






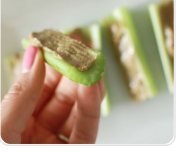


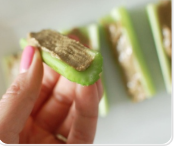
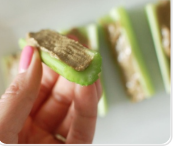
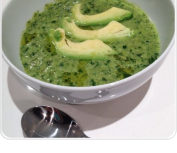


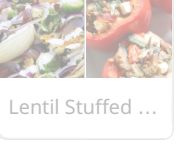

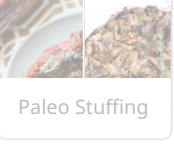

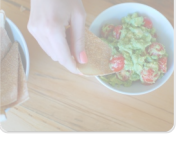
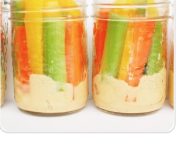





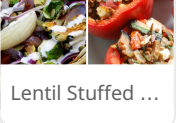

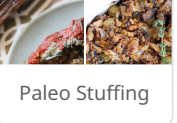



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Breakfast	Ghee or Clarifi... 	Immunity Boo... 	Candida Frien... 	Candida Frien... 	Pumpkin Spice... 	Pumpkin Spice... 
Snack 1	Guacamole wi... 	Celery with Su... 	Celery with Su... 	Hummus Dipp... 	Celery with Su... 	Celery with Su... 
Lunch	Cream of Broc... 	Butter Chicken... 	Slow Cooker S... 	Roasted Winte...  Lentil Stuffed ...	Slow Cooker C... 	Turkey Quinoa...  Paleo Stuffing
Snack 2	Sea Salted Coc... 	Guacamole wi... 	Hummus Dipp... 	Sea Salted Coc... 	Hummus Dipp... 	Grilled Chicke... 
Dinner	Butter Chicken... 	Slow Cooker S...  Cuban Coleslaw	Roasted Winte...  Lentil Stuffed ...	Slow Cooker C... 	Turkey Quinoa...  Paleo Stuffing	Baked Chicken... 

Low FODMAP Diet copy

Fruits

- 5 Avocado
- 6 1/2 Lemon
- 5 1/2 Lime

Vegetables

- 16 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1 head Boston Lettuce
- 3 cups Broccoli
- 3 cups Brussels Sprouts
- 5 Carrot
- 2 heads Cauliflower
- 17 stalks Celery
- 3 cups Cherry Tomatoes
- 1 Cucumber
- 1 Delicata Squash
- 1 bulb Fennel
- 2 French Shallot
- 18 Garlic
- 2 tbsps Ginger
- 1/2 cup Grape Tomatoes
- 8 cups Green Cabbage
- 1 Green Onion
- 6 cups Kale Leaves
- 1 Leeks
- 2.8 cups Parsley
- 6 cups Portobello Mushroom
- 4 cups Purple Cabbage
- 4 Red Bell Pepper
- 3/4 cup Red Onion
- 6 Spring Onion
- 1 bunch Swiss Chard
- 1 tbsp Thyme

Bread, Fish, Meat & Cheese

- 10 Chicken Breast
- 2 lbs Extra Lean Ground Turkey
- 1 cup Hummus
- 1 1/2 lbs Pork Tenderloin
- Whole Chicken Carcass

- 2 Yellow Bell Pepper
- 3 1/2 Yellow Onion
- 1 small Garlic Clove

Breakfast

- 2 tbsps Almond Butter

Boxed & Canned

- 2 cups Coconut Milk
- 2 Coconut Water
- 2 cans Crushed Tomatoes
- 1 can Green Lentils
- 3 cups Organic Chicken Broth
- 2 cups Organic Coconut Milk
- 2 cups Organic Vegetable Broth
- 1.7 cups Quinoa
- 1/4 cup Tomato Paste

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 tbsp Coconut Aminos
- 1/4 cup Coconut Oil
- 1 tbsp Dijon Mustard
- 1.4 cups Extra Virgin Olive Oil
- 1 cup Organic Grass Fed Butter
- 2 tsps Sriracha Sauce
- 1/2 cup Sunflower Seed Butter
- 1/4 cup Tahini
- 3/4 cup Veganise

Seeds, Nuts & Spices

- 1.2 tbsps Black Pepper
- 1/4 tsp Cayenne Pepper
- 1 tsp Celery Seeds
- 2 tsps Chia Seeds
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1 tbsp Curry Powder
- 2 tsps Garam Masala
- 1 1/2 tbsps Garlic Powder
- 3 tbsps Italian Seasoning
- 1/2 tsp Nutmeg
- 1 1/2 tsps Onion Powder
- 2 1/4 tbsps Paprika
- 1/4 cup Pumpkin Seeds
- 1/2 tsp Red Pepper Flakes
- 2 1/3 tbsps Sea Salt

Frozen

- 2 cups Frozen Spinach

Other

- 1 Brown Rice Chips
- 2 servings Protein Powder




2 Sea Salt

Sea Salt & Black Pepper

1 cup Walnuts

Roasted Winter Vegetables with Tahini Drizzle

#dinner #lunch #vegetarian #vegan #paleo #eggfree #glutenfree #dairyfree #nutfree #appetizer #autoimmune

 12 ingredients  45 minutes  4 servings

Directions


1. Preheat oven to 375F. Line two baking sheets with parchment paper.
2. Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
3. Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
4. Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
5. Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

Ingredients

- 1 Delicata Squash (small)
- 3 cups Brussels Sprouts (washed and halved)
- 1 bulb Fennel (coarsley chopped)
- 1/2 cup Red Onion (coarsley chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 cup Tahini
- 1 Garlic (clove)
- 1/4 cup Water
- 2 Lemon (small, juiced)
- 1/4 cup Pumpkin Seeds

Turkey Quinoa Swiss Chard Rolls

#dinner #dairyfree #glutenfree #nutfree #eggfree #slowcooker #lowfodmap #anticandida

 8 ingredients  1 hour  4 servings

Directions



1. Preheat oven to 375F.
2. Add the quinoa and water to a sauce pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 12 to 15 minutes or until all water is absorbed. Turn off heat and fluff the quinoa with a fork.
3. Combine the quinoa, ground turkey, Italian seasoning, paprika, and sea salt and pepper to taste in a medium sized bowl and mix well.
4. Spread a few spoonfuls of crushed tomatoes over the bottom of a large baking dish (just enough to cover).
5. Lay a swiss chard leaf flat on your cutting board and add a few spoonfuls of the turkey/quinoa mixture to the base of the leaf. Roll the leaf while tucking the edges into the roll as you go. Once rolled, place the roll seam-down into baking dish and repeat until all the leaves have been rolled.
6. Cover rolls with the rest of the crushed tomatoes. Cover with a lid or tinfoil and bake for 40 minutes. Remove the lid or foil and bake for an additional 10 minutes uncovered.

Ingredients

- **2/3 cup** Quinoa (uncooked)
- **1 cup** Water
- **1 lb** Extra Lean Ground Turkey
- **2 tbsps** Italian Seasoning
- **1/4 tsp** Paprika
- Sea Salt & Black Pepper (to taste)
- **1 can** Crushed Tomatoes (28 oz. per can)
- **1 bunch** Swiss Chard (washed and stems cut off)

Grilled Chicken Caesar Lettuce Wraps

#lunch #dinner #paleo #eggfree #glutenfree #nutfree #appetizer #barbecue #anticandida #elimination #autoimmune

 13 ingredients  40 minutes  4 servings

Directions



1. Preheat the grill over medium heat.
2. Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap tightly with foil and place on the grill for 30 minutes.
3. In a small bowl, combine the paprika, black pepper, onion powder, garlic powder and sea salt. Mix well.
4. Toss the chicken breast in lime juice then coat with your spice mixture on both sides. Place chicken on the grill with the garlic and grill for 10 to 15 minutes per side or until chicken is cooked through.
5. Remove roasted garlic from the grill and carefully open up the foil. Let cool. In a blender or food processor, add your lemon juice, olive oil and dijon mustard and then squeeze the flesh of the roasted garlic in as well. Discard the skin. Season the dressing with sea salt and black pepper and blend well until smooth and creamy.
6. Remove chicken from the grill and dice with a knife.
7. Plate lettuce wraps and top with diced chicken. Drizzle with roasted garlic dressing, wrap and enjoy!

Ingredients

- 1 Garlic (whole bulb)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 tsp Black Pepper
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 4 Chicken Breast
- 1 Lemon (juiced)
- 1/4 cup Extra Virgin Olive Oil (plus some extra for roasting garlic)
- 1 tbsp Dijon Mustard
- 1 head Boston Lettuce (washed and pulled apart into leaves)

Butter Chicken and Cauliflower Rice

#dinner #nutfree #eggfree #lunch #glutenfree #dairyfree #anticandida

 15 ingredients  30 minutes  4 servings

Directions

1. Dice your chicken into cubes and set aside.
2. Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1-2 minute or until fragrant.
3. Add diced chicken and stir until cooked through, about 5-7 minutes. Add in the water and loosen the paste.
4. Stir in coconut milk and reduce to simmer for about 5 minutes.
5. Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
6. Squeeze lime juice on cauliflower rice and transfer into a bowl.
7. Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

Ingredients

- 2 Chicken Breast
- 2 tbsps Extra Virgin Olive Oil
- 2 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 2 tbsps Ginger (grated)
- 1/4 cup Tomato Paste
- 2 tsps Paprika
- 1 tbsp Curry Powder
- 2 tsps Garam Masala
- 1 tsp Sea Salt
- 1 tbsp Chili Powder
- 1/4 cup Water
- 1 cup Organic Coconut Milk (full fat)
- 1 head Cauliflower
- 1/2 Lime (juiced)

Paleo Stuffing

#eggfree #vegan #vegetarian #paleo #dinner #glutenfree #dairyfree #elimination

 13 ingredients  2 hours  6 servings

Directions




1. Preheat the oven to 400. Line a baking sheet with parchment paper.
2. Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
3. Remove cauliflower from oven and set aside. Reduce oven heat to 375.
4. While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
5. In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.
6. Remove from oven and transfer into a serving dish. Enjoy!

Ingredients

- **1 head** Cauliflower (chopped into florets)
- **1 tbsp** Coconut Oil
- Sea Salt & Black Pepper (to taste)
- **1/2 cup** Extra Virgin Olive Oil
- **4 cups** Portobello Mushroom (diced)
- **1** Leeks (chopped)
- **3 stalks** Celery (diced)
- **1 cup** Walnuts
- **1** Lemon (juiced)
- **3** Garlic (cloves, minced)
- **1 tbsp** Thyme
- **1/2 cup** Parsley (chopped)
- **1/2 tsp** Sea Salt

Hummus Dippers

#snack #nutfree #eggfree #vegetarian #vegan #glutenfree #dairyfree #anticandida

 4 ingredients  15 minutes  4 servings

Directions




1. Slice your pepper, carrot and celery into sticks.
2. Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Ingredients

- **1** Yellow Bell Pepper
- **1** Carrot
- **4 stalks** Celery
- **1 cup** Hummus

Celery with Sunflower Seed Butter

#snack #paleo #appetizer #vegetarian #vegan #eggfree #nutfree #glutenfree #dairyfree #lowfodmap #anticandida #elimination

 2 ingredients  5 minutes  1 servings

Directions

1. Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk).
Happy munching!

Ingredients

- **2 stalks** Celery (sliced into sticks)
- **2 tbsps** Sunflower Seed Butter

Baked Chicken with Tomatoes, Avocado & Spinach Salad

#dinner #paleo #eggfree #nutfree #glutenfree #dairyfree #anticandida

 10 ingredients  40 minutes  4 servings

Directions

1. Preheat oven to 350 and line a baking sheet with parchment paper.
2. Season your chicken breasts with sea salt, black pepper and paprika to taste. Place them to one side of the baking sheet. Spread your cherry tomatoes across the other side of the baking sheet. Bake the chicken and the cherry tomatoes together in the oven for 30 minutes or until chicken is cooked through.
3. In the mean time, place avocado, lime juice and red onion together in a mixing bowl. Season with a pinch of sea salt and pepper. Mash with a fork until a creamy consistency forms.
4. Toss spinach with olive oil and lemon juice.
5. Plate the spinach, and then serve baked chicken over top. Top with guacamole and roasted tomatoes. Enjoy!

Ingredients

- 4 Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 2 tsps Paprika
- 2 cups Cherry Tomatoes (halved)
- 2 Avocado (peeled and pitted)
- 2 Lime (juiced)
- 1/4 cup Red Onion (finely diced)
- 4 cups Baby Spinach
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)

Sea Salted Coconut Kale Chips

#snack #paleo #eggfree #nutfree #vegetarian #vegan #appetizer #glutenfree #dairyfree #lowfodmap #anticandida #elimination #autoimmune

 4 ingredients  1 hour  4 servings

Directions




1. Preheat oven to 350. Use a sharp knife to cut your kale leaves into large pieces. They shrink up in the oven, so don't cut them too small!
2. Place kale in a large bowl. Drizzle with lemon juice and melted coconut oil. Season with desired amount of sea salt. Use clean hands to massage all ingredients into kale.
3. Line a large baking sheet with parchment paper. Place kale leaves on foil in a single layer. Don't over crowd. You will have to bake in batches for the perfect chips.
4. Cook in oven for 10 - 15 minutes (12 minutes was the perfect number for me). Remove from oven when crisp. Enjoy!

Ingredients

- **4 cups** Kale Leaves
- **2 tbsps** Coconut Oil (melted)
- **1 tsp** Sea Salt
- **1/2** Lemon (juiced)

Cream of Broccoli, Kale & Spinach Soup

#dinner #lunch #paleo #vegetarian #eggfree #vegan #glutenfree #dairyfree #anticandida #elimination #autoimmune

 13 ingredients  30 minutes  4 servings

Directions




1. Heat coconut oil in a large pot over medium heat. Add onions and sauté until golden (about 5 minutes). Add garlic and stir for another minute.
2. Add vegetable broth to the pot. Stir until producing a light steam. Add the broccoli florets in with the mixture and let steam for 5 minutes or until broccoli is bright green.
3. Add cumin and nutmeg. Add salt and pepper to taste.
4. Add coconut milk and stir well.
5. Add spinach and kale. Stir just until the greens are wilted and remove from heat.
6. In your food processor or magic bullet, blend the soup until smooth. If you are using a blender, ensure to remove the middle piece of the lid to allow steam to escape.
7. Transfer blended mixture back into a large pot. Warm to desired temperature.
8. Ladle into bowls. Drizzle with a splash of olive oil, lemon juice and garnish with avocado slices.

Ingredients

- **2 cups** Kale Leaves (chopped)
- **2 cups** Baby Spinach
- **3 cups** Broccoli (cut into florets)
- **1/2** Yellow Onion (diced)
- **2** Garlic (cloves, minced)
- **1 tbsp** Coconut Oil
- **1 tsp** Cumin
- **1/2 tsp** Nutmeg
- Sea Salt & Black Pepper (to taste)
- **2 cups** Organic Vegetable Broth
- **1 cup** Organic Coconut Milk
- **1/2** Lemon (juiced)
- **1** Avocado (sliced)

Pumpkin Spice Smoothie

#anticandida #dairyfree

 6 ingredients  5 minutes  1 servings

Directions




1. In a blender, layer the items as listed: Frozen Spinach Protein Powder (if using) Non Dairy Milk of choice Chia Seeds Nut Butter of choice Pumpkin Pie Spice Additional liquid if needed
2. Pumpkin Pie Spice Mix: 4 teaspoons cinnamon 2 teaspoons ground ginger 1 teaspoon freshly grated nutmeg (I pack it in the teaspoon) 1 teaspoon ground allspice 1/2 teaspoon ground cloves Combine in a jar - makes 2 1/2 Tablespoons

Ingredients

- **1 cup** Frozen Spinach (guess-timate amount)
- **1 serving** Protein Powder (optional)
- **1 cup** Coconut Milk (unsweetened)
- **1 tsp** Chia Seeds
- **1 tbsp** Almond Butter
- **1/2 tsp** Pumpkin Pie Spice (use up to 1 tsp per smoothie depending on taste preference)

Candida Friendly Green Smoothie

#anticandida #dairyfree

 8 ingredients  5 minutes  1 servings

Directions




1. Place all ingredients in a blender and process for about 2 minutes. Enjoy immediately.

Ingredients

- **1/2** Cucumber (washed, and diced)
- **1/4 cup** Parsley (thick stems removed)
- **1/2** Lemon (juiced)
- **1/2** Avocado (pitted and peel removed)
- **2 cups** Baby Spinach
- **1** Coconut Water (unsweetened)
- **6** Ice Cubes
- **1** Sea Salt (just a small pinch)

Lentil Stuffed Oven Baked Peppers

#dinner #lunch #vegetarian #nutfree #eggfree #glutenfree #barbecue

 13 ingredients  30 minutes  4 servings

Directions

1. Heat olive oil in a skillet over medium heat. Add onion, mushrooms, cherry tomatoes and coconut aminos. Saute for 5 minutes or until onion is translucent. Add in minced garlic, sea salt, black pepper and cayenne and saute for another minute. Stir in basil and spinach just until wilted and then remove from heat. Set aside to cool while you prep the red peppers.
2. Chop the stem and top off of the peppers and carve out the seeds.
3. Add the lentils into the skillet with the vegetables and stir well to evenly distribute. Use a spoon to pack this vegetable mix into the red peppers. Place the peppers on a baking sheet.
4. Heat the oven to 425. Bake stuffed peppers in the oven for 20 minutes. For the barbecue, preheat the grill over medium heat. Grill the stuffed peppers for 20 minutes. Remove, drizzle with a bit of olive oil and serve. Enjoy!

Ingredients

- **1 1/2 tps** Extra Virgin Olive Oil
- **1** Yellow Onion (diced)
- **2 cups** Portobello Mushroom (chopped)
- **1 cup** Cherry Tomatoes (halved)
- **1 tbsp** Coconut Aminos
- **2** Garlic (cloves, minced)
- **1/4 tsp** Sea Salt
- **1/4 tsp** Black Pepper
- **1/4 tsp** Cayenne Pepper (optional)
- **1/4 cup** Basil Leaves (chopped)
- **2 cups** Baby Spinach (chopped)
- **4** Red Bell Pepper
- **1 can** Green Lentils (14 oz drained and rinsed)

Slow Cooker Spiced Pulled Pork

#dinner #paleo #eggfree #nutfree #slowcooker #glutenfree #dairyfree #lowfodmap

 10 ingredients  6 hours  4 servings

Directions

1. Place pork tenderloin in the slow cooker. Drizzle with olive oil and pour in the broth.
2. In a small bowl, combine sea salt, black pepper, chili powder, paprika, garlic powder, onion powder and cumin. Sprinkle this spice mix over the meat ensuring it is well coated. Cover the slow cooker with a lid and cook on low for 6 to 8 hours, or high for 4 hours or until pork is tender.
3. Once pork is cooked, use two forks to shred it in the slow cooker. Toss it well to coat in the juices and add extra broth if necessary. Let sit for 5 minutes to absorb juices. Toss again and serve. Enjoy!

Ingredients

- **1 1/2 lbs** Pork Tenderloin
- **2 tbsps** Extra Virgin Olive Oil
- **1 cup** Organic Chicken Broth
- **1/2 tsp** Sea Salt
- **1 tsp** Black Pepper
- **1 tbsps** Chili Powder
- **2 tsps** Paprika
- **1 tbsps** Garlic Powder
- **1 tsp** Onion Powder
- **1 tsp** Cumin (ground)

Slow Cooker Cabbage Roll Soup FODMAP version

#paleo #slowcooker #nutfree #eggfree #slowcooker #glutenfree #dairyfree

 13 ingredients  4 hours  6 servings

Directions



1. Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on high for 4 hours (or until meat is fully cooked through).
2. Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley.

Ingredients

- **1 cup** Quinoa
- **4 cups** Green Cabbage (roughly chopped)
- **4** Garlic (cloves, minced)
- **1 can** Crushed Tomatoes (796 mL)
- **2 tbsps** Extra Virgin Olive Oil
- **1 tbsp** Italian Seasoning
- **1/2 tsp** Red Pepper Flakes (optional)
- **1 tsp** Sea Salt
- **1 tsp** Black Pepper
- **2 cups** Organic Chicken Broth
- **1 lb** Extra Lean Ground Turkey (or chicken)
- **4 cups** Baby Spinach (optional)
- **1/3 cup** Parsley (chopped, optional)

Ghee or Clarified Butter

#dairyfree

 1 ingredients  20 minutes  12 servings

Directions

1. Place cubes of butter in a heavy-bottomed saucepan over medium heat, allowing the butter to melt. As the butter is melting you'll hear it sputter. This is moisture evaporating from the butter. As the sputtering subsides, you'll see a thick layer of foam form on top of the butter (around the 5 - 7 minute mark). Once the thick layer has finished forming, you may at this point remove from heat if you want clarified butter. Using a cheesecloth lined fine-mesh strainer, pour the liquid through the strainer into a glass container - BUT ONLY IF you want clarified butter, otherwise continue on with recipe.
2. For ghee, reduce heat to medium-low, continuing to let butter simmer. The butter will foam once again (around the 12 - 14 minute mark). This second foam will be more translucent than the first. After the second foam, you'll notice milk solids resting at the bottom of the saucepan and the liquid will become a darker, more golden colour. It will also start to smell like caramel or slightly nutty. When the milk solids are a golden brown (around 16 - 18 minute mark), ghee is ready. Remove from stove.
3. Using a cheesecloth lined fine-mesh strainer, pour the liquid through the strainer into a glass container. Discard milk solids and foam. Ghee will keep in an airtight container for 2 - 3 months in the pantry or 6 months to one year refrigerated or for an eternity if frozen.

Ingredients

- **1 cup** Organic Grass Fed Butter (unsalted, cut into small cubes)

Immunity Boosting Stock

#dinner #paleo #eggfree #nutfree #slowcooker #glutenfree #dairyfree

 10 ingredients  12 hours  4 servings

Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set crock pot to low and let cook for at least 18 hours.
2. After 18 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow stock to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze stock until ready to use, leaving at least 2 inches of headspace in jar to prevent breakage.

Ingredients

- 0 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 6 Spring Onion (green parts only, chopped)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 cup Parsley (chopped)
- 8 cups Water

Cuban Coleslaw

#lunch #dinner #eggfree #glutenfree #dairyfree

 13 ingredients  1 hour  8 servings

Directions



1. Combine lime juice, lime zest, cumin, garlic powder, celery seeds, salt, Sriracha sauce, and Vegenaise in medium sized bowl. Mix well.
2. Toss all veg into a large bowl. Pour dressing over top and combine. Let sit, covered in the fridge for at least an hour, so the flavours can meld and the cabbage can soften.

Ingredients

- **4 cups** Purple Cabbage (shredded)
- **4 cups** Green Cabbage (shredded)
- **3** Carrot (shredded)
- **1** Yellow Bell Pepper (cored and diced)
- **2** French Shallot (sliced thin)
- **1/2 cup** Parsley (roughly chopped)
- **1** Lime (zested and juiced)
- **1 tsp** Garlic Powder
- **1 tsp** Sea Salt
- **1 tsp** Cumin (ground)
- **1 tsp** Celery Seeds
- **3/4 cup** Vegenaise (soy-free version if possible)
- **2 tsps** Sriracha Sauce

Guacamole with Brown Rice Chips

#snack #appetizer #vegetarian #vegan #nutfree #eggfree #glutenfree #dairyfree

 7 ingredients  15 minutes  2 servings

Directions

1. Place avocado in a bowl and mash it well with a fork. Add lime juice , salt, garlic and pepper. Stir well. Add tomatoes, green onions and cilantro (if using).

Ingredients

- 1 Brown Rice Chips (bag)
- 1 Avocado
- 1/2 cup Grape Tomatoes (cut into quarters)
- 1 Lime (juiced)
- 0 Sea Salt & Black Pepper (to taste)
- 1 Green Onion (sliced thinly)
- 1 small Garlic Clove (minced)