Chow Mein

8 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

2 Spaghetti Squash
1/4 cup Sesame Oil
2 Yellow Onion (medium, diced)
8 stalks Celery (sliced diagonally)
8 cups Coleslaw Mix
6 Garlic (cloves, minced)
2 tbsps Ginger (peeled and grated)
1 tbs Coconut Oil
2 lbs Extra Lean Ground Chicken
1/2 cup Coconut Aminos

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
- 02 While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
- 03 In a separate pan, melt the coconut oil and brown the ground chicken.
- 04 Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

NOTES

NO COCONUT AMINOS

Use tamari instead.

VEGAN AND VEGETARIAN

Replace the ground chicken with scrambled eggs or tofu.

LIKES IT SPICY

Serve with hot sauce.

LEFTOVERS

Refrigerate up to 3 days.



Zucchini Alfredo with Turmeric Chicken

4 SERVINGS 20 MINUTES



INGREDIENTS

4 Zucchini
2 tbsps Extra Virgin Olive Oil
1 lb Chicken Breast (sliced)
2 tsps Turmeric
2 tsps Italian Seasoning
Sea Salt & Black Pepper (to taste)
2 Avocado (peeled and pit removed)
2 cups Canned Coconut Milk (full fat)
1 Lemon (juiced)

DIRECTIONS

- 01 Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
- 02 In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
- 03 While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
- 04 Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
- 05 Divide the creamy zoodles between plates, and top with chicken. Enjoy!

NOTES

MORE CARBS

Use brown rice pasta instead of zucchini noodles.

VEGAN OR VEGETARIAN

Use chickpeas or white beans instead of chicken.



One Pan Chicken, Golden Cauliflower & Carrot Fries

4 SERVINGS 40 MINUTES



INGREDIENTS

4 Carrot (medium)
1 head Cauliflower
1/3 cup Extra Virgin Olive Oil (divided three ways)
1 lb Chicken Breast
2 tsps Dried Thyme
2 tsps Turmeric (powder)
1/4 tsp Sea Salt

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 02 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 03 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 04 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 05 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 06 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 07 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

NOTES

LOW FODMAP

Use zucchini instead of cauliflower.



MIRIAM HUGHES HELLO@NATURALHEALTHNP.COM

Kimchi Fried Cauliflower Rice

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 head Cauliflower (medium, chopped into florets)
- 1 tbsp Coconut Oil
- 2 cups Kimchi (liquid drained off)
- 2 tbsps Tamari
- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Black Pepper
- 2 tbsps Sesame Seeds
- 2 tsps Sesame Oil
- 3 stalks Green Onion (chopped)
- 1 cup Frozen Peas (thawed)
- 4 Egg

DIRECTIONS

- 01 Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
- 02 Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
- 03 In a separate frying pan, fry your eggs.
- 04 Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

NOTES

NO CAULIFLOWER

Use cooked quinoa or brown rice instead.

MEAT LOVER

Add chopped bacon.

NO EGGS

Use diced chicken breast or roasted chickpeas instead.



Sausage & Sauerkraut Skillet

4 SERVINGS 40 MINUTES



INGREDIENTS

- 10 ozs Chicken Sausage
- 1 tbsp Coconut Oil
- 1 Yellow Onion (diced)
- 2 Apple (peeled, cored and diced)
- 2 Garlic (cloves, minced)
- 4 cups Swiss Chard (washed, stems removed and chopped)
- 2 cups Sauerkraut (liquid drained off)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 02 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 03 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge up to three days.

VEGAN AND VEGETARIAN

Skip the sausage and use cooked lentils instead.

NO SWISS CHARD

Use kale or spinach instead.

