



Recipe Guide

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Clean Eating recipe suggestions. Adapt to suit your preferences!

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BREAKFAST

For the Love of Greens

Serves 1

1 cup water, coconut water or coconut milk
1/2 frozen banana
2 cups greens of your choice (kale, spinach, etc.)
1 scoop collagen powder (I use Vital Proteins)
Ice, optional

Add ingredients to blender. Blend to desired consistency.

Banana Bliss

Serves 1

1 cup water, coconut water or dairy free milk
1 scoop protein powder (I use Garden of Life Organic Plant Protein)
1/2 teaspoon cinnamon
1 tablespoon coconut oil
1 small frozen banana
Ice, optional

Blend to desired consistency.

Morning Pina Colada

Serves 1

1 cup coconut milk
1/2 banana
1/2 cup frozen pineapple
2 level tablespoons coconut oil
1 scoop unflavored protein powder
Ice

Add ingredients to blender. Blend to desired consistency.

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Wild About Berries

Serves 1

1 cup water, coconut water or dairy free milk
1 scoop protein powder (I use Garden of Life Organic Plant Protein)
1/4 cup each strawberries, wild blueberries and raspberries
Juice from 1/2 lemon
1/2 teaspoon vanilla
Ice, optional

Blend to desired consistency.

New York Breakfast Wrap

Serves 2

4 ounces thinly sliced, smoked salmon
1/4 red onion, thinly sliced
1/4 English cucumber, thinly sliced
2 tsp chives
4 lettuce leaves
Salt and pepper to taste

Lay out lettuce leaves. Place 1 oz of salmon in each lettuce leaf. Top with equal amounts of onion, cucumber, and chives. Salt and pepper to taste.

Simple Breakfast Porridge

Serves 1

1/4 cup gluten free oats or quinoa flakes
1 cup water
1/8 cup dairy free milk, optional

optional toppings:

Sliced almonds, toasted
Chopped walnuts or pecans, toasted
1 tablespoon almond butter
1 tablespoon coconut oil
Chopped apples
Cacao nibs

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Coconut flakes
Hemp Seeds
Cinnamon

Cook the oats or quinoa flakes according to directions in water. Once ready, add some dairy free milk to desired consistency. Add desired toppings.

Apple Cinnamon Sweet Potato Delight

Serves 4

1/2 cup coconut oil, melted
2 tablespoons honey
4 small sweet potatoes, peeled and chopped
3 apples, cored, peeled and chopped
2 tsp cinnamon

Preheat oven to 350F. Add apples and sweet potatoes to a 9x13 baking dish. Sprinkle with cinnamon. Pour melted coconut oil and honey over sweet potatoes and apples. Gently stir until everything is coated evenly with the oil and cinnamon.

Bake for 45 minutes or until the sweet potatoes and apples are soft and lightly browned.

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LUNCH

Broccoli Rabe Warm Citrus Salad

Serves 4

1 lb broccoli rabe, cut into 2 inch pieces
1 tbsp olive oil
1 red onion, sliced thin
1 red bell pepper, cut into strips
1 orange bell pepper, cut into strips
1 yellow bell pepper, cut into strips
1/8 tsp crushed red pepper flakes
1 garlic clove, minced
Juice and zest of 1 orange
Salt and pepper to taste

Bring a large pot of water to a boil. Add broccoli rabe and cook for 2 minutes. Drain and set aside. In skillet on medium high heat, add olive oil, onion, peppers, pepper flakes, and garlic. Cook for 2-3 minutes until vegetables soften. Add broccoli rabe. Cook for another two minutes. Add juice and zest of orange. Toss to coat. Salt and pepper to taste.

Mexican Quinoa Salad

Serves 4

1 tbsp coconut oil
1 ½ cups quinoa
3 cups chicken stock
2 tomatoes, chopped
1 can (BPA free) black beans, drained and rinsed
3 tbsp lime juice
1 garlic clove, minced
1 avocado, chopped
4 scallions, chopped
½ cup chopped cilantro
Salt and pepper to taste

Melt coconut oil in large sauce pot over medium heat.

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Add quinoa and chicken stock.

Bring to a boil then leave over low heat for 20 minutes until quinoa is cooked and tender.

When quinoa is room temperature, add the rest of the ingredients and mix well.

Shrimp Stuffed Avocado Salad

Serves 1

Salad Ingredients:

1 small tomato, chopped
1 tbsp red onion, finely diced
1 scallion, sliced thinly on the bias
½ red bell pepper, finely diced
1 tsp parsley, chopped
3 oz shrimp, chopped
1 avocado, halved and seeded

Dressing Ingredients:

1 garlic clove, minced
1 tsp Dijon mustard
1 lemon, juiced and zested
2 tbsps olive oil
Salt and pepper to taste

Combine first six salad ingredients in a bowl. Toss and set aside. In another bowl combine dressing ingredients whisking until oil is emulsified.

Pour dressing into crab mixture and combine well.

Scoop shrimp mixture into avocado halves.

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Tasty Lunch Scramble

Serves 2

1 tbsp olive oil
1 zucchini, chopped
1 red bell pepper, chopped
1 tomato, chopped
4 eggs, beaten
½ tsp oregano
½ tsp paprika
Pinch of saffron
Salt and pepper to taste

In large skillet on medium heat, add zucchini, bell pepper, and tomato.

Sauté until softened. In a separate bowl, mix together eggs and seasonings.

Drizzle egg mixture over vegetables and stir constantly until eggs are set.

Butternut Squash Soup

Serves 4

2 lb butternut squash, peeled, seeded, and cut into 1-inch cubes
6 cups vegetable or chicken stock
1 tbsp olive oil
4 shallots, thinly sliced
¼ cup nutritional yeast
Salt and pepper to taste

Bring stock and squash to a boil in a covered soup pot. Reduce heat to medium and cook for 30 minutes. Remove from heat and let cool while you complete the next step.

In small skillet, bring oil to medium high heat. Add shallot slices. Cook until they start to brown and get crunchy.

Strain and put aside.

Puree squash mixture in blender. Add salt and pepper to taste. Serve topped with fried shallots and nutritional yeast.

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Mushroom Soup

Serves 4

3 tbsp olive oil
1 onion, chopped
1 lb mushrooms, sliced
1 tbsp thyme
1 large garlic clove, minced
7 cups vegetable or chicken stock
1 can (BPA free) cannellini beans or northern beans, drained and rinsed
Salt and pepper to taste

Warm olive oil in large sauce pot on medium heat. Add onion and sauté until tender. Add mushrooms, thyme, and garlic.

Cook for 10 minutes until mushrooms start to release their own juices. Add stock and bring to a boil. Turn down heat to medium and simmer for 30 minutes. Measure out 2 cups of stock from soup pot and place in a blender with the beans.

Puree until smooth then add back to soup pot.

Bone Broth Vegetable Soup

Serves 1

1 tsp olive oil
¼ onion, chopped
1 celery stalk, chopped
1 small carrot, chopped
½ small zucchini, chopped
1 handful kale or spinach
1/8 tsp crushed red pepper
2 cups chicken bone broth
Salt and pepper to taste

Sauté onion, carrot, and celery in olive oil on medium heat until softened. Add in the rest of the vegetables and stir to mix well.

Pour in bone broth and turn heat to medium high. Bring to a slow boil and let cook five minutes.

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Chicken Bone Broth

2 to 3 lbs chicken parts (neck, back, wings, etc.)
2 tbsp apple cider vinegar, with the mother (Braggs, Spectrum, 365)
Enough cold, filtered water to amply cover bones and vegetables
2 to 3 carrots, peeled and roughly chopped
2 onions, roughly chopped
2 to 3 stalks of celery, roughly chopped
2 cloves garlic, whole

Optional: whole peppercorns, Himalayan sea salt, and fresh herbs such as thyme, oregano, parsley

If bones are not from previously cooked meat, I recommend blanching and roasting them prior to making your bone broth. These two easy steps will ensure a more flavorful bone broth.

To blanch raw bones, place them in a pot and cover with cold water. Bring to a hard simmer for 20 minutes. Then remove the bones to a cookie sheet and roast in the oven for 20 to 25 minutes on 375 degrees. This adds depth of flavor. When transferring to your pot, make sure you get all the brown bits from the roasting pan.

Add bones and vegetables to a very large, heavy stock pot and cover completely with cool, filtered water. Add apple cider vinegar and stir. Allow pot to rest for 30 minutes. Turn heat to medium high and bring to a vigorous boil. Skim any scum or foam that rises to the top and dispose.

At this point you have two options:

1. Reduce heat to simmer/low and simmer for 8 to 48 hours
2. Transfer broth to a slow cooker and cook 8 to 48 hours.

Remember, the longer your bone broth cooks, the more flavorful and beneficial it will be.

You may add optional herbs and whole peppercorn when you begin to simmer your broth or during the last 30 minutes of cooking. Add sea salt at the very end.

When ready, remove large bones and vegetables with slotted spoon, then pour remaining broth through a fine mesh strainer. Pour into glass containers (I use canning

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jars), leaving room to add a few ice cubes. This will help to cool the broth quickly and allow you to put it in the refrigerator sooner.

Once completely cooled in the fridge, skim off the congealed fat that rises to the top. Bone broth may be frozen for months or stays well in the fridge up to 5 days.

Do not be surprised if your bone broth has a jello type texture. This is good and means it has lots of healing goodness for your gut!

****NOTE:** Please use the best bones available to you. Organic, pasture raised is preferred for the most beneficial chicken bone broth.

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DINNER

Stuffed Portobello Mushrooms

Serves 2 - 4

Olive oil
1 onion, chopped
1 small zucchini, chopped
1 small carrot, chopped
1 stalk celery, chopped
1 bell pepper, chopped
¼ tsp crushed red pepper
1 tbsp Italian seasoning (recipe below)
2 cloves garlic, minced
1-28 oz can of tomatoes, BPA free
1 egg, scrambled
¼ cup garbanzo bean flour
4 large Portobello mushroom tops
Salt and pepper to taste
Fresh chopped basil

Italian Seasoning:

1 tbsp basil
1 tbsp parsley
1 tbsp oregano
1 tbsp garlic powder
1 tbsp onion powder
1 tsp salt

In a skillet on medium heat add 2 tbsp olive oil, onion, zucchini, carrot, celery, bell pepper, crushed red pepper, Italian seasoning, and garlic. Cook until vegetables start to become tender then add a can of tomatoes. Cook on medium heat until most of tomato juice has cooked out of the bottom of the skillet. Let vegetables cool.

Once cool, stir in egg and garbanzo bean flour. Brush olive oil over Portobello tops, both sides. Place in shallow baking dish. Divide the vegetable mixture and cover the tops of the mushrooms.

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Bake at 350F for 30 minutes. Top stuffed mushrooms with fresh chopped basil when serving.

Pairs well with baked chicken or fish or a simple salad.

Vegetable Curry

Serves 2

1 tsp coconut oil
1 onion, chopped
1 garlic clove, minced
1 tbsp curry powder
1 can coconut milk
1 tbsp tamari
1 tbsp honey
½ tsp salt
1 lb chopped vegetables including bell peppers, carrots, and zucchini

Place coconut oil in sauce pot on medium heat, add onion and garlic. When onions are translucent, add the rest of the vegetables to pot and let sauté for 15 minutes. Add curry, coconut milk, tamari, honey, and salt. Let cook with lid on pot for 20 more minutes.

Cook until vegetables are fork tender.

Pairs well with grilled or baked chicken.

Asian Zucchini Noodle Bowl

Serves 2

Ingredients

1-2 zucchini, spiralized
2 cups vegetables, cut on the bias (carrot, green onions, and celery)
1 cup sugar snap peas
1 tbsp sesame oil
2 cups beef broth
1 large garlic clove, minced
Optional-Add Thai hot chili to sautéed vegetables
Salt and pepper to taste

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Lime and cilantro to serve

Blanch zucchini noodles in boiling water for two minutes, drain then immediately immerse in ice cold water until cooled. Remove from water and place in a mixing bowl.

Sauté vegetables and garlic in sesame oil on medium heat until they start to soften. Add beef broth, then bring to a boil. Divide zucchini noodles in four bowls. Spoon over broth and vegetable mixture.

Serve with a fresh squeeze of lime juice and sprinkle of chopped, fresh cilantro.

Meatless Shepherd's Pie

Serves 2 - 4

8 cups chicken stock
1 head of cauliflower, separated into florets
1 cup lentils, uncooked
3 broccoli crowns, separated into florets
1 egg, beaten
1 tbsp olive oil
1 onion, chopped
2 carrots, chopped
6 celery stalks, chopped
1 tsp thyme
1 tsp sage
Salt and pepper to taste

In large pot, place cauliflower and chicken stock. Bring to a boil and cook with lid off until florets are soft and falling apart. Remove florets, set aside, and add lentils to pot. Reduce temperature to simmer. Let cook for 10 minutes. Add broccoli to lentil pot and cook for another 5 minutes. Drain then set lentils and broccoli aside.

When cauliflower is cooled, place in blender and puree with egg. Add small amounts of chicken stock to puree until it reaches a mashed potato-like consistency.

In skillet, sauté onion, carrot, celery in olive oil for 5 minutes. Add thyme, sage, and salt and pepper. Stir into lentils and broccoli. Pour lentil mixture into baking dish. Then cover with smashed cauliflower.

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Bake for 45 minutes until crust starts to turn light brown.

Braised Greens and Chickpeas

Serves 2 - 4

1 onion, chopped
1 tbsp olive oil
1 bag (approximately 8 cups) of kale, chard, spinach, and/or turnip or collard greens
1 14 oz can (BPA free) tomatoes
1 can (BPA free) chickpeas, drained and rinsed
Salt and pepper to taste

Sauté onion in olive oil until tender. Add greens and cook until wilted. Pour in tomatoes and chickpeas. Cook uncovered on medium heat for 15 minutes. Salt and pepper to taste.

Roasted Jewels

Serves 4

4 beets, washed and trimmed
1 lb carrots, chopped
1 lb Brussels sprouts, cut in half
1 tbsp thyme
3 tbsp olive oil
Salt and pepper to taste

Heat oven to 375F. Put beets in a baking dish and drizzle lightly with 1-2 tsp olive oil. Cover with foil and roast for 30 minutes. While beets cook, peel and chop other vegetables in 1-inch pieces.

When beets have cooked for 30 minutes, remove pan and toss in the rest of the vegetables and olive oil. Sprinkle with salt and pepper to taste. Cook for another 40 minutes.

Remove vegetables and let cool slightly. When beets are cool enough to handle, remove skin and chop.

Toss with vegetables to coat with juices and seasonings.

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Cauliflower Fried "Rice"

Serves 2

½ head of cauliflower
1 tbsp sesame oil
½ tsp minced ginger 1 large carrot, sliced thin on bias
3 green onions, sliced thin on bias
1 clove of garlic, minced ½ bunch of bok choy, chopped into 1" chunks
½ cup mushrooms, sliced
1 celery stalk, sliced thin on bias
1 carrot, sliced thin on bias
1 tbsp sesame seeds
Salt and pepper to taste

Rough chop cauliflower then put in food processor. Pulse until cauliflower has rice-like shape. Heat skillet to medium heat and add sesame oil, garlic, ginger, onion, celery, and carrot. Sauté until onions start to become translucent. Add bok choy and mushrooms.

Cook for five minutes and continue stirring to make sure nothing sticks. If mixture is too dry, add 1 tbsp of chicken broth, or even water. Add cauliflower and cook another 2-3 minutes. Add salt and pepper to taste with a sprinkle of sesame seeds.

Pairs well with sautéed chicken or Lemon Roasted Shrimp if desired.

Lemon Roasted Shrimp

Serves 2

1 lb large, raw, deveined shrimp
2 tbsp olive oil
1 large garlic clove, minced
1 lemon, zested and juiced
Salt and pepper to taste
Parsley for garnish

Place shrimp in mixing bowl. Pour over olive oil and add garlic, lemon zest, and salt and pepper.

Pour shrimp mixture evenly onto lined baking sheet and bake for approximately 3 minutes on 425F. Once shrimp are light pink, remove from oven.

Clean Eating recipe suggestions. Adapt to suit your preferences!

Pour over fresh lemon juice and sprinkle with chopped parsley.

Lemon Garlic Greens

Serves 2 - 4

1 tbsp olive oil
¼ cup chicken stock
1 bag of kale
2 garlic cloves, minced
Juice and zest of 1 lemon
1/8 tsp crushed red pepper
Salt and pepper to taste
¼ cup pine nuts

In skillet over medium heat, add oil, chicken stock, kale, and garlic. Sauté until kale leaves have all wilted. Add juice, zest, red pepper, salt, and pepper. Cook until liquid is gone from skillet. Serve topped with pine nuts.

Pairs well with Spicy Salmon.

Spicy Salmon

Serves 4

4 salmon fillets
½ tsp cayenne
2 tbsp paprika
½ tsp chili powder
½ tsp black pepper
1 tsp garlic powder
2 tsp onion powder
1 tsp salt

Combine all spices and mix well. Gently rub spice mixture onto each side of the salmon fillets. Grill on medium heat for 5 minutes.

Turn and grill an additional 5 minutes.

Clean Eating recipe suggestions. Adapt to suit your preferences!

SWEETS

Yummy Gingered Berries

Serves 2

1 tsp ginger, minced
1 lemon, juiced and zested
2 tbsp coconut oil, melted
¾ cup blueberries
¾ cup raspberries
¾ cup blackberries
¼ cup sliced almonds
Sprinkle of cinnamon

Combine all ingredients and mix well.

Pecan Date Balls

2 cups chopped pecans
10 pitted, dried dates
½ tsp vanilla

Combine ingredients in a food processor and pulse until dough starts to stick together. If dough is still grainy and falling apart, add ½ tsp of water and pulse again. Keep doing this until sticky consistency is reached. Use a tablespoon to scoop out balls.

Roll with your hands until ball shape is formed. Chill and keep refrigerated

Grilled Pears with Ginger Syrup

Serves 4

4 pears
Coconut oil to coat grill pan
1 tsp cinnamon
1 tsp lemon juice and lemon zest

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1 tsp minced, fresh ginger
¼ cup apple juice
1 can coconut milk, refrigerated overnight

Peel, core, and slice the pears. Put in a bowl of cold water with lemon juice. Combine apple juice, ginger, lemon zest, and cinnamon in a small saucepan. Bring to medium high heat and reduce by half.

Remove from heat and set aside. Grill pear slices for 2-3 minutes on medium heat just until fruit starts to soften. Remove and plate. Open coconut milk and carefully scoop out the cream on the top of the can, leaving the liquid in the bottom part of can.

Try not to get any liquid mixed with cream. Place cream in cold metal bowl. Whip until stiff peaks form for a healthy whipped cream.

Drizzle sauce over pears and top with coconut whipped cream.

Fried Bananas

Serves 1

1 banana
2 tsp honey
1 tsp coconut oil
1 tsp coconut milk
Cinnamon to taste

Melt coconut oil in skillet on medium high heat, then add banana slices. Cook until brown on one side. Whisk together honey, cinnamon, and coconut milk.

Pour into skillet over bananas while they cook on second side. Cook for two minutes on medium high heat just until mixture starts to thicken.

Pour into serving dish. Sprinkle with chopped nuts if desired.