



AUDREY BYKER

• HEALTH COACH •



Love your food

Love your body

Love your life

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Encouraging Words

At the age of 17 I went on my first diet. During the following seven years, I allowed my mind to put my body through more abuse than what any human should ever have to go through...And yet it was all self-inflicted! During that time, the only "why" driving my success was "please the masses." It wasn't until I held my daughter in my arms as a new mom, sick, tired, addicted to sugar, counting calories, and in a constant state of panic, that I began asking questions. Everything I was taught through media, marketing, and even health class led me to suffering from a toxic gut, GERD, allergies, and the classic side effects of mental illness. After seeking professional help and committing to my own healing, for the first time- in my life- I began to find wholeness. All from listening and responding to my body while forming a friendship with my intuition! I traded diet books for cookbooks, late night housework for extra sleep, obsessive exercising for yoga and embracing the fresh air. And, these are just some of the many, many changes. My body, my mind, and my spirit not only healed, they came alive for the first time in my entire life! As it turns out, there is a MUCH BETTER WAY!

As you read through these recipes, you will notice the categories: FOR THE PROTEIN FAT AND FLAVOR, and FOR THE VEGGIES AND CARBS. Through my education, research and healing journey, I found these details to be non-negotiables for a positive, satisfying and healthy eating experience. When the plate is balanced, with macro and micronutrients, the body follows. When the body is balanced, the healthiest self results: Everything is connected. When choosing a snack or sweet treat, balance is still crucial. But, perfectionism and obsessing over details is a proven way to derail positivity and the entire wellness experience, which is why you'll notice those categories are not labeled with these headings. I still encourage you to add-in fresh fruits and vegetables as often as possible (carbohydrates+protein+fat). Eating real food, in balance, consistently, will change your life, if it hasn't already.

Enjoy every bite of these printer friendly recipes, and do not hold back from executing your own experiments, editing, and taking notes on the pages! As with all the clients I work with, I strongly encourage you to buy and create a wellness journey kitchen binder with plastic sheet protectors. Slide these printed sheets in along with everything you can get your hands on to keep you motivated and loving your unique, awesome self! Please tag me in a photo on social media when making any of these delicious recipes--do yourself a favor and do not hold back from making it

fun! Snap shots of every recipe can be found on audreybyker.com/blog, but I chose to leave them out of this publication for the most efficient printing.

Audrey Byker Health Coach was born out of passion, knowing a better way exists and caring too much to keep that to myself. Ironically, the human need and desire to be expressive, creative, and help others, plays a crucial role in overall wellness. Today, the kitchen is my healing and safe place where I can take risks, create, develop, focus, learn, and express without judgement or negative self-talk. My goal with my blog, and now this ebook, is to make life a little bit easier for anyone also striving to live with optimal wellness, beginning with what is on the plate. Remember: BALANCE in all things is always the goal! We are worth the extra effort it takes to look and feel amazing!

Thank you to all the brave and courageous individualists and creatives who have entered my life, touched my heart, and nourished my soul: My God, clients, friends, family, Juice Plus tribe, teachers, students, followers, fans and therapist have made it possible to do this work! I love you all!

Best,
Audrey

Snacks

Candied Nuts and Seeds

By Audrey Byker Health Coach

- Vegan, gluten free, soy free, dairy free, egg free

- 36 servings

6 cups raw nuts and seeds of your choice (cost makes the decision for me)

2 Tbsp coconut sugar

1/4 cup melted coconut oil or ghee

1/4 cup pure maple syrup

1/2 teaspoon fine grain sea salt (or to taste)

Sprinkle of cinnamon (optional)

Preheat oven to 300 degrees F. Add nuts and seeds to large bowl. Combine remaining ingredients then pour over nuts and seeds. Stir and toss well, until coated. Spread on large baking sheet. Place in oven, setting timer for 15 min. Toss and shake around every 15 min. for a total of 45 min. bake time. I keep resetting my timer, so I can multitask without distraction! Cool completely. Store in an airtight container at room temperature. Or, freeze for 6+ months in Ball jars. I've never had them sit longer than a few days!

Chow

By Audrey Byker Health Coach

- Vegan, soy free, nut free, gluten free, dairy free, egg free

- 18 servings

9 cups corn, rice or wheat squares cereal*

1 cup dark chocolate chips (Enjoy Life is ideal, Ghirardelli 60% cacao or more is also fine)

1/2 cup natural nut or seed butter, unsweetened

2 Tbsp coconut oil**

1 teaspoon vanilla

1 cup powdered sugar (organic, if possible)

1 cup finely shredded, unsweetened coconut***

Measure cereal into a large bowl (expert tip: do not talk or think about anything else, or you will have to start over measuring). Melt chocolate chips, coconut oil and nut butter in a glass measuring cup in the microwave, or on the stove in a double boiler (my favorite method). Add vanilla. Once smooth, pour melted chocolate mix over cereal, and stir well, until cereal absorbs mixture. Set aside. In another bowl, mix coconut with powdered sugar, Add this to cereal mixture previously set aside. In a large, airtight container, put the newly combined sugar-cereal mixture, and cover with lid. Shake container like crazy to combine. Make it a dance party, while you're at it! Open and enjoy! Store in fridge, or on the counter for up to 6 days. If you're looking to keep it clean, keep chilled.

*Use rice or corn for gluten free option

**For coconut free use ghee or vegan butter(Earth Balance)

***For coconut free get creative and use ground roasted nuts or seeds.

Yum!

Creamy Cold Craving Vanilla Shake

By Audrey Byker Health Coach

- Vegan, nut free, gluten free, dairy free

- 2 servings

1/2 frozen banana (peel first, then freeze; fresh also works, but shake will not be thick)

2 dates, pits removed

2 cups unsweetened soy milk (non-GMO)

1/2 cup vegan vanilla nutritional shake mix (I love Complete by Juice Plus)

1 teaspoon vanilla extract

1 pinch sea salt

Two heaping Tbsp unsweetened sunflower seed butter

In a high speed blender, throw together all ingredients listed above.

Blend on high until thick and creamy, then pour into two glasses

-Add a sprinkle of the darkest chocolate chips you can find (optional, depending on individual health goals)

Roasted Red Pepper Hummus Dip

By Audrey Byker Health Coach

- Vegan, gluten free, nut free, soy free, dairy free
- 4-6 meal servings, more as an appetizer

- 1 can organic chickpeas, drained, reserving 1/3 cup of liquid
- 1 clove fresh garlic
- 3 Tbsp tahini
- 2 Tbsp fresh squeezed lemon juice
- 1 teaspoon sea salt
- 2 organic roasted red peppers (from a jar)
- 1 Tbsp liquid from the roasted red peppers or more to taste

In a large food processor, add drained chickpeas, garlic, tahini, lemon juice, salt and reserved liquid. Turn on and process for a few minutes, until all ingredients come together. Scrape sides, then add peppers and liquid from the jar. Turn on and process for a few more minutes- up to 10 minutes, until hummus has reached desired smooth consistency--the creamier the better. Serve with cut up veggies and/or organic tortilla chips. Double the recipe to keep on hand, in the fridge, for those hunger emergencies.

Cleaned Up Scotcheroos

By Audrey Byker Health Coach

- Nut free, soy free, dairy free, gluten free
- 24 servings

- 1 cup raw honey (local, even better!)
- 1 cup natural peanut butter (or natural nut or seed butter of choice)
- 7 cups brown rice puffs
- 1 cup raw or roasted seeds (we use hemp and sunflower)
- 1 cup dark chocolate chips (Enjoy Life, Kirkland, Ghirardelli--in that order)
- 1 teaspoon coconut oil.

In a small saucepan, bring honey to low boil, then continue boiling for 1 min. Remove from heat. Add peanut butter, stirring well. Add warm mixture to rice puffs and combine. Press into a 9x13 pan. Use silicone spatula or damp fingers to flatten.

Melt chocolate chips and coconut oil in double boiler or microwave, in 30 second increments. Stir well, until smooth. Drizzle and/or spread over bars. Cover and freeze briefly to set. Store at room temperature or in the fridge. Cut into squares to enjoy.

Smokey Fiesta Power Bites

By Audrey Byker Health Coach inspired by Minimalist Baker's "Everyday Cooking"

- Vegan, gluten free, soy free, dairy free
- 12+ servings
- Freeze leftovers up to 6 months

1 cup roasted walnuts
1/4 teaspoon onion powder
1/4 teaspoon granulated garlic
3/4 Tbsp chili powder
1 Tbsp nutritional yeast (optional)
1 Tbsp cocoa powder (optional)
1/2 Tbsp cumin powder
Sea salt, two pinches
Black pepper, fresh ground to taste
1 Tbsp pure maple syrup
1 cup cooked quinoa
1 14 oz can black beans, drained and rinsed
1 Tbsp dried chives

Add walnuts, onion powder, granulated garlic, chili powder, nutritional yeast, cumin, salt, pepper, and pure maple syrup to a food processor. Process until paste forms. In a large bowl, add drained and rinsed black beans and smash with a fork, leaving a small amount of beans whole. Next, add quinoa, chives and nut paste to the bowl, stirring together to form a dough. Roll into 1 inch balls and serve, or store in an airtight container in the refrigerator up to 1 week, or freeze for up to 6 months. They are good at room temperature for many hours!

Nutritional Bonus: These bites have multiple uses! Use dough to make veggie burgers or sprinkle on a salad after pan frying in olive oil. Use as a meat replacement. They make an excellent post workout recovery food: high in protein, fat and nutrients.

Warm Balanced Meals

Bollywood Sweet Potato Saute

By Audrey Byker Health Coach

- Dairy free, gluten free, soy free, nut free, with vegan option
- 2 servings

FOR THE PROTEIN FAT AND FLAVOR

Avocado oil-2 turns of the pan

1/4 lb. *ground turkey (know your farmer, or certified organic, if at all possible)

1 1/2 teaspoon Garam Masala spice mix

2-3 pinches of sea salt, or to taste

1/2 cup coconut milk (full-fat, from the can, shake well)

2 Tbsp broth (veggie or chicken)

FOR THE VEGGIES AND CARBS

1/4 cup sweet onion, chopped

1 large sweet potato, peeled and chopped into 1/2 in. pieces

1 small apple, peeled and chopped (I use Gala apples)

In a large, 10 in. skillet with a lid, sauté oil with ground turkey and onion on medium-high heat, until cooked through. Add sweet potato, and saute' for 1-2 min. Add apple. Stir all together, sauteing for a few minutes more, covering with the lid. Turn heat to low. Let simmer, resisting the urge to lift the lid, about 5 min. until fork tender. Lift the lid, add the spice, salt and give a quick toss. Drizzle the broth and coconut milk around the edge and turn heat down to medium. Stir and incorporate, while scraping the bottom of the pan. Allow to simmer just enough to coat and create a sauce.

Serve with quinoa, rice, or on it's own.

*For vegan option, omit the turkey and add more fruits, veggies or tofu

Chicken Taco Soup

By Audrey Byker Health Coach

- Gluten free, nut free, soy free, dairy free with vegan/vegetarian option
- Serves 6-8
- Freeze leftovers up to 6 months

FOR THE PROTEIN FAT AND FLAVOR

- 1 Tbsp avocado oil, ghee or chicken fat
- 1 medium onion, chopped
- 1 Tbsp chili powder
- 1/2 Tbsp cumin powder
- 2 big pinches sea salt
- Black pepper, fresh ground
- 2 cloves of garlic, minced
- 2-3 cups cooked chicken, chopped (leftover and off the bone, optional for vegan/vegetarian)
- 1 teaspoon apple cider vinegar or to taste

FOR THE VEGGIES AND CARBS

- 1 1/2 cups quick cooking brown rice
- 2, 14 oz cans diced tomatoes with green chilis
- 1-2 cups corn, frozen, non GMO
- 1 medium jar great northern beans, rinsed
- 2-3 quarts chicken stock or broth

In a large pot, over medium-high heat, add oil and onion; sauté for 4-5 min. or until soft and translucent, stirring frequently. Add all remaining ingredients in order listed and stir all together. Allow the garlic to become slightly fragrant before adding the stock and apple cider vinegar. Cover and turn heat to high, allowing broth to come to a boil. Turn to low and simmer for 20-25 min. until rice is soft. Serve with cashew sour cream, guacamole, organic tortilla chips and olives, if desired. Adjust taste with sea salt, pepper and/or Franks Red Hot.

Chili Pasta Skillet

By Audrey Byker Health Coach

- Gluten free, nut free, dairy free, soy free with vegan option
- Serves 4-6

FOR THE PROTEIN FAT AND FLAVOR

- 1 lb. ground venison (omit for vegan or swap ground meat of choice)
- 1 Tbsp ghee (avocado oil for vegan)
- 4 teaspoon chili powder
- 1/2 teaspoon garlic powder (or granulated garlic, or 1 clove garlic, minced)

FOR THE VEGGIES AND CARBS

- 3/4 cup onion, chopped
- 1/2 large red bell pepper, chopped
- 14 1/2 oz. diced tomatoes, with juice
- 16 oz. can kidney beans, rinsed
- 8 oz. canned tomato sauce
- 1/2 cup gluten free rotini pasta
- 1 Tbsp raw honey or pure maple syrup
- Sea salt and pepper to taste
- Chicken broth or water, as needed to keep the pasta moist

In a large skillet (with lid) on medium-high heat, add ghee, venison, onion and red pepper. Sauté until venison is beginning to brown, then add chili and garlic powders. Sauté 2 more minutes, then add remaining ingredients. Turn heat to high, bringing to a boil. Add broth or water to coat the pasta (amount varies). Add lid, turning heat to low. Simmer for 20 min. or until pasta reaches desired doneness. Serve alone or with cashew sour cream and tortilla chips.

Cruciferous Coconut Curry

By Audrey Byker, Health Coach

- Vegan, gluten free, nut free, soy free, dairy free

- Serves 4

FOR THE PROTEIN FAT AND FLAVOR

2 Tbsp coconut oil

1 head cauliflower (med.-lg.), chopped

1 14 oz. can unsweetened, full-fat coconut milk (Thai brand)

4 teaspoon bottled curry paste

2 teaspoon coconut sugar

Sea salt and pepper to taste

2 Tbsp lime juice

FOR THE VEGGIES AND CARBS

8 oz. brown rice or buckwheat noodles

12 oz. green beans, ends trimmed

2 green onions, biased-sliced into 1/4in. pieces

Cook noodles according to package directions while getting started on next step. Set a timer for the noodles! When cooked, set aside the noodles, adding a little bit of prepared sauce as soon as possible to break up the noodles.

Add 1 Tbsp of oil to large, 10 in (or larger) non-stick skillet with a lid on medium heat. Add green beans. Cook a few minutes, covered, while preparing cauliflower. Add the remaining oil and cauliflower. Toss around, sauteing a few more minutes until brown. Then cover, setting heat to low. Allow veggies to cook/steam for 5-10 min. depending on desired texture. Uncover and add green onions, coconut milk, curry paste, and coconut sugar. Simmer on low, 2-5 minutes, depending on desired doneness. For crisp, tender results, shorten cooking time. Stir in lime juice just before removing from stove. Serve over hot noodles.

Brussel-Bacon, Brown Rice Bowl

By Audrey Byker Health Coach

- Gluten free, dairy free, soy free

- Serves 4-6

FOR THE PROTEIN FAT AND FLAVOR

1lb clean bacon, chopped

Black pepper, fresh ground

Sea salt

1 batch Cashew Cheese(optional)*

*If planning to use cashew cheese(page 27), refer to recipe 1 day to 2 hours before planning to eat.

FOR THE VEGGIES AND CARBS

1/2 large onion, chopped

1 large stalk or two bags brussel sprouts, quartered

8 oz dry brown rice noodles (or 3 cups cooked potatoes or grains)

Fill a large saucepan with water and cook noodles according to package directions. At the same time, in a large, non-stick skillet with lid, add onions and bacon. Sauté on medium heat until cooked through. Remove from pan, leaving remaining bacon grease. Add chopped brussel sprouts, a pinch of salt and pepper to that remaining bacon grease, and cook on medium-high heat, watching carefully and tossing frequently--just enough to create a brown crust on the sprouts. When crust is achieved, turn heat to low, returning bacon and onions back to the pan, and cover. Steam 10-15 minutes or until desired consistency is reached.

Prepare cashew cheese (optional), then add to noodles and stir together.

Add brussels mixture and noodles to bowl, choosing the best size for each appetite.

Grain-Free Thai Bowl

By Audrey Byker Health Coach

- Vegan, dairy free, nut free, soy free option, gluten free
- 4-6 servings

FOR THE PROTEIN FAT AND FLAVOR

1lb. boneless chicken tenders, chopped into 1in pieces (make it vegan and omit)

Sea salt

Black pepper, fresh ground

1 Tbsp avocado oil (or any healthy oil)

1/2 teaspoon sesame oil

Sunflower seeds, roasted and salted (optional garnish)

Green onion, sliced (optional garnish)

FOR THE VEGGIES AND CARBS

1 pint baby bella mushrooms, sliced

1 pint shiitake mushrooms, sliced

2 cups shredded carrots

1 large bundle of broccoli, chopped

2-3 cups jasmine rice, brown rice, or brown rice noodles, cooked
(optional if grains are desired)

Thai Sunflower Seed Dressing/Sauce:

By Audrey Byker Health Coach

1/2 cup sunflower seed butter, unsweetened and unsalted (or any other natural nut butter)

3 Tbsp Tamari soy sauce or coconut aminos

2 Tbsp raw honey (optional-omit for vegan)

Juice of 1 lime

1 Tbsp rice or white wine vinegar

Water to taste...***Directions continue on next page***

Add both oils to a large wok or nonstick skillet (with lid, if you prefer veggies to be cooked through) then add chicken, salt and pepper. Sauté until cooked through. Remove from pan, setting chicken aside; immediately adding mushrooms to the pan. Sauté over medium-high heat, stirring frequently for 5 min. Add remaining veggies (broccoli and shredded carrots) and sauté over medium heat, until cooked al dente (or cover and steam until desired doneness is reached). Meanwhile, add all dressing ingredients, except for water, in a small mason jar with a blender ball. Add lid and shake, until fully combined. Add water to thin to desired consistency, one tablespoon at a time. Add chicken back into pan to heat through, just before serving. Serve in bowls layered with noodles or rice (optional), dressing, green onion, and sunflower seeds. Eat leftovers cold, in a salad, or reheated with grains.

Gut Healing Chicken Soup

By Audrey Byker, Health Coach

- Gluten free, dairy free, nut free, soy free
- Serves a large crowd or a sick neighbor or two
- Freeze leftovers up to 6 months

FOR THE PROTEIN FAT AND FLAVOR

1-2 Tbsp avocado or olive oil, cold pressed

Chicken leftover from broth or 2-3 cups cooked (boneless/skinless or rotisserie from the store)

6 cups of bone broth (or organic chicken/veggie stock)

2 teaspoons all purpose, salt-free seasoning (optional, my favorite is Kirkland brand)

FOR THE VEGGIES AND CARBS

1 large onion, finely chopped

4 large stalks of celery, finely chopped

3 jumbo carrots, peeled and chopped

A few pinches of sea salt and pepper

4 large cloves of garlic, peeled and minced

1 1/2 cups of brown rice*

Chop all veggies. Add oil to bottom of large stock pot/saucepan and turn heat to medium-high. Add onion, celery salt, pepper and carrot. Saute' until onion is translucent and soft. Add garlic and saute' a bit more, 1-2 min., until fragrant.

Turn heat to medium-low. Add chicken, brown rice, seasoning, and cover well with broth. Add lid and bring to boil. Turn down to simmer and continue to simmer on low, covered for 45 min. to cook the rice. Serve immediately or use leftover for a week. Freeze in wide-mouth mason jars, leaving a few inches from lid to allow for expansion.

*For a Paleo, SCD, GAPS and grain-free option, sub brown rice for peeled, chopped parsnips and cook until fork tender, around 15-20 min.

Italian Broth Bowl

By Audrey Byker Health Coach

- Gluten free, dairy free, soy free, nut free

- 4-6 servings

FOR THE PROTEIN FAT AND FLAVOR

1 lb. Italian sausage (know your farmer)

1/2 Tbsp avocado oil or ghee

Kalamata olives, sliced (optional garnish)

Sea salt, a few pinches

Fresh, ground black pepper to taste

1 batch chicken bone broth or two cartons chicken broth heated

FOR THE VEGGIES AND CARBS

1 red bell pepper, seeded and sliced

2 heads cauliflower florets, sliced

2 cups kale leaves, stemmed and roughly chopped

1 teaspoon Italian seasoning

2 cloves garlic, minced

2 cups cooked rice noodles, potatoes or brown rice (optional)

Green onion, sliced (optional garnish)

In a large, non-stick sauté pan with lid, add sausage and begin to brown over medium heat. Add oil, peppers, and cauliflower after a few minutes. Stir frequently and brown over medium heat. Add the salt, pepper and Italian seasoning. Stir together then cover. Turn heat to low, simmering and steaming for 10-15 min. (or preferred doneness). Heat chicken broth. Remove lid from large sauté pan, adding kale and garlic. Turn heat to medium-high, stirring and sautéing until garlic is fragrant—1-2 min. Remove from heat and dish into bowls. Pour warmed broth over each serving and garnish with olives and green onion (optional).

Roasted Comfort Bowl

By Audrey Byker Health Coach

- Gluten free, dairy free, nut free, soy free
- 6-8 servings

FOR THE PROTEIN FAT AND FLAVOR

1 3-4 lb. whole chicken, organs and gizzards removed

Drizzle of olive oil

Sea salt

Fresh ground black pepper

2 Tbsp Stubbs BBQ seasoning or preferred seasoning—sugar and preservative free

1/2 cup chicken stock or homemade bone broth

FOR THE VEGGIES AND CARBS

6-8 carrots, scrubbed and roughly chopped (large pieces)

6-8 medium russet potatoes, peeled and quartered

2 Tbsp cornstarch (non GMO) or arrowroot

Preheat oven to 325 degrees. In a large dutch oven or ceramic crock pot insert, add potatoes and carrots. Drizzle with olive oil, tossing to coat. Sprinkle with salt and pepper. Add whole chicken on top of veggies, sprinkling seasoning on chicken, massaging in with both hands. Be sure to rub seasoning into chicken cavity and under skin as much as possible for the best flavor. Add a little salt and pepper. Add lid to dutch oven or cover crock pot insert with foil, then put in oven. Roast for 2-2 1/2 hours, or until chicken leg is easily pulled off the bone.

Remove chicken, potatoes and carrots from the pan. Add remaining juices to a medium saucepan. Place on burner on medium heat. Meanwhile, mix chicken broth and cornstarch in a mug or liquid measuring cup. Stir well. Slowly whisk cornstarch mixture into the chicken juices and turn heat to medium-high. Whisk until liquid comes to a gentle simmer. Turn to low, simmering for a few minutes, until desired gravy consistency is reached. Add more chicken broth and cornstarch, if more gravy is needed. Serve in a bowl, layering potatoes, carrots, chicken, then gravy.

Chilled Balanced Meals

Harvest Burger Bowl

By Audrey Byker Health Coach

- Gluten free, dairy free, soy free
- 4-6 servings

FOR THE PROTEIN FAT AND FLAVOR

- 1lb. ground beef (know your farmer)
- 1-2 Tbsp avocado oil
- 1-2 Tbsp non-chili spice blend (burger blend). I can't get enough of this
- 1 cup pecans, roasted and salted
- Salt
- Pepper

FOR THE VEGGIES AND CARBS

- 1/2 medium onion, chopped
- 2-3 heads of romaine lettuce, chopped, washed and spun in the salad spinner
- 4 medium-large sweet potatoes, scrubbed and chopped into 1in. pieces
- 1 apple sliced or diced (optional for garnish)

Creamy Avocado Dressing:

- 1/2 large avocado
- 1/4 teaspoon sea salt
- One lime, juiced
- 1/4 cup olive or avocado oil
- 1/2 Tbsp raw honey (optional)
- 1 clove garlic, minced
- 1/4-1/3 cup water, as needed...***Directions continue on next page***

Preheat oven to 375 degrees. Cover sheet pan with parchment paper. In a large bowl, add sweet potato and stir to coat with oil, sprinkling with 1 1/2 Tbsp spice blend. Add salt (if spice does not contain it.) Add potatoes to sheet pan and put in oven. Roast for 30 min, or desired doneness, stirring 1/2 way. Set aside to cool before adding to bowl.

While sweet potatoes roast, add ground beef and onion to pan over medium heat. Add 1/2 Tbsp spice blend. Cook through until browned. Remove from heat until sweet potatoes are ready.

Prepare dressing then bowl. Layer romaine coated in dressing, sweet potato, ground beef and pecans. Drizzle a bit more dressing on top as desired. Chill leftovers up to 6 days, reheating a serving of meat each time.

Sexy Spring Salad

By Audrey Byker Health Coach

- Gluten free, dairy free, nut free, soy free with vegan option
- One serving

FOR THE PROTEIN FAT AND FLAVOR

Cold protein of choice (you guessed it, beans, chicken or bacon, leftover)

Balsamic vinaigrette, store bought or homemade

Raw sunflower seeds

FOR THE VEGGIES AND CARBS

Baby spinach and arugula

Mushrooms, onions and garlic, sautéed (leftover)

Roasted sweet potatoes, cold (leftover)

Assemble salad with desired amount of every ingredient in order. You are uniquely you and there are no set measurements for that reason. Sit down, breathe, chew, preferably in the spring sunshine, and enjoy every bite!

Spring Chicken Power Bowl

By Audrey Byker Health Coach

- Gluten free, dairy free, soy free
- One serving

FOR THE PROTEIN FAT AND FLAVOR

- 3 small raw chicken tenders
- 2 teaspoons lemon rosemary seasoning (I use Wildtree)
- 1/4 cup roasted, salted almonds, crushed
- Sea salt, to taste
- Fresh ground black pepper, to taste

FOR THE VEGGIES AND CARBS

- 1 cup fresh green beans
- 1/2 cup gluten free noodles
- 1 cup baby spinach, chopped

Tangy Lemon Dressing:

- 1/4 cup mayonnaise, organic without soybean, canola, safflower or other processed oils.
- 2 Tbsp lemon balsamic vinegar (Fustinis) or 1 Tbsp white wine vinegar + 1 Tbsp fresh squeezed lemon juice
- 1 teaspoon fresh rosemary, minced

Sprinkle seasoning on chicken with salt and pepper. Preheat grill and cook chicken, turning half way.

In a large saucepan, add green beans and cover well with water. Bring to a boil over high heat. Add gluten free noodles. Turn to low and simmer per noodle directions. Strain and rinse with cold water.

Add to a bowl the spinach, green beans, noodles, chicken, almonds and sea salt and pepper.

In a small bowl or dressing jar, whisk dressing ingredients together. Drizzle over ingredients in bowl and enjoy!

Sides and Staples

Dairy-Free Basil Pesto

By Audrey Byker Health Coach

- Gluten free, dairy free, soy free, vegan
- Servings vary

1 cup, lightly packed fresh basil

3-4 Tbsp roasted pine nuts or sunflower seeds

1-2 cloves garlic

2 Tbsp lemon juice, fresh squeezed

1/4 teaspoon sea salt

1/4 cup olive oil

Fresh ground black pepper

A sprinkle of nutritional yeast (optional for cheesy flavor)

Pulse all ingredients in a food processor until chunky-smooth. Make large batches and freeze in ice cube trays. Transfer to freezer bags to enjoy year-long. Or, enjoy chilled for one week. Use it as a pasta sauce, spread on toast with a fried egg, pizza sauce or even a dip!

Bone Broth

By Audrey Byker Health Coach

- Gluten free, dairy free, nut free, soy free

- 6 servings

1 3-4 lb. chicken, humanely raised**

Salt and pepper

1 splash of apple cider vinegar

1 handful of various veggies scraps and peels (optional-save from soup)

One day before making soup, sprinkle on salt and pepper and roast the chicken in a large roasting pan or dutch oven, covered, at 325 for 2-3 hours. Remember to empty the cavity!

Cool/chill, then take all the meat off the bones. Toss skin and bones/pieces and juices into a large stockpot. Cover with water, about 6 cups. Add the splash of apple cider vinegar and vegetable scraps and pieces. Cover. Add pot to the stove and bring to a boil on high. Once boiling, turn to low and simmer for 2-4 hours. Pour into a large pot through a fine mesh strainer. Discard the chicken bones and pieces.

**If a conventional chicken is the only option, skim off the fat once broth cools

Cashew "Cheese"

By Audrey Byker Health Coach

- Vegan, gluten free, dairy free, soy free

- 6-8 servings

¾ cup raw cashews (soaked in water for 3 to 4 hours or more. If you have a Vitamix, 1 hour in boiling water will do)

¼ teaspoon garlic powder

½ cup unsweetened, unflavored non-dairy milk

¼ cup nutritional yeast

1½ teaspoons Dijon mustard

1 teaspoon white wine vinegar or lemon juice

¼ teaspoon onion powder

½ teaspoon fine-grain sea salt

Strain and rinse cashews, then place in blender with all additional ingredients. Blend until smooth. If using a high-speed blender, blend until hot.

Use as a cheese sauce for anything you can think of. Add to cooked pasta, quinoa, rice, veggies, meat, beans, soup, etc.

Decadent Pumpkin Bisque

By Audrey Byker, Health Coach

- Vegan, gluten free, dairy free, soy free
- 4-6 servings

1 medium pumpkin pie pumpkin, cut in half and seeded
1 small butternut squash, cut in half and seeded
½ Tbsp coconut oil
½ cup onion, chopped
¼ cup cashews, soaked overnight
1 teaspoon fresh ginger, peeled and grated
2 cloves garlic, peeled and minced
1 teaspoon cinnamon
1/2 teaspoon nutmeg
Red pepper flakes (optional)
Salt
Pepper
1-2 cups vegetable broth

Preheat oven to 400 degrees. In a 9X13 glass baking dish, place pumpkin and squash, flesh side down. Bake for 30-45 minutes, until fork tender and skin is slightly browned. Let cool to touch.

In a small sauté pan over medium heat, add onion, ginger, garlic, cinnamon, nutmeg, salt and pepper. Saute until translucent and fragrant.

Scoop squash flesh out and place in blender. Add cooked veggies/spices. Drain and rinse cashews, add to blender. Add a few pinches of salt and pepper. Blend on high in high-speed blender until hot and silky smooth.

Add salt and pepper to taste. Calm your warming/sweet cravings with this grounding soup!