

MON



BREAKFAST
Gut Healing Green Smoothie



LUNCH
Tuna Salad Stuffed Avocado with Hot Sauce



SNACK 1
Orange



DINNER
Slow Cooker Rotisserie Chicken



SNACK 2
Plantain Chips

TUE



BREAKFAST
Gut Healing Green Smoothie



LUNCH
Slow Cooker Rotisserie Chicken



SNACK 1
Immunity Boosting Bone Broth



DINNER
One Pan Honey Garlic Salmon with Bok Choy



SNACK 2
Plantain Chips

WED



BREAKFAST
Gut Healing Green Smoothie



LUNCH
One Pan Honey Garlic Salmon with Bok Choy



SNACK 1
Immunity Boosting Bone Broth



DINNER
Kimchi Fried Cauliflower Rice



SNACK 2
Strawberry Ice Cream

THU



BREAKFAST
Paleo Sweet Potato Porridge



LUNCH
Kimchi Fried Cauliflower Rice



SNACK 1
Golden Turmeric Latte



DINNER
Roasted Brussels Sprouts Caesar Salad



SNACK 2
Strawberry Ice Cream

FRI



BREAKFAST
Paleo Sweet Potato Porridge



LUNCH
Roasted Brussels Sprouts Caesar Salad



SNACK 1
Golden Turmeric Latte



DINNER
Sausage & Sauerkraut Skillet



SNACK 2
Broiled Pineapple with Cinnamon

SAT



BREAKFAST
Apple Cinnamon Cauliflower Porridge



LUNCH
Sausage & Sauerkraut Skillet



SNACK 1
Orange



DINNER
Sausage, Broccoli & Cabbage Stir Fry



SNACK 2
Broiled Pineapple with Cinnamon



FRUITS

- 2 1/2 Apple
- 2 1/2 Avocado
- 7 Banana
- 3/4 Lemon
- 4 Navel Orange
- 4 cups Pineapple
- 4 Plantain
- 2 cups Raspberries

BREAKFAST

- 2 1/4 tps Maple Syrup

SEEDS, NUTS & SPICES

- 1 1/2 tps Black Pepper
- 1/2 tsp Cayenne Pepper
- 3 tps Chia Seeds
- 1 1/2 tps Chili Powder
- 2 1/8 tps Cinnamon
- 1 tsp Dried Thyme
- 1/3 cup Ground Flax Seed
- 3/4 cup Hemp Seeds
- 2 tps Italian Seasoning
- 1 tsp Onion Powder
- 2 tps Paprika
- 1/2 cup Pumpkin Seeds
- 1/2 tsp Red Pepper Flakes
- 1 1/3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/2 tps Sesame Seeds
- 2 tps Turmeric

FROZEN

- 2 cups Cauliflower Rice
- 1 cup Frozen Peas
- 2 cups Frozen Strawberries

VEGETABLES

- 1/2 cup Baby Spinach
- 4 cups Bok Choy
- 2 cups Broccoli
- 9 cups Brussels Sprouts
- 1 Carrot
- 1 head Cauliflower
- 3 stalks Celery
- 10 Garlic
- 2 tps Ginger
- 3 stalks Green Onion
- 6 cups Kale Leaves
- 1 cup Parsley
- 2 cups Purple Cabbage
- 1/2 cup Radishes
- 4 Sweet Potato
- 4 cups Swiss Chard
- 2 1/2 Yellow Onion

BOXED & CANNED

- 4 cups Canned Coconut Milk
- 1 can Tuna

BAKING

- 1/2 cup Raw Honey
- 2 tps Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 15 ozs Chicken Sausage
- 1 lb Extra Lean Ground Chicken
- 1 1/4 lbs Salmon Fillet
- 1 Whole Chicken Carcass
- 4 lbs Whole Roasting Chicken

CONDIMENTS & OILS

- 2 tps Apple Cider Vinegar
- 1/2 cup Coconut Oil
- 3 tps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 2 cups Kimchi
- 2 cups Sauerkraut
- 1 tbsp Sesame Oil
- 1/2 tsp Tabasco Sauce
- 1/4 cup Tamari

COLD

- 4 Egg

OTHER

- 16 1/2 cups Water



Gut Healing Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 1/2 cups Water (cold)
2 cups Kale Leaves
1/2 Avocado (peeled and pit removed)
1 Banana (frozen)
1 tbsp Chia Seeds
2 tbsps Ground Flax Seed
1/4 cup Hemp Seeds
2 tbsps Raw Honey

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO KALE

Use spinach instead.

NO HONEY

Use maple syrup, dates or extra banana to sweeten instead.

LIKES IT CREAMY

Use almond milk instead of water for extra creaminess.

STORAGE

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.



MIRIAM HUGHES HELLO@NATURALHEALTHNP.COM

Paleo Sweet Potato Porridge

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Sweet Potato
1/2 cup Canned Coconut Milk
1/2 cup Water
1 cup Raspberries
1 tbsp Coconut Oil
1/2 tsp Cinnamon
1 tbsp Unsweetened Coconut Flakes

DIRECTIONS

- 01 Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
- 02 Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
- 03 Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
- 04 Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

NOTES

OTHER TOPPINGS

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

LEFTOVERS

Store in an airtight container in the fridge up to 3 to 4 days.



MIRIAM HUGHES HELLO@NATURALHEALTHNP.COM

Apple Cinnamon Cauliflower Porridge

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Canned Coconut Milk (full fat)
2 cups Cauliflower Rice
2 1/4 tsps Maple Syrup
1/2 Apple (core and stem removed, chopped)
1 1/2 tsps Cinnamon

DIRECTIONS

- 01 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about 5 to 8 minutes.
- 02 Divide into bowls and top with apple and cinnamon. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately one cup of cauliflower porridge and 1/4 of an apple.

MORE FLAVOR

Add vanilla extract.

ADDITIONAL TOPPINGS

Top with your choice of crushed nuts, seeds, fresh or dried fruit, or nut butter.

NO COCONUT MILK

Use almond milk, oat milk, or rice milk.

NO MAPLE SYRUP

Use honey, coconut sugar or an alternative sweetener such as stevia.



MIRIAM HUGHES HELLO@NATURALHEALTHNP.COM

Tuna Salad Stuffed Avocado with Hot Sauce

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Avocado
1 can Tuna (drained and flaked)
1 stalk Celery (finely diced)
1/2 cup Baby Spinach (finely chopped)
1/2 Garlic (clove, minced)
1 tbsp Dijon Mustard
3/4 tsp Extra Virgin Olive Oil
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
1/2 tsp Tabasco Sauce

DIRECTIONS

- 01 Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
- 02 Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
- 03 Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. To prep ahead, make the salad ahead of time and slice the avocado just before enjoying.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

ADDITIONAL TOPPINGS

Sunflower seeds.

NO AVOCADO

Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

NO FISH

Use a can of white beans instead.



Orange

2 SERVINGS 2 MINUTES



INGREDIENTS

2 Navel Orange

DIRECTIONS

01 Slice into wedges or peel and section. Enjoy!



MIRIAM HUGHES HELLO@NATURALHEALTHNP.COM

Immunity Boosting Bone Broth

4 SERVINGS 12 HOURS



INGREDIENTS

1 Whole Chicken Carcass (about 2 lbs of bones)
1 Carrot (peeled and chopped)
1 Yellow Onion (diced)
2 stalks Celery (chopped)
3 Garlic (cloves, halved)
1 tbsp Apple Cider Vinegar
1 tsp Sea Salt
1 cup Parsley (chopped)
6 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

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.



MIRIAM HUGHES HELLO@NATURALHEALTHNP.COM

Slow Cooker Rotisserie Chicken

4 SERVINGS 4 HOURS



INGREDIENTS

4 lbs Whole Roasting Chicken
1 tbsp Sea Salt
2 tsps Paprika
1 tsp Onion Powder
1 tsp Dried Thyme
1 tsp Italian Seasoning
1/2 tsp Cayenne Pepper
1 tsp Black Pepper
2 Sweet Potato (diced into 1 inch cubes)
4 cups Brussels Sprouts (halved and trimmed)
1 tbsp Extra Virgin Olive Oil

DIRECTIONS

- 01 Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
- 02 Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
- 03 In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
- 04 Place chicken (breast side up) in the slow cooker on top of the foil balls. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). Check that it is cooked through by using a knife to make a slit to the bone. The chicken should be cooked at the bone and no longer pink.
- 05 One hour before you are ready to eat, preheat your oven to 415°F (215°C). Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
- 06 Remove vegetables from the oven and increase heat to 450°F (235°C). Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
- 07 Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

NOTES



MIRIAM HUGHES HELLO@NATURALHEALTHNP.COM

SAVE THE CARCASS

Make our Immunity Boosting Bone Broth.

AIP-FRIENDLY

Omit the black pepper and cayenne.



One Pan Honey Garlic Salmon with Bok Choy

4 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Raw Honey
2 tbsps Tamari
3 Garlic (cloves, minced)
1 1/2 tps Chili Powder
1 1/4 lbs Salmon Fillet
Sea Salt & Black Pepper (to taste)
4 cups Bok Choy (halved)
1 tsp Sesame Oil
1/2 tsp Red Pepper Flakes
1 1/2 tps Sesame Seeds

DIRECTIONS

- 01 Preheat oven to 510°F (266°C).
- 02 In a bowl, whisk together the honey, half of the tamari, minced garlic and chili powder. Stir well to mix.
- 03 Lay salmon across a baking sheet and season with sea salt and black pepper. Use a brush to paint the honey garlic mix onto the fillets.
- 04 Add bok choy to a large mixing bowl and drizzle with remaining tamari and sesame oil. Toss well. Transfer bok choy to the baking sheet and organize it around the salmon. Place baking sheet in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork and bok choy is starting to char.
- 05 Remove from oven and sprinkle bok choy with red pepper flakes and sesame seeds. Divide onto plates. Enjoy!

NOTES

NO SALMON

Any fish fillet will do. Baking time will vary depending on thickness.

NO BOK CHOY

Use asparagus, green beans or broccoli instead.

MAKE IT ON THE GRILL

Use a grilling basket for the fish and place the bok choy on the grill face down. Cook over medium-low heat.

LEFTOVERS

Store in an airtight container in the fridge for two to three days. Enjoy cold or reheat in the microwave or oven.



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.



Roasted Brussels Sprouts Caesar Salad

4 SERVINGS 1 HOUR



INGREDIENTS

1 lb Extra Lean Ground Chicken (cooked)
5 cups Brussels Sprouts (halved)
1/2 cup Radishes (sliced)
1/2 cup Pumpkin Seeds
1/3 cup Extra Virgin Olive Oil
1 Garlic (whole head)
1/2 Lemon (juiced)
2 tbsps Dijon Mustard
Sea Salt & Black Pepper

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 02 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 03 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 04 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

NOTES

LEFTOVERS

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

SAVE TIME

Cook the ground chicken and make the roasted garlic dressing in advance.

NO EXTRA LEAN GROUND CHICKEN

Use any other type of ground meat instead.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.



MIRIAM HUGHES HELLO@NATURALHEALTHNP.COM

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.



Sausage, Broccoli & Cabbage Stir Fry

2 SERVINGS 25 MINUTES



INGREDIENTS

5 ozs Chicken Sausage
1/2 Yellow Onion (small, diced)
1/2 Garlic (clove, minced)
2 cups Broccoli (chopped into small florets)
2 cups Purple Cabbage (finely sliced)
1 tsp Italian Seasoning

DIRECTIONS

- 01 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 02 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

NO SAUSAGE

Use ground meat instead.

MAKE IT QUICK

Use bagged coleslaw mix to save time on slicing cabbage.



Plantain Chips

2 SERVINGS 30 MINUTES



INGREDIENTS

2 Plantain (medium size)
1 tbsp Coconut Oil (melted)
1/2 tsp Cinnamon

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 02 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
- 03 Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

NOTES

STORAGE

Store in an airtight container at room temperature.

MAKE THEM CRISPY

Plantain chips last 1 - 2 days. If they get soggy, crisp them back up by placing them in the oven at 350 degrees F for 5 to 10 minutes.



MIRIAM HUGHES HELLO@NATURALHEALTHNP.COM

Strawberry Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (sliced and frozen)
1 cup Frozen Strawberries

DIRECTIONS

- 01 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

MORE CREAMY

Add 2 tbsp coconut milk.

MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.

MAKE IT CHUNKY

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.



Broiled Pineapple with Cinnamon

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Pineapple (cored and sliced into rounds)

1 tsp Cinnamon

DIRECTIONS

- 01 Adjust oven rack to the top, closest to the broiler. Set oven to high broil.
- 02 Place pineapple slices on a foil-lined baking sheet and sprinkle both sides with cinnamon.
- 03 Broil in oven for about 10 minutes, flipping halfway. Watch closely for burning as oven temperatures may vary.
- 04 Remove from oven and enjoy!

NOTES

SERVE IT WITH

Coconut ice cream, granola or over oatmeal.



MIRIAM HUGHES HELLO@NATURALHEALTHNP.COM