



# CHOOSE WELL

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50-DAY MEAL PLAN



Handcrafted recipes for your  
nutritional and spiritual health



# WELCOME TO THE CHOOSE WELL CHALLENGE MEAL PLAN.

This is a 50-day journey to nourish your body, renew your mind, and restore your relationship with food. This plan invites you to step into the kitchen, explore fresh ingredients, and prepare meals that support your health from the inside out. Our goal is to help you become more intentional about what you eat by encouraging home-cooked meals that are both healing and flavorful. Fast food and hurried eating set us up to consume meals that contain harmful ingredients that increase taste but decrease nutritional value.

We ask that you approach each recipe with an open heart and mind. Try the meals as written, then make them your own. Cooking is a sacred, creative act, one that reconnects us to the land, our bodies, and God's design. Just as meaningful relationships require care, consistency, and time, so does your relationship with food.

In Genesis 1:29, God says, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." From the very beginning, God provided nutrient-rich, life-giving vegetables for us to enjoy and thrive on. It is not even until after the flood that God invites us to consume the flesh of animals. (Genesis 9:3) God's first and original plan was for our bodies to be fueled by a plant-based diet. These natural foods are not only fuel but also a reflection of His creativity and care for our well-being.

As you move through these next 50 days, we invite you to see food not as an idol to be worshipped, a place to find comfort, or a quick fix, but as a gift; something to savor, celebrate, and use as fuel for your God-given purpose. Each meal is an opportunity to honor your body, glorify God, and cultivate a lifestyle of wellness. Let's cook, eat, and live with divine purpose, choosing well, one bite at a time.

## HOW TO USE THE MEAL PLANNER

This meal plan contains 30 healing recipes, each with unique health benefits. Use the weekly meal planning template to align meals with the seven weekly focus themes: **Reflect, Rest, Repent, Rebuild, Restore, and Revive**. Follow the keywords to guide your choices for each phase. Each week is designed to support your body's journey from rest and gentle detoxification to full revival, nourishing your body, renewing your mind, and restoring your relationship with food.

## Wellness is Reflective

When we slow down to reflect, we begin to see how our food choices have been shaped by habits, emotions, or convenience. Reflection allows us to invite God into our eating patterns and align them with His wisdom and care for our bodies.

- *These recipes are anti-inflammatory and good for the brain.*

## Wellness Repents

Repentance includes turning away from destructive food behaviors like overeating, under-eating, or neglecting nourishment. As we surrender our cravings to God, He begins to heal our relationship with food and restore balance.

- *These recipes are very clean and are good for body detoxification.*

## Wellness Rests

Rest gives our bodies space to digest and renew, allowing healthy rhythms to support both nutrition and healing. Choosing to pause instead of rushing into unhealthy food decisions is an act of both rest and trust.

- *These recipes are clean and detoxing, allowing the body to rest.*

## Wellness Replaces

True wellness doesn't just remove unhealthy foods, it replaces them with life-giving nourishment that fuels the body and honors God. As old habits fall away, we learn to crave what brings strength, not just satisfaction.

- *These recipes use different foods to substitute commonly used ingredients with a wholesome natural alternative.*

## Wellness Rebuilds

Each healthy meal is a small step in rebuilding the body God designed with intention and care. Consistent choices to eat well lay a new foundation for lasting energy, clarity, and strength.

- *These recipes encourage cellular repair to support optimal body function.*

## Wellness Restores

God uses food as part of His restoration plan, repairing what stress, neglect, or imbalance may have broken. Restorative eating is about feeding not just hunger, but health, choosing what heals from the inside out.

- *These recipes help the body's restoration process.*

## Wellness is Revival

Revival is feeling alive again, and nourishing your body with whole, life-giving foods is part of that awakening. When you eat in alignment with God's design, you're not just feeding your body - you're fueling your purpose.

- *These recipes have high energy foods that help your body with stamina and vitality.*



**BREAKFAST**

# GOLDEN GUT SOOTHING OATMEAL

<i>1/2 cup</i>	<b>ROLLED OATS</b>
<i>1 ¼ cup</i>	<b>PLANT MILK</b>
<i>1/2 tsp</i>	<b>TURMERIC POWDER</b>
<i>1/4 tsp</i>	<b>GINGER POWDER</b>
<i>1 tsp</i>	<b>MAPLE SYRUP OR RAW HONEY</b>
<i>1 Tbsp</i>	<b>CHIA SEEDS</b>
<i>1 Tbsp</i>	<b>HEMP SEEDS</b>

## **OPTIONAL:**

**BANANA SLICES,  
BLUEBERRIES, COCONUT  
FLAKES**

## **DIRECTIONS**

- Simmer oats, milk, turmeric, and ginger for ~10 minutes.
- Stir in chia, hemp seeds, and maple syrup or raw honey.
- Serve topped with fruit and coconut.

*reflect*



# AVOCADO TOAST

## *with Smoked Salmon and Herbs*

### INGREDIENTS

1 Slice **SLICE SOURDOUGH OR  
SPROUTED GRAIN TOAST**

1/2 **AVOCADO, MASHED**

2 oz. **SMOKED WILD SALMON**

1 tsp **CAPERS**

*Sprinkle of* **FRESH DILL, PARSLEY,  
OR CHIVES**

**OPTIONAL:  
SQUEEZE OF LEMON,  
DRIZZLE OF OLIVE OIL**

### DIRECTIONS

- Toast the bread. Mash avocado with salt + lemon.
- Spread avocado on toast, top with salmon, herbs, and capers.
- Drizzle with olive oil and enjoy.



*rebuild*



*rebuild*

— **ROSEMARY** —

Rosemary is a powerful herb packed with antioxidants and anti-inflammatory compounds that support immunity, digestion, and memory. Its natural antimicrobial properties help reduce harmful gut bacteria and candida overgrowth, aiding in gut lining repair and calming immune overactivity. This makes it effective in healing leaky gut and restoring gut health. Rosemary also promotes circulation, enhancing tissue repair, muscle recovery, and overall strength. For hair and scalp health, it boosts blood flow, stimulating follicles, reducing inflammation and DHT buildup. Studies suggest it can be as effective as minoxidil in treating some types of hair loss, supporting scalp healing and hair regrowth naturally.

# PROTEIN-PACKED EGG MUFFINS

## INGREDIENTS

4 EGGS

1 cup COOKED QUINOA

1/4 cup DICED BELL PEPPERS

1/4 cup CHOPPED SPINACH

### OPTIONAL:

SHREDDED CHEESE,  
SALT AND PEPPER TO  
TASTE

## DIRECTIONS

- Preheat the oven to 350°F and spray a muffin tin with olive oil.
- Whisk eggs and milk in a bowl.
- Stir in veggies, cheese, salt, and pepper.
- Pour mixture evenly into muffin cups.
- Bake for 18–20 minutes until set. Cool before storing.
- Great for grab-and-go protein throughout the week.



*rebuild,  
restore,  
revive*

# VEGAN CHIA PUDDING PARFAIT

## INGREDIENTS

- 1/2 cup* CHIA SEEDS
- 2 cups* UNSWEETENED NON DAIRY MILK
- 1 tbsp* MAPLE SYRUP OR AGAVE
- 1/2 tsp* VANILLA EXTRACT
- 1/2 cup* BLUEBERRIES
- 1/2 cup* STRAWBERRIES, SLICED
- 1/4 cup* GRANOLA (VEGAN)

**OPTIONAL:  
FRESH MINT**



## DIRECTIONS

- In a bowl, mix chia seeds, non dairy milk, maple syrup, and vanilla. Stir well.
- Cover and refrigerate overnight or at least 4 hours until it thickens.
- In a glass or jar, layer chia pudding, fresh berries, and granola. Repeat layers.
- Top with mint if desired.

*rebuild,  
restore,  
revive*

# restore & revive



## SWEET POTATO EGG HASH

### INGREDIENTS

- 1 MEDIUM SWEET POTATO
- 1/2 DICED RED BELL PEPPER
- 1 *tbsp* DICED ONION
- 1 *clove* MINCED GARLIC
- 1 *tsp* OLIVE OIL (OR AVOCADO OIL)
- 2-4 EGGS (AS DESIRED)

**SALT & PEPPER TO TASTE**

**OPTIONAL:  
PAPRIKA, CUMIN, CHILI  
FLAKES, OR FRESH HERBS  
(LIKE PARSLEY OR  
CILANTRO)**

### DIRECTIONS

- Dice into small 1/2-inch cubes so it cooks faster.
- Sauté veggies: Heat olive oil in a skillet over medium heat. Add diced sweet potato and cook for ~8–10 minutes, stirring occasionally. Add onion and bell pepper; cook for another 5–7 minutes, until everything softens. Stir in garlic and optional spices; cook 1 more minute.
- Make space for eggs: Push hash to the sides of the pan to create wells. Crack eggs into the wells.
- Cover and cook: Cover the pan with a lid and cook until egg whites are set but yolks are still runny, about 3–5 minutes. For firmer yolks, cook longer.
- Season and serve: Sprinkle it with salt, pepper, and herbs. Serve hot, optionally with a side of Greek yogurt or salsa.

**LUNCH**

*reflect, rebuild, restore*

# LENTIL SOUP

- |                |   |                 |   |
|----------------|---|-----------------|---|
| <b>1 Tbsp</b>  | <b>OLIVE OIL OR COCONUT OIL</b>           | <b>4 cups</b>   | <b>VEGETABLE BROTH (OR BONE BROTH FOR NON-VEGAN)</b>                    |
| <b>1</b>       | <b>CHOPPED SMALL ONION</b>                |                 |   |
| <b>2</b>       | <b>MINCED CLOVES GARLIC</b>               |                 |   |
| <b>2</b>       | <b>CHOPPED STALKS CELERY</b>              | <b>1-2 cups</b> | <b>WATER AS NEEDED FOR DESIRED THICKNESS</b>                            |
| <b>2</b>       | <b>CHOPPED MEDIUM CARROTS</b>             |                 |   |
| <b>1 cup</b>   | <b>DRY GREEN OR BROWN LENTILS, RINSED</b> | <b>1/2</b>      | <b>LEMON</b>  |
| <b>1 tsp</b>   | <b>GROUND TURMERIC</b>                    |                 | <b>OPTIONAL:</b>  |
| <b>1 tsp</b>   | <b>CUMIN</b>                              |                 | <b>1 CUP CHOPPED KALE OR SPINACH, RED PEPPER FLAKES OR BLACK PEPPER</b> |
| <b>1/2 tsp</b> | <b>THYME OR ITALIAN HERBS</b>             |                 |   |
| <b>1/2 tsp</b> | <b>SEA SALT, MORE TO TASTE</b>            |                 |   |

## DIRECTIONS



- Heat oil in a large pot. Add onions, garlic, celery, and carrots. Sauté for 5–7 minutes until softened.
- Stir in turmeric, cumin, thyme, and lentils. Toast briefly (1 min) to awaken flavors.
- Pour in broth and water. Bring to a boil, then reduce to low and cover.
- Simmer for 25–30 minutes until the lentils are tender.
- (If using) Stir in spinach or kale and simmer for another 5 minutes.
- Finish with lemon juice for brightness and extra detox support.
  - Top with fresh parsley, hemp seeds, or pumpkin seeds for hormone-friendly minerals.
  - Drizzle with olive oil or swirl in a spoonful of tahini for healthy fats.
  - Serve with a side of roasted sweet potatoes or a beet salad.



*reflect*

# — LENTILS —

Lentils are nutrient-dense legumes that support brain health through their high folate (B9) content, essential for producing neurotransmitters like serotonin, dopamine, and norepinephrine—key to mood, focus, and cognitive function. Folate also prevents homocysteine buildup, linked to brain fog and cognitive decline. Lentils provide iron for oxygen delivery to the brain and protein with amino acids like tryptophan and tyrosine, which build mood-regulating neurotransmitters. Rich in polyphenols and antioxidants, they combat inflammation and oxidative stress—factors in neurodegenerative diseases. Their fiber supports gut health, indirectly influencing mood and stress. Pair lentils with leafy greens, healthy fats, and vitamin C to enhance brain benefits.

# CABBAGE TACOS

*Meat & Vegan Options*

## INGREDIENTS

6-8 **LARGE GREEN OR  
PURPLE CABBAGE  
LEAVES, WHOLE AND  
UNBROKEN**

### *Savory Mushroom- Lentil (vegan)*

1 cup **COOKED LENTILS**

1 cup **CHOPPED MUSHROOMS**

1 Tbsp **OLIVE OIL**

1 tsp **CUMIN, SMOKED  
PAPRIKA, AND GARLIC  
POWDER EACH**

**SEA SALT TO TASTE**

### *Shredded Herbed Chicken*

1 cup **SHREDDED CHICKEN  
BREAST OR THIGHS**

1 tsp **OREGANO**

1/2 tsp **CORIANDER**

Drizzle **LEMON JUICE OR ACV  
FOR TANG**

### *Spiced Tofu Crumble (vegan)*

1 block **CRUMBLED ORGANIC  
TOFU**

**OLIVE OIL, TURMERIC,  
CHILI POWDER, AND  
BLACK PEPPER**

*reflect. repent. rest*



## DIRECTIONS

- Carefully peel off cabbage leaves.
- Optional: Blanch in hot water for 20–30 seconds, then shock in cold water to soften (especially if using purple cabbage or extra-crunchy green).
- Sauté or mix your protein/fiber-rich filling of choice in a skillet with healing spices until warmed and flavorful.
- Lay each cabbage leaf flat and spoon filling into center.
- Add toppings of choice.
- Fold gently like a taco or roll like a wrap.

## TOP WITH

- Avocado or guacamole
- Pickled red onions or sauerkraut (bonus: probiotics!)
- Chopped cilantro or parsley
- Lime wedges
- Pumpkin seeds (zinc-rich + crunchy)

# SHAVED BRUSSEL SPROUTS SALAD

## INGREDIENTS

*3 cups* SHAVED BRUSSELS SPROUTS

*1* SMALL APPLE, THINLY SLICED OR JULIENNE

*1/4 cup* TOASTED PUMPKIN SEEDS OR SLIVERED ALMONDS

*1/4 cup* DRIED CRANBERRIES, GOLDEN RAISINS, OR CHOPPED DATES

*2 Tbsp* CHOPPED FRESH PARSLEY OR MINT

### OPTIONAL:

*1/4 cup* SHAVED PARMESAN OR CRUMBLER GOAT CHEESE

*1 cup* SHREDDED OR GRILLED CHICKEN BREAST OR THIGH

## DRESSING

*1 lemon* LEMON JUICE

*2 Tbsp* EXTRA VIRGIN OLIVE OIL

*1 tsp* DIJON MUSTARD

*1 tsp* HONEY OR MAPLE SYRUP

SEA SALT + CRACKED BLACK PEPPER, TO TASTE

## DIRECTIONS

- Make the Dressing.
- In a small bowl or jar, whisk lemon juice, olive oil, mustard, honey, salt, and pepper.
- Toss the Salad.
- In a large bowl, combine Brussels sprouts, apple, seeds, dried fruit, and herbs. Pour dressing over and toss well to coat.
- Add Protein (Optional)
- Gently mix in or serve topped with warm or chilled chicken.
- Let it Marinate (Optional)
  - For best flavor and texture, let sit for 15–30 minutes before serving.



*reflect, repent, rest,  
rebuild, restore, revive*

# CHICKPEA & AVOCADO SMASH LETTUCE WRAPS

## INGREDIENTS

1 cup **COOKED CHICKPEAS (OR  
CANNED, DRAINED & RINSED)**

1/2 cup **MASHED AVOCADO**

1/2 **LEMON JUICE**

1 tsp **DIJON MUSTARD**

**SALT, PEPPER, AND OPTIONAL  
PAPRIKA OR GARLIC POWDER**

**ROMAINE LEAVES, BUTTER  
LETTUCE, OR CUCUMBER  
SLICES FOR SERVING**

**TOP WITH:  
HEMP SEEDS, MICROGREENS,  
OR FERMENTED KRAUT**

*replace,  
rebuild,  
restore,  
revive*

## DIRECTIONS

- In a bowl, mash chickpeas and avocado together.
- Add lemon juice, mustard, and seasonings. Mix well.
- Spoon into lettuce cups or on cucumber rounds.
- Top with seeds or herbs for extra nutrients.



rebuild, restore, revive

## HIGH ENERGY CHICKEN

## POWER BOWL



### INGREDIENTS

*1 large* **SLICED CHICKEN BREAST (GRILLED, BAKED, OR PAN-SEARED)**

*1 cup* **COOKED QUINOA OR BROWN RICE**

*1 cup* **ROASTED SWEET POTATO CUBES**

*1 cup* **STEAMED OR SAUTÉED GREENS (SPINACH, KALE, OR BROCCOLI)**

*1/2* **SLICED AVOCADO**

*1/4 cup* **HUMMUS OR GREEK YOGURT**

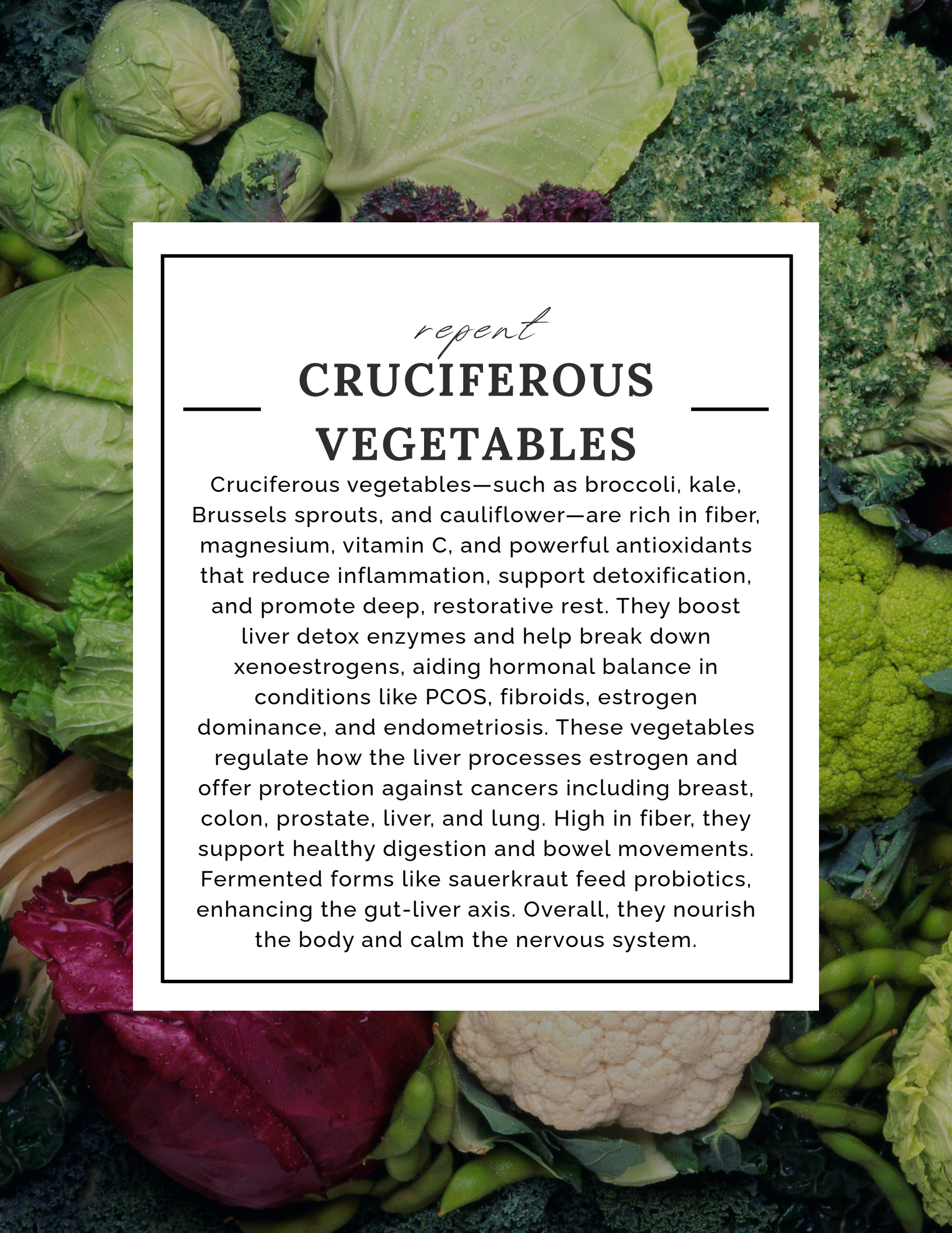
*2 Tbsp* **OLIVE OIL OR TAHINI**

**SALT, PEPPER, GARLIC POWDER, PAPRIKA TO TASTE**

**OPTIONAL:  
PUMPKIN SEEDS, LEMON JUICE, OR FRESH HERBS FOR TOPPING**

### DIRECTIONS

- Cook chicken seasoned with garlic powder, paprika, salt, and pepper. Slice once cooked through.
- Roast sweet potatoes at 400°F (200°C) for 20–25 min with olive oil and spices.
- Assemble bowl: Layer quinoa or rice, greens, sweet potatoes, and sliced chicken.
- Top with avocado, hummus or yogurt, and drizzle with olive oil or tahini.
- Finish with seeds, lemon juice, or herbs if desired.



*repent*

# CRUCIFEROUS VEGETABLES

Cruciferous vegetables—such as broccoli, kale, Brussels sprouts, and cauliflower—are rich in fiber, magnesium, vitamin C, and powerful antioxidants that reduce inflammation, support detoxification, and promote deep, restorative rest. They boost liver detox enzymes and help break down xenoestrogens, aiding hormonal balance in conditions like PCOS, fibroids, estrogen dominance, and endometriosis. These vegetables regulate how the liver processes estrogen and offer protection against cancers including breast, colon, prostate, liver, and lung. High in fiber, they support healthy digestion and bowel movements. Fermented forms like sauerkraut feed probiotics, enhancing the gut-liver axis. Overall, they nourish the body and calm the nervous system.

*reflect, rebuild, restore*

# TURMERIC CHICKEN SOUP

2 Tbsp	<b>OLIVE OIL OR COCONUT OIL</b>	2	<b>COOKED AND SHREDDED CHICKEN BREASTS</b>
1	<b>DICED MEDIUM ONION</b>	1 tsp	<b>GROUND BLACK PEPPER</b>
3	<b>MINCED CLOVES GARLIC</b>	1/2 tsp	<b>CUMIN</b>
1 Tbsp	<b>GRATED GINGER</b>	1/2 tsp	<b>PAPRIKA</b>
1 Tbsp	<b>TURMERIC POWDER</b>		<b>SALT AND PEPPER TO TASTE</b>
2	<b>SLICED MEDIUM CARROTS</b>		<b>OPTIONAL:</b>
2	<b>CHOPPED CELERY STALKS</b>		<b>LEMON JUICE</b>
1	<b>DICED ZUCCHINI</b>		
1 cup	<b>SPINACH OR KALE</b>		
4 cups	<b>CHICKEN BROTH</b>		

## DIRECTIONS

- **Sauté the Aromatics:** In a large pot, heat olive oil over medium heat. Add the diced onion and cook for about 3-4 minutes until softened. Add minced garlic, grated ginger, turmeric powder, cumin, and paprika. Stir and cook for another 1-2 minutes until fragrant. This step helps release the beneficial compounds in the spices.
- **Add Vegetables:** Toss in the sliced carrots, chopped celery, and diced zucchini. Sauté for another 3-4 minutes to allow the vegetables to soften slightly.
- **Simmer the Soup:** Pour in the chicken broth and bring the mixture to a simmer. Reduce the heat and let it cook for about 10-15 minutes, or until the vegetables are tender.
- **Add Chicken:** Stir in the shredded chicken and spinach until the spinach wilts and the chicken is heated through.
- **Season to Taste:** Season with salt and pepper to taste. Add a squeeze of lemon juice for a touch of brightness.
  - 1 small head of green cabbage, chopped



# ASIAN CABBAGE SALAD

## W/ SESAME GINGER DRESSING

### INGREDIENTS

- 3 Cups SHREDDED GREEN CABBAGE
- 1 Cup SHREDDED PURPLE CABBAGE
- 1 Cup SHREDDED CARROTS
- 1 RED BELL PEPPER, THINLY SLICED
- 2 GREEN ONIONS, SLICED
- 2 Tbsp TOASTED SESAME SEEDS
- OPTIONAL:
  - 2 Tbsp CHOPPED CILANTRO
  - 1/4 cup SLICED ALMONDS OR CHOPPED PEANUTS

### SESAME GINGER DRESSING

- 2 Tbsp RICE VINEGAR
- 1 Tbsp LOW-SODIUM SOY SAUCE
- 1 Tbsp SESAME OIL
- 1 Tbsp OLIVE OIL
- 1 Tbsp HONEY OR MAPLE SYRUP
- 1 tsp GRATED FRESH GINGER
- 1 clove MINCED GARLIC

### DIRECTIONS

- Whisk together all dressing ingredients.
- In a large bowl, combine salad ingredients.
- Pour dressing over and toss well.
- Let sit for 10-15 minutes for flavors to meld before serving.



**DINNER**

# MUSHROOM STEAK

***with Mashed Sweet Potatoes and Green Beans***

## INGREDIENTS

2 large **PORTOBELLO MUSHROOM CAPS**

1 ½ Tbsp **OLIVE OIL OR AVOCADO OIL**

2 tsp **BALSAMIC VINEGAR**

1 tsp **TAMARI OR COCONUT AMINOS**

2 cloves **MINCED GARLIC**

1 tsp **FRESH THYME OR ROSEMARY**

**PINCH OF SMOKED PAPRIKA OR BLACK PEPPER**

**OPTIONAL**

**1 TSP DIJON MUSTARD  
SEA SALT TO TASTE**

*reflect,  
repent, rest*

## DIRECTIONS

Prep the Mushrooms

- Trim Stems
- Gently clean mushrooms with a damp towel
- Score the tops slightly for marinade absorption

Make the Marinade

- In a small bowl, whisk together:
  - Olive oil, balsamic, tamari, garlic, herbs, paprika, and Dijon

Marinate

- Brush marinade over mushroom caps (both sides)
- Let sit for 15-30 minutes (longer = more flavor!)

Sear or Grill

- Heat a cast iron skillet or grill to medium-high heat
- Add a splash of oil
- Sear mushrooms for 4-5 minutes per side, pressing gently for a "steak" texture Optional: splash a little extra balsamic while cooking to deglaze and glaze

Rest & Serve

- Let sit for 2 minutes before slicing or serving whole

***Mashed Sweet Potatoes and Green Beans on following pages\*\****



# MASHED SWEET POTATOES

## INGREDIENTS

*2 large* **JAPANESE OR ORANGE  
SWEET POTATOES,  
PEELED AND CHOPPED**

*1 Tbsp* **COCONUT OIL, OLIVE  
OIL, OR GHEE**

*splash* **UNSWEETENED PLANT  
MILK (ALMOND, OAT, OR  
CASHEW)**

*1/2 tsp* **CINNAMON**

**PINCH OF SEA SALT**

## DIRECTIONS

- Boil sweet potato chunks in salted water ~15 min or until fork-tender.
- Drain and mash with oil/fat, milk, cinnamon, and salt.
- Whip until creamy.



# INGREDIENTS

*1 cup* FRESH GREEN BEANS,  
TRIMMED

*1 Tbsp* OLIVE OIL

*1-2* CLOVES GARLIC, THINLY  
SLICED

PINCH OF SEA SALT

OPTIONAL:  
SQUEEZE OF LEMON  
JUICE

# GARLICKY GREEN BEANS

## DIRECTIONS

- Steam or blanch green beans for 4–5 minutes until bright green and crisp-tender.
- In a skillet, sauté garlic in olive oil for 30–60 seconds.
- Toss green beans in garlic oil; season with salt and lemon.



The background of the entire page is a close-up, top-down view of numerous sliced mushrooms. The slices are arranged in a somewhat chaotic but dense pattern, showing the light-colored caps and the darker, gilled undersides. The lighting is soft and even, highlighting the texture of the mushroom caps and the ridges on the gills.

*replace*

## — MUSHROOMS —

Mushrooms are a nutrient-dense, low-calorie food that serve as an excellent meat alternative due to their rich umami flavor and meaty texture. They provide a complete protein profile and are packed with essential nutrients like B vitamins (B2, B3, B5, B6), which support energy production, mood balance, and nervous system health. Mushrooms are also rich in potassium for muscle and nerve function, and zinc and selenium, which boost immune health and aid detoxification. Their chewy texture makes them ideal for burgers, tacos, and stews. Incorporating mushrooms supports heart health, weight management, and contributes to a more sustainable, plant-forward lifestyle.

# GARDEN SALAD

*with Citrus herb Dressing*

## INGREDIENTS

- 4 cups MIXED GREENS (BABY SPINACH, ARUGULA, AND BUTTER LETTUCE)
- 1 cup THINLY SLICED RADISHES
- 1 small THINLY SLICED CUCUMBER
- 1 cup HALVED CHERRY TOMATOES
- 1/2 cup SHREDDED RAW BEETS OR GOLDEN BEETS
- 1/2 cup SNAP PEAS, SLICED DIAGONALLY
- 1/4 cup TOASTED PUMPKIN SEEDS OR SUNFLOWER SEEDS
- 1/4 cup CRUMBLLED FETA OR GOAT CHEESE (OPTIONAL)
- A HANDFUL OF CHOPPED MINT AND BASIL LEAVES
- JUICE OF 1 ORANGE
- JUICE OF 1/2 LEMON
- 2 Tbsp EXTRA VIRGIN OLIVE OIL
- 1 tsp HONEY OR MAPLE SYRUP
- 1 clove MINCED GARLIC
- 1 tsp DIJON MUSTARD
- SALT & PEPPER TO TASTE



## DIRECTIONS

- Prepare the dressing: Whisk together orange juice, lemon juice, olive oil, honey, garlic, mustard, salt, and pepper in a small bowl until emulsified.
- Assemble the salad: In a large bowl, combine mixed greens, radishes, cucumber, cherry tomatoes, beets, snap peas, and fresh herbs.
- Dress and toss: Pour dressing over the salad and toss gently to coat evenly.
- Add crunch and cheese: Sprinkle toasted seeds and crumbled cheese on top.
- Serve immediately for the freshest flavor.

*rebuild, restore & revive*

## DIRECTIONS

- Cook protein: Heat 1/2 tbsp oil in a large pan. Add ground turkey or tofu. Cook until browned and cooked through (5–7 min). Season lightly with salt and pepper. Remove and set aside.
- Sauté veggies: In the same pan, add remaining oil. Sauté onion, garlic, and ginger for 2 minutes. Add cabbage and carrot. Stir-fry for 6–8 minutes until just tender but still crisp.
- Combine and season: Return cooked turkey/tofu to the pan. Add soy sauce and vinegar. Stir to combine. Cook for 1–2 more minutes until everything is well coated and heated.
- Serve: Top with sesame seeds or green onions. Optionally serve with brown rice, quinoa, or cauliflower rice.



# CABBAGE STIR FRY WITH GROUND TURKEY

## INGREDIENTS

<i>1/2 head</i>	<b>THINLY SLICED GREEN CABBAGE</b>
<i>1 medium</i>	<b>THINLY SLICED MEDIUM ONION</b>
<i>2 cloves</i>	<b>MINCED GARLIC</b>
<i>1 Tbsp</i>	<b>MINCED GINGER</b>
<i>1 medium</i>	<b>SHREDDED OR THINLY SLICED CARROT</b>
<i>1 Tbsp</i>	<b>OLIVE OIL OR SESAME OIL</b>
<i>1 lb</i>	<b>LEAN GROUND TURKEY OR FIRM TOFU</b>
<i>2 Tbsp</i>	<b>LOW-SODIUM SOY SAUCE (OR TAMARI FOR GLUTEN-FREE)</b>
<i>1 Tbsp</i>	<b>RICE VINEGAR OR APPLE CIDER VINEGAR</b>
<i>1 tsp</i>	<b>SESAME SEEDS (OPTIONAL)</b>

**OPTIONAL TOPPINGS:  
GREEN ONIONS, CHILI FLAKES,  
OR SRIRACHA**

*reflect. repent. rest*

*rest, rebuild, restore, revive*

# ROASTED VEGETABLE QUINOA BOWL



## INGREDIENTS

1 cup	QUINOA
2 cups	VEGETABLE BROTH OR WATER
1 medium	SLICED ZUCCHINI
1 medium	SLICED YELLOW SQUASH
1 medium	DICED MEDIUM SWEET POTATO
1	DICED RED BELL PEPPER
1 cup	HALVED CHERRY TOMATOES
2 Tbsp	OLIVE OIL
1 tsp	GARLIC POWDER
1 tsp	SMOKED PAPRIKA
1/4 cup	CRUMBLLED FETA CHEESE
	CHOPPED FRESH PARSLEY

## DIRECTIONS

- Preheat your oven to 425°F (220°C).
- Rinse the quinoa under cold water, then combine it with the vegetable broth (or water) in a medium saucepan. Bring to a boil, then reduce the heat to low.
- While the quinoa is cooking, prepare the vegetables. In a large bowl, combine zucchini, yellow squash, sweet potato, red bell pepper, and cherry tomatoes.
- Drizzle the olive oil over the vegetables and sprinkle with garlic powder, smoked paprika, salt, and pepper. Toss to coat all the veggies evenly.
- Spread the vegetables on a baking sheet in a single layer. Roast in the preheated oven for about 25-30 minutes or until they're golden brown and tender. Make sure to stir halfway through to allow for even cooking.
- Once the veggies are done roasting, fluff the quinoa with a fork and divide it between serving bowls.
- Top the quinoa with your glorious roasted vegetables. Sprinkle with feta cheese, if desired, and garnish with fresh parsley.
- Serve with lemon wedges on the side for that extra pop of flavor! Enjoy!



# CITRUS MARINATED BEET SALAD W/ LAMB MEDALLION

## Citrus Marinade

- JUICE AND ZEST OF 1 ORANGE**
- JUICE OF ½ LEMON OR LIME**
- 1 Tbsp* **ACV OR WHITE BALSAMIC**
- 1 Tbsp* **HONEY OR MAPLE SYRUP**
- 2 Tbsp* **EXTRA VIRGIN OLIVE OIL**
- 1 tsp* **DIJON MUSTARD**
- SALT + PEPPER TO TASTE**

## Roasted Beets

- 3 medium* **RED OR GOLDEN BEETS**
- 1 Tbsp* **OLIVE OIL**
- PINCH OF SEA SALT**

**Lamb Medallion on following page\*\***



## DIRECTIONS

### Roast the Beets

- Preheat oven to 400°F (200°C)
- Wrap beets in foil or place in a covered dish and roast for 45–60 minutes, until fork-tender
- Let cool slightly, then peel and slice into half-moons or cubes

### Make the Citrus Marinade

- Whisk together all citrus marinade ingredients in a bowl or shake in a mason jar
- Marinate the Beets
- Toss warm beets in the citrus dressing
- Let them marinate for at least 30 minutes (or up to overnight in the fridge) to absorb flavor

### Assemble and Serve

- Arrange marinated beets on a plate or in a shallow bowl
- Sprinkle with pistachios, crumbled feta, and fresh herbs
- Drizzle with leftover marinade if desired

## Lamb Medallion

- 1 lb* **LAMB MEDALLIONS OR LOIN CHOPS (ABOUT 1–1.5 INCHES THICK)**
- 2 Tbsp* **OLIVE OIL OR AVOCADO OIL**
- 2 cloves* **MINCED GARLIC**
- 1 tsp* **FRESH MINCED ROSEMARY (OR ½ TSP DRIED)**
- 1 tsp* **FRESH THYME (OR ½ TSP DRIED)**
- ZEST OF ½ LEMON**
- SALT AND FRESHLY GROUND BLACK PEPPER**
- OPTIONAL:**
- 1–2 TSP DIJON MUSTARD OR A SPLASH OF BALSAMIC FOR GLAZE**



## DIRECTIONS

### Prep the Lamb

- Pat dry and season medallions generously with salt, pepper, lemon zest, and herbs.
- Let sit at room temperature for 15–20 min to tenderize naturally.

### Sear

- Heat oil in a cast iron skillet over medium-high heat until hot but not smoking.
- Sear lamb 2–3 minutes per side for medium-rare, or until desired doneness.
- Add garlic during the last minute to prevent burning, and spoon over the lamb as it cooks.

### Rest & Finish

- Transfer to a plate and let rest 5 minutes before serving.
- Optional glaze: While lamb rests, deglaze the pan with a splash of balsamic or lemon juice + Dijon to make a quick drizzle.



*revival*

— **BEETS** —

Beets are nutrient-dense root vegetables rich in nitrates, antioxidants, and essential vitamins that enhance blood flow, lower blood pressure, and boost stamina. By increasing oxygen delivery to muscles, they improve endurance, energy, and mental clarity—naturally energizing without caffeine. Beets support liver detoxification and help rebuild liver cells after toxin exposure. Their high iron, magnesium, folate, and vitamin C content helps fight fatigue, reduce inflammation, and combat oxidative stress. Beets also support hormonal balance and enhance circulation to the brain, heart, and muscles. When paired with red meat, they aid digestion, making nutrients more bioavailable and promoting overall recovery and vitality.

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# VEGAN STIR-FRY

## *with Tofu & Ginger Garlic Sauce*

### INGREDIENTS

- 1 block* **FIRM TOFU (PRESSED & CUBED)**
- 1 Tbsp* **COCONUT OIL OR OLIVE OIL**
- 1 cup* **BROCCOLI FLORETS**
- 1/2* **SLICED RED BELL PEPPER**
- 1/2* **SLICED ZUCCHINI**
- 1/4 cup* **SHREDDED CARROTS**
- 2 Tbsp* **LOW-SODIUM SOY SAUCE OR COCONUT AMINOS**
- 1 tsp* **SESAME OIL**
- 1 clove* **MINCED GARLIC**
- 1/2 tsp* **GRATED GINGER**
- 1/2 Tbsp* **MAPLE SYRUP**
- BROWN RICE OR QUINOA (OPTIONAL BASE)**



### DIRECTIONS

- Heat coconut oil in a pan. Sauté tofu until golden on all sides. Set aside.
- In the same pan, stir-fry veggies for 5–7 minutes.
- In a small bowl, mix soy sauce, sesame oil, garlic, ginger, and maple syrup.
- Pour sauce over veggies and add tofu back to the pan. Toss to coat.
- Serve on its own or over a scoop of quinoa or brown rice.

# STUFFED SWEET POTATO

## *with Black Beans and Avocado*

1	MEDIUM SWEET POTATO
1/2 cup	BLACK BEANS (RINSED AND DRAINED)
1/4	DICED AVOCADO
2 Tbsp	GREEK YOGURT OR PLANT-BASED YOGURT
1 Tbsp	SALSA OR PICO DE GALLO
1 tsp	OLIVE OIL
1 Tbsp	CHOPPED CILANTRO (OPTIONAL)
	SALT AND PEPPER TO TASTE

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## DIRECTION

- Bake or microwave sweet potato until tender (bake at 400°F for 45 mins or microwave 6–8 mins).
- Slice open and fluff the inside slightly with a fork.
- Drizzle with olive oil, then layer in black beans, avocado, and salsa.
- Top with yogurt and a sprinkle of cilantro.
- Serve warm for a hearty and energizing dinner.





# GRILLED LEMON HERB CHICKEN

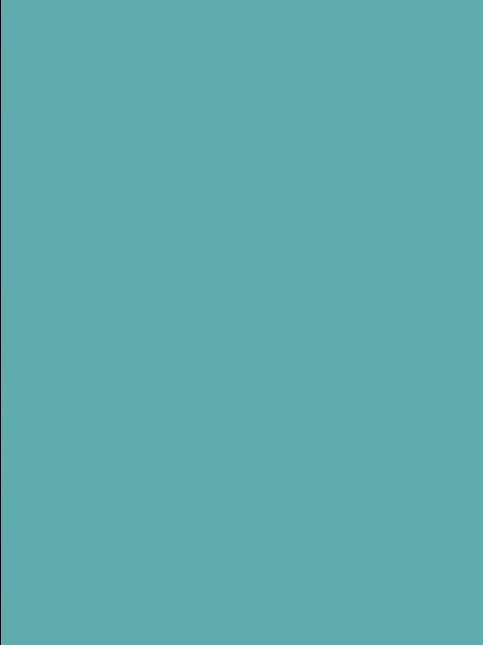
## *w/ Roasted Veggies*

### INGREDIENTS

- 2 BONELESS, SKINLESS CHICKEN BREASTS**
  
- 2 cloves* **MINCED GARLIC**
  
- 1 tsp* **OLIVE OIL**
  
- 1 tsp* **DRIED OREGANO OR ITALIAN SEASONING**
  
- 1 ZUCCHINI, SLICED**
  
- 1 RED BELL PEPPER, CHOPPED**
  
- 1 Cup* **BROCCOLI FLORETS**
  
- SALT AND PEPPER TO TASTE**

### DIRECTIONS

- Marinate chicken in lemon juice, garlic, olive oil, oregano, salt, and pepper for 20–30 minutes.
- Grill chicken on medium heat for about 5–6 minutes per side or until fully cooked.
- Toss vegetables in a little olive oil, salt, and pepper. Roast at 400°F (200°C) for 20–25 minutes.
- Serve chicken over veggies.



**DESSERT**

# CANDIED JAPANESE SWEET POTATO

- 2 medium*    **PEELED JAPANESE SWEET POTATOES**
- 1 ½ Tbsp*    **COCONUT OIL, GHEE, OR GRASS-FED BUTTER**
- 1 ½ Tbsp*    **MAPLE SYRUP OR RAW HONEY**
- 1/2 tsp*    **CEYLON CINNAMON**
- PINCH OF SEA SALT**
- OPTIONAL:**  
**DASH OF NUTMEG OR VANILLA EXTRACT**



## DIRECTIONS

### Prep the Sweet Potatoes

- Slice into thick rounds or half-moons (~½ inch thick).
- Option: soak in water for 10 minutes, then pat dry (helps crisp texture).

### Sauté or Roast

- **Option A: Stovetop Caramelized**
  - Heat coconut oil/ghee in a skillet over medium heat.
  - Add potato slices and cook 4–5 minutes per side until golden and tender.
  - Add maple syrup, cinnamon, and salt during last few minutes, stirring gently to coat.
- **Option B: Oven-Roasted**
  - Preheat oven to 400°F (200°C).
  - Toss potatoes in melted oil, maple syrup, cinnamon, and salt.
  - Spread on parchment-lined sheet.
  - Roast for 25–30 minutes, flipping once, until caramelized edges form.

### Serve Warm

- Drizzle with extra syrup or sprinkle with toasted sesame seeds, pecans, or a dusting of shredded coconut for bonus healing texture.

# JAPANESE SWEET POTATO CHOCOLATE BITES

## INGREDIENTS

- 1 cup* **MASHED ROASTED JAPANESE SWEET POTATO**
- 2 Tbsp* **UNSWEETENED COCOA POWDER**
- 1-2 Tbsp* **TAHINI OR ALMOND BUTTER**
- 1 Tbsp* **MAPLE SYRUP OR RAW HONEY (OPTIONAL, ADJUST TO TASTE)**
- PINCH OF SALT**
  
- OPTIONAL:  
VANILLA EXTRACT, CINNAMON,  
OR CHIA SEEDS FOR TEXTURE**

## DIRECTIONS

- Mix all ingredients in a bowl until smooth.
- Scoop into small balls or press into a parchment-lined dish.
- Chill in the fridge for 1-2 hours to firm up.
- Dust with extra cocoa or cinnamon before serving.





*rest*

## JAPANESE SWEET POTATO

Japanese sweet potatoes are a nutrient-rich food that supports deep sleep and nervous system relaxation. Their complex carbohydrates help boost tryptophan levels, leading to increased serotonin and melatonin production for better sleep. Eating them before bed helps stabilize blood sugar, preventing cortisol spikes that can disrupt sleep. They're rich in vitamin B6, magnesium, and choline—nutrients that support neurotransmitter function, muscle relaxation, mood regulation, and the brain's calming GABA pathways. Their slow-digesting carbs nourish the adrenal glands, helping balance cortisol levels, especially when paired with healthy fats like coconut oil or ghee. Enjoying them 1-2 hours before bedtime enhances restorative rest.

# WARM BAKED APPLES

*with Cinnamon and Nuts*

## INGREDIENTS

*2-3 medium* **CORED AND HALVED APPLES**

*1/4 cups* **CHOPPED WALNUTS OR PECANS**

*1-2 Tbsp* **RAISINS OR CHOPPED DATES**

*1/2 tsp* **CEYLON CINNAMON**

*1 Tbsp* **COCONUT OIL OR GHEE**

**OPTIONAL:  
DASH OF NUTMEG OR  
VANILLA EXTRACT**

## DIRECTIONS

- Preheat the oven to 375°F (190°C).
- Place apples cut-side up in a baking dish.
- Mix nuts, raisins, cinnamon, and oil; stuff into apples.
- Bake for 25–30 minutes, until soft and golden.
- Serve warm — optionally top with coconut yogurt or a drizzle of tahini.



# CHOCOLATE-DIPPED FRUIT BITES

## INGREDIENTS

*1/2 cup* **DARK CHOCOLATE CHIPS OR  
CHOPPED CHOCOLATE BAR**

*1 tsp* **COCONUT OIL**

**SLICED STRAWBERRIES, BANANA  
COINS, OR PEAR WEDGES**

**GREEK YOGURT OR PLANT-  
BASED YOGURT**

**OPTIONAL TOPPINGS:  
CHIA SEEDS, SHREDDED  
COCONUT, CRUSHED  
PISTACHIOS**



## DIRECTIONS

- Melt chocolate and coconut oil over a double boiler or in 20-second microwave bursts.
- Dip fruit halfway into melted chocolate and place on parchment paper.
- Sprinkle with toppings before chocolate hardens.
- Chill in the fridge for 10–15 min until set. Store cold.

# Healthy Lemon Drop Cookies

*1 cup* **ALMOND FLOUR (OR GLUTEN-FREE FLOUR FOR A FIRMER TEXTURE)**

*1/4 cup* **COCONUT FLOUR (OR USE MORE ALMOND FLOUR IF NOT AVAILABLE)**

*1/4 tsp* **BAKING SODA**

**ZEST OF 1 LEMON**

*2 Tbsp* **LEMON JUICE**

**PINCH OF SALT**

*1/4 cup* **HONEY OR MAPLE SYRUP**

*1* **EGG**

*2 Tbsp* **COCONUT OIL OR OLIVE OIL (MELTED)**

*1/2 tsp* **VANILLA EXTRACT**

**OPTIONAL:  
POWDERED ERYTHRITOL OR  
MONK FRUIT SWEETENER FOR  
DUSTING**

## DIRECTIONS

- Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
- In a bowl, mix almond flour, coconut flour, baking soda, salt, and lemon zest.
- In another bowl, whisk egg, lemon juice, honey/maple syrup, oil, and vanilla.
- Combine wet and dry ingredients until a soft dough forms. Let sit for 5 minutes to thicken.
- Scoop out small spoonfuls and roll into balls. Flatten slightly on the baking sheet.
- Bake for 8–10 minutes, or until edges are lightly golden.
- Cool on a rack. Optional: lightly dust with powdered sweetener before serving.



**SNACKS**



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# HEMP SEED GRANOLA

## INGREDIENTS

- 3/4 cup* **RAW ALMONDS**
- 1/2 cup* **RAW PUMPKIN SEEDS, (PEPITAS)**
- 1/2 cup* **RAW PECANS**
- 1 cup* **RAW WALNUTS**
- 1 cup* **UNSWEETENED COCONUT, DESICCATED, SHREDDED OR FLAKES**
- 1 cup* **HEMP HEARTS (OR HEMP SEEDS)**
- 2 Tbsp* **CHIA SEEDS**
- 1/3 cup* **MELTED COCONUT OIL**
- 1 tsp* **VANILLA**
- 1 tsp* **CINNAMON**
- 1/4 cup* **MAPLE SYRUP**
- 1/2 cup* **PITTED AND CHOPPED MEDJOL DATES**
- PINCH OF SEA SALT**

## DIRECTIONS

- Preheat the oven to 250°F.
- Place almonds, pumpkin seeds, pecans and walnuts into a food processor and pulse a few times to chop the nuts and seeds into smaller pieces. Don't process too much because you still want some chunky pieces.
- Transfer the nut mixture into a large bowl, add all remaining ingredients except the dates and stir well.
- Spread an even layer of the mixture onto a large parchment-lined baking sheet. You may need two sheets if your baking sheets aren't oversized like mine.
- Bake for 35 minutes. Remove from the oven, add dates and give the mix a good stir.
- Bake for 25-30 minutes more or until granola is golden brown in color.
- Remove from the oven, let cool and enjoy.

The background of the entire image is a dense, close-up photograph of light-colored hemp seeds. The seeds are small, oval-shaped, and have a slightly textured surface. They are piled together, creating a uniform, natural-looking pattern.

*restore*

— **HEMP** —

Hemp is a nutritional powerhouse rich in essential fatty acids, protein, and antioxidants that support heart health, brain function, and skin repair. It contains gamma-linolenic acid (GLA), a rare omega-6 that reduces inflammation, balances hormones, and supports recovery from PCOS, PMS, perimenopause, adrenal fatigue, and stress. Hemp's 3:1 omega-3 to omega-6 ratio aids brain cell membrane repair, easing brain fog, anxiety, and depression. Its anti-inflammatory properties relieve pain and cramping, while antioxidants and fatty acids promote cellular repair, wound healing, and the regeneration of skin, muscle, and connective tissue—making hemp vital for restoration and long-term vitality.

# APPLE NACHOS

*with Yogurt Drizzle*

## INGREDIENTS

- 1 THINLY SLICED APPLE
- 2 Tbsp GREEK YOGURT
- 1 tsp HONEY
- 1 Tbsp ALMOND BUTTER (OPTIONAL)
- 1 Tbsp HEMP GRANOLA
- DASH OF CINNAMON

## DIRECTIONS

- Arrange apple slices in a circle on a plate.
- In a small bowl, mix yogurt with honey.
- Drizzle yogurt and almond butter over the apple slices.
- Sprinkle it with granola and a dash of cinnamon.
- Serve immediately for a fresh, fiber-filled snack.

*rest, rebuild,  
restore, revive*





*rebuild.  
restore, revive*

# NO-BAKE VEGAN ENERGY BITES

## INGREDIENTS

- 1 cup* ROLLED OATS
- 1/2 cup* NATURAL NUT BUTTER
- 1/4 cup* GROUND FLAXSEED
- 1/4 cup* MAPLE SYRUP
- 1/4 cup* MINI DAIRY-FREE CHOCOLATE CHIPS OR RAISINS
- 1/2 tsp* VANILLA EXTRACT
- PINCH OF SALT

## DIRECTIONS

- Mix all ingredients in a large bowl until fully combined.
- Roll into small balls (about 1 inch).
- Chill in the fridge for 20-30 minutes until firm.
- Store in an airtight container in the fridge for up to a week.

**4. THE LINK**  
CHURCH