

Kick The Sugar Challenge



RECIPE GUIDE

Fast
Easy

Tasty Recipes to support
you on your **28-Day Kick
The Sugar Challenge!**

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Easy Breakfast Recipes

You **MUST** eat breakfast on this Challenge that includes protein. Lots of it. Leftover dinner works well! If you don't, you will not be able to complete the Challenge. Your sugar cravings will overcome you. xo

FEEL-YOUR-BEST BREAKFAST

SMOOTHIE

Sarah Roberts Makes 2 **BIG** smoothies (about 20-ounces each)

Why I Make This: It has taken me loads of trial and error to develop this smoothie recipe! Without fruit, it is tough to get it to taste good.

But please give this smoothie a chance! I have developed a taste for it, and I feel **AMAZING** afterwards. Packed with healthy fat, fiber and protein, I am satisfied for **HOURS** with very few cravings for sugar later on. I **REALLY** hope you give it a try!

NOTES: This smoothie is **NOT** sweet. But it tastes nice. The texture is thick and creamy.

Don't omit the almond butter...it makes all the difference! Don't omit the frozen avocado. We need the fat, the fibre and the texture it adds.

I NEED YOU TO EAT ¼ of an avocado EACH DAY. I include lots of recipes that call for avocado, but if you *hate* the taste of avocado, then you will need to learn to love this smoothie. 😊

I also want you have coconut oil EACH DAY.

If you are a smoothie person like me, I **HIGHLY** recommend making up a week's worth of "smoothie packs" on Sundays. It will save you a ton of time and stress in the morning. You can make them up and toss them in the fridge or freezer, greens and all!

SMOOTHIE PACK: Ceylon Cinnamon, spirulina, ashwagandha, hemp hearts, spinach and/or kale.

SMOOTHIE INGREDIENTS

- 2.5 cups water
- ½ frozen avocado ***See Note 1**
- 1 to 2-inch nub of peeled, frozen ginger (aids digestion)
- 1 teaspoon vanilla extract (optional)
- 1 teaspoons **Ceylon** cinnamon ***See Note 2**
- 1 tsp turmeric ***See Note 3**
- 1 teaspoon spirulina ***See Note 4.**
- 2 teaspoons Ashwagandha ***See Note 5.**
- 6 Tablespoons Hemp Hearts ***See Note 6.**
- 1 or 2 small cucumbers, roughly chopped. I also like celery.
- 3 large handfuls of Greens (I like parsley, baby spinach, baby kale (fresh or frozen) etc... ***See Note 7.**
- 2 tablespoons roasted almond butter
- 1 tablespoon organic virgin coconut oil ***See Note 8**
- 1 tablespoons chia seeds ***See Note 9.**
- 1 tablespoon flax seeds ***See Note 9.**

INSTRUCTIONS

1. In the morning, add the water to your blender
2. Add the frozen avocado and ginger
3. Add in the smoothie pack & greens
4. Add in the almond butter (I “wipe” the spoon with a spinach leaf or two!)
5. Add vanilla (optional)
6. Add in the coconut oil
7. Add Flax/Chia
8. Blend and pour.

Drink with a straw to be sure you get it all and it doesn't land on your face! **Note:** If you like your smoothie REALLY cold, start with frozen greens (throw the whole bag in the freezer!) and add a couple of ice cubes.

SMOOTHIE SUGGESTIONS:

1. I buy my avocados from Costco in the large bags. Once ripe, I scoop out each half onto a parchment-lined plate and place in the freezer. Once frozen, I place them in a Ziploc bag. If you don't have a high speed blender, cut into quarters so it's easier for your blender to blend them. I would like you to eat ¼ to ½ an avocado daily.
2. **Ginger:** Aids digestion. Heats up the body. Tastes nice. See my Tip on freezing it in Kick The Sugar Challenge Tips.

2. Cinnamon: Ceylon cinnamon is **true** cinnamon. Other cinnamon can actually do damage to our health, most notably the liver. So, you see that cinnamon from Costco for \$3.99 for 303 grams? Nope. Can't do it. **The good news is that Ceylon is much sweeter**, so we use less, and it offers amazing health benefits! BUT it is expensive. About ten times the price (that tells me something! 😊) It is found at health food stores and online. [Here](#) is a great organic Ceylon cinnamon at a great price! It adds sweetness without sugar and is great for lowering blood pressure, reducing inflammation and guarding against heart disease. Plus, it smells and tastes **AMAZING!!**

3. Turmeric: Superfood. Anti-inflammatory spice that adds a little heat to your body, which speeds up metabolism. [Here](#) is a great one. Order with your cinnamon and get FREE shipping! (Canada)

4. Spirulina: Green algae. Plant based protein; superfood. If you really don't like the taste, omit it. I buy the "Organika" brand at Bulk Barn (\$25). A container lasts many months. You can also use Chlorella.

5. Ashwagandha: Superfood. Derived from a root. Mild, caramel-like taste. Helps calm adrenals & promotes sleep. I buy it at Bulk Barn for the best price, the "Organic Traditions" brand. Also found at health food stores.

6. Hemp hearts: High in protein and Omega 3 fats. If you buy them at Costco, you won't spend as much as you would on protein powder, and they are much healthier and more satisfying...and REAL! The LARGE bag at Costco is about the same price as the small bag at grocery and health food stores. You can also buy them in bulk at Bulk Barn, but I prefer the packaged ones as once opened, they must be stored in the fridge or else they go rancid.

7. Greens: I often buy big bags or boxes of spinach or kale and throw them in the freezer for smoothies. This way, I always have some on

hand! If your greens are already frozen, don't add them to your smoothie packs or else they will muck up your pack. Make smoothie packs with dry ingredients only and then add your frozen greens to the blender when ready to blend. **Switch up your greens!** Parsley, radicchio, Frisé, Endive etc...

8. Coconut oil: Coconut oil is a medium chain triglyceride, where most fats are long chain. *What does this mean?* It means that these fats go straight to the liver, to be used as fuel, stimulating our metabolism. They are not stored as fat, so they help us burn fat, especially around our tummies! **Try getting between 2 tsp-2 tablespoons a day!**

9. Flax/Chia: These are Superfood seeds. Chia becomes gelatinous and helps remove toxins from the body. Flax have healthy fats (Omega 3), fiber and lignans (great for balancing hormones).

NOTE: I combine my flax and chia seeds together and store in a Tupperware container. I portion out 2 tablespoons and freshly grind them in in a spice/coffee grinder before adding them to my blender.

If you don't have a spice grinder or a high-speed blender, soak the chia seeds in water overnight for easier blending in the morning and add the flax seeds as your last ingredient to your blender so that the seeds will break open. Once opened, **STORE SEEDS IN THE FRIDGE.**

I really hope you enjoy this recipe if not for the taste (I really hope you will learn to like it!) but for how you feel afterwards. Please remember to note your mood 20 minutes after breakfast in your Food Journal. 😊 **You can also enjoy this as a post-workout meal.**

Get Creative! Like lime? Add some! Enjoy celery? Throw it in! No cucumbers? Add in zucchini! The sky is the limit with this one. 😊

MEXICAN BREAKFAST “BURRITO”

Sarah Roberts

Why I Make This: I love Mexican flavours, and the protein in the eggs and beans mean I stave off sugar cravings while the avocado means I am getting the fat and fiber I need to stay full for a while.

Serves 1

INGREDIENTS

- 3 eggs
- ¼ teaspoon chili powder
- Pinch cumin
- Pinch Salt & pepper
- ¼ cup black beans
- ¼ avocado, sliced
- 2 tablespoons chopped tomatoes
- Endive, Radicchio or Leaf lettuce leaves (as the “tortilla” for wrapping)

INSTRUCTIONS

MICROWAVE:

1. Grease a coffee mug with coconut oil. Add eggs and seasoning to the cup; beat until blended.
2. Microwave on high power for 45 seconds; stir.
3. Add in black beans and stir again.
4. Microwave until eggs and beans are almost set, about 30 to 45 seconds longer (the eggs continue cooking after you remove them from the heat).
5. When the egg and bean mixture is hot, spoon it onto the lettuce leaf and wrap it into a burrito.

STOVE:

1. In a mug, mix the eggs and seasoning.
2. Pour into a non-stick frying pan, and begin to cook.
3. Add in black beans and finish cooking until eggs are almost set (they continue cooking after you remove them from the heat).
4. When the egg and bean mixture is hot, spoon it onto the lettuce leaf and wrap it into a burrito. **Enjoy!**

YUMMY CHIA PUDDING

Sarah Roberts

Makes 3 large or 6 snack-sized servings

Why I make this: I love the texture of tapioca pudding, but I want the health benefits of chia! Gelatinous foods are great for our digestive tract and help us to remove toxins from the body.

This recipe makes quite a few servings, which is great when we are hungry and need something to satisfy our sweet cravings, without the sugar. I hope you make this and enjoy ☺

INGREDIENTS

- 6 tablespoons of chia seeds
- 3 cups of Homemade Almond Milk (Vanilla or Plain—see both recipes below) or coconut milk (organic, full fat in a BPA free can)
- 1 tsp vanilla extract (if using Plain almond milk) or fresh from the vanilla pod (half a pod).
- 2-3 teaspoons Ceylon cinnamon, to taste.
- Pinch of freshly ground nutmeg to taste, optional.
- Pinch of Himalayan salt.

INSTRUCTIONS

1. Pour Chia seeds into a bowl.
2. Whisk in milk of choice.
3. Add in vanilla (if using) and seasoning.
4. Whisk again for about 15-30 seconds.
5. Cover and allow to sit in fridge at least 20 minutes or overnight.

To Serve: Top with a pinch of cinnamon and a tablespoon of raw or toasted coconut flakes.

NOTE: For a balanced breakfast, eat a ½ to 1 Cup of Chia pudding with an Egg & Veggie Scramble, an omelette, or 1-2 Egg Muffins.

HEMP & CHIA PORRIDGE

Sarah Roberts

Serves 1

Why I make this: For people who are allergic to eggs and don't want to eat leftover dinners for breakfast or have a daily smoothie, here is an alternative. Again, it is not sweet, but it tastes nice. You can make it ahead and eat it cold in the morning, or warm it on the stove. Add in a teaspoon of almond butter, and it gets all melty. I hope you give it a try! ☺

INGREDIENTS

- 1 tablespoon of chia seeds
- 3 tablespoons of hemp hearts
- 1 cups of Homemade Almond Milk (Vanilla or Plain—see both recipes below) or coconut milk (organic, full fat in a BPA free can)
- 1 tsp vanilla extract (if using Plain almond milk) or fresh from the vanilla pod (1/4 to 1/2 a pod).
- 2-3 teaspoons Ceylon cinnamon, to taste.
- Pinch of freshly ground nutmeg to taste, optional.
- Pinch of Himalayan salt.
- 1 teaspoon almond butter, optional, as a topper.

INSTRUCTIONS

1. Pour seeds into a bowl.
2. Whisk in milk of choice.
3. Add in vanilla (if using) and seasoning.
4. Whisk again for about 15-30 seconds.
5. Cover and allow to sit in fridge at least 20 minutes or overnight.
6. Serve with a dollop of almond butter.

NOTE: For a balanced breakfast, try to eat some veggies! I like wilted spinach with lemon juice and a pinch of salt. Simply place a few handfuls of spinach in a frying pan over medium heat. Sprinkle with the juice of ½ a lemon and the salt and stir, allowing to wilt.

HOME-MADE ALMOND MILK

Sarah Roberts

Yields just over 4 cups of almond milk.

Why I Make This: Store-bought almond milk contains carrageenan, a known carcinogen. Although the home-made kind tends to curdle in my coffee, the taste is still nice, so I don't mind. That said, although I rarely bother with it, using guar gum helps prevent this and makes a thicker milk.

INGREDIENTS

- 1 Cup Raw Almonds (organic preferable)
- Water For Soaking
- Fresh Water
- ¼ teaspoon guar gum (optional, for thicker milk)
- Pinch of Himalayan Salt (optional)

INSTRUCTIONS

1. Soak 1 cup of almonds for 6 hours or overnight.
2. Drain. Rinse.
3. Add 3 or 4 cups of fresh water to a blender with soaked nuts
4. Blend on high for one minute (less water makes it creamier).
5. Add guar gum (a natural thickener) and salt, if using, and re-blend.
6. Squeeze through a "nut milk bag" (found at your local health food store) and use in any recipe that calls for milk or almond milk...amazing!!

Optional: Keep the nut pulp for other recipes. I sometimes freeze it in a baggie.

Voila! It is SO tasty and creamy and delicious. Made by you, with love for your body.

You may NEVER buy almond milk again!

HOME-MADE VANILLA ALMOND MILK

Sarah Roberts

Yields just over 4 cups of almond milk.

Why I Make This: I LOVE using vanilla almond milk to make Chia Pudding.

INGREDIENTS

- 1 cup Raw almonds
- Water
- Vanilla pod or Vanilla extract
- ¼ teaspoon guar gum (if using)
- Pinch of salt (if using)

INSTRUCTIONS

1. Soak 1 cup of raw almonds overnight.
2. Strain them, rinse them under water and place them in a blender.
3. Add 3-4 cups of fresh water (less water makes for thicker, creamier milk)
4. Add ½ of a vanilla pod (or 1 teaspoon vanilla extract) and 1 tablespoon coconut oil (optional, but I love the richness it adds).
5. Strain through a “nut milk bag” (found at most health food stores)

EGG & VEGGIE SCRAMBLE

Sarah Roberts

Why I Make This: Eggs are so easy and so versatile. You can add almost anything you like and they still taste great!

Serves 1

INGREDIENTS

- 3 chicken or 2 duck eggs
- Handful of baby spinach, baby kale or other greens
- 3 tablespoons chopped parsley
- 3 tablespoons sliced cherry tomatoes
- 2 sliced mushrooms
- Salt & Pepper to taste

INSTRUCTIONS

1. Whisk eggs and add in vegetables.
2. In a non-stick frying pan over medium heat, pour in the egg mixture and using your spatula, scramble the eggs until almost done.
3. Remove and serve on a plate.

NOTE: The eggs will continue to cook after removing from heat, so be sure not to overcook.

EASY OMELETTE

Sarah Roberts

Serves 1

INGREDIENTS

- 3 chicken or 2 duck eggs
- Handful of baby spinach, kale or other greens
- 3 tablespoons chopped parsley.
- 3 tablespoons sliced cherry tomatoes
- 2 sliced mushrooms
- Salt & Pepper to taste

INSTRUCTIONS

1. Whisk eggs with salt and pepper.
2. In a non-stick frying pan over medium heat, pour in the egg mixture.
3. Allow to cook slightly and then make several “holes” in the mixture using your spatula. Shake the pan a bit. Top eggs with veggies and allow to cook almost all the way.
4. Using your large spatula, and holding the pan on a slight angle, carefully flip the omelette over itself to make a half moon.
5. Allow to cook for a few more moments and remove. Serve immediately.

STEAK & EGG MUFFINS

Sarah Roberts

Makes 12 muffins

Why I Make This: I love a grab-and-go breakfast and it's a great way to use leftover steak! Make these ahead of time. I just eat them cold, but you can warm them in the microwave. Enjoy 2 or 3 as a tasty, protein-rich brekkie on the run!

INGREDIENTS

- 1 tablespoon coconut or avocado oil
- ¼ teaspoon Himalayan salt
- 4-5 mushrooms, thinly sliced
- 6 eggs
- ¼ cup almond milk
- 1 cup baby spinach
- Leftover steak, cut into small pieces

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Use a regular 12-cup muffin pan. Grease well with coconut oil (I have heard liners also work, but I haven't tried as I'm worried they'll stick!)
2. In a large skillet, heat coconut or avocado oil on medium-high heat, and add mushrooms. Season with a pinch of salt until mushrooms soften and release juices.
3. Add spinach to the pan to wilt.
4. In a large bowl, whisk the eggs until smooth. Add almond milk salt and pepper and mix well. Add in spinach and mushrooms into the egg mixture.
5. Add in steak pieces and mix.
6. Ladle the egg mixture into greased muffin cups to ¾ full.
7. Bake for 25 minutes. Remove from the oven and let the muffins cool for 30 minutes before removing them from the pan. **Enjoy!**

NOTES: Be sure to double (or triple!) the recipe so you always have some on hand. Play with the ingredients...chicken, all veggie, anything goes!

Easy Lunch Recipes

The easiest lunches are leftovers from dinner. ☺ Another favourite is just a big salad with chicken, steak, tuna or salmon on top. That said, here are a few of my favourite easy lunches.

YUMMY DEVEILED EGGS

Sarah Roberts

Makes 12 deviled eggs

Why I Make This: I have always loved Deviled eggs, but I am not a fan of mayonnaise. I have made these for guests and they are always gobbled up! They make a great appetizer, snack or lunch with veggies or a salad.

INGREDIENTS

- 12 Eggs
- 2 Tablespoons Dijon mustard
- 2 tablespoons Fresh lemon juice
- 2 tablespoons Olive Oil, approx.
- Salt and pepper
- Paprika (Optional)

INSTRUCTIONS

1. Hard boil eggs (see my method in the **Meal Planning** section)
2. Once cooled, peel and cut the eggs in half, lengthwise.
3. Remove the yolks and place in a bowl.
4. Add Dijon mustard, fresh lemon juice, salt and pepper.
5. Mash together egg mixture with a fork.
6. Slowly drizzle a bit of olive oil while “whisking” with your fork. Once you have the desired consistency, re-fill the eggs and sprinkle a little paprika, if using, on top.

Enjoy!

NOTE: You can also follow this exact recipe, but mash up the egg whites as well, to make **EGG SALAD**. Then fill radicchio and endive leaves with the egg mixture for yummy lettuce wraps!

KABBOULEH SALAD

Kathy Smart

Why I Make This: This is one of my favourite recipes that Kathy shared years ago. It has been a staple in my kitchen ever since. So fresh, so delicious. Thanks, Kathy!

Serves 6

- 1 cup of cooked quinoa (OMIT DURING FIRST 3 WEEKS OF CHALLENGE)
- Juice of 2 lemons and 2 limes
- 2 Tablespoons of olive oil ½ teaspoon of sea salt
- ½ cup each of chopped mint and chopped parsley
- ½ cup chopped red pepper
- ½ cup chopped red onion
- 1 cup of kale, finely chopped

INSTRUCTIONS

Combine all of the ingredients above and gently stir.

Kathy Smart Tip! To make your kale even more tender, place chopped kale in a bowl and drizzle with ½ tsp of olive oil and ¼ tsp of sea salt. Massage oil and salt into kale leaves and allow to sit while you prep salad.

Sarah's Notes: For the first 3 weeks of the Challenge, we avoid quinoa. So, until then, you can either swap the quinoa for riced cauliflower, or simply add additional bitter greens (frisé, fennel, radicchio, mustard greens etc.)

Take this salad to work and enjoy with a leftover chicken breast, steak, or hard boiled eggs/devilled eggs. I also love to add chopped avocado!

TUNA, CHICKEN OR SALMON SALAD

Sarah Roberts

Serves 1 or 2

INGREDIENTS

- Can of tuna or salmon; or, chopped leftover chicken breasts.
- 1 tablespoon Dijon mustard
- Drizzle of apple cider vinegar.
- Cracked black pepper.
- Fresh lemon juice (about half a lemon).

INSTRUCTIONS

1. Drain the tuna or salmon; chop the chicken.
2. In a medium bowl, add Dijon, vinegar, pepper and mash it together with a fork until combined.
3. Add in chopped celery, red pepper, and/or red onion if desired.
4. Serve over a Simple Salad (recipe next), with veggies, or wrapped like a burrito in a radicchio or endive “lettuce wrap”.

Enjoy!

SIMPLE SALAD

Why I Make This: Sometimes the simplest salads make me the happiest. Here is an example. ☺

Makes 4-6 Salads. Serve a family, or make up ahead, don't add dressing, and portion in containers for lunches.

INGREDIENTS

- 2 cups Belgian endive, separated
- 4 cups Radicchio, torn
- 2 cups fris 
- 4 cups torn Boston leaf lettuce
- 1 sliced green onion (whites and greens)
- 1/3 cup extra virgin olive oil
-   cup fresh lemon juice or apple cider vinegar
-   tsp Himalayan salt
-   tsp pepper

INSTRUCTIONS

1. In large bowl, toss together all lettuces and green onion.
2. In a mug, whisk together lemon juice or vinegar, salt and pepper; drizzle in olive oil, whisking constantly.
3. Drizzle a small amount over salad and serve.
4. Enjoy topped with sliced hard boiled eggs, leftover chicken, leftover steak or chick peas (raw or roasted—see recipe in Easy Snacks).

NOTE: If not serving all at once, store dressing in a jar in the fridge.

CHICKEN CAESAR SALAD

Why I Make This: I love a Chicken Caesar as a quick, easy meal. But traditional Caesars usually contain a lot of ingredients we don't want in our bodies.

In this version, we add Radicchio to give us some bitter; we use mushrooms instead of bacon; and we use coconut flakes instead of croutons. I like the addition of red onion, too.

It's also a great way to use leftover chicken breasts. Makes an easy dinner as well. I hope you try it and enjoy!

Serves 4

INGREDIENTS

For The Salad

- One head of Romaine lettuce, washed and dried, torn into pieces
- One head of Raddichio, washed and dried, torn into large pieces
- 6-8 Mushrooms, thinly sliced
- Red onion, sliced (amounts will vary)
- Organic Toasted Coconut Flakes (for garnish)

2-4 Chicken breasts, grilled on the BBQ or baked (See Easy Baked Chicken Recipe in Easy Dinners).

For The Dressing

- 1 raw organic egg yolk (if you are nervous of raw egg, microwave for 10 seconds)
- 1 Tbsp Fresh lemon Juice
- 2 Tbsp Dijon Mustard
- 1-2 cloves fresh garlic, crushed
- 3-4 Tbsp Extra Virgin Olive Oil
- Black pepper

Caesar Salad INSTRUCTIONS

1. In a mug, make dressing by combining egg yolk, Dijon mustard and lemon juice.
2. Crack a bunch of pepper into the mug and mix with a fork.
3. Add in the crushed garlic and stir.
4. Slowly drizzle in the olive oil, whisking vigorously with your fork, stopping the drizzle to combine, then starting again, as necessary until the consistency is thick and creamy, and the taste is tangy.
5. In a large bowl, toss the greens together with the mushrooms and red onion (if using) and add in the dressing. Toss well to coat evenly.
6. Arrange greens on each plate and top with sliced chicken.
7. Garnish with coconut flakes, about ½ -1 tablespoon per salad.

Enjoy!

Easy Dinner Recipes

EASY BAKED CHICKEN

Sarah Roberts

Why I Make This: I always buy several chicken breasts and cook them up to have for several meals during the week.

INGREDIENTS

- Several chicken breasts
- Salt & Pepper or seasoning blend of choice (I like Costco's Kirkland brand "Organic No Salt Seasoning", Herbes De Provence, or Herbamare)
- Olive oil

INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a large Ziploc bag, add the chicken breasts and drizzle a tablespoon or two of olive oil.
3. Add seasoning.
4. Bake chicken for about 20 minutes until juices run clear. Be sure not to overcook as you want it juicy.

PAN SEARED OVEN-ROASTED STEAK, LAMB OR ELK MEAT

Sarah Roberts

I live in a condo, so I can't use a barbecue. I have an indoor grill, but it is a pain to clean! So, this is my favourite indoor method for cooking red meat. I love buying free range, local and organic meats and I find this method makes for the juiciest, tastiest result. I hope you enjoy!

INGREDIENTS

- 2 8-ounce filets of beef tenderloin (filet mignon), lamb chops or elk steaks (elk is lean and delicious with only a *slightly* "gamey" taste unlike venison or bison.)

INSTRUCTIONS

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Season the meat on each side with a pinch of salt and lots of cracked pepper. For lamb, I like to use Herbes de Provence.
3. In a frying pan heated to medium high, sear each side of the tenderloin for one minute.
4. Then, sear the outer edges for 15 seconds, moving on to the next section until the entire outer edge is seared.
5. Place steaks on the baking sheet and bake for 12 minutes for medium-rare. Bake longer for medium or medium-well.
6. Remove from the oven and cover with tinfoil for 10 minutes before slicing or serving.

NOTE: Enjoy with roasted vegetables. With steak, I like cauliflower & broccoli; with lamb, I like roasted fennel & onions and with elk, I like sautéed peppers and onions.
But, be creative and roast up or pan fry any veggies you like!
Enjoy!

“SPAGHETTI” & MEAT SAUCE

Sarah Roberts

Serves 6-8

Why I Make This: I LOVE Italian food. My favourite part about it is the sauce.

I have been playing around for years with tomato sauce recipes and I am almost embarrassed to tell you what I have “created” as the tastiest tomato sauce ever. It is so easy, so fool-proof, it can barely be considered a recipe!

I wanted to create a delicious dish for us to enjoy that combines all the elements of a traditional pasta meal without the sugar or the heaviness that usually accompanies wheat pasta.

So here goes!

Note: Double the recipe to have lots of leftovers.

INGREDIENTS

For the “pasta”

- 4-6 Zucchini
- Salt

For the Tomato Sauce (this is what I was talking about. It is my go-to tomato sauce, so I hope you continue to make it and use it anywhere you would use jarred tomato sauce or pizza sauce).

- Lots of cherry tomatoes (enough to completely cover a baking sheet)
- 1-2 shallots or onions, sliced
- 5-8 cloves of garlic, peeled, left whole or cut in half (if large)
- 1-2 tablespoons Extra Virgin Olive oil (I often use a flavoured olive oil—I like basil flavoured oil)
- Salt & pepper

For the Meat sauce

- 1-2 lbs organic extra lean beef (I buy mine at Costco or the Farmer's market)
- 1 large cooking onion, chopped
- 6 large mushrooms, sliced (or 2 zucchini, chopped, if avoiding mushrooms)
- 1 diced red pepper
- 1 diced green, orange or yellow pepper
- 1 tablespoon oregano
- 1 tablespoon fresh or dried basil
- ½ Tablespoon chili flakes (or more or less, depending on heat preference)
- Good pinch salt & pepper

INSTRUCTIONS

The Tomato Sauce

- 1.Preheat oven to 400°F
- 2.Line a baking sheet with parchment and throw on your tomatoes.
- 3.Peel garlic by shaking vigorously in a jar (or in between two cups/bowls until skins fall away). Throw them on the baking sheet.
- 4.Chop in half if they are large.
- 5.Slice shallots and throw them on as well.
- 6.Drizzle everything with a good tablespoon of olive oil.
- 7.Add a good pinch of salt & pepper.
- 8.Place in preheated oven for about 15-20 minutes, turning the pan half way through and using your spatula to move everything and make sure nothing is sticking or burning.
- 9.Once cooked, remove from oven and allow to cool slightly on the pan.
- 10.Once cooled slightly, pour everything into your blender and blend on high for about 20 seconds. Add water to thin out the sauce and make it go further. Add almond milk for a rosé sauce!

Voila! The easiest, tastiest tomato sauce ever! 😊

NOTE: I recommend making double or triple batches of tomato sauce! You can add some almond milk to it to make a delicious tomato soup. Or, check out the **Stuffed Peppers** recipe that calls for the same sauce.

The “Pasta”

1. Wash and dry zucchini, and make flat, matchstick “noodles” using your Chef’s knife, or, if you have a spiralizer, make “zoodles”.
2. Place zucchini in a strainer over a larger bowl or in the sink.
3. Sprinkle ½ teaspoon of salt over the zucchini and toss to coat.
4. Allow the zucchini to sit for 15-20 minutes to allow excess liquid to drain.
5. After the zucchini has drained, wrap it in a few paper towels and squeeze gently to remove any remaining moisture.
6. Wrap again in fresh paper towels and leave on the counter until ready to cook.

The Meat Sauce

1. In a large frying pan or pot on medium-high heat, add onions and beef.
2. Add a pinch of salt and pepper.
3. Stir to make sure the meat browns evenly and continue cooking until it is fully cooked and the onions are translucent.
4. Remove the mixture from the pan/pot using a slotted spoon. Set aside.
5. In the same pan/pot, sauté the mushrooms until browned. There should be a little bit of residual oil from the beef in the pan if you use extra lean beef.
6. Season mushrooms with salt and pepper and add in the chopped peppers, stirring frequently until softened.
7. Add in the beef mixture and your spices.
8. Pour in the tomato sauce.
9. Stir to combine the sauce. Have a taste and add a pinch of salt or pepper, if needed.

TO COOK THE NOODLES: Melt 1 teaspoon of coconut or avocado oil in a large skillet over medium-high heat. Add the zucchini and cook for 2 minutes.

OPTION 1: Add the sauce to the noodles and toss to coat. Cook for another 2-3 minutes or until heated through, then serve.

OPTION 2: Plate the noodles and cover in sauce.

Serve with a **Caesar Salad** for a Sunday meal! I hope this recipe inspires you to cook without regular pasta and still enjoy the robust flavours and the essence of Italian cooking. **Enjoy!** 😊

STUFFED PEPPERS

Sarah Roberts

Why I make this: Using the meat sauce you made for the “Spaghetti” & Meat Sauce, we can enjoy stuffed peppers in a flash!

Serves 6

INGREDIENTS

- 6 Green peppers
- Salt
- Leftover Meat Sauce
- Leftover Tomato Sauce

INSTRUCTIONS

1. Preheat the oven to 350 degrees F.
2. Bring a large pot of salted water to a boil. Cut the tops off the peppers, and remove the seeds. Cook peppers in boiling water for 5 minutes; drain. Sprinkle salt inside each pepper, and set aside.
3. Stuff each pepper with your meat sauce and place them in a baking dish.
4. Pour tomato sauce over the peppers (recipe found in “pasta” recipe).
5. Bake, covered in tinfoil, for 15 minutes.

Serve with a **Simple Salad** and Enjoy!

CROCK POT CHICKEN

Sarah Roberts

Serves 6

Why I Make This: This recipe is so easy and delicious! I love it, and enjoy coming home to such a yummy smell and dinner being all done. Plus, I love having leftovers! 😊

INGREDIENTS

- 4 cups **total** of veggies (celery, onion, peppers, kohlrabi...)
- Garlic cloves (I use about 5, but the number is up to your taste buds!)
- Olive oil
- Whole lemon (optional)
- Kirkland “no salt” seasoning from Costco (or seasoning of choice or just salt & pepper)

INSTRUCTIONS

1. Roughly chop up veggies and place in the bottom of your crock pot. Toss in a few whole, peeled garlic cloves.
2. Drizzle olive oil over top of the veggies and season with seasoning of choice.
3. Pat whole chicken **very** dry with paper towel and place on top of veggies. **Optional:** Prick a lemon all over and place in the chicken’s cavity for a slightly lemony flavour to your chicken.
4. Cook on high for 6 hours or on low for 8-9 hours.
5. Serve over cauliflower rice and spoon the juices on top.
6. Serve with a simple salad on the side.

Enjoy!

NOTES: I remove the skin once done and discard.

There is no liquid used in this recipe, yet the result is juicy and tender and you will have flavourful juices from the chicken and vegetables!

You can also make a roast chicken in about an hour in the oven, I just prefer the crock pot method.

HOME-MADE THAI GREEN CURRY WITH CHICKEN & CAULIFLOWER

Sarah Roberts

Serves 6

Why I Make This: This is a good “Sunday meal” as it takes some time to prepare, but it is sooo worth it!

We make our own the Thai Green curry paste, as store bought curry paste has sugar and *doesn't even compare* taste-wise.

I LOVE Thai dishes, and it is so comforting to make a big batch of something yummy so you have lots of leftovers.

Serving this over cauliflower rice is amazing. I hope you love it!

INGREDIENTS

- 1 Tbsp coconut oil
- 1 large cooking onion, sliced or chopped
- 1 lb mushrooms, sliced
- A few big handfuls of spinach
- 2 Tbsp Thai green curry paste (home-made recipe below)
- 4 boneless skinless chicken breasts whole or chopped into cubes
- 1 cup chicken stock or broth (or water)
- 1 can coconut milk, organic, full fat
- 4 kaffir lime leaves, whole (you can find these at Asian grocery stores or some grocery stores)
- 1/3 cup cilantro, chopped (optional—I often don't use it)
- 1 large head cauliflower, “riced” (see below).

DIRECTIONS

1. Rice the cauliflower. See method in “Easy Side Dishes”.
2. Make the Thai Green Curry Paste (see below).
3. Heat a large skillet over medium heat.
4. Add the coconut oil and the sliced/chopped onion and sauté for about 5 minutes, until softened and slightly golden.
6. Add in the mushrooms and allow to soften and brown a bit.
7. Add in the curry paste and allow to cook for 2 minutes, stirring constantly.

8. Add the whole or cubed chicken and cook for 1 minute per side.
9. Add the chicken stock, coconut milk, and lime leaves.
10. Cover and simmer over medium-low heat until chicken is cooked through, about 20 minutes.
11. Throw in the spinach and allow to wilt.

To serve, place cauliflower rice in a shallow bowl and place chicken on top, then spoon on the curry sauce and sprinkle with cilantro (if using).

NOTE: When we re-introduce grains, you may choose to serve on top of cooked quinoa but I LOVE it on the cauliflower!

Enjoy!

HOME-MADE THAI GREEN CURRY PASTE

Sarah Roberts Inspired by Jo Pratt's recipe

INGREDIENTS

- 4-6 medium green chillies seeded and roughly chopped
- 2 shallots roughly chopped
- 2 one-inch nubs of ginger (that you already have in your freezer!), grated
- 2 garlic cloves, crushed
- A small bunch of fresh coriander, stalks and roots attached if possible
- 2 Tbsp dried lemongrass
- 1 lime. Juice and zest
- 8 kaffir lime leaves, torn into pieces (found in health food stores and Asian markets. If unavailable, use the grated zest of 1 extra lime)
- 1 Tbsp coriander seeds, crushed (or use coriander powder)
- 1 tsp ground cumin
- 1 tsp black peppercorns, crushed
- 2 tsp Coconut Aminos
- 3 Tbsp olive oil

INSTRUCTIONS

1. Place all ingredients in a food processor until it becomes a paste.

NOTE: You can store it in a jar in the fridge for up to 3 weeks. This quantity is enough for a curry for 8 people.

THAI INSPIRED VEGAN STEW

Sarah Roberts Adapted Kathy Smart Recipe

Why I Make This: Once again, Kathy nails a recipe! I love this veggie option, but see my note below for how to make it with beef or lamb.

INSTRUCTIONS

- 1 Tablespoon coconut oil
- 2 medium onion, chopped
- 2 Tablespoons each of minced garlic and chopped fresh ginger (feel free to grate your frozen ginger!)
- 3 Tablespoons of **Home-made Green Curry Paste** (see above recipe)
- ¼ cup unsweetened almond butter
- 4 cups of a mixture of zucchini, sliced mushrooms and cauliflower florets
- 1 19-ounce can chickpeas, drained and rinsed
- 1 19-ounce can black beans, drained and rinsed
- 2 cups water
- 1 9-ounce can coconut milk
- 4 cups baby spinach or chopped Swiss chard
- Salt & Pepper to taste

INSTRUCTIONS

- 1.Heat coconut oil in a medium sauce pan on medium heat. Add the onions and cook gently until golden brown.
- 2.Add garlic and ginger, stirring constantly for one minute.
- 3.Add curry paste and almond butter, stirring until well combined.
- 4.Add vegetables, chickpeas, black beans stirring well and allowing vegetables to infuse with the flavours of the onions and curry paste.
- 5.Cook for 5 minutes while mixing well.
- 6.Add water and coconut milk, and bring mixture to a simmer.
- 7.Let cook until the vegetables are tender, about 20 minutes.
- 8.Just before serving, add in baby spinach or chard and allow to wilt, cooking for about one minute longer. **Serve stew piping hot.**

Sarah's Note: I have made this several times using beef or lamb. Simply brown cubed meat in coconut oil on medium-high heat, seasoned with salt and pepper. Remove meat and set aside while you continue the recipe as normal. After you add the water, return the meat to the pot and continue the recipe. **NOTE:** Feel free to remove one or both of the cans of beans from the recipe if making with meat.

VEGETABLE FRIED “RICE”

Adapted from The Detoxinista

Serves: 2

A lighter alternative to traditional fried rice!

INGREDIENTS

- 1 whole head of cauliflower, riced. For “rice” method, see “Easy Side Dishes”.
- 2 Tablespoons coconut oil
- 1 cup chopped peppers
- 1 cup chopped zucchini
- 2 tablespoon green onion, chopped
- 2 cups chopped broccoli
- 2 garlic cloves, minced
- 1-1-inch nub of ginger, grated
- 2 whole eggs
- Coconut aminos (this is like soy sauce)

INSTRUCTIONS

1. In a large skillet, sauté the garlic in coconut oil, over medium heat. Add in the peppers and zucchini and a splash of water to prevent sticking, and cook for 5 minutes, or until peppers are crisp-tender and zucchini is cooked. Then add the green onion and egg, which will start to cook quickly.
2. Add in the cauliflower rice, along with a splash of coconut aminos. Stir to combine and heat through, about 3-5 minutes.
3. Serve piping hot!

NOTE: I like to add some protein to this dish and it’s a good one for using up leftover chicken or steak. Simply chop up the meat and add it in at **Step 2**.

TASTY CHICKEN TENDERS

Sarah Roberts

Serves 6-8

Why I Make This: This is a great alternative to unhealthy deep-fried chicken fingers, and kids love them, too!

Serve with **Chili Lime Jicama Sticks**, some **Roasted Veggies**, a **Simple Salad** or some **Kale Chips**.

INGREDIENTS

- 4 8-ounce boneless, skinless chicken breasts
- ¾-1 Cup of almond flour or almond meal (store-bought or homemade)
- 2 tablespoons seasoning blend of choice or just use a pinch each of salt and pepper

INSTRUCTIONS

1. Preheat oven to 425°F
2. Pour the almond flour/meal onto a large plate and add in the seasoning blend of your choice (I like Kirkland “organic no salt seasoning” from Costco).
3. Blend with your hands or a spoon.
4. Pat the chicken breasts very dry (don’t skip this step) and cut into strips.
5. Coat all sides of the chicken in your almond mixture.
6. Place in a single layer on a parchment-lined baking sheet and bake at 425°F for 14-18 minutes, turning once half way through.

Note: “Almond Flour” is blanched (skins removed), raw almonds. “Almond Meal” is raw, ground almonds (skins intact). I like to buy the big bag of almond flour at Costco, or Bob’s Red Mill brand or else in bulk at Bulk Barn. I like making my own almond meal in my food processor and using it in this recipe for extra crunch and fiber.

Note: When I am in a major hurry, I simply slice up one or two chicken breasts, dump some almond meal or almond flour in a Ziploc baggie, add my seasoning and toss in the chicken pieces. I shake it up (like Shake n Bake!) and a teaspoon of coconut oil in a frying pan. Toss the chicken in the pan, and, using tongs, ensure all pieces are separated so that it all cooks evenly. Cook on one side until brown, and flip to cook the other side. Serve with the Simple Salad and you’ve got a delicious, easy meal in minutes!

EASY BAKED SALMON WITH ROSEMARY

Sarah Roberts

Serves 2 plus leftovers

Why I Make This: I love salmon! This recipe is so easy that I can have salmon, cauliflower rice (especially if I had previously “riced” some and have it in the fridge or freezer to heat up) and a salad on the table in under 30 minutes. I love that! This salmon has become a go-to in my kitchen. 😊

INGREDIENTS

- One large Salmon fillet in a Ziploc bag
- 1 Tablespoon Dijon Mustard
- 1 Tablespoon Apple Cider vinegar
- Black Pepper
- 2 Tablespoons Olive Oil
- Fresh Rosemary Sprigs (I freeze fresh rosemary to always have on hand)

INSTRUCTIONS

1. Preheat oven to 375°F
2. Place salmon fillet in a Ziploc bag.
3. Line a baking sheet with parchment paper
4. In a large mug, combine Dijon and vinegar. Add pepper.
5. Slowly drizzle in the olive oil and whisk vigorously.
6. Pour mixture over the salmon. Try to allow it to marinate for at least 20 minutes in the Ziploc bag, but if you don't have time, it still tastes great. 😊 You can also do this in the morning and store in the fridge in a Ziploc bag until dinner time.
7. Arrange salmon on the baking sheet and tear off several individual pieces of fresh rosemary. Place all over the salmon.
8. Bake for about 15-20 minutes, depending on your desired level of doneness (I like it done “medium”) and the size of your fillet.

Serve with cauliflower “rice”, roasted veggies or a salad on the side. **Enjoy!**

NOTE: This can also be done in tinfoil and placed on the BBQ.

MEDITERRANEAN-STYLE SALMON

Kathy Smart

Serves 4

Why I Make This: This is so delicious and a total crowd -pleaser. Even if you hate salmon, please, please try this! Kathy really nailed this recipe. I hope you love it!

INGREDIENTS

- 2 Tablespoons extra virgin olive oil
- 1 Tablespoon fresh lemon juice
- 1 Tablespoon fresh lime juice
- 1 tablespoon fresh garlic, minced
- ¾ Tablespoon dried oregano
- 1 cup cherry tomatoes, cut in half
- 2 shallots, diced (or white part of green onions)
- 1/3 cup black or green olives, pitted & sliced
- 4 salmon fillets

INSTRUCTIONS

1. Preheat oven to 425°F
2. Whisk together olive oil, lemon juice, lime juice, garlic and oregano in a small bowl and mix well.
3. Add sliced cherry tomatoes, shallots and olives. Mix well.
4. Place salmon fillets onto a parchment-lined baking sheet. Spread the olive-tomato mixture onto the salmon, coating it entirely.
5. Bake for 15-20 minutes or until salmon flakes easily.
6. Serve each fillet topped with tomato-olive mixture.

Enjoy!

Note: This recipe works just as well with chicken breasts.

VEGETARIAN CHILI

Adapted slightly from The Detoxinista

Serves 6

INGREDIENTS

- 1 Tablespoon Olive Oil
- 1 large onion, diced
- 5 cloves garlic, minced
- 1 red bell peppers, chopped
- 1 green bell pepper, chopped
- 2 zucchini, chopped
- 3/4 cup chopped celery
- 1 Tablespoon Chili powder
- 3 cups Homemade Tomato sauce (or 1 24-ounce can diced tomatoes)
- 1 (19 oz.) can of kidney beans, rinsed and drained
- 1 (19 oz.) can chick peas (garbanzo beans) rinsed and drained
- 1 Tablespoon ground Cumin
- 1 ½ teaspoons dried Oregano
- 1 ½ teaspoons dried Basil

INSTRUCTIONS

1. Heat oil in a large saucepan over medium heat. Sauté onions and garlic until tender. Stir in green pepper, red pepper, zucchini, celery, and chili powder. Cook until vegetables are tender, about 6 minutes.
2. Stir in tomatoes and beans. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.

Sarah's Notes: To make a meal like this go further, I like to serve a salad on the side. That way, I get more veggies in and I have leftovers for lunches! I serve this just as is or **over quinoa (in Week 4 of the Challenge)** or on cauliflower rice. I also like to eat leftover chili in a lettuce wrap with some avocado slices and sliced black olives or in a "Taco Salad" where I just make a big salad and top it with leftover chili, sliced black olives and sliced avocado. I hope you try it...it's really good!

BEEF or TURKEY CHILI

Adapted from The Detoxinista

Serves 6-8

The vegetarian chili recipe can also be adapted to include meat.

1. Simply sauté the onions and garlic with 1.5 pounds extra lean ground beef or ground turkey, and once cooked, use a slotted spoon to transfer the meat mixture to a separate bowl.

2. Clean the pan of oil and add a drizzle of olive oil back to the pan and begin with sautéing the peppers, and continue the recipe as above.

3. When vegetables are tender, transfer the meat mixture back to the pan and continue with the tomatoes, kidney beans and seasonings. Feel free to omit the chickpeas.

Enjoy!

CREAMY DIJON CHICKEN

Sarah Roberts

Serves 8

Why I Make This: I love this easy, tasty, saucy dish on cold winter nights. It feeds a crowd and makes lots of leftovers. Feel free to double this recipe.

INGREDIENTS

- I use boneless, skinless chicken thighs and I use about 15-20 of them in this recipe.
- 2 tablespoons avocado oil or coconut oil
- 1 pound small shallots (about 12), peeled and halved (if you don't have shallots, any onions will do)
- 5 garlic cloves, peeled and halved
- ¼ cup apple cider vinegar
- 3 tablespoons Dijon mustard
- 1 ½ cups water
- 1 pint cherry or grape tomatoes (or a really good handful) cut in half

INSTRUCTIONS

1. Peel garlic and onions and cut them in half. Set aside.
2. Season chicken with Kirkland no salt seasoning (from Costco) or a blend of your choice (Herbamare is nice) or else just salt and pepper.
3. In a large pot with a tight-fitting lid, heat oil over medium-high heat. Cook chicken thighs until browned, 3 to 4 minutes per side using tongs to turn.
4. Remove chicken from the pot and set aside.
5. Add shallots and garlic to the pot; cook, stirring occasionally, on medium-high heat until slightly softened and golden brown, about 5 minutes. You may need to add a bit more oil.
6. Add vinegar; cook until evaporated, about 3 minutes.
7. Stir in mustard and water; bring to a boil.
8. Return chicken to the pot. Reduce heat to a simmer, cover, and cook until chicken is tender and cooked through, about 20 minutes.
9. Using tongs, transfer chicken pieces to a plate and loosely tent with aluminum foil to keep warm.
10. Add tomatoes to the pot and cook on high until sauce has thickened, 6 to 8 minutes, stirring frequently.

11. On a plate, place a large mound of baby spinach or baby kale and place a few chicken pieces on top. Pour the sauce over the chicken and enjoy!

Notes: This is also nice served on top of cauliflower “rice” or roasted cauliflower, broccoli or Brussels sprouts.

Add a salad on the side as well if you like. This saucy dish is also great served over quinoa, so if you like it, be sure to make this in the **fourth week of the Challenge** when we re-introduce grains!

You can also eat it cold as a yummy lunch inside a lettuce wrap!

Easy Side Dish Recipes

CAULIFLOWER “RICE”

Sarah Roberts adapted from The Detoxinista

Why I Make This: Cauliflower has a fairly mild flavour, so it blends into any dish that calls for grains and yet packs so much more nutrition! I love it and I hope you do, too. I often rice a few heads of cauliflower and freeze it into baggies to always have in hand.

INGREDIENTS

- 1 large head of Cauliflower
- Coconut Oil or Avocado Oil

INSTRUCTIONS

1. Break cauliflower into florets and place in a food processor.
2. Pulse a few times to get “rice”.
3. In a frying pan, melt some coconut oil or avocado oil over medium-high heat and toss in the cauliflower “rice”.
4. Sautee for a few minutes until cooked, add in a pinch of salt and pepper and serve instead of rice or pasta.

Note: I make lots at a time and freeze in Ziploc bags to always have on hand. To cook, simply follow the instructions above, but it will take a bit longer to cook.

ROASTED BROCCOLI & CAULIFLOWER

Sarah Roberts

Serves 2-4

Why I Make This: Roasting veggies brings out their natural sugars and they taste so amazing cooked this way! With absolutely nothing added, these vegetables taste great! Then, I like to dip the veggies in a little flavoured olive oil (like the kind found at specialty olive oil shops).

Or, you can pre-season it as described below. I love roasting just about everything (asparagus, Bok Choy, fennel...) but most often I am doing broccoli or cauliflower. Here's how I do it:

INGREDIENTS

- About 4 cups broccoli or cauliflower (or both)
- Olive or Avocado oil (optional)
- Himalayan Salt & Black Pepper
- Apple cider vinegar (Optional)
- Chili Flakes (Optional)

INSTRUCTIONS

1. Preheat oven to 400°F.
2. In a Ziploc bag, add the florets and drizzle with a bit of olive oil or avocado oil.
3. Season with salt and pepper and shake! I also like to add red chili flakes for a little kick, **optional**. 😊
4. **Optional:** Add in a splash of apple cider vinegar.
5. Shake.
6. On a Parchment-lined baking sheet, pour out seasoned vegetables in a single layer and roast for about 20 minutes. Shake the tray halfway through to move the veggies in order to get even browning.

Note: Cauliflower takes longer to cook than broccoli, but I don't mind the broccoli being well browned, so I often cook them together. 😊

SALT & VINEGAR BRUSSELS SPROUTS

The Detoxinista

Serves 4

Why I Make This: I used to haaaaaate Brussels sprouts but as I got older, I began to love them. This recipe has kicked them up another notch, and now, I can be found eating an entire pan of these! Cruciferous vegetables like broccoli, cauliflower, kale, and Brussels sprouts are known to ward off heart disease...and they taste great!☺

INGREDIENTS

- 2 Tablespoons melted coconut oil
- 1 Tablespoon raw apple cider vinegar
- ½ teaspoon salt
- 1 Pound Brussels Sprouts, halved

INSTRUCTIONS

1. Preheat your oven to 350°F.
2. In a large bowl, stir together the melted coconut oil, vinegar and salt, then add the sliced Brussels sprouts and toss well to coat (don't be afraid to get your hands dirty!)
3. Arrange the coated Brussels sprouts on a single layer on a baking sheet, cut-side facing down, and roast them until golden and tender, 25-35 minutes.
4. Serve immediately.

Note: Serve these with roasted lamb, steak or chicken for a complete meal. You can even use these instead of pasta. Just pour your favourite meat sauce over them!

Easy Snack Recipes

HEALTHY TRAIL MIX

Why I Make This: I love eating raw nuts and seeds as a snack. It provides protein and healthy fats that help me ward off cravings.

- 1 cup raw almonds
- 1 cup raw walnuts,
- 1 cup raw pumpkin seeds
- 1 cup raw sunflower seeds (or any other combination of nuts/seeds)
- Handful Macadamia nuts
- 1 cup toasted coconut flakes

1. In a medium-sized bowl, mix nuts and seeds.
2. Add the macadamia nuts (they are delicious and sweet but very pricey!)
3. Add in the toasted coconut flakes.
4. Mix it all up and portion it into baggies for fast snacks.

TASTY NUT MIX

Sarah Roberts

Why I make this: I love a sweet & spicy snack, but don't want the sugar or oil in store-bought items. Stick to about ¼ cup as a serving size. You can enjoy this snack twice a day while on the Challenge. 😊

INGREDIENTS

- 1 cup raw almonds
- 1 cup raw walnuts and/or pecans
- Handful of raw macadamia nuts
- 1 Tablespoon coconut oil
- 1 teaspoon Ceylon cinnamon
- ¼ teaspoon turmeric
- ¼ teaspoon cumin
- ¼ teaspoon cayenne pepper (or more or less, depending on your desired level of spice)
- ¼ teaspoon salt
- A few cracks of black pepper
- ¼ cup Raw sunflower seeds
- ¼ cup Raw pumpkin seeds
- ½ cup Flaked raw coconut (See note), coconut chips or coconut strips.

Note. You want bigger pieces of coconut; not shredded coconut. I like the “strips” as I like pieces I can pick up easily. If you use toasted coconut chips (as opposed to raw), simply add them in at the end.

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Line a baking sheet with parchment paper.
3. In a large bowl, add nuts (not seeds or coconut flakes yet)
4. Stir with your hands and lay the nut mixture out on the parchment
5. On the stove, melt coconut oil and add all spices. Stir.
6. Pour mixture over nuts and stir to coat. Roast for 8 minutes.
7. At 8 minutes, add the sunflower seeds, pumpkin seeds and coconut flakes to the pan and stir them around.
8. Replace pan to the oven and continue roasting for a few more minutes, being careful not to let them burn (about 5 minutes).
10. Remove from oven, let them cool a bit, and feel free to sprinkle a little more salt or cinnamon if you like. **Store in a sealed container.**

TACO NUTS

Sarah Roberts

Why I Make This: I love Mexican flavours, and the protein and fiber in these nuts helps me feel full and ward off cravings. These nuts are spicy and salty and remind me of a sinful snack...but with zero guilt!

Serves Lots!

INGREDIENTS

- 2 cups mixed nuts **See Note**
- 1 teaspoon chili powder
- ¼ teaspoon salt
- ¼ teaspoon cumin
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- 1 Tablespoon olive oil
- 2 Tablespoons Raw coconut chips (optional)

INSTRUCTIONS

1. Over medium heat, add the nuts to a skillet or frying pan.
2. Then, make your spice blend with all remaining ingredients except the olive oil.
2. Stir occasionally and don't allow them to burn. This should take several minutes. You want them to brown.
3. Once browned, add in the olive oil to coat the nuts.
4. Add in the spice mixture and stir to ensure each nut is coated.
5. Transfer nuts to a parchment-lined pan to cool.
6. Sprinkle on the coconut chips, if using.
7. Enjoy!

Note: I like almonds and pecans, but you can feel free to experiment with all sorts of nuts and seeds!

If adding seeds, do so halfway through cooking so they don't burn.

Pumpkin seeds would be especially delicious in this recipe.

The coconut chips are a very nice addition, too! 😊

Eggnog Nuts

Sarah Roberts

Why I make this: When I was a kid, I was eggnog nuts! ;) But it is just sooo full of sugar that I stay away from it now. That said, I still love the flavours of cinnamon and nutmeg together, and wanted to create a snack for us that would combine both. I have been playing with different ways of making a tasty sweet snack without the sugar. I hope you enjoy!

INGREDIENTS

- 1 egg white
- 1 teaspoon cold water
- 1 cups raw almonds and 1 cup raw pecans
- 1 tablespoon ground Ceylon cinnamon
- ¼ teaspoon freshly grated nutmeg
- ¼ teaspoon of Himalayan salt
- Raw coconut flakes, optional, to add after the almonds are done.

INSTRUCTIONS

1. Preheat oven to 250°F
2. In a large mixing bowl, whisk egg white and water until frothy. This should take about 30 seconds. Add almonds and stir to coat with the egg white/water mixture. Add in the cinnamon, nutmeg and salt and stir again until almonds are well coated.
3. Spread on a parchment-lined baking sheet and bake for 1 hour, tossing the nuts a few times during cooking to prevent burning.
4. Sprinkle with a pinch more salt and cinnamon.
5. Allow to cool for about 10 minutes before taste-testing.
6. Add some raw coconut flakes, if desired.
7. Let cool completely before storing in an airtight container in the fridge.

Enjoy these whenever you are craving a sweet snack but want something better for your body!

YUMMY CHIA PUDDING

Sarah Roberts

Why I make this: I have this as an easy breakfast, but I also eat it regularly as a snack. It's a great mid-afternoon pick-me-up!

INGREDIENTS

- 6 tablespoons of chia seeds
- 3 cups of Homemade Almond Milk (Vanilla or Plain—see both recipes below) or coconut milk (organic, full fat in a BPA free can)
- 1 tsp vanilla extract (if using Plain almond milk) or fresh from the vanilla pod (half a pod).
- 2-3 teaspoons Ceylon cinnamon, to taste.
- Pinch of freshly ground nutmeg to taste, optional.
- Pinch of Himalayan salt.

INSTRUCTIONS

1. Pour Chia seeds into a bowl.
2. Whisk in milk of choice.
3. Add in vanilla (if using) and seasoning.
4. Whisk again for about 15-30 seconds.
5. Cover and allow to sit in fridge at least 20 minutes or overnight.

To Serve: Top with a pinch of cinnamon and a tablespoon of raw or toasted coconut flakes.

Enjoy!

KALE CHIPS

Sarah Roberts

For those times when a salty craving hits, enter kale chips! This is a much healthier alternative to potato chips or popcorn and tastes seriously amazing.

You've probably seen them all over grocery store shelves and at health food stores, but the price tag likely scared you away (I know it does me at \$7 or \$8 for a tiny bag!)

So, although a box of organic kale will run you \$6 or \$7, you'll get about 3 times what you'd find in a bag...and without any coatings or preservatives added in. ☺ These are salty (without the use of very much salt), crunchy, tasty, healthy and addictive! Bet you can't stop at just one! Here's a snack you can seriously get into.

NOTE: The trick to perfect kale chips is that the kale must be **very** dry and it has to be a **sturdy variety** in order to crisp up properly.

Instead of buying kale in bunches and having to wash and then dry it, I usually just buy a box of pre-washed organic **Rainbow Kale** or the **"Kale Blend"** of red, green and Tuscan kale. You don't want the soft-leaf baby kale or other varieties that can't hold up in the oven.

INGREDIENTS

- Two Big handfuls of kale, torn into bite-sized pieces
- One Tablespoon Olive Oil
- Himalayan Salt

INSTRUCTIONS

- 1.Preheat oven to 300°F.
- 2.Throw your two big handfuls of kale into a large Ziploc bag.
- 3.Drizzle 1 tablespoon of olive oil over top and sprinkle a **tiny** bit of Himalayan salt on top (seriously, a little goes a looooong way).
- 4.Then, shake it up!
- 5.Arrange the kale in a single layer on a parchment-lined baking sheet and bake at 300°F for 30 minutes.

You won't believe how tasty these chips are!

CHILI-LIME JICAMA STICKS

Sarah Roberts

Why I Make This: I LOVE jicama! I hope you get into it if you aren't already. ☺ Jicama is sweet and crunchy and absolutely delicious just eaten raw or smeared with almond butter or my **Nutty Ginger Dip**. But here is another fresh and fun way to enjoy it.

INGREDIENTS

- One or two jicama (or more!), peeled, and cut into matchsticks
- 1 lime, juiced
- 1 teaspoon chili powder (or more or less)

INSTRUCTIONS

1. Spread jicama on a platter and sprinkle with lime juice and chili powder
2. Toss to coat and serve cold.

NOTE: Start with cold jicama, so store it in the fridge until ready to use.

ROASTED CHICKPEAS

Kathy Smart

INGREDIENTS

- One 15 oz can of chickpeas, rinsed + drained (make sure to drain REALLY well and dry on a towel.)
- 1 tsp each of chili powder, red pepper flakes and garlic salt
- 1 Tablespoon of olive oil

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Line a baking sheet with parchment paper.
3. Toss chickpeas in a bowl with all the above ingredients and spread on pan
4. Bake for 10 minutes, stir and bake an additional 15 minutes.

Enjoy!

BLACK BEAN DIP

Sarah Roberts

(Recipe Inspired by PopSugar Fitness)

Why I make this: I love Tex-Mex flavours! I enjoy this Black Bean Dip scooped up onto cucumber slices, jicama sticks or celery. It is also great as a Taco Salad Topper along with some Tex-Mex Salsa and/or Guacamole.

INGREDIENTS

- 2 cans black beans, drained and rinsed
- ¼ cup water
- ¼ medium red onion
- 1 large tomato or ½ cup cherry tomatoes
- 2 cloves fresh garlic
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon fresh lime juice
- ½ tablespoon apple cider vinegar
- 1 teaspoon cumin
- ½ teaspoon sea salt
- ¼ teaspoon cayenne pepper

DIRECTIONS

1. Place all ingredients in a high speed blender or food processor and puree until smooth.
2. Transfer the dip to a bowl, add more salt to taste, garnish with a little cilantro, and serve.

NOTE: It can be stored in the fridge, but it tastes best at room temperature and after all of the flavours can marry for a while.

3. Enjoy this dip with sliced cucumbers, spread on cauliflower florets (roasted or raw) or crunchy celery sticks. (Or any other veggie you like!)

TEX-MEX SALSA

Sarah Roberts

Serves 10

Why I make this: I love Tex-Mex flavours! I enjoy this fresh salsa scooped up onto cucumber slices, jicama sticks or celery. It is also great as a Taco Salad Topper along with some Black Bean Dip and/or Guacamole.

INGREDIENTS

- Handful of cherry/grape tomatoes or 3 diced roma tomatoes
- 1-2 jalapeno peppers, stems removed, seeded and diced (add more/less to taste)
- 1 large orange bell pepper, cored and diced
- 1 large yellow bell pepper, cored and diced
- 1 large red bell pepper, cored and diced
- 1 (15-ounce) can black beans, drained and rinsed
- 2/3 cup chopped red onion
- 1 cup chopped fresh cilantro, loosely-packed (or less, depending on taste preference. Can be swapped for flat leaf parsley)
- Juice of 1 large or 2 small limes (about 2 tablespoons)
- 1 clove crushed garlic
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon Himalayan salt

INSTRUCTIONS

1. Combine the tomatoes, peppers, black beans, onion and cilantro (or parsley) in a large bowl.
2. Whisk together the lime juice, garlic, cumin, chili powder and salt until well combined. Pour the juice over the salsa.
3. Toss everything well and allow to sit for at least 20 minutes to allow the flavours to marry. Store in the fridge for up to 3 days.

Easy Dips, Dressings & Marinades

HOME-MADE GUACAMOLE

Why I make this: Avocados are high in monounsaturated fats, fibre and various vitamins. They are excellent when frozen and added to smoothies to create a smooth, creamy texture. They help us ward off sugar cravings and I LOVE guacamole! Plus, it's so easy to make!

Ingredients

- 2 ripe avocados
- ½-1 tomato, finely chopped
- 1 shallot or 2 Tablespoons red onion, finely chopped
- Pinch of salt and pepper, to taste
- 1 clove of garlic, minced
- Juice of 2 fresh limes

Directions

1. Slice each avocado in half, going around the fruit with your knife from top to bottom.
2. Twist to open the avocado. Carefully smack your knife into the pit and twist gently so that you remove the pit. Discard.
3. Scoop out the flesh using a spoon and place in a bowl.
4. Mash with a fork, leaving some avocado chunks.
5. Add all other ingredients and combine. Taste. Adjust seasoning (more lime juice, more salt or pepper etc...).
6. Serve with fresh veggies (cucumber slices, jicama, kohlrabi, celery, broccoli, cauliflower, zucchini, peppers...)

CREAMY DREAMY HUMMUS

Sarah Roberts

Why I Make This: I LOVE hummus. It is creamy and nutty and tasty and satisfying. Tahini is an amazing source of calcium, and the protein in the chick peas makes hummus a satisfying snack. I love to dip all types of veggies in hummus, and even stuff mini peppers with it. Omit the garlic if you are eating it at work and need fresh breath for meetings. It still tastes good...but not *as* good! ;)

INGREDIENTS

- 1 can chick peas (any size, I like Eden's Organic)
- ¼ cup Tahini (Sesame Seed Paste, organic preferred)
- 1-2 cloves of garlic (omit if you can't have garlic breath!)
- ½ teaspoon of salt
- Juice of one lemon
- 1 Tablespoon of olive oil
- Water, if necessary
- Add-ins, if using. See below.

INSTRUCTIONS

1. Drain and rinse chick peas.
2. Add to a food processor or blender.
3. Throw in garlic (if using), ½ tsp of salt and the lemon juice.
4. Purée.
5. While blending/processing, drizzle in a little olive oil at a time and purée until creamy and to a desired taste.
6. Add a little water if necessary, to reach desired consistency.

Notes: Customize your hummus further by adding roasted red peppers (homemade or store bought), caramelized onions, pesto, or ground flax seeds. Get creative!

LIME & SEA SALT AVOCADO HUMMUS

Kathy Smart

Why I Make This: Kathy creates another winning combination by combining two of my favourite things...hummus and avocado! This is seriously delicious.

INGREDIENTS

- 1 (15 oz.) can chick peas, well drained
- 2 medium ripe avocados, cored and peeled
- 3 Tbsp. each of olive oil, fresh lime juice and tahini
- ½ teaspoon of lime zest (just take a lime and grate the peel on a cheese grater)
- 2 cloves garlic, peeled and crushed
- ½ teaspoon each of sea salt, cumin, cayenne pepper and freshly ground black pepper

INSTRUCTIONS

1. Pulse chickpeas, avocados, olive oil, tahini, lime juice, lime zest, garlic and all spices in a food processor until smooth.

Serve with fresh veggies and enjoy!

CREAMY SPINACH ARTICHOKE DIP

The Detoxinista

I LOVE the Detoxinista! Her recipes are always tasty, easy and fool-proof. I slightly adapted this recipe by removing the honey and nutritional yeast.

Makes 2 cups

INGREDIENTS

- 10 oz. frozen spinach, thawed and drained
- 14 oz. can artichokes hearts, rinsed and drained
- 1 roasted red bell pepper, peeled and chopped
- ½ ripe avocado
- 1 garlic clove, or ½ teaspoon garlic powder
- 2 tablespoons fresh chopped basil
- 2 tablespoons fresh lemon juice
- ½ teaspoon salt
- ½ teaspoon onion powder

INSTRUCTIONS

1. Drain the artichokes and spinach well, then add them to the bowl of a large food processor fitted with an S-shaped blade.

2. Add in the rest of the ingredients, and use the “pulse” button to combine into a chunky dip.

Sarah's Note: Enjoy with fresh veggies or stuffed into peppers for a satisfying snack or side dish!

HOME-MADE ALMOND BUTTER

Sarah Roberts

Why I make this: Store bought almond butter is good, but it can get really expensive and home-made is always tastier...made with love!

INGREDIENTS

- 2 Cups whole, natural almonds
- Pinch salt

INSTRUCTIONS

- 1.Preheat oven to 300°F
- 2.Line a baking sheet with parchment paper and cover with almonds.
- 3.Roast for 10-12 minutes, stirring them half way through
- 4.Allow them to cool and place them in your food processor
- 5.Add salt
- 6.Pulse until they start to come together and it becomes creamy (be patient! This can take a few minutes). Use your spatula to scrape down the sides.

Store in a jar in the fridge for up to 2 weeks.

NOTES: For raw almond butter, simply omit the roasting part. 😊

Get creative! Add 2 tablespoons of Ceylon cinnamon for a delicious treat to spread on celery sticks! Or, see the next recipe for one of my favorite way to use almond butter.

NUTTY GINGER VEGGIE DIP

Sarah Roberts

Why I Make This: On the Challenge, we want to make sure we have lots of yummy snacks we can enjoy throughout the day to manage sugar cravings. With its tangy flavour and creamy texture, this dip does the trick!

INGREDIENTS

- ¼ cup almond butter (home-made or store bought)
- 2 teaspoons raw apple cider vinegar
- 1 teaspoon grated fresh ginger (from your freezer!)
- Pinch Himalayan salt
- Good pinch of cayenne pepper (depending on your desired heat level)

INSTRUCTIONS

1. In a small bowl, add the almond butter.
2. Pour in the apple cider vinegar and mix well.
3. Grate in the ginger.
4. Add salt and cayenne.
5. Mix well and enjoy on celery sticks, or smeared onto rounds of jicama...my favourite!

SIMPLE SALAD DRESSING

Sarah Roberts

Why I Make This: So simple, so tasty.

Makes just over ½ cup of dressing.

INGREDIENTS

- 1/3 cup extra virgin olive oil
- ¼ cup lemon juice (about the juice of one large lemon) **or** Apple Cider Vinegar (organic, raw, “with the mother”)
- ¼ tsp Himalayan salt
- ¼ tsp pepper

INSTRUCTIONS

1. In a mug, add lemon juice or vinegar, salt and pepper.
2. Whisk in oil slowly until desired consistency and taste.

NOTES: Make lots of this dressing and store in the fridge for weeks.

I use a tiny bit of my flavoured spicy oil to add a little kick to the dressing!

CAESAR SALAD DRESSING

Sarah Roberts

Why I Make This: Store-bought dressings are full of saturated fat, sugar, salt and a ton of chemicals. Home-made is just SO MUCH BETTER!

INGREDIENTS

- 1 raw organic egg yolk (see note below)
- 1 Tbsp Fresh lemon Juice
- 2 Tbsp Dijon Mustard
- 1-2 cloves fresh garlic, crushed
- 3-4 Tbsp Extra Virgin Olive Oil
- Black pepper

INSTRUCTIONS

1. In a mug, make dressing by combining egg yolk, Dijon mustard and lemon juice.
2. Crack a bunch of pepper into the mug and mix with a fork.
3. Add in the crushed garlic and stir.
4. Slowly drizzle in the olive oil, whisking vigorously with your fork, stopping the drizzle to combine, then starting again, as necessary until the consistency is thick and creamy, and the taste is tangy.

NOTES: To coddle an egg, in this case, means to cook it slightly to kill any bacteria, but leave it runny to use in the recipe. If you are concerned with raw egg (pregnant and nursing mothers may want to coddle the egg), then crack the egg, separate the yolk, and microwave the yolk on high for about 8 seconds.

If you don't own a microwave (I do not), then boil water in your kettle, place the whole egg (room temperature) in a mug and pour hot water over the egg for exactly one minute. Quickly plunge your egg into an ice bath (a bowl of water and ice cubes) and allow to cool for 2 minutes.

Then, follow the recipe as normal by cracking the egg and separating the yolk. Save the egg white to add to an omelette for added protein!

APPLE CIDER VINEGAR DRESSING/MARINADE

Sarah Roberts

Why I make this: This marinade/dressing is so easy, tastes great and whips up in no time with ingredients I always have on hand. This recipe does one large fillet of salmon, 4 chicken breasts or several large salads. It has a nice, velvety consistency.

INGREDIENTS

- 2 Tbsp Apple Cider Vinegar
- 2 Tbsp Dijon Mustard
- 3-4 Tbsp Extra Virgin Olive Oil
- Black pepper

INSTRUCTIONS

1. In a mug, combine Dijon mustard and apple cider vinegar.
2. Crack a bunch of pepper (as desired) into the mug and mix with a fork.
3. Slowly drizzle in about 3-4 tablespoons of olive oil, whisking vigorously with your fork until the consistency is thick and creamy, and the taste is tangy.

NOTE: Store in a mason jar in the fridge. Use this as your go-to dressing throughout the Challenge. Feel free to add spices and play with it!

A FINAL NOTE FROM ME

This is a love letter. From me to you.

If no one has told you yet today, please let me remind you of how *absolutely amazing* you are; just as you are. Right here; right now.

Taking on a Challenge like this takes courage, bravery, strength and a DECISION to make a change in your life.

Well done.

This Challenge is for you, created for you, developed for you, offered for you as an *invitation* to give yourself love.

As the days turn into weeks, the pride and self-respect you will gain will be immeasurable.

So, rather than focusing on what we are *losing*, let's keep our attention on what we are *gaining*.

It feels so much better that way...and it allows us to take this Challenge and use it as a launching point that will help us turn our new-found habits into a lifestyle; consistently choosing behaviours of self-care that send powerful messages to our subconscious that we love ourselves and respect our bodies; habits that show our bodies that we *will love them unconditionally*.

I am so proud to be a part of this Challenge; along this journey with you.

I couldn't ask for better company.

Thank you from the bottom of my heart.

Love,
Sarah