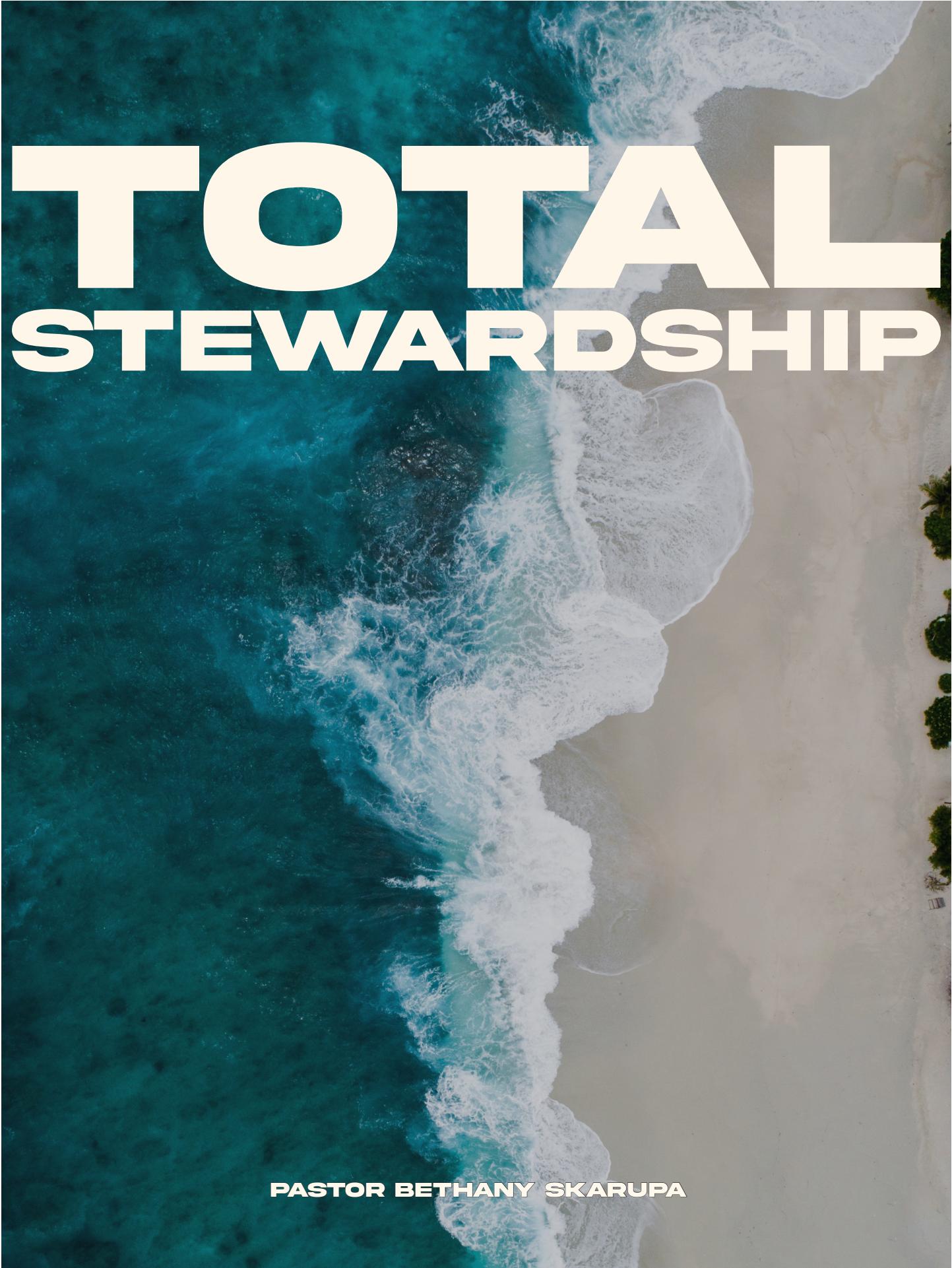


TOTAL STEWARDSHIP

An aerial photograph of a beach. The left side of the image is dominated by dark, turquoise-blue ocean water with white-capped waves crashing onto the shore. The right side shows a light-colored sandy beach. A few small green trees are visible on the right edge of the beach. The overall composition is a high-angle shot looking down at the coastline.

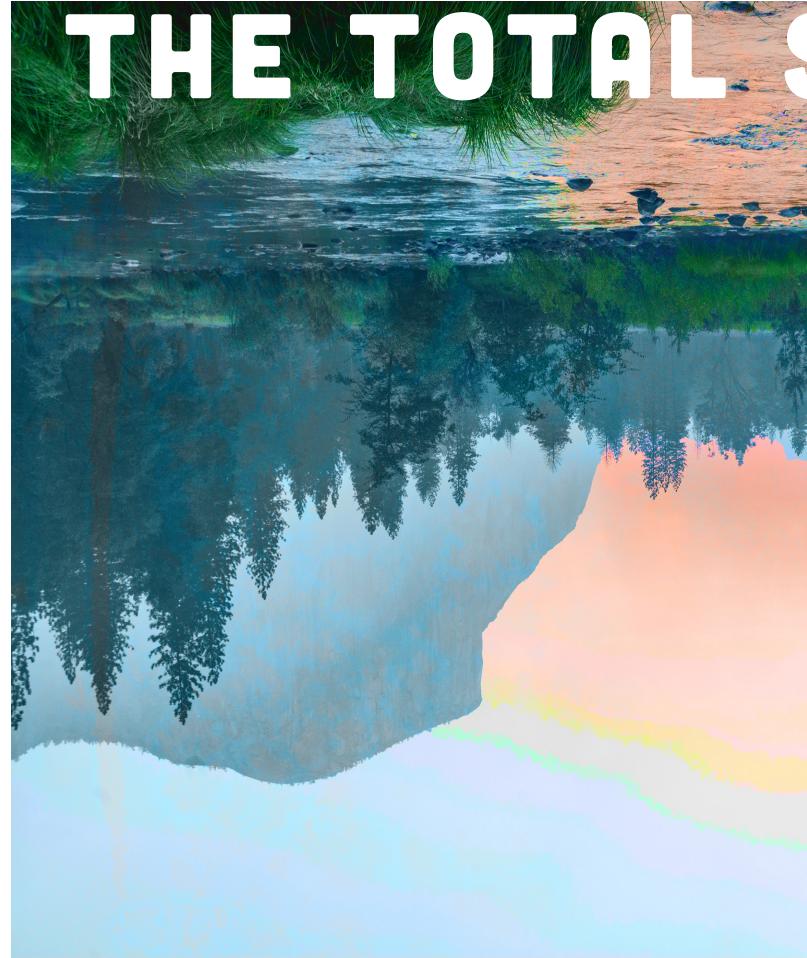
PASTOR BETHANY SKARUPA

FLOURISH

THE TOTAL S

• The Total Stewardship Fast includes fasting from sugar/sweeteners, dairy, gluten, alcohol, tobacco, processed food, and food additives. For more details, see the list under “Foods to Avoid.” (You may modify as necessary. See “Fast Modifications” page.)

• Keep in mind that this is not a diet, but a partial fast. You will be fasting from things that are harmful to your health, and choosing things that promote health. The purpose is to discipline the flesh, connect more deeply with God, transform your thinking, and develop a new lifestyle. The side effects are weight loss, mental health,



- If you can, give yourself a few days to prepare! Give yourself several days, or even a week, to read through the material, get familiar with the recipes (even try a couple), build your weekly meal plan, and write out your shopping list. Take this time to prepare your heart and your kitchen before you begin. Also take this time to meditate on, perhaps even memorize, the scriptures shared in the journal.
- Read through the appendices at the end of this booklet. Consider reading one of the recommended resources from Appendix D during our 21 day fast.
- Build your shopping list by referring to the weekly shopping list, pantry staples, and the meals you've chosen for the week. Stick with your list when you shop.
- Each day, read the scripture verse and reflection. Take time to meditate on them and personalize them. Spend a few minutes connecting with God during this time.
- Record what you eat in the journal. Writing out what you eat is important. Studies show that you can automatically improve your diet by simply writing down everything you eat!

STEWARDSHIP FAST



- Be sure to drink enough water. Aim for half your body weight in ounces (70 ounces if you weigh 140 lbs, for example), or at least 80 ounces. Record your water intake.
- You may drink 1-2 cups of unsweetened tea, kombucha, or black coffee (It's okay to add unsweetened coconut milk, unsweetened almond milk, or unsweetened chocolate almond milk to your coffee). But make sure you can still meet your water quota.
- Each week include a minimum of five 15 minute workouts, recording them in the journal. Start at your own pace and increase slowly, but challenge yourself. If you are already doing more than this, continue with what you are doing. Slow down a little if you need to, as your body adjusts to the new foods you are eating. For maximum effectiveness, be sure to

• When you struggle, pray and quote scripture. Pick the scriptures that most speak to and motivate you personally. Print or write them out and keep them visible.



FOOD RECOMMENDAT

Foods to Enjoy (Choose organic whenever possible)

- Grass fed meat, pastured poultry, venison or buffalo (palm sized portions)
- Wild-caught Alaskan salmon (palm sized portions, or a little bigger)
- Homemade chicken bone broth (daily, if possible)
- Pastured eggs
- Unlimited non-starchy veggies
- Starchy veggies (palm sized portions, up to two servings per day)
- Kimchi, lacto-fermented sauerkraut, and lacto-fermented pickles (naturally fermented, not made with vinegar; although vinegar pickles are okay if they have no additives, they don't give you the beneficial probiotics that lacto-fermented pickles do)
- Fresh or frozen fruit (up to 1 1/2 cups per day)
- Beans (palm sized portions, up to two servings per day)
- Nuts, seeds, nut and seed butters (1-2 TB per serving, 1-3x per day)
- Coconut in any form - oil, butter, shreds, flakes, whole, flour (supports weight loss and brain and heart health)
- Gluten-free whole grains, such as quinoa, brown rice, gluten-free oats (palm sized servings, up to two servings per day)
- Herbal teas
- Kombucha, tea, and/or black coffee in moderation (1-2 cups per day total)
- Avocado oil

PTIONS

Foods to Avoid

- Conventionally raised meat and eggs
- Non-organic food (except the “clean 15,” from www.ewg.org)
- Sugar
- Artificial sweeteners
- Natural sweeteners (stevia, maple syrup, honey, etc)*
- Dairy*
- Gluten*
- Food additives** (artificial colors, flavors, preservatives, hydrogenated or trans fats, MSG, etc.)
- Vegetable oils, especially anything hydrogenated (stick with the oils recommended)
- Alcohol
- Smoking***

* We will discuss how and when to reintroduce these foods after the fast is complete.

** Be sure to read labels. Stick with real food (food without labels – veggies, fruit, nuts, seeds, meat, etc.) and real food ingredients (onions, garlic, tomato, etc. - organic salsa is one example).

*** Although smoking is not a food, it is extremely detrimental to your health in many ways. Be cautious about cessation medications as well, as they can have terrible side effects. Some experts believe quitting smoking is as hard or harder than quitting heroine or cocaine. And yet we all know people who have successfully quit. The best method is to ask God for wisdom in how you should quit smoking, seek godly counsel, and depend on His strength to get you through. I'm praying for you as well.

FAST MODIFICATIONS

The Total Stewardship Fast is an appropriate partial fast for almost everyone. However, you may wish to modify it to suit your needs. If you do not want to commit to the full Total Stewardship Fast, you can adjust it however you would like to. One modification I make is to allow grass-fed butter while on the Total Stewardship Fast. I follow the rest of the fast strictly.

On the other hand, while some may want something less restrictive, you may actually feel called to do something a little more restrictive. Intermittent fasting is a good choice for this. I almost always eat within a specific time window on my eating days, and add one or two days of water fasting.

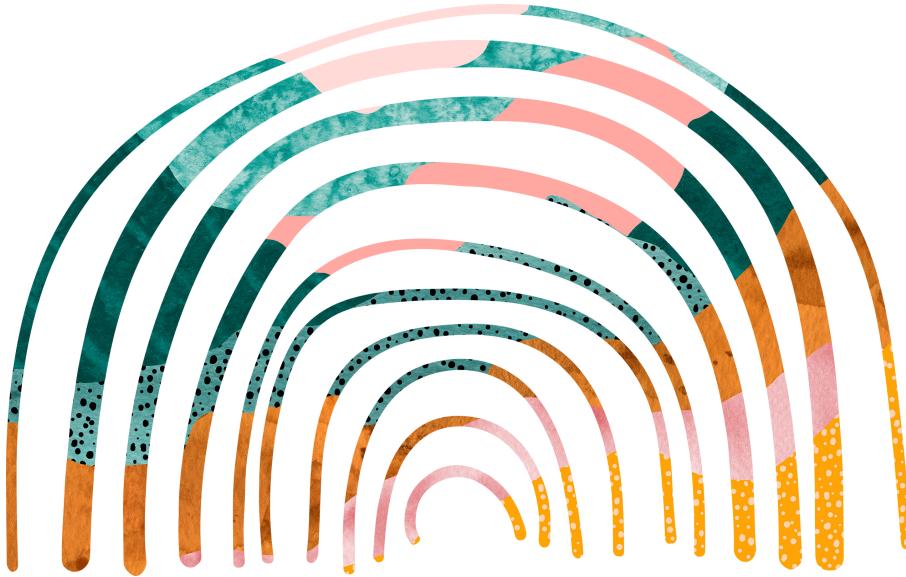
If you have an eating disorder, please proceed with caution and godly counsel.

Below are some suggestions for partial or full fasting that you may like to consider. Ask God for wisdom and direction in choosing how you will fast. Whatever you choose to do, make the decision before the fast begins and stick with your commitment. You may wish to write down your commitment below, or even simply put a check mark next to the things you are choosing to fast from.

Fasting options:

- Sugar/desserts
- Junk food (candy, chips, soda, etc.)
- Snacks (limit yourself to 2-3 meals daily)
- Alcohol
- Smoking
- Social media
- News
- Movies/TV/non-christian music





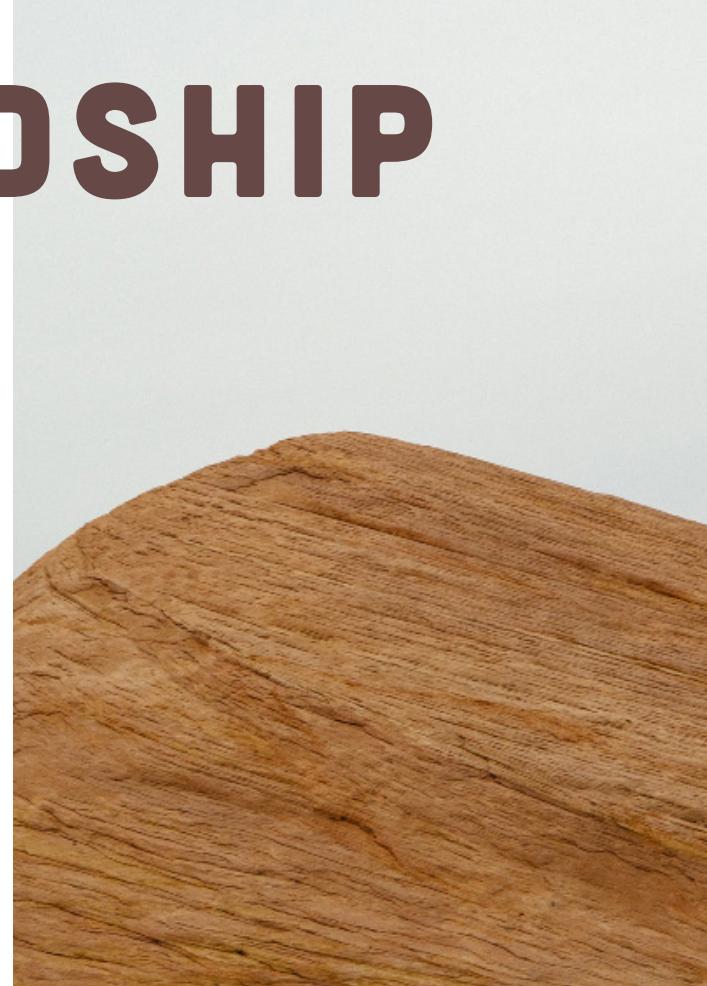
- Any of the following: gluten, dairy, processed food (anything with food additives)
- Full Total Stewardship Fast
- Time restricted eating, aka intermittent fasting (choose a time window for eating, such as noon to 6pm, or only eat one or two meals a day, no snacks)
- Add some days of water fasting, drinking only water one or two days a week. You could also do liquid fasting, allowing for unsweetened coffee or tea on these days.
- “Daniel Fast” - this is basically a vegan diet, and ultimatedanielfast.com has excellent recipes for this type of fast.
- Water only fasting for 7-21 days (however, since this is a more extreme type of fasting, you may need the support of a medical professional, especially if you have any health issues. Diabetics should NOT do this without supervision and careful monitoring of blood sugars!)
- Dry fasting is fasting without food or water, and can be dangerous. In general, dry fasting is not recommended at all. In the Bible it is used only occasionally and in extreme circumstances, such as in the book of Esther. Water only fasts are an excellent alternative.

- **JOYFUL PRAISE FITNESS (YOUTUBE)**
- **REFITREV CHRISTIAN ZUMBA'S (YOUTUBE)**
- **WORK HARD PRAISE HARD FITNESS (YOUTUBE)**
- **THE BODY COACH TV (YOUTUBE)**
- **FITON APP (FREE APP)**

STEWARDSHIP

When we hear the word “stewardship” most of us probably think of being responsible with money. And rightly so. We should not foolishly spend what God has entrusted to us. But biblically, the idea of stewardship extends to much more than just finances. Consider the following verse:

1 Peter 4:10, “Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”



Faithful stewards are those who use whatever gift we have received as a means to honor God and serve others. Think about that for a second. What are the gifts in your life? Finances, a roof over your head, material possessions, natural talents, spiritual gifts, personality, intelligence, creativity, relationships... the list could go on and on. Without God we would have nothing – be nothing. Your physical body included. The psalmist makes that very clear.

Psalm 139:13, “For you created my inmost being; you knit me together in my mother’s womb.”

Let me be very clear about this: Your body is a gift to you from God. You may tend to focus on the flaws and imperfections of your body, but you need to change your thinking to one of gratitude and stewardship. Ask yourself this, “Am I truly using my body to honor God and serve people? Or am I constantly giving in to the demands of the flesh?”

Imagine you have given a gift to one of your children, or a loved one. You may give out of love with no strings attached, just to see the joy that it gives them. But isn't there an expectation that they will appreciate and care for the gift? And how do we feel when the gift is neglected, abused, or misused? Now think about how God feels in relation to how you are treating your body.

The purpose of this fast is to pursue "Total Stewardship – Body, Mind, and Spirit." But what is stewardship exactly? According to dictionary.com, there are two meanings for stewardship:

1. The position and duties of a steward, a person who acts as the surrogate of another or others, especially by managing property, financial affairs, an estate, etc.
2. The responsible overseeing and protection of something considered worth caring for and preserving:

We can apply both of these definitions to the stewardship of our body, mind, or spirit.

1. To be a good steward of my body (or mind or spirit) I must acknowledge that it is a gift from God, ultimately belonging to Him, and my loving, grateful response is to be a responsible manager of my body (or mind or spirit).
2. My body (or mind or spirit) is valuable to God, worthy of being cared for and preserving.

Spend a few minutes reading through those two points, meditating on how they apply to your life. Then read Matthew 25:14-30, which is where Jesus tells the parable of the talents. We are all entrusted with gifts to care for. It may seem like other people have five talents, while you got just one. But God expects you to do the best with what you have. If we are not responsible caretakers of what we have, we will lose even that. This is clearly seen in people who neglect to take care of their bodies, and so ultimately lose their health. But keep in mind that those who choose responsibility over neglect reap great benefits!

Remember Jesus' words in Matthew 25:23. "Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many

PURIFY



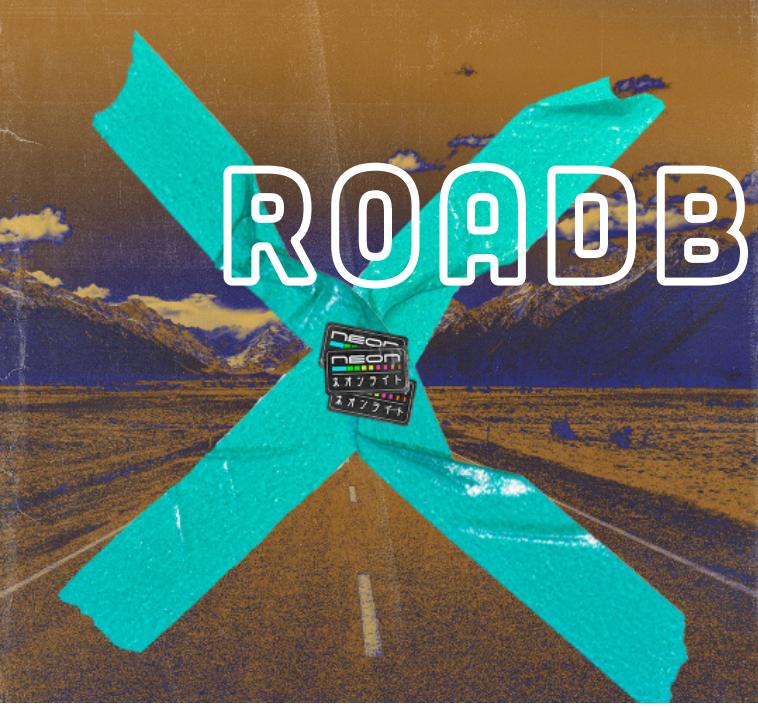
2 Corinthians 7:1 "... Dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence

Have you ever read this scripture before? I'm sure I read it dozens of times before God really made it come alive to me. As a lifelong believer, I've always understood the call to be pure in spirit by turning my back on sin and seeking to honor God by having an increasingly Christ-like character. In short, follow the Ten Commandments. Jesus says the Ten Commandments, and all of scripture, can be summed up by the command to love God, and love each other. This is what it means to "purify ourselves from everything that contaminates our spirit." Obey God, not our sinful nature. According to this scripture, our reverence for God should cause us to want to be pure, in both spirit and body.

But what does it mean to “purify ourselves from everything that contaminates our body”? Certainly it means we should be free from sexual immorality (see 1 Corinthians 6). But this scripture should also be applied to how we care for our bodies. We should not be ruled by our taste buds. We should not rely on food to deal with stress, sadness, or loneliness. Just as we should not choose to seek pleasure in any sexual activity that God forbids, so also we should not seek pleasure from food that we know causes harm to our physical body.



That is the goal of the Total Stewardship Fast. We learn to choose food that supports health, to view physical fitness as a spiritual discipline, and we choose to rely on God to give us strength and meet our needs. Let's begin to purify ourselves from everything that contaminates both spirit and body.



ROADBLOCKS

Throughout my journey, I have experienced four different roadblocks to health. I have been apathetic, defeated, rebellious, and even sometimes idolatrous when it came to caring for my physical body.

Can you identify?

- Apathetic – Not caring about the state of your physical fitness or health (perhaps feeling you are not even valuable enough to care for)
- Defeated – Wanting to improve your physical fitness or health, but believing the lie that it is impossible or you're incapable because you've failed before (maybe even many times before)
- Rebellious – Stubbornly refusing to give up the food you love, or get the exercise you need, out of a spirit of selfishness (either refusing to acknowledge it's harmful to you, or continuing in spite of the fact that it's harmful to you)
- Idolatrous – Becoming obsessed with body image or sports performance, feeding your own ego rather than focusing on honoring God (which can be experienced as either pride in your own accomplishments or an insatiable hunger to always improve, that leaves you feeling unfulfilled until you meet some new self-set milestone, then another, and another...)

Although I've encountered each of these roadblocks at different times in the past, they don't stop me anymore, even though they occasionally rear their heads again.

Freedom from these things is a daily battle, that requires daily connection with God. That is why the daily scripture readings and reflections are the backbone of this fast. Don't skip them or hurry through them. Take your time to meditate on the scripture and talk to your Heavenly Father about how to walk them out in your life.

Take notice that apathy, defeat, rebellion, and idolatry all have one thing in common. They are all based on our state of mind, our thought life. We need to be "transformed by the renewing of our minds"!

Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-his good, pleasing and perfect will."

During this fast, you will have the opportunity to pray, study scripture, and practice the self-discipline that leads to physical, spiritual, and even mental health (body, spirit, mind). God will give you the strength you need each day, but you need to choose to walk in it. You will be amazed at the difference a few weeks can make when you give yourself fully to the work of God in your life. My heart and my prayers are with you. I know you can do it, because I've done it myself. The freedom is worth the sacrifice. You'll see.

Look back at the four roadblocks for a moment. Which of these have you faced? Which are you facing now, as you begin this fast? Take a few minutes to record your thoughts here.

APPENDIX A: SHOPPING

Weekly shopping list

(Purchase at the beginning of each week, along with any other necessary ingredients for the meals you choose. Once you have these items and the pantry staples, you will have most of what you need for all of the recipes.)

- 1 whole organic, pastured chicken
- 1 dozen organic, pastured eggs
- Frozen or fresh organic greens (kale, spinach, arugula, or any other dark leafy greens)
- Salad greens (romaine is a great choice)
- Fresh or frozen non-starchy organic veggies (broccoli, cauliflower, Brussels sprouts, bell peppers, etc.)
- Bananas (once ripened, peel, break into thirds, and freeze)
- Carrots, celery, and white or yellow onions (replenish when you run out)





Pantry items/staples

(Purchase in advance, or as needed)

- Avocado oil or olive oil
- Himalayan Pink Sea Salt, Celtic Sea Salt, or Real Salt
- Organic pepper
- Organic garlic powder
- Organic garlic cloves
- Organic apple cider vinegar (make sure the bottle says “with the mother”)
- Organic quinoa and/or organic brown rice
- Organic canned tomato sauce (or whole organic tomatoes as needed)
- Nutritional yeast

Optional Pantry Items

(Purchase a few at a time with each shopping trip to distribute the cost. Once you are stocked up, replace as needed)

- Organic bay leaves (for bone broth)
- Unrefined, cold-pressed coconut oil (for smoothies, and sautéing)
- Organic raw cacao or cocoa powder (for smoothies)
- Organic coconut flour (for pancakes, muffins)
- Organic shredded coconut flakes (for trail mix)
- Unsweetened sunflower seed or nut butter (for smoothies and snacks)
- Ceylon cinnamon (for smoothies)
- Grass-fed gelatin (for tea)
- Organic hemp protein (for smoothies)
- Organic herbal teas of choice (Traditional Medicinals has some great options)
- Kyo-Green (Excellent source of iodine for thyroid support), or other super-greens powder (for smoothies)
- Kombucha (anti-aging, antioxidant, detoxifier), homemade or plain is best (check sugar content, no more than 4 grams per serving)
- Organic raw seeds; pumpkin and/or sunflower (for trail mix and snacks)
- Organic whole flax seeds (for smoothies; grind just prior to using)
- Organic Chia seeds (for smoothies, or in water)
- Lara bars (for occasional snacks)
- Organic popcorn (for occasional snacks)



APPENDIX B: THE NEXT PHASE



If you like the results this partial fast has had in your life, here are some suggestions to help you move forward.

You may now add back natural sweeteners in extreme moderation. Give yourself a limit and stick with it. You now know you can do it! One dessert per week is plenty. Make your own desserts at home. Continue to avoid refined sugar and artificial sweeteners. Stick with stevia (preferred), maple syrup, and honey.

If you would like to see how your body responds to dairy and gluten, utilize the following steps to reintroduce them properly. Of course, if you're doing great and don't feel the need for them, you can always leave them out of your diet for good.

Begin by choosing which you will add back first. Give 3-7 days for each, to make sure you have time to evaluate how your body is responding. Take note of any negative reactions, which can include headaches, brain fog, lethargy, breakouts, rashes, digestive upset, mood swings, joint pain, anxiety, panic attacks, depression, or weight gain to name a few. If you notice any issues, discontinue the food completely. You can retest in several months if you so choose.

Reintroducing Dairy:

Goat's milk and sheep's milk products are preferable to cow's milk, and many more people can consume these without problems. Consider adding these in place of cow's milk, or if you have trouble with cow's milk.

Consume dairy 2-3 times per day during the testing period.

Be sure to choose grass-fed sources of dairy, preferably from Guernsey or Jersey cows, not Holstein.

Choose whole milk options, not reduced fat.

Begin with butter, and cultured dairy such as plain yogurt, plain kefir, raw milk cheese, and cottage cheese.

After a couple days, if you have no adverse reactions, you can try regular milk if you feel the need, but be sure it is from a good source, not just conventional milk off the grocery shelves.

Reintroducing Gluten:

Consume gluten containing grains 2-3 times per day during the testing period.

Begin with soaked, soured, or sprouted products (Such as Ezekiel bread). It is preferable to stick with these types of bread products, however, after a couple of days if you have no adverse reactions, you can try regular whole wheat



APPENDIX C: FURTHER STUDY

Every Body Matters by Gary Thomas

The Daniel Plan by Rick Warren

Eat Dirt by Dr. Josh Axe

Made to Crave by Lysa TerKeurst

The Rewards of Fasting by Mike Bickle

Fasting by Jentezen Franklin

Feasting and Fasting: What Works, What
Doesn't, and Why by Shane Idleman



APPENDIX D: SUPER SIMPLE REAL FOOD RECIPES



BREAKFAST



Smoothies

Add one or more of the following nutrient boosters:

- 1TB grassfed collagen hydrolysate (for healthy gut, skin, hair and nails)
- 2 TB freshly ground flax seeds (helps keep you “regular”)
- 2 TB chia seeds
- 2-4 TB hemp protein powder or hemp seeds
- 1TB Kyo-Green powder
- 2-4 TB hemp protein powder or hemp seeds
- 2 TB coconut oil
- 2 TB raw nuts or seeds

Berries and Cream Smoothie

- ½ cup frozen mixed berries (or any combination of blackberries, raspberries, strawberries, and/or blueberries)
- 1 cup unsweetened coconut milk
- ½ cup coconut cream (canned, no additives)
- 2 TB raw cacao or cocoa powder
- 1 pinch vanilla powder (or vanilla extract)

Chocolate “PB” Smoothie

- 1 cup frozen greens (kale, spinach, arugula, broccoli, or a mixture of broccoli, cauliflower, and carrots are some great options)
- 1 frozen banana (I peel ripe bananas and break into thirds to keep in the freezer, so I’m always ready for a smoothie)
- 2 TB sunbutter or other unsweetened nut butter (or organic Valencia peanut butter)
- 2 TB raw cacao or cocoa powder
- 1 tsp Ceylon cinnamon
- Cover with water, unsweetened coconut or almond milk; blend

Mango Cayenne Smoothie

- 1 cup frozen greens (kale, spinach, arugula, broccoli, or a mixture of broccoli, cauliflower, and carrots are some great options)
- 1/3 of a frozen banana
- 1 cup frozen mangoes
- 1-2 TB seed or nut butter
- 1/4 tsp each of turmeric, ginger, cayenne pepper
- Dash of black pepper
- Cover with unsweetened coconut or almond milk; blend

Chocolate Covered Cherry Smoothie

- 1 cup frozen greens (kale, spinach, arugula, broccoli, or a mixture of broccoli, cauliflower, and carrots are some great options)
- 1 cup frozen cherries
- 2 TB raw cacao or cocoa powder
- 2 TB seed or nut butter
- Cover with water, unsweetened coconut or almond milk; blend

Kale Soup With Eggs

Ingredients:

- 1 cup bone broth (preferably homemade)
- 1 cup fresh or frozen kale or other greens
- 1 TB apple cider vinegar
- 2 pastured eggs
- Salt and pepper to taste

Directions:

- Heat bone broth in a saucepan.
- When boiling, drop in greens.
- Bring back to boil.
- Add apple cider vinegar.
- Crack two eggs and drop slowly into boiling soup. Cook until they look almost done.
- Remove from heat (Eggs will cook a little more as the soup cools). Add salt and pepper if needed.

Scrambled Eggs With Onions and Kale, or Onions and Pep-

Ingredients:

- 1 diced onion
- 1 cup fresh or frozen kale or other greens
- 2 pastured eggs
- 1 TB oil

Directions:

- Saute onion with one cup greens (or you can just use fresh or frozen onions and peppers instead) in oil.
- When onions are soft, add 2 eggs and stir until cooked.
- Add salt and pepper to taste.

Fried Eggs With Veggies

Ingredients:

- 2 cups fresh or frozen veggies
- 2 pastured eggs
- 1 TB oil
- Crushed red pepper flakes or Red Hot sauce (if desired)

Directions:

- Sauté veggies in oil until soft.
- Remove from pan and fry eggs in remaining oil (add more oil if needed).
- Add Red Hot, crushed red pepper flakes, or salt and pepper to taste.

Coconut Flour Pancakes With Berry Sauce

Ingredients:

- 4 large eggs
- 1/2 cup of coconut flour
- 1 cup of coconut milk
- 1 pinch vanilla bean powder (or 1 tsp vanilla extract)
- 1 teaspoon of baking soda
- 1 cup mixed berries (frozen is fine!)

Directions:

- Combine all ingredients except berries in a blender and blend until smooth.
- Wait 5 minutes.
- Heat cast iron pan, then add a little coconut oil or avocado oil to the hot pan.
- Fry pancakes until golden on each side and cooked through.

Coconut Flour Mango Muffins

Ingredients:

- 2 cups frozen mangoes, thawed (ends up being about 1 cup)
- 1/2 cup coconut flour
- 6 eggs, room temperature (or the coconut oil won't mix well)
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/3 cup coconut oil
- 1 tsp vanilla extract (or 1 pinch vanilla powder)

Directions:

- Blend all ingredients together.
- Spoon mixture into stoneware muffin pan generously greased with coconut oil, or into paper liners.
- Bake at 350 degrees for 25 minutes.

Soaked-Grain Steel-Cut Oats

Ingredients:

- 1 cup steel-cut oats
- 2 apples
- Dash of salt
- 1-2 tsp Ceylon cinnamon
- Water

Directions:

- The night before, put 1 cup of oats in a quart jar with 2 cups filtered water.
- In the morning, pour 2 more cups of filtered water into a stainless steel pan and pour in the oats from the night before.
- Add 2 diced apples, with the skin on, along with the salt and cinnamon.
- Bring to a boil, then reduce to a simmer for 15 minutes. Use a lid, but be careful that it doesn't boil over.
- Serve with a handful of nuts or seeds on top, along with unsweet-

LUNCH



Super Simple ACV Salad Dressing (works well served over grains or as a chicken marinade as well)

Ingredients:

- ½ cup avocado oil or olive oil
- ½ cup apple cider vinegar
- 6 TB nutritional yeast
- ½ tsp sea salt
- 2-4 cloves of crushed garlic

Directions:

- Place all ingredients in a jar with lid and shake

Super Simple Balsamic Vinaigrette Salad Dressing

Ingredients:

- ½ cup avocado oil or olive oil
- ½ cup balsamic vinegar
- 6 TB nutritional yeast (optional)
- ½ tsp sea salt
- crushed garlic (optional)

Directions:

- Place all ingredients in a jar with lid and shake

Olive Oil and Lemon Salad Dressing

Ingredients:

- $\frac{1}{2}$ cup olive oil
- $\frac{1}{4}$ organic lemon juice (no additives)
- 1 tsp salt
- $\frac{1}{4}$ tsp black pepper
- 1 $\frac{1}{2}$ tsp Italian Seasonings
- 3 cloves freshly crushed garlic

Directions:

- Place ingredients in glass jar.
- Shake until blended.
- Serve immediately, or store on the counter for several days (you can refrigerate it, but the olive oil will thicken. Just allow it to come to room temperature before serving).

Celery and Chickpea Salad

Ingredients:

- 1 can organic chickpeas (garbanzo beans), or soaked and sprouted chickpeas
- 1-2 cups chopped celery
- $\frac{1}{2}$ cup Olive Oil and Lemon Salad Dressing (or to taste)

Green-wah Salad

Ingredients:

- 2 cups cooked and cooled quinoa
- 2 large or 3 small ripe avocados, cubed
- 1 red onion, diced
- Approximately $\frac{1}{2}$ cup Super Simple ACV Dressing

Directions:

- Mix together quinoa, onion, and avocados.
- Pour salad dressing over the mixture.

Buffalo Chicken Quinoa Salad

Ingredients:

- 2 cups cooked and cooled quinoa
- Approximately 1 cup shredded chicken
- 2 cups raw veggies (any mixture of broccoli or cauliflower diced small, shredded cabbage, shredded carrots, or diced celery)
- 2 - 4 green onions chopped
- $\frac{1}{3}$ cup olive oil
- $\frac{1}{2}$ cup hot sauce (I like Franks. Be sure to check the ingredients.)
- 1 tsp salt

Directions:

- Mix together all ingredients.
- chill before serving.

Super Simple Salad

Ingredients:

- Diced romaine
- Protein of choice (shredded chicken, chick peas or other beans, nuts or seeds, hard boiled eggs)
- homemade salad dressing

Multi-Color Salad

Ingredients:

- Diced romaine
- Protein of choice (shredded chicken, chick peas or other beans, nuts or seeds, hard boiled eggs)
- homemade salad dressing
- Colorful veggies. Challenge yourself to add as many different veggies as possible. Greater variety of color = greater variety of nutrients!

Easy Veggie Soup

Ingredients:

- 1-2 cups of bone broth
- 1-2 cups of mixed frozen veggies of choice (Normandy Veggies are good. They include broccoli, cauliflower, and carrots. Stir-fry mix is really good, too).
- Some optional add-ins include: $\frac{1}{2}$ cup cooked brown rice or quinoa, cooked or canned beans, and shredded chicken.
- Salt and pepper, as needed

Directions:

- Just heat and serve!

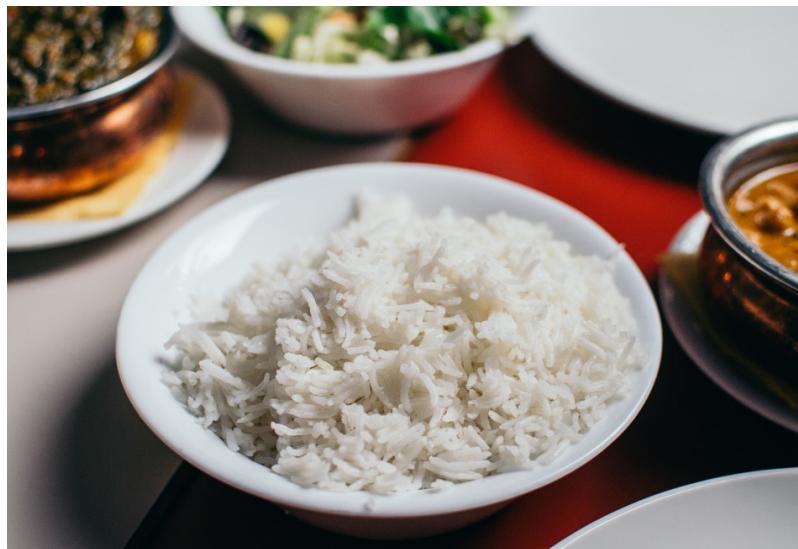
Easy Beans and Rice

Ingredients:

- 1 cup cooked brown rice
- 1 cup cooked or canned black beans
- 1 cup bone broth
- 1 diced tomato or 1 can organic tomato sauce
- 1-2 tsp organic Italian seasonings (or herbs of choice)
- salt and pepper
- Optional add-ins include: cilantro and $\frac{1}{2}$ cup frozen corn, home-made hummus.

Directions:

- Just heat and serve!



DINNER



Stir-Fried Veggies

Ingredients:

- 1 TB of avocado oil or coconut oil
- 2-4 cups fresh or frozen veggies - Some good options are frozen stir-fry veggie mix, Normandy veggies (broccoli, cauliflower, and carrots), asparagus and/or green beans with onions and mushrooms, or summer squash.
- 2-4 cloves garlic, crushed OR 1-2 TB coconut aminos or wheat-free tamari sauce
- Salt and pepper

Directions:

- Heat pan and add oil.
- Add veggies and sauté until tender-crisp and hot.
- Add salt and pepper.
- Optionally, add 2-4 cloves of crushed garlic, or 1-2 TB coconut aminos or wheat-free soy sauce (tamari).

Roasted Mixed Veggies

Ingredients:

- 2-3 cups fresh or frozen veggies (any veggies from the stir-fry recipe will work, or Brussels sprouts with mushrooms and red onions)
- 2 TB oil
- Salt and pepper
- 2-4 cloves garlic, crushed OR 1-2 TB coconut aminos or wheat-free tamari sauce

Directions:

- Pour veggies into a big bowl.
- Drizzle oil over veggies.
- Add seasonings.
- Roast at 400 degrees until slightly browned and tender.

Roasted Asparagus

Ingredients:

- 1 bunch of asparagus
- 1-2 TB oil
- Salt and pepper

Directions:

- Rinse asparagus and snap off woody ends.
- Place on a stainless steel cookie sheet or parchment paper and drizzle with oil.
- Bake at 425 degrees for about 8 minutes, or until tips just begin to brown.

Roasted Red Potatoes

Ingredients:

- 3 pound bag of organic red potatoes
- 2 TB oil
- 2 TB balsamic vinegar
- Salt and pepper

Directions:

- Cut potatoes into bite sized pieces.
- Drizzle with oil and vinegar.
- Stir well to coat.
- Spread evenly on stainless steel cookie sheet or parchment paper.
- Bake at 400 degrees for about 45 minutes until browned and tender, stirring halfway through.

Brussels Sprouts

Ingredients:

- 1 bag of organic Brussels sprouts, halved
- 1 red onion, diced
- 1TB oil

Directions:

- Heat cast iron or stainless steel pan and add oil.
- Add Brussels sprouts and onion.
- Cover and cook until tender and slightly caramelized, stirring occasionally.

Baked Sweet Potatoes

Ingredients:

- Sweet potatoes
- 1TB oil
- Salt and pepper
- Red Hot sauce

Directions:

- Bake sweet potatoes until soft (or use an Instant Pot).
- OR cut into fries and drizzle with oil, sprinkle with salt and pepper, then bake at 400 for 20 - 25 minutes or until tender and browned, flipping halfway through. You can also buy crinkle cut sweet potato fries that are raw and have no other ingredients, cooking them as stated above.
- Serve with Red Hot sauce.

Easy Turkey, Kale, and Quinoa Burgers

Ingredients:

- 1 package of Coscto's organic quinoa and kale mixture (thawed)
- 1 ½ pounds organic ground turkey
- 1 egg
- 1TB oil
- Organic mustard
- Lettuce leaves for "bun"

Directions:

- Mix all ingredients and form into patties.
- Heat cast iron or stainless steel pan and add oil.
- Fry patties until browned and cooked through.
- Serve on lettuce with mustard.

Stuffed Peppers

Ingredients:

- 1 pound of grass-fed beef or organic ground turkey
- 1 onion, diced
- 2 cups cooked brown rice (optional)
- 1 tomato, diced (or 1 can organic tomato sauce)
- 1TB dried parsley
- 1 tsp salt
- 1 tsp black pepper
- 1TB oil
- 3 bell peppers, halved

Directions:

- Brown meat in oil with diced onion.
- Add remaining ingredients.
- Spoon into halved peppers.
- Bake at 375 degrees for about 30 minutes, or until peppers are tender.



Basic Chicken Soup

Ingredients:

- 4 cups bone broth
- Shredded chicken (any amount you have)
- 1 onion, diced
- 2-3 carrots, sliced
- 2-3 stalks of celery, sliced
- 1TB oil
- 1 tsp salt
- 1 tsp pepper
- 1 tsp thyme

Directions:

- Heat oil in large stainless steel pot.
- Sauté veggies until softened (about 5 minutes).
- Add seasonings and stir.
- Add bone broth and shredded chicken.
- Bring to a boil and simmer for several minutes.

Spicy Sprouted Lentil Soup

Ingredients:

- 1 pound of lentils (soaked and sprouted, if desired)
- 1 onion, diced
- 2-3 carrots, sliced
- 2-3 stalks of celery, sliced
- 1 tsp each, salt and pepper
- $\frac{1}{4}$ tsp cayenne pepper
- $\frac{1}{2}$ tsp cumin
- 8 cups bone broth or water

Directions:

- Soak lentils in water overnight. Pour into strainer and rinse a few times daily until little white tails grow.
- When lentils are ready, sauté onions, carrots, and celery in oil until softened (about 5 minutes).
- Add seasonings and stir.
- Add water or broth with lentils and bring to a boil.
- Simmer about 30 minutes, or until lentils are tender.
- Serve with homemade hummus.
- Add organic sausage, if desired.

Instant Pot Spaghetti Squash

Ingredients:

- 1 medium spaghetti squash
- Water

Directions:

- Wash spaghetti squash, and place on rack in Instant Pot with 1-2 cups of water in the bottom.
- Set to manual for 15 minutes.
- When time is up, do a quick release and very carefully remove squash from pot.
- Cut in half and remove seeds.
- Place halves back on rack and set to manual for 20 minutes.
- Do a quick release when done.
- Remove strands and season as desired.
- Serve with a drizzle of olive oil, and vegan “parm” (made by blending $\frac{1}{2}$ cup raw sunflower seeds, $\frac{1}{4}$ cup nutritional yeast, and $\frac{1}{2}$ tsp sea salt)

Grass-Fed Steak with and Mushrooms

Ingredients:

- 1 grass-fed steak for every two people
- 1 TB oil
- 1 onion, sliced
- 1 container of mushrooms, sliced
- Salt and pepper

Directions:

- Season steak with salt and pepper.
- Grill until desired doneness, flipping only once (or cook in a cast iron pan).
- Serve with sauteed onions and mushrooms, a veggie, and a salad. Roasted potatoes make a good side dish.
- A serving size of steak should be about the size of the palm of your hand. You are buying more expensive meat, but eating smaller portions. Veggies should always be the star of every meal. A great way to do that here is to slice up the steak and serve it over your salad.

Grass-Fed Burgers with Mustard and Kimchi

Ingredients:

- Grass-fed burgers, fresh or frozen
- Salt and pepper to taste

Directions:

- Season burgers before cooking.
- Grill until desired doneness, flipping only once (or cook in a cast iron pan).
- Serve with mustard and/or 3-4 TB of kimchi on top, and no bun (or a Napa cabbage leaf “bun”).

Super Easy Chicken Breasts

Ingredients:

- Organic chicken breasts, pounded thin
- 1 TB oil
- Salt and pepper
- Garlic powder

Directions:

- Season chicken with salt, pepper, and garlic powder.
- Heat cast iron or stainless steel pan and add oil.
- Cook chicken breasts until golden and cooked through (no more pink or 165 degrees).

Whole Roasted Chicken

Ingredients:

- Whole organic chicken
- 1 TB oil
- Salt and pepper
- Garlic powder

Directions:

- Place chicken in oiled cast iron pan.
- Rub with oil.
- Sprinkle with salt, pepper, and garlic powder.
- Bake at 375 for about an hour, or until Chicken is 165 degrees throughout.
- Let sit for a few minutes in the pan before carving.
- Save bones for bone broth.
- If you have an Instant Pot, simply place chicken in the Instant Pot, dump innards around the chicken, sprinkle with salt, pepper, and garlic powder, and set for manual for 30 minutes.
- Take all usable meat off the bones and use for soups, salad, avocado chicken salad, add to Green-wah salad, or simply eat it with some grains and veggies.

Homemade Bone Broth

Ingredients:

- Bones from roasted chicken
- Onion, halved
- 2 carrots, snapped in two
- 2 stalks of celery, snapped in two
- 3-4 TB apple cider vinegar

Directions:

- Place bones from roasted or Instant Pot chicken into crockpot, including innards.
- Cover with about 3 quarts of filtered water and add veggies and apple cider vinegar.
- Optionally, add garlic cloves, bay leaves and any other herbs of choice.
- Set crock-pot to low for 12-24 hours.
- Add a sprig of parsley when done, and let stand until bone broth is cool enough to strain. Throw away veggies and bones and refrigerate bone broth. Skim off the fat before using.
- If you have an Instant Pot, place all ingredients into the pot, fill with filtered water to the 4L line and set for 120 minutes on Manual (press the



Spicy Chili

Ingredients:

- 2 pounds ground beef
- 1 onion, diced
- 5 cloves garlic, minced
- 3 large ribs of celery, diced
- 6 ounce can tomato paste
- 14.5 ounce can tomatoes and green chilis
- 28 ounce can crushed fire roasted tomatoes
- 1 tbsp chili powder
- 2 tbsp cumin
- 2 tsp Redmond's Real Salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp oregano
- 1 tsp black pepper
- 1 can kidney beans, drained
- 1 can pinto beans, drained
- 1 bay leaf

Instructions:

- Sauté onions and celery in Instant Pot.
- Add ground beef and garlic and sauté until browned.
- Stir in all the other ingredients, sticking the bay leaf in the middle on top so it can easily be removed before serving.
- Set Instant Pot to "slow cook" for 2 hours.
- Remove bay leaf and serve.
- Serve with organic tortilla chips or corn chips with no additives (watch the kind of oil used too).
- NOTE: This can be made in a slow cooker or on the stovetop as well.

Bean Burgers

Ingredients:

- 1 can black beans, drained
- 1 can pinto beans, drained
- 1 teaspoon garlic powder
- 1/4 teaspoon cumin
- 1/4 teaspoon salt

Directions:

- Mash together beans and add seasoning.
- Form into patties (they will be fragile).
- Fry in a small amount of avocado oil until slightly browned on the edges.
- Serve with salsa on top.
- Use a “lettuce” bun, or serve with Coconut and Cassava Flour Tortillas.

Refried Beans

Ingredients:

- 1 pound dry pinto beans, rinsed
- 1 onion, chopped
- 1 jalapeño, seeded and chopped
- 4 garlic cloves, chopped
- 2 tsp salt
- 1 tsp cumin powder
- 1 tsp black pepper
- 6 cups water

Directions:

- Combine all ingredients in a slow cooker and cook on high for at least 8 hours.
- Drain excess liquid, and mash or blend to desired consistency (adding back some of the reserved liquid if needed).
- Serve on Coconut and Cassava Flour Tortillas with salsa.

Coconut and Cassava Flour Tortillas

Ingredients:

- $\frac{1}{2}$ cup cassava flour
- 1 TB coconut flour
- 2 TB avocado oil (or olive oil)
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp Italian Seasonings
- $\frac{1}{3}$ cup warm water (adjust water as needed to make a “dough” that holds together)

Directions:

- Combine all ingredients.
- Divide into six portions.
- Flatten one portion at a time between two pieces of parchment paper.
- Heat in a dry skillet over medium heat for about 1 minute, then flip and heat for another minute or until cooked through.
- Serve with bean burgers as a replacement bun (If you have a mason jar lid, you can use it as a cookie cutter to get the perfect sized buns).
- Dip in herbed garlic olive oil (Just mix some Italian Seasoning, salt, and crushed garlic in a small bowl of olive oil).

SNACKS



Coconut and Seeds Trail Mix (or breakfast cereal)

Ingredients:

- 1 cup unsweetened coconut shreds
- $\frac{1}{2}$ cup each pumpkin and sunflower seeds (Any combination of raw nuts, seeds, and/or coconut shreds would be fine. You want 2 cups total)
- 2 TB oil
- 1TB seed or nut butter
- 1 tsp Ceylon cinnamon
- 1 tsp vanilla extract or a pinch of vanilla bean powder

Directions:

- Mix seeds and coconut shreds in a large bowl.
- In a separate bowl, mix 2 TB avocado oil or coconut oil with 1 TB seed or nut butter, 1 tsp Ceylon cinnamon, and 1 tsp vanilla extract.
- Pour over seed mixture and stir.
- Spread on stainless steel cookie sheet, or parchment paper and bake for 8 minutes at 300.
- To eat in place of cereal, just pour some in a bowl and cover with unsweetened coconut or almond milk.
- Add 1 TB organic raisins for a little added sweetness if desired

Sour Cream and Onion Popcorn

Ingredients:

- $\frac{1}{4}$ cup organic popcorn kernels
- Brown lunch bag
- $\frac{1}{4}$ cup coconut oil, melted
- 1TB nutritional yeast
- $\frac{1}{4}$ tsp each of garlic powder, onion powder, dill weed (optional) and sea salt.

Directions:

- Pour $\frac{1}{4}$ cup organic popcorn kernels into a plain brown lunch bag. Fold over the top twice.
- Microwave until popping slows almost to a stop.
- Pour into bowl.
- Drizzle $\frac{1}{4}$ cup melted coconut oil over popcorn.
- Stir thoroughly.
- Mix together seasonings.
- Sprinkle over popcorn and stir.

Gut-healing Tea

Ingredients:

- 1 tsp grass-fed gelatin
- Tea bag
- Water

Directions:

- Put about $\frac{1}{2}$ an inch of filtered water in the bottom of a tea cup.
- Stir in 1 tsp grass-fed gelatin until dissolved.
- Add tea bag and fill with boiling water.
- Steep according to directions on tea box.
- This is good for gut health, hair, skin, and nails.

Apple and Nut Butter

- Wash and slice apple.
- Serve with 2 TB seed or nut butter mixed with 1 tsp Ceylon cinnamon.

Small Handful of Raw Seeds or Nuts

1 Serving of Fruit

- Any fruit is acceptable, but try to keep the total at about 1 ½ cups per day.
- Dark berries are a great choice, as is fresh pineapple.

Edamame

- I like to keep frozen edamame on hand, and thaw it in the fridge overnight. You eat the beans out of the pod (cold or warmed) and throw the pod away. My kids love this snack.

Roasted Sprouted Chickpeas

Ingredients:

- 1 pound dry garbanzo beans (chickpeas)
- Water

Directions:

- Soak dry beans in 4 cups of filtered water overnight.
- Pour into strainer, and rinse a few times a day or two, until little white tails begin to grow.

- Once tails grow, cook according to package directions.
- Keep in the fridge and enjoy plain as a snack, or add to salads, soups, or other recipes.
- To make roasted chickpeas, spread a layer of sprouted and cooked chickpeas on a stainless steel cookie sheet or parchment paper. Bake at 400 for 40 minutes. After they are done, enjoy plain or add 1 tsp oil and seasonings of choice. Cumin and cayenne are good, or just a little sea salt.

Raw Veggies With or Without Homemade Hummus

Ingredients:

- Carrots, bell peppers, broccoli, cauliflower, and/or cherry tomatoes, washed and cut
- Soaked and sprouted chickpeas (see “Roasted Sprouted Chickpeas”)
- $\frac{1}{4}$ cup tahini
- 2 cloves of garlic, crushed
- 1 TB oil
- $\frac{1}{2}$ tsp salt
- 1 tsp paprika
- Water

Directions:

- To make homemade hummus, first soak and sprout garbanzo beans as described in “Roasted Sprouted Chickpeas” (or use organic canned beans).
- Optionally, you can saute the sprouted beans with 1 tsp baking soda for a minute or two before cooking to make a smoother hummus.
- Blend together 2 cups of sprouted and cooked chickpeas, tahini, crushed garlic, olive oil, salt, paprika, and $\frac{1}{2}$ cup water (more or less to desired consistency).
- Great as a dip for veggies, or on top of soup or rice and beans.

Jicama Sticks

- Peel jicama carefully with sharp paring knife. Slice into fries or chips.
- Enjoy raw. It's a great prebiotic food (feeds the good bacteria in your gut).
- In some stores, you can find jicama already peeled and sliced in the veg-

Homemade Fudge “Larabars”

Ingredients:

- 1 cup pitted dates
- $\frac{1}{2}$ cup raw sunflower seeds
- $\frac{1}{2}$ cup raw pumpkin seeds
- $\frac{1}{4}$ cup softened coconut oil
- $\frac{1}{3}$ cup raw cacao or cocoa powder
- 1 pinch vanilla bean powder (or vanilla extract)
- 1 pinch salt

Directions:

- Place all ingredients in food processor and blend until smooth.
- Press into small rectangular glass dish.
- Chill until firm, then cut into small bite-sized pieces.
- Store in the refrigerator.
- Optional:
 - Use any nuts or seeds that do not have additives.
 - Use any dried fruit that does not have additives or sugar.



Peanut Butter Cookie Bars

Ingredients:

- 1 cup pitted dates
- 1 cup Valencia peanuts

Directions:

- Place all ingredients in food processor and blend until smooth.
- Press into small rectangular glass dish.
- Chill until firm, then cut into small bite-sized pieces.
- Store in the refrigerator.

Baked Potato Chips

Ingredients:

- 1 bag russet potatoes
- 2-4 TB avocado oil
- Redmond real Salt
- Additional spices as desires, such as black pepper or cayenne

Directions:

- Preheat oven to 400 degrees.
- Slice potatoes thinly, using knife or mandolin (or a salad shooter!).
- Drizzle potato slices with oil.
- Spread evenly on stainless steel cookie sheet or use parchment paper.
- Sprinkle generously with salt.
- Bake for about 20 minutes, or until desired crispness, flipping once.
- Serve with hot sauce (no additives).



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