

for the love of

CLEAR SKIN

PART A: Clear Skin Recipes





Clear Skin Recipes

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WELCOME!

Welcome and congratulations on taking this huge step for your clear skin and hormonal health! Changing your diet is one of the most powerful things you can do to improve the quality of your life, so bravo to you! Every single day, every single meal, you have the chance to feed your body with the food that will promote endocrine and hormonal function, along with clearing your skin. And this recipe book will help you do just that. I am living proof that it is possible to overcome conditions caused by hormonal imbalances through diet and I know you can too!

LACK OF ENERGY OFTEN SPARKS FROM DEPLETION

When you are lacking essential nutrition and burdened by stress and inflammation, it's hard for your body to rejuvenate and keep up with all the daily demands that it's under.



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HELPFUL TIPS

If your household is anything like ours then it's probably go, go, go from the time you wake up to the time you get home. It feels like you have a million things on your to do list and let's face it, you feel like you don't have time to cook. We get it! So, here are some easy-to-implement tips to help save you time and get you on the road to more home-cooked meals.

CLEAN OUT YOUR FRIDGE MEALS

Just like it sounds! Anything that is in your fridge that is reaching expiration can be thrown into a soup, salad or bowl - beans, grains and veggies included.



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COOKING BEANS

We understand that cooking beans from scratch can seem like a daunting task but they are way easier than you think and a lot easier to digest! All you have to do is soak them for six hours or overnight and then drain them. Place the beans in a heavy pot and add 3-4 cups of water. Bring to a boil and skim off any foam that rises to the top. You can add a few cloves of garlic for flavor and to increase digestibility. Cover and reduce the heat to a simmer, cooking for the suggested time. Beans are done when the middle is soft and easy to squeeze. If you are pressed for time you can use organic canned beans, we like Eden Organic. Just make sure to rinse them well.

1 CUP DRY BEANS

WATER

COOKING TIME

Aduki	4 cups	45-60mins
Anasazi	2-3 cups	60-90mins
Black	4 cups	60-90mins
Black-eyed peas	3 cups	60mins
Cannellini (White kidney beans)	3 cups	90-120mins
Chickpeas (garbanzo beans)	4 cups	120-180mins
Cranberry	3 cups	60-90mins
Fava	3 cups	60-90mins
Great northern	3.5 cups	90-120mins
Kidney	3 cups	60-90mins
Lentils * do not soak	2-3 cups	30-45mins
Lima beans	4 cups	60-90mins
Mung	2.5 cups	60mins
Navy	3 cups	60-90mins
Pinto	4 cups	90mins
Split peas	4 cups	45-60mins



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COOKING GRAINS

Grains are one of the easiest things to prepare! You can pretty much put them in a pot and walk away...what's easier than that!

Try soaking them for up to 8 hours to soften and increase their digestibility. Drain them and cook. If you don't have time to soak them make sure to rinse them well using a fine mesh strainer. Bring the recommended amount of water to a boil and add the grains, cover and reduce the heat to a simmer. Avoid stirring while they are cooking-we know it's tempting! Grains are done when all of the liquid is absorbed.

BATCH COOKING

We're all busy, right? Batch cooking involves preparing larger quantities of basic ingredients at the beginning of the week and using these ingredients as the base for quick and healthy meals throughout the week.

So, what should we batch? The ones that usually take longer to cook, that way meals can come together quickly. Each week batch a grain, a bean, a soup and a sauce so they can be used for the base of your meals all week long. You can easily add fresh cooked veggies and animal protein to these and create many flavorful meals. How about a bean burrito for lunch with some steamed greens or a quick stir-fry over your prepared grains? Use your creativity and find the meals you love!



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HEALTHY CONDIMENTS

Having healthy condiments on hand is a great way for you and your family to personalize every meal. Here's a list of our favorites. Again feel free to experiment and find your favorites! Use organic whenever possible, looking for those with minimal ingredients, additives and processing.

Basic spices

- basil
- cinnamon
- cumin
- curry powder
- garam masala spice mix
- garlic
- ginger
- oregano
- thyme
- turmeric

Salts

- gomasio
- herbamare
- sea salt

Peppers

- black pepper in a grinder
- cayenne
- chili powder
- chili flakes
- paprika
- white pepper

Vinegars

- apple cider vinegar
- balsamic vinegar
- red wine vinegar
- umeboshi vinegar



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Sweeteners

- honey
- maple syrup
- stevia

Nuts and seeds

- nut butters: tahini, cashew, almond, peanut
- nuts: pine, brazil, cashews, walnuts, almonds, pistachios
- seeds: pumpkin, sunflower, black sesame, flax (raw or toasted)

Sea vegetables

- dulse flakes
- nori flakes

Oils

- chili oil
- coconut oil
- extra virgin olive oil
- flaxseed oil
- hot sesame oil
- infused olive oils
- toasted sesame oil

Sauces

- Bragg's amino acids
- hot sauces
- olive paste
- pesto
- salad dressings
- tamari soy sauce
- tomato sauce



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Other

- chutneys
- coconut milk
- grated daikon radish
- ketchup
- mustard
- nutritional yeast
- Parmesan cheese
- pickles
- sauerkraut
- sliced red cabbage
- sprouts: alfalfa, sunflower, mung



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MENU IDEAS

DAY 1

BREAKFAST | Berry Green Smoothie

LUNCH | Spring Chopped Salad with Simple Broiled Chicken

DINNER | Carrot Soup with Brown Rice and Crispy Shallots + Marinated Slaw

DAY 2

BREAKFAST | Grain and Mushroom Scramble

LUNCH | Pilaf with Toasted Almonds + Sesame Shitake & Baby Bok Choy

DINNER | Sautéed Spinach with Garlic and Raisins with Broiled Chicken

DAY 3

BREAKFAST | Oatmeal with Fresh Berries and Toasted Almonds

LUNCH | Broccoli-Leek Soup with Simple Steamed Sautéed Kale

DINNER | Lamb Chops with Mint + Small Bitter Greens Salad + Mock Millet Mashed Potatoes

DAY 4

BREAKFAST | Spinach + Shallot Frittata

LUNCH | Gluten Free Pasta and Spinach with Mint-Pistachio Pesto

DINNER | Salmon En Papillote with Asparagus & Sweet Potato Wedges



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MENU IDEAS

DAY 5

BREAKFAST | Chia-Cherry Smoothie

LUNCH | Asparagus and Cashew Stir-Fry Over Brown Rice

DINNER | Pan-Seared Halibut + Steamed Broccoli with Toasted Hazelnuts and Roasted Garlic

DAY 6

BREAKFAST | Berrylicious Quinoa Breakfast

LUNCH | Broccoli-Leek Soup + Beet & Fennel Salad

DINNER | Bean & Quinoa Chili + Watercress Salad with Avocado & Grapefruit

DAY 7

BREAKFAST | Berry Green Smoothie

LUNCH | Savory Turkey & Quinoa Bowl

DINNER | White Beans with Spinach & Shrimp with Brown Rice



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TIPS TO RESET YOUR CAFFEINE ADDICTION

I have found that when we struggle with our energy, coffee (or other caffeinated drinks) can become a crutch we lean on to help prop us up and keep us going.

Hormonally, this can be trouble as the caffeine can over stimulate an already over stimulated body which can really contribute to MORE fatigue via more hormonal imbalances.

Physically, we stimulate and stimulate our body all day long to make it through the day, and end up tired but wired at the end of the night, commonly not sleeping well. Caffeine can be part of the reason we end up so stimulated at the end of the day.

It doesn't necessarily mean you need to cut it out forever, but sometimes resetting your relationship by cutting it out for 30 days can be really helpful in the sense that it gives you a taste of your true energy levels. It also gives your nervous system a break and an opportunity to calm down a bit which can help repair miscommunications between your brain and your adrenals that often lead to the symptoms of burn out.



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WEENING OFF THE COFFEE THE OPTIONS:

1. Go cold turkey and fight through the withdrawal. The symptoms will be more fierce than option 2, but it's like ripping off the band-aid. Pick a day and go! It gets easier once you get over the initial hump, I promise!
2. Slowly taper down by 1/4 cup every 2-3 days. Often times, withdrawal symptoms can be avoided this way.
3. Use swiss-water decaf, matcha or the recipes provided to help you transition. If you are able to safely sneak in some naps while you adjust, that is a bonus!



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BREAKFAST

Before Breakfast: Drink 1 cup warm water with ½ squeezed lemon

SIMPLE MORNING TONIC

Best enjoyed first thing in the morning on an empty stomach. This simple morning drink will invigorate your insides and help balance things out on a multitude of levels. This simple morning tonic has power and it can change your life

1 cup hot water
juice of half a lemon
1/2 inch of sliced fresh ginger
optional: a tiny bit of honey

PURE, SIMPLE, FRESH.

Just combine everything into your mug and enjoy. Though basic, this gentle tea invigorates the liver and wakes up the digestive system.

Such an amazing way to start the day!



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COCONUT WATER & ALOE ADRENAL COCKTAIL

This soothing beverage nourishes the adrenals with juicy minerals to spark energy while the aloe and l-glutamine quench inflammation and aid in repair of the gut lining. It's also delicious!

- 1 cup coconut water
- 2 tbsp aloe vera gel
- juice from 1/2 a lemon
- 5 grams of L-glutamine powder
- 1 gram of vitamin c powder
- 1/2 tsp cream of tartar powder

In the morning, mix, whisk or blend everything together and enjoy on an empty belly.



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SOOTHING GOLDEN TONIC

This golden tonic is highly anti-inflammatory, liver loving and nerve soothing. Enjoy it in the morning to start your day with goodness, or make it hot and enjoy after a long day to help you wind down.

- 1 cup coconut water
- 2 tbsp aloe vera gel
- juice from 1/2 a lemon
- 5 grams of L-glutamine powder
- 1 gram of vitamin c powder
- 1/2 tsp cream of tartar powder

In the morning, mix, whisk or blend everything together and enjoy on an empty belly.



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CALMING CHOCOLATE MUSHROOM ELIXIR

This drink is creamy, chocolatey goodness. Makes a great dessert Use carob in place of cacao if sensitive to caffeine, or a great morning pick me up. The addition of medicinal reishi mushroom is amazing for stress support and gut health. The addition of medicinal mushrooms is lovely in this recipe, but not necessary at all. This hot chocolate is still perfect with or without them.

1 cup unsweetened nut or coconut milk
1 tbsp raw cacao powder
1 tsp cacao butter or coconut oil
a dash of vanilla extract
a sprinkle of cinnamon
1 tsp maple syrup if desired

Optional:

1/2 cup brewed chaga tea
1 package Four Sigmatic Instant Reishi

Heat over stove top and mix with hand frother or blend every thing in blender .
Enjoy latte style.

* Optional addition: 2 tbsp grass-fed collagen protein.

Serves 1.



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ENERGIZING MATCHA LATTE

Though matcha does contain caffeine, it's about half the amount of a cup of coffee. It's also rich in the amino acid L-theanine which helps promote a sense of "brain calm". This is a great latte to make while tending off coffee and getting over caffeine withdrawal symptoms.

1 cup unsweetened dairy-free milk of your choice
1/2 tsp organic matcha powder
a pinch of sea salt
a dash of vanilla extract

Optional:

1/2 tsp maple syrup or honey if desired
1 tsp coconut oil or MCT oil
1 tbsp grass-fed collagen

Heat over stove top and mix with hand frother or blend every thing in blender .
Enjoy latte style.

Combine on stove top and heat to simmer. Mix with hand frother or blend in blender. This can be enjoyed hot or cold.

Please note: matcha and honey should not be heated excessively !

Serves 1.

**One cup of match has TEN times the antioxidant and nutritional power of one cup of green tea



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CHOCOLATE COCONUT BONE BROTH LATTE

You read that right. This recipe is strange, but it's actually a pretty fun way to get your bone broth in. It's soothing for the body! Chalked full of healing minerals and gut nourishing amino acids, this latté is lovely . . especially for the G.I!

1 cup bone broth
1/4 cup coconut milk
1 tsp cacao powder
1 tbsp honey, maple syrup or stevia
1 tbsp coconut oil, cacao butter, or ghee
a sprinkle of cinnamon

Combine on stove top and heat to a simmer. Mix with hand frother or blend in blender .



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AN ELIXIR FOR THE NERVES

This dreamy combination helps to reduce anxiety and nourish the nerves. Tonifying for the adrenals and blissful for the mind, this tea is a nice way to wind down the day or the perfect thing to sip when feeling anxious.

1 cup lemon balm leaves OR 1 cup
chamomile flowers
1/2 cup organic peppermint leaf
1/4 cup lavender

Mix dry herbs together to make the ultimate "chill blend". Steep 1 tbsp in 2 cups of water slightly cooled boiled water for 10 mins.

You can add a bit of honey if you'd like. Sip slow and envision peaceful places .



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CHOCOLATE COCONUT BONE BROTH LATTE

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1 cup bone broth
1/4 cup coconut milk
1 tsp cacao powder
1 tbsp honey, maple syrup or stevia
1 tbsp coconut oil, cacao butter, or ghee
a sprinkle of cinnamon

Combine on stove top and heat to a simmer. Mix with hand frother or blend in blender .



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MIX & MATCH SMOOTHIE FORMULA

Place all ingredients in a blender, blend until smooth and well combined. If too thick, slowly add more liquid while blender is on low until you get the right consistency.

INGREDIENTS

8 oz. liquid from Liquid Column

2-3 items from Bulk + Nutrition Column

1-3 items from Sweetener + Flavor Column

1-3 items from Superfoods Column

LIQUID	BULK & NUTRITION	SWEETENER & FLAVOUR	SUPERFOOD+ EXTRA OOMPH
water	1/2 cup cooked oatmeal	1/2 frozen banana	2 tbsp ground flaxseeds
coconut water	1/2 cup purèed pumpkin	1/2 cup frozen berries	2 tbsp chia seeds
unsweetened almond milk	1/2 cucumber	1/4 cup frozen mango	powdered greens



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LIQUID	BULK & NUTRITION	SWEETENER & FLAVOUR	SUPERFOOD+ EXTRA OOMPH
coconut milk	3-4 leaves kale, spinach, collard	1 tsp vanilla extract	2 tbsp raw cacao
rice milk	protein/meal replacement powder	1/2 tsp ginger	2 tbsp psyllium husks
	1/2 avocado	1/2 tsp cinnamon	1/4 cup fresh herbs
	1-2 tbsp natural peanut or almond butter	1/4 tsp nutmeg	1 tbsp fresh grated ginger
		1/2 pear/apple	
		lemon slice	



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BALANCED AND ENERGIZING BREAKFASTS

Start your day off on the right foot with the best kind of fuel and you'll feel energized all morning.

BERRY CLEAR SKIN SMOOTHIE

2 cups mixed frozen or fresh berries (*at least half should be blueberries*)

¼ cup spinach or kale (*optional*)

2 cups almond milk

2 tbsp hemp seeds

2 tbsp chia seeds

½ tsp chlorella powder (*can cause acne in some people*)

1 tsp cinnamon

6 drops stevia

Blend all ingredients together in a high speed blender.



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STRAWBERRY GREEN SMOOTHIE

This perfect green smoothie to help you feel balanced, energized and full for the day! Loaded with greens, fibre, plant based protein, healthy fats and enough fruit and almond butter to sweeten without making it a dessert for breakfast. I love using spinach and strawberry, both are low-glycemic real whole foods which help stabilize blood sugar and insulin levels.

1 cup of strawberries (halved)

2 cups of spinach

250ml, almond milk

1 tsp, chia seeds

1 scoop of vegan vanilla protein

1 tbsp, almond butter

Blend all ingredients together in a high speed blender.

SOME ALTERNATIVES TO ADJUST YOUR SMOOTHIE:

Cold water - to thin out texture

Almond Milk - use Coconut Milk

Rotate Spinach - use Collards, Kale, Boston Lettuce

Chia Seeds - use Hemp hearts, Flax Seeds

Strawberries - use different types of berries



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CLEAR SKIN BLAST SMOOTHIE

The ingredients in the clear skin blast smoothie will help reduce the redness and inflammation associated with breakouts.

1 cup frozen strawberries

1 cup papaya

2 tsp. fresh ginger

3 Tbsp. hemp seeds

1 Tbsp. flax seed

1 cup water

½ lime juiced

¼ tsp. cinnamon

⅛ tsp. vanilla extract

Place all ingredients in blender and blend until smooth.



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BERRY GREEN SMOOTHIE

- 1.5 cups of unsweetened almond milk or water
- 1 scoop of protein/meal replacement powder (such as Vega)
- 2 tbsp ground flax seeds
- 1 cup baby spinach or kale (torn off the stems)
- 1/4 cup frozen blueberries
- 1/4 cup frozen strawberries

Place all ingredients in blender and blend until smooth.



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CHIA CHERRY SMOOTHIE

1.5 cups of unsweetened almond milk or water

1 scoop of protein/meal replacement powder
(such as Vega), optional

2 tbsp chia seeds

1/2 frozen banana

1/2 cup frozen cherries

Place all ingredients in blender and blend until smooth.



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BRAIN BOOSTING WALNUT BUTTER & JELLY SMOOTHIE

This smoothie is packed with anti-inflammatory omega 3 fatty acids, which also happens to be pure brain food! Feel free to sub the walnuts for a dollop of nut butter of your choice if you don't have fresh nuts on hand.

1 cup unsweetened nut milk
2 tbsp soaked walnuts
1 tbsp hemp hearts
1 tbsp chia seeds
1 tbsp grass-fed collagen
1/2 cup blueberries
1/2 cup raspberries
a dash of vanilla extract

Combine ingredients in blender and blend well.
Enjoy!



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CINNAMON TOAST CRUNCH SMOOTHIE

1 cup full fat coconut milk
1/2 cup water (if needed)
1/2 tsp cinnamon
1/4-1/2 cup frozen banana
1 tbsp. almond butter
1 tsp chopped ginger root
or 1/2 tsp dried ginger
2 tbsp grass fed collagen protein
1 tsp maca powder (optional)

Combine ingredients in blender, blend well and enjoy!

SMOOTHIE SWAP TIP:

For any of the smoothie recipes that have nut butter, you can always swap coconut butter in its place for those sensitive to nuts!



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LEMON & COCONUT CREAM SMOOTHIE

1 cup milk of your choice

1 tbsp coconut butter

1/2 a lemon peeled

a bit of lemon zest

a little bit of honey

a dash of vanilla extract

a bit of sea salt

2 tbsp collagen protein powder or vanilla/natural protein powder of your choice

Combine ingredients in a blender .

Blend well and enjoy!

Serves 1.



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RECOVERY GREEN SMOOTHIE

- 1 cup full-fat coconut milk & 1 cup of water
- 1 tablespoon coconut oil
- 1 tbsp grass-fed collagen protein powder
- 2-3 tbsp of lemon juice
- 1/2 cup frozen organic berries
- 1 cup of organic greens
- 1 teaspoon acerola cherry powder (optional)

Combine ingredients in a blender .

Blend well and enjoy!

SMOOTHIE SWAP TIPS:

In any of your smoothie recipes feel free to add additional fiber in the form of chia or ground sprouted flax. Just note this will thicken your smoothie and might not be ideal if you are packing your smoothie to go-to drink at a later time.



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ORANGE CREAMSICLE SMOOTHIE

1 cup coconut milk

1 large orange

1/4-1/2 a banana

1 tbsp coconut oil or coconut butter

1 tbsp honey (optional)

2 tbsp hemp hearts

A sprinkle of sea salt

Dash of vanilla extract

1 tbsp grass fed collagen protein or 1 scoop vanilla or natural protein powder

Optional 1 scoop of L-glutamine powder

Combine ingredients in a blender .

Blend well and enjoy!

SMOOTHIE SWAP TIPS:

Optional: you can omit the banana and honey and use 1/2 cup of fresh orange juice instead if you want.



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CHOCOLATE MACA ENERGY BOOSTER

1 cup unsweetened dairy-free milk of your choice

1 scoop chocolate or vanilla protein powder

1 tsp coconut oil

2 tbsp hemp hearts

1/2 tsp maca powder

1 tbsp raw cacao or carob powder

Dash of vanilla extract

a sprinkle of sea salt

1/2 tsp maple syrup or honey if desired

Combine on stove top and mix with a hand frother or blend in blender

This can be enjoyed hot or cold.

Blend well and enjoy!

*Optional addition: 1 tbsp grass-fed collagen protein in place of protein powder mentioned above.

SMOOTHIE SWAP TIPS:

Optional: The maca is a nice addition for hormones and energy but is a super food and not required. The recipe still tastes real delicious without it



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CHOCOLATE STRAWBERRY DIP SMOOTHIE

1 cup unsweetened dairy-free milk of your choice

1 scoop protein powder

1 tbsp coconut oil

1 tbsp raw cacao or carob powder

1 cup organic strawberries

Dash of vanilla extract

a sprinkle of sea salt

1/2 tsp maple syrup or honey if desired

Combine ingredients in a blender.

Blend well and enjoy!



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GINGER BEET SMOOTHIE

Beets contain betalin pigments which help support Phase 2 liver detoxification. They are amazing for helping to purify the blood and are a great source of adrenal loving Vitamin C.

2 cups of water

1 tbsp coconut oil

1 cup of berries

1 beet cooked or raw

1 inch of ginger

2 tbsp hemp hearts

dash of cinnamon

2 tbsp collagen protein (optional)

Combine ingredients in a blender.

Blend well and enjoy!



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BLUEBERRY SMOOTHIE BOWL

This blueberry bowl is one of my favorite summer breakfasts. It tastes like a soft serve ice cream sundae but with healthier ingredients of course!

SMOOTHIE BOWL

¼ cup chia gel* (or water)
3 Tbsp. hemp seeds
1 frozen banana**
1 cup frozen blueberries
1 tsp. nut butter

TOPPINGS

strawberries
coconut flakes
chopped nuts
cacao nibs

1. Place all smoothie bowl ingredients in a blender, and blend on high until smooth.
2. Pour into a bowl. Top with your favorite toppings.

RECIPE NOTES

*To make chia gel add 2 Tbsp. chia seeds to 1 cup of water and store overnight or let it sit for at least 10 minutes. Reserve the rest for future smoothies, chia gel stores in the fridge in an air-tight container for up to a week.

**Peel a banana, break it in half, and put in a ziploc bag in the freezer at least overnight, or up to a few weeks to make your smoothie extra creamy and delicious.



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ANTIOXIDANT POWER BLAST BOWL

Consider this nature's Fruitloops! It's like a grain free, nutrient dense "cereal".

1 cup chia pudding, coconut yogurt, protein-enhanced nut milk or smoothie of your choice

1/2 cup of mixed berries

1 tbsp coconut flakes or coconut chips

1 tbsp hemp hearts

1 tbsp chopped nuts of your choice

Using your chia pudding (or smoothie as a base) add the rest of your ingredients on top.

Make it pretty and dig in!

Feel free to add protein powder of your choice into the pudding for more of a boost. This is a great recipe to get creative with... just mind your portions with the sweet stuff!

To make this REBALANCE PLAN friendly, use coconut yogurt.



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MIX & MATCH OATS FORMULA

GRAINS	SWEETNESS	NUTS + SEEDS	EXTRA OOMPH
oats quinoa rice	apple dices banana slices dried coconut dried cranberries maple syrup raisins raw honey	chopped nuts toasted seeds	1 tbsp grated ginger 2 tbsp ground flaxseed 2 tbsp chia seeds
SPICES + SEASONING		CREAMINESS	
cinnamon ginger nutmeg sea salt		almond milk coconut milk	



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

THE SHORTCUT METHOD

Steel cut oats take longer to cook than regular oatmeal (about 30 minutes) but, there's a trick.

Night before: Bring water to a boil, add oats and stir. Turn off the heat and cover. Go to bed!

Next morning: When you get up the oats will have been slowly cooking all night—all you have to do is heat it up!

Add a cup of cooked oats to a bowl (or Tupperware to bring to work). Mix in any toppings you desire.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

STEEL CUT OATMEAL BOWL

This recipe is super energizing and hearty. However, it does contain a grain - oats! If you have leaky gut or have trouble with grains, I recommend substituting chia pudding in for the oats.

- 1 cup steel cut oats
- 1 cup coconut milk
- 2 cups water
- A splash of vanilla extract
- Cinnamon
- 2 tbsp cashew butter
- 1 cup mixed berries
- 4 tbsp hemp hearts

Bring your milk + water to a boil and add in your oats , a pinch of salt , some vanilla and your cinnamon. Simmer the oats for 20-30 mins until oats are soft and chewy.

This makes 2 servings ! 1 serving is 1/2 cup cooked oats.

Top each bowl with 1/2 fruit , a dollop of cashew butter, 2 tbsp hemp hearts and 1/2 cup of mixed berries .



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

OATLESS 'N' OATMEAL

This recipe reminds me so much of the real deal and is perfect for those following a grain-free or paleo diet.

- 3/4 cup milk of your choice
- 3 tbsp chia seeds
- 2 tbsp almond flour
- 2 tbsp coconut flakes
- 1 tsp cinnamon
- a sprinkle of nutmeg
- 1 tbsp of collagen protein powder

Mix everything together in a pot on the stove top. Heat and stir. Remove from heat and add berries and coconut butter (or toppings of your choice)

This makes 2 servings! 1 serving is 1/2 cup cooked oats.

Optional: sweeten with a bit of honey, maple syrup or stevia or monk fruit if desired.

Top with 1/2 cup of organic berries and a dollop of coconut butter and an extra drizzle of milk.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

BASIC BREAKFAST PORRIDGE

1 cup grain from Grains Column

1-3 tbsp of items from Sweetness Column

1-2 tbsp of items from Nuts + Seeds Column

0-2 items from Extra Oomph Column

1-4 items from Seasonings Column (just a dash—less than 1/4 tsp)

1/4 cup of item from Creaminess Column (optional)

1. Bring water and grain to a boil.
2. Add fruit/dried fruit, Nuts+Seeds, “Extra Oomph.”
3. Lower heat to low and cook for 5-7 minutes, or until creamy.
4. Stir in “Creaminess” component if desired.
5. Add sweeteners like raw honey or maple syrup to taste.

NOTE: WATER TO GRAIN RATIOS

- If using uncooked grain, ratio of water to grain is generally 2 to 1. If using cooked grain, ratio is 1:1. Except for Irish/steel cut oats:
- Cooked/leftover brown rice: 1 cup of water for 1 cup of brown rice
- Cooked/leftover quinoa: 1 cup of water for 1 cup of quinoa
- Rolled oats (uncooked): 2 cups water for 1 cup rolled oats (uncooked)
- Irish oats, the ratio is 4 to 1: 4 cups of water for 1 cup of Irish/steel cut oats.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

WARM IRISH STEEL CUT OATS

1 cup gluten-free steel cut Irish oats (such as McCann's*)

4 cups water

1/4 cup chopped nuts of your choice
(walnuts, pecans, hazelnuts, almonds)

1/4 cup dried cherries or raisins

Sprinkle of cinnamon and/or ginger

*McCann's Quick & Easy Steel Cut Irish Oatmeal is a great option if you are really pressed for time. It cooks in 5-10 minutes.

THE TRADITIONAL METHOD

If you don't want to take the shortcut (sucker), here's what you do:

1. Bring water to a boil.
2. Add oats to the boiling water, stirring well.
3. When porridge is smooth and starting to thicken, reduce the heat to a simmer for 30 minutes, stirring occasionally.

Add toppings and serve!



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

OATMEAL WITH FRESH BERRIES & TOASTED ALMONDS

1 cup oats (or leftover brown rice or quinoa)

1 cup water or almond milk

1 tbsp ground flax seeds

1/2 cup fresh blueberries

1/2 cup fresh strawberries, sliced

1/4 cup sliced almonds, toasted

1. Bring oats and water to a boil.

2. Place almonds on baking sheet and toast in toaster oven or oven at 350 degrees until golden brown.

3. Lower heat to medium, add flax seeds, and cook for 5 minutes, or until creamy.

4. Serve topped with berries and toasted almonds



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

BERRYLICIOUS QUINOA BREAKFAST

1 cup of cooked quinoa

1 cup almond milk

½ tsp. cinnamon

1-2 tsp. ground flax seed

1 tbsp. chopped walnuts

Any kind of mixed berries (strawberries, blueberries, raspberries etc)

Bring quinoa, almond milk and cinnamon to a boil. Lower heat and cook for 5 minutes or until creamy. Serve with ground flax seed, walnuts and berries. You can also add additional cinnamon if desired.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

EGG, KALE & MUSHROOM SCRAMBLE

2 tbsp. olive oil

1 cup of mushrooms (your favorite kind), sliced

Sea salt and black pepper

3 cups kale without stems, torn into small pieces

Half an avocado, sliced

2 eggs, beaten

1/2 cup scallions, chopped

Put oil in a large pot over medium heat. When hot, add onions and sauté until soft. Then add mushrooms and sprinkle with salt and pepper. Cook until mushrooms release their liquid, about 5 minutes. Add kale and stir in until it begins to wilt slightly, about 3-5 minutes. Add the eggs and gently stir until they are cooked, 1 to 3 minutes. Sprinkle with scallions and serve.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

SPINACH & SHALLOT FRITTATO

2 shallots, peeled and thinly sliced

2 cups spinach or baby spinach

1/4 cup extra-virgin olive oil

Sea salt

Freshly ground pepper

6 large organic eggs

1. Preheat the broiler.

2. Peel and mince the shallots.

3. Heat olive oil in a nonstick skillet over medium heat. Add shallots and saute until soft. Add spinach and stir until it begins to cook down.

(Or just add leftover steamed or sautéed greens to the pan).

4. Break eggs into a medium bowl, season with salt and pepper lightly, and whisk with a fork until yolks are broken up.

5. Pour egg mixture over the veggies in the skillet. Lift pan and swirl the mixture so it spreads out evenly in the pan. Cook over low heat until eggs are set on the bottom.

6. Transfer to the oven to broil until the top sets and turns golden brown, about 5 minutes.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

EGG N AVOCADO TOAST

Toast isn't a huge part of this program, but sometimes you just feel like a slice. Opt for sprouted organic, whole grains and opt for gluten free grains ideally. This can also be made on a thin slice of toasted sweet potato!

1 slice sprouted whole grain toast of your choice

1 tsp coconut oil

1/2 an avocado

1/2 cup cherry tomatoes

splash of fresh lemon juice

salt and pepper to taste

Melt coconut oil in a skillet , add cherry tomatoes , garlic, and some cumin, and saute until soft and fragrant .

Toast your bread and top with smashed avocado, tomatoes , sea salt and hemp hearts .

* Optional addition: add some kimchi or sauerkraut or a bit of scrambled egg.

*Grain free: use a long slice of toasted sweet potato in place of bread



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

BALANCING SCRAMBLE

Eggs are such a great breakfast. They are a complete and easily absorbable form of protein and are rich in B vitamins and healthy fat. Opt for organic and free-range if you can you'll notice the yolk is darker and more healthy!

2 free-range eggs

2 tbsp full fat organic cream (omit for AIP)

1/2 tsp coconut oil

1/2 an avocado

salt and pepper to taste

Melt coconut oil in a hot skillet . Add onions and tomatoes and saute until nice and soft. Whisk eggs with your milk and add to skillet. Scramble them with veggies of your choice and heat until your eggs are cooked through.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

EGG 'N' KIMCHI

This recipe is one of my favourites. It's just so easy, simple and satisfying. Enjoy your eggs your favourite way, with your favourite veggies with a side of kimchi or sauerkraut.

2 free range, organic eggs cooked however you like them
sprinkle of dried seaweed
2 tbsp of cabbage kimchi
Optional: (1/4 cup of rice or 1/2 cup cauliflower rice)

Cook your egg and drizzle with a bit of sesame oil and salt and pepper. This easy breakfast is very fast, simple and healthy. No song or dance, just satisfying nourishment.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

LOADED BAKED SWEET POTATO BREAKFAST

On a lazy fall morning, try this loaded baked sweet potato recipe. You can pile it high with coconut yogurt, berries, figs, and your favorite superfoods, like dried mulberries or coconut shavings. The options are endless! If you want one of these babies during the week, pre-bake the sweet potato, and then simply reheat in the morning and add your toppings.

SWEET POTATO

2 sweet potatoes (organic)
or 1 large sweet potato,
cut in half crosswise

TOPPINGS

1/2 cup coconut yogurt
2 figs sliced, fresh or dried
1/4 cup blueberries
2 Tbsp dried mulberries
2 Tbsp pumpkin seeds
2 Tbsp coconut flakes
2 tsp date syrup or maple syrup /
coconut nectar (optional)

Preheat oven to 400 degrees Fahrenheit.

Poke each sweet potato with a fork 5 to 7 times all around, to allow steam to escape while cooking. Bake for about 45 minutes, or until a knife or fork easily pierces through to the center. Remove from oven and let cool slightly until easy to handle. Then split down the middle with a knife and use a fork to lightly mash the inside.

To each side of the sweet potato, add a generous scoop of coconut yogurt, then top with fruit, coconut, and seeds, then drizzle with syrup, if desired.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

FRENCH VANILLA CHIA PUDDING

This recipe is anything but basic.. but it does make an amazing base! It tastes great on its own but is my go-to substitute for yogurt.

- 2-3 tbsp chia seeds
- 1 cup of dairy free milk of your choice
- 1/2 tsp vanilla extract
- 1 tbsp maple syrup
- a pinch of sea salt
- a sprinkle of cinnamon

Stir everything together in a bowl and let sit for 15 minutes or so. If you need to adjust the consistency, just remember to add more liquid if it's too dry or more seeds if it is too liquidy. Once absorbed, it will have a similar consistency to rice pudding.

Optional addition:

2 tbsp grass-fed collagen protein or a scoop of L-glutamine powder.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

STRAWBERRY SHORTCAKE CHIA PUDDING

This is breakfast also makes one awesome dessert! I love to make a big batch in the blender and dish some out into a mason jar with some toppings to bring for a really satisfying on-the-go snack.

1 cup fresh or frozen strawberries

1/2 tbsp lemon juice

1/2 cup of coconut milk

1/2 tsp of vanilla

1/2 cup of chia seeds

1 tsp of honey

Combine everything in food processor. This can be made the night before, just blend and store in the fridge overnight. Before serving, top with things like shredded coconut, cacao nibs, berries, chopped nuts or seeds!



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

CLEAN CARBS: ENERGIZE WITH VEGGIES

Using vegetables as our main source of energy, these savory recipes will help nourish your tired adrenals in the most nutrient dense and delicious way possible. Pick one or two and pair it with a protein option that feels right!

LEMON & ROSEMARY SALTED ASPARAGUS

Asparagus is a great source of B-vitamins, which are some of the first nutrients used up in our body during times of stress. The root of asparagus racemosus is more commonly known as "Shatavari" which is commonly used for hormone balancing support!

1 bunch of asparagus, washed and trimmed
2 tbsp olive oil
4 sprigs fresh rosemary
juice of 1/2 a lemon
1/2 a lemon cut into slices
sea salt

Set your oven to 425 and line your asparagus on a baking pan on some parchment paper.

Drizzle with olive oil and season with lemon juice, sea salt and pepper. Lay lemon slices and fresh rosemary on top of asparagus and roast for 15-20 mins.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

CUMIN & GARLIC ROASTED CHERRY TOMATOES

Cumin is a great herb for combatting stress in the body. It is rich in minerals and a potent antioxidant. Studies have shown that cumin can help reduce the effect certain stressors have on the body, while also supporting memory and cognitive function.

20 oz cherry tomatoes, halved

2 tbsp olive oil

6-7 cloves of minced garlic

1 tsp ground cumin

1 tsp sea salt

cracked black pepper to taste

Set oven to 375. Toss your halved tomatoes in a bowl with the rest of the ingredients. Bake for 25 mins until tomatoes are soft and juicy!

I love having these around to throw into salads, Buddha bowls, or anything else. You can use big tomatoes instead of cherry and also blend with coconut milk for a really simple and delicious soup.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

NAKED ZUCCHINI NOODLES

Zucchini noodles can be eaten raw or cooked. They are a great low carb option that can help control insulin spikes and help control blood sugar levels when you sub them in the place of noodles in traditional pasta recipes .

few large zucchinis

some salt and pepper

a good drizzle of avocado oil (or olive oil)

Using a spiralizer, spiralize your raw zucchini. Season with some avocado oil and salt and pepper. If you don' t have a spiralizer you can use a vegetable peeler to peel your zucchini into noodle like strips - think fettuccini style!

This is the most basic version of this recipe. It makes the perfect base for dressings and sauces. To cook them, sautee with a bit of oil or ghee with herbs and spices of your choice until they are soft and noodle like.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

TOASTY TURMERIC CAULIFLOWER

Cauliflower is not only an amazing source of fiber, but it is also rich in antioxidants that support both Phase 1 and Phase 2 liver detoxification. The combination of cauliflower, turmeric and cilantro not only taste incredible but is so detoxifying as well!

1 cauliflower chopped into florets

1/4 cup olive oil

6 cloves of garlic

1 tbsp turmeric

1 tsp sea salt

1 tsp black pepper

Garnish: chopped cilantro

Set oven to 425. Combine all ingredients in large bowl and toss well so that the cauliflower is evenly coated with oil and spices.

Transfer to parchment lined baking tray and bake for about 25 minutes until slightly browned and tender.

This dish pairs really well with the Lemon Tahini Drizzle!



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

NAKED CAULIFLOWER RICE

Feel free to try making this rice with daikon or jimica, they are great substitutes! Cauliflower rice can be used in recipes in the place of rice, not only does it cook much more quickly than rice, it absorbs the flavor of whatever you cook it with, but it's much more blood sugar friendly!

1 head of cauliflower

Roughly chop your cauliflower and "rice it" using the shredding blade of your food processor or pulse with the chopping blade.

Alternatively, you can use a box grater and rice your cauliflower by hand. Refrigerate or freeze until ready to use/cook.

So easy, healthy and versatile! From burrito bowls to dirty rice or curry, this recipe has got your back!

To cook, just toss with some oil or ghee, add herbs and minced garlic to give your cauliflower rice some personality. I love stir-frying cauliflower rice with a few different veggies and topping it with a poached egg.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

GARLICKY BAKED SWEET POTATO FRIES

Sweet potatoes are a vegetable higher in starch, which can raise your blood sugar levels more quickly and drastically. They should be enjoyed more moderately throughout your adrenal and blood sugar recovery. However, they are a great alternative to regular potatoes. They are one of the best sources of beta-carotene (vitamin A), which is SO skin loving.

2 medium sweet potatoes, cut into 1/4" strips or wedges.

2 tsp avocado oil

6 cloves of garlic, minced

4 tbsp chopped parsley

3 tbsp nutritional yeast (optional)

sea salt and pepper to taste

Preheat oven to 400 degrees and lightly grease pan. In a large bowl, toss potatoes with avocado oil, garlic, salt, and pepper.

Bake for 35-40 mins, tossing a few times, until crisp. Serve and garnish with parsley and nutritional yeast, and enjoy!



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

BASIC ROASTED BEETS

1 bunch of beets, washed, peeled and quartered

2 tbsp olive oil or grass-fed ghee

salt & pepper to taste

Pre-heat oven to 400 degrees. Toss beets in oil and season with salt and pepper .

Line baking sheet with parchment paper and distribute beets evenly across it .

Roast for 35-45 minutes until soft and slightly crisped.

Make a bunch at a time and enjoy them all week long as a colourful addition to your protein or salad topper .



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

BROWN BUTTER & ALMOND GREEN BEANS

Green beans are a great source of detoxifying fiber, nourishing minerals and adrenal loving vitamin C. They are a resistant carbohydrate which is great for blood sugar balance and digestion.

2 lbs of green beans

2 tbsp coconut oil or unsalted grass-fed
butter or ghee

4 tbsp slivered or sliced almonds

sea salt to taste

On med-low heat, melt butter and cook until it starts to brown. At this point, stir in your slivered or sliced almonds. Remove from heat once almonds are nice and toasty. Be careful they do not burn!

In the meantime, steam beans until bright green, tender yet crisp around 7 minutes. Pour butter and almonds over green beans and season with salt.

Enjoy !



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

SKILLET CABBAGE HASH

The addition of bacon makes for an extra nice weekend treat! If opting for this addition, treat yourself to some quality, pasture raised bacon.

- 4 cups of shredded green cabbage
- 2 diced sweet potato or potatoes
- 1 diced tomato or 1 diced red pepper
- 1 onion chopped
- 5 cloves of garlic, minced
- 2 tbsp grass fed butter or coconut oil
- 1 tsp cumin
- sea salt & pepper to taste
- 1/4 cup chopped fresh parsley for garnish
- optional: bacon

Preheat oven to broil and heat oil in an oven-safe skillet on stove top over medium heat (or cook cut up pieces of bacon, remove bacon from skillet and cook hash in bacon grease).

Add onions and saute until translucent. Add garlic, cabbage, and tomato (or pepper) and stir in spices. Cook until soft. Transfer to the oven and place under broiler for about 5 mins until it crisps up. Garnish with a fried or poached egg (delish option) and parsley!



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

VERSATILE BIBIMBAP STYLE VEGGIE BOWL

The concept of this dish is a staple in my house. I often steam some greens and top them with an assortment of roasted vegetables and a protein of my choice. You can top with a dressing that suits your mood and with a little creativity, this is a dish you can rotate in different ways on the regular without getting bored.

Veggies

1-2 cups mixed veggies (raw or roasted)

Base

this can be served on a bed of steamed greens, cauliflower rice or 1/2 cup a whole grain (rice, quinoa or noodles work well)

Sauce

Sauce of your choice! I like adding a bit of sesame oil and just salt, pepper and hot sauce or sometimes I use the lemon tahini drizzle.

This dish is fun because you can use whatever veggies or base you like. You can use raw veggies, sautéed veggies, roasted or steamed. It's a beautiful thing! Traditionally, Bibimbap (a Korean mixed veggie and rice dish is served with kimchi and an egg on top with a spicy red pepper based sauce.

A top-down view of a white bowl filled with a variety of fresh ingredients. The bowl contains sliced chicken breast, cooked quinoa, sliced carrots, avocado, purple cabbage, green leafy vegetables, and pine nuts. The bowl is set on a grey surface with a fork and knife nearby. A slice of blood orange is visible in the top left corner.

Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

Sometimes, I nix the rice and just have this on a bed of sautéed greens . You can get creative and garnish with nuts, seeds, avocado and dressing of your choice.

Other times, I like to have the rice. In traditional Bibimbap style, I will add an egg or some beef and enjoy with a side of kimchi. Delicious memories of my time in Korea!



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

RESTORATIVE PROTEINS

Adequate protein intake is VITAL to adrenal health and hormonal balance. These recipes are easy, clean and will make your mouth water!



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

WHOLE OVEN BAKED CHICKEN WITH GHEE & HERBS AND TATERS

This recipe is easy and classic. It can be whipped up for a quick week day meal or a fancy dinner. Having chicken around makes for easy snacks, soups and meals. Save the bones and use them to make bone broth!

1 whole organic, free-range chicken (giblets removed)

1/4 cup ghee

1 lemon

2 whole heads of garlic, unpeeled

1 cup fresh herbs of your choice

(rosemary, thyme, parsley)

olive oil

salt & pepper

1 onion and any chopped veggies of your choice that you'd like to roast with the chicken. Potatoes are classic.

Let your chicken sit at room temperature for about an hour before prepping for the oven.

Preheat oven to 425.

Line roasting pan with some olive oil. Then put your chopped onions along the bottom along with your unpeeled, whole pieces of garlic.



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In a small bowl, mix 2 heads of minced garlic with ghee and a handful of finely chopped herbs along with some salt and pepper. Mix well and then massage this buttery mixture all over your chicken, including under the skin.

Stuff chicken with your herbs, lemon and the rest of your unpeeled garlic pieces. Tie legs together.

Place your chicken on top of your onions and surround it with your chopped veggies. Drizzle your veggies with a bit of olive oil or quality butter and season everything with some salt and pepper.

Put in oven and roast at 425 degrees for about 1.5 hours . . . until the skin is a deep, golden brown. The juices should run clear when it is done and the internal temperature of the thigh should be 170 degrees.

Alternatively, you can cook this in a slow cooker, on the low setting for 8 hours.

Let rest for about 20 mins before serving.

Enjoy !



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

TURMERIC N' HONEY DRUMSTICKS

8 organic chicken drumsticks

1 tbsp turmeric

2 tsp paprika

2 tsp cumin

2 tbsp olive or avocado oil

2 tbsp honey

salt & pepper to taste

Preheat oven to 400 degrees.

Toss drumsticks in a large bowl with oil and spices. Ensure they are evenly coated.

Bake on a wire rack for 25 mins. Remove and flip chicken and at this point, drizzle a honey glaze across each drumstick. Bake for another 20 mins until cook through and crispy.

3 drumsticks = 1 serving.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

SLOW COOKED BEEF STEW

Stew is such an easy, feel good comfort food. Add your favourite vegetables, make in the slow cooker and freeze a serving or two for a rainy day. I love having this with some cauliflower rice or on its own.

1lb grass fed stewing beef

1 onion, chopped

5 roughly chopped garlic cloves

2 medium sized potatoes (chopped)

2 carrots, chopped

2 celery, chopped

2 tomatoes, diced

3 tbsp tomato paste

2 cups beef bone broth

some bay leaves

1 tsp of dried herbs of your choice (like rosemary, oregano or basil)

salt and pepper to taste

arrowroot starch to thicken

Brown your stewing beef on a hot skillet with a bit of oil. Add everything to crock pot and cook on low for 8 hours.

To thicken, 30 mins before serving make a slurry of 2 tbsp of arrowroot with 2 tbsp of water. Add to stew and stir well.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

MAPLE GINGER SALMON

Fish, especially salmon is such a great source of inflammation quenching omega 3. Incorporating it into our diet a few times a week helps support brain health and helps provide a nice rotation of nutrients in the form of a very easy bioavailable (and delicious) protein source!

4x 4oz (approx.) fillets of wild Salmon

1/4 cup maple syrup

2 tbsp tamari

1 tbsp minced garlic

1 tbsp minced ginger

In a dish, whisk maple syrup, tamari, ginger, garlic and black pepper together to make a marinade.

Cover your fish with marinade and let sit for 30 mins or so.

Bake at 400 for 15-20 mins.

Garnish with green onions and sesame seeds.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

BAKED FISH WITH HERBS & BUTTER

This dish is pure brain food! Choline, found in eggs and salmon plays an important role in supporting energy and brain function. Choline supports the body's process of detoxification and methylation (which is a vital metabolic process) one that is super important to our health and one that happens billions of times per seconds in every cell and organ of our body.

1 egg

1/2 an avocado sliced

3 oz smoked salmon

a few chives for garnish

a dash of black pepper

Optional: a dollop of hummus

Poach an egg.

Arrange avocado on your plate (also delicious on top of some sauteed cabbage), top avocado with smoked salmon followed by your poached egg.

Garnish with black pepper and chives.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

SMOKED SALMON BENEDICT ON AVOCADO

1 can tuna, drained - opt for wild in a BPA free packaging in water

1/2 an avocado, cubed a handful of sprouts or micro greens of your choice

3/4 cup mixed greens

1/4 a sliced red onion

1 handful of cherry tomatoes. halved

salt and pepper to taste

juice of 1/2 a lemon

1 - 2 tbsp olive oil or avocado based mayo

a small handful of chopped, fresh dill

In a bowl combine the vegetables and tuna, drizzle on the olive oil and lemon and garnish with capers and dill.

Limit tuna consumption to occasional because it is high in the heavy metal mercury.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

EASY TUNA SALAD

This simple dish can be made with a nice piece of fish from your local fishery! Opt for a fresh, wild and well sourced cut. Feel free to cook this cedar plank style on the bbq to maximize flavor. A great and versatile dish to enjoy on a summer night with some seasonal veggies.

2x 4oz (approx.) fillets of wild, sustainable fish of your choice
1/4 cup chopped fresh dill
a generous drizzle of olive oil
1 tbsp melted ghee
1 tbsp minced garlic
1 lemon, sliced
salt and pepper

Marinate your fish in a mixture of olive oil, dill, salt and pepper.

Preheat oven to 350.

Line fish with lemon slices.

Bake fish for 15 mins until opaque and flakey.

Drizzle with ghee and an extra squeeze of lemon.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

AVOCADO STUFFED TURKEY BURGERS

1lb ground meat of your choice

1 avocado, cubed

4 cloves of garlic, minced

1 tsp salt

1 tsp black pepper

1/4 cup chopped fresh parsley or cilantro

1/2 tsp cumin

optional: a sprinkle of cayenne pepper or chopped jalapeno

Add everything (except avocado) and mix well with (clean) hands.

Once mixed, add in cubed avocado and fold in gently, be careful not to over mix.

Form into patties.

You can either BBQ these or cook them in the oven or on the stove top as you would a regular burger -- just ensure they are cooked all the way through.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

SLOW COOKED MEATBALLS

Grass-fed beef is significantly higher in anti-inflammatory omega 3 fatty acids in comparison to conventional, grain fed beef. It also contains higher amounts of conjugated linoleic acid (CLA) which is a naturally occurring fatty acid popularly for supporting weight loss and supporting blood sugar levels. Grass-fed beef is more nutrient dense than the alternative and can actually be a very nutritive and reparative food.

- 2lbs of ground grass fed beef
- 1 egg
- 1/4 cup almond flour
- 1/2 onion, minced in food processor
- 5-7 cloves of garlic (also minced in processor)
- 1 tsp dried oregano
- 1 tsp basil
- 1 tsp himalayn rock salt

In a large bowl , combine all the ingredients and mix well with hands until everything is evenly distributed.

Add tomato sauce (homemade or an organic, store bought) to slow cooker and place all your meatballs in it.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

Cook on low for 8 hrs or high for 4 hrs.

Alternatively, you can prepare these and cook them in a 375 degree oven until cooked through-- time will depend based on size.

These are so delicious served over zucchini noodles or spaghetti squash!



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

A HEALING KHICHADI

- 1 cups organic long grain white rice
- 2 cup mung beans
- 1 tsp turmeric powder/2 tsp fresh grated turmeric
- 2 tbsp of minced fresh ginger
- 5 cloves of garlic, minced
- 1 tsp black mustard seed
- 1 tsp cumin powder
- 1/2 tsp coriander powder
- 5 green cardamom pods
- 5 curry leafs
- 1 bay leaf
- 3 cloves
- 2 tbsp organic, grass-fed ghee
- 2 cups of chopped veggies of your choice
(carrots, celery, onion, cabbage, ect)
- 1 cup chopped fresh cilantro

Kitchari, pronounced like kich-ar -ee" is an ancient Ayurvedic detox food. It's used to replenish the ill and as a mono-meal for purifying the body.

Add tomato sauce (homemade or an organic, store bought) to slow cooker and place all your meatballs in it.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

A HEALING KHICHADI

It is a very simple Indian comfort food, made up of a mix of rice and beans. Almost porridge-like, this dish is made with white rice and is specifically designed to be very easy for the body to digest. In Ayurvedic tradition, this meal is used to nourish up infants, as well as the sick and is also used as a mono-diet food during times of cleansing. The soaking of the rice and the mung beans helps make the grains and legumes easier to digest, as do the spices included in this recipe.

Wash rice and mung beans and soak them for at least 8 hours

Rinse grains and drain them before cooking

Heat a large pan over medium heat

Add ghee or coconut oil and all of the spices (except for sea salt and fresh cilantro)

Roast the spices. This will release their essential oils into the ghee or coconut oil.

Add in your rice and mung beans

Toast them for a few minutes

Add water and sea salt

Bring to a boil and simmer for 10 minutes

Reduce heat to low

Add vegetables of your choice

Cover pot



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A HEALING KHICHADI

Cook until rice and mung cooked through (about 20 mins or so)-adding a bit more water as needed and stirring every once and while

Remove from heat and garnish with chopped cilantro & Cashew Cream Raita



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

SUPER EASY BROILED CHICKEN

About 1½ pounds boneless, skinless, white-meat organic chicken (breasts, cutlets, or tenders)

2 tbsp olive oil

Sea salt and pepper

TIP!

A great make-ahead dish for adding to protein to stir-fries, salads, burritos, etc!

I usually make about 4 or 5 at the beginning of the week to use for several days.

1. Season both sides of each chicken breast with salt and pepper.
2. In a large, airtight, plastic bag place chicken and olive oil. Toast to coat and set aside for 10 min or up to 12 hours.
3. Preheat the broiler.
4. Take chicken out of bag with tongs, shake off excess oil, and place on a baking sheet.
5. Broil the chicken very quickly, turning once, cooking no more than 3-5 minutes on each side. To check for doneness, use a thin blade knife and cut through the center—should be white or slightly pink.
6. Let sit on a cutting board, loosely covered with foil, for about 5 minutes to let the juices settle back into the chicken.
7. Serve right away or store in an airtight container for later slicing into a salad, wrap, etc.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

LAMB CHOPS WITH HERB-DIJON MARINADE

Lamb chops, 3/4-inch thick

(1-2 per person)

4 tbsp olive oil

1 tbsp Dijon mustard

2 medium shallots or garlic cloves

1/2 cup fresh mint

1/2 cup fresh Italian parsley

salt and freshly ground black pepper

1. 30 minutes before cooking, place chops in a shallow baking dish.
2. Combine olive oil, mustard, shallots, mint, and parsley in a food processor. Pulse until it becomes a medium-textured paste. Brush each side of chops with the herb-Dijon paste and let marinate at room temperature for about 30 minutes.
3. Preheat broiler (or grill).
4. Place chops in an oven-proof dish and broil (or grill) about 3-4 minutes on each side for medium-rare. Remove from heat, let sit for 5 min to allow juices to settle back in. Serve!



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FOR THE LOVE OF CLEAR SKIN

SALMON EN PAPILLOTE WITH ASPARAGUS & SWEET POTATO WEDGES

1 small sweet potato or yam per person
1 bunch of asparagus
3 tbsp whole grain or Dijon mustard (or mix)
juice from 1 lemon
4 tbsp olive oil, divided
Sea salt
Freshly ground black pepper
1 (6-8 oz) salmon fillet per person

1. Preheat the oven to 450 and line a baking sheet with parchment paper.
2. Slice the sweet potato in half, lengthwise. Slice each half into 5-6 wedges.
3. Add sweet potatoes to medium sized bowl with two tablespoons of olive oil and a pinch of salt.
Toss to coat.
4. Lay potatoes in a single layer on the parchment-lined baking sheet and bake for 10 minutes.
5. Rinse and dry asparagus and snap off the ends
6. In a small bowl, whisk together mustard, lemon juice, and olive oil.
7. Take a second piece of parchment, about 15 inches long, fold in half then unfold.



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8. In the center of one half, layer about 4-5 asparagus spears and sprinkle with sea salt.
9. Place the salmon fillet on top of asparagus, sprinkle with salt and pepper, and spoon on 2 tablespoons of mustard sauce.
10. Fold parchment back over to cover salmon. Starting at the right hand crease, fold the parchment over itself to create a small triangle. Fold that piece over itself and continue folding to create small pleats all the way around the parchment. When you're done, you should have a half-moon or "calzone" shape.
11. Take out the potato wedges, push them to the perimeter of the baking sheet. Place parchment packet in the middle.
12. Lower oven heat to 400 and bake packet and potatoes for another 10 minutes.
13. Remove from oven, slice through the packet—it's ready! Top with more dijon sauce if you'd like.



Clear Skin Recipes

FOR THE LOVE OF CLEAR SKIN

PAN-SEARED HALIBUT WITH TOASTED ALMONDS

1 (4-oz) fillet per person of
wildcaught halibut
1 tbsp unrefined coconut oil or
sesame oil
sea salt and pepper
1/4 cup slivered almonds

VARIATIONS

Replace almonds with chopped
hazelnuts, pecans, or macadamia
nuts..

1. Heat oil in saute pan over medium heat.
2. Sprinkle sea salt and pepper on both sides of each fish fillet.
3. Cook fish on first side over medium heat for 4 minutes.
4. Flip and cook on other side for 3 minutes. While fish is in pan, sprinkle layer of almonds on top.
5. Flip over and cook for 2 minutes. Add almonds on other side.
6. Flip again to cook and toast almonds on other side. Halibut is cooked when fish is flaky and no longer translucent.
7. Take off heat and serve.