

Purification Freezer Meal

MENU:

Salads and Smoothie Fixin's

*7/21 Ziploc Qt bags of greens ready to make breakfast & snack

*7/21 Ziploc Qt. Bags or Jars of pre-made Salad



Entrees

*Roasted Root Vegetables (4 servings)

*Grain-Free Veggie Meatloaf (4 servings)

*Moroccan Lentil Soup (6 servings)



*(2) Stir Fry Vegetables (4 servings)

*Spinach Vegetable Soup (6 servings)

*(2) Roasted Cauliflower & Brussels sprouts (4servings)



Salad in a Jar Instructions:

Place veggies in this order"

Hard, crisp veggies such as Celery, Carrots, Radishes, Cucumbers

Grape tomatoes, Other leftover cut veggies

Mixed greens

Purification Smoothie Instructions - Each recipe-makes 2 Qt jars, 1 day's supply



2 cups water, coconut water or coconut milk

2 handfuls of organic spinach

1 handful organic Romaine lettuce

1 celery stalk-chopped

4 scoops SP Complete

4 scoops Whey protein

1 Tbsp of healthy oil (flax, borage, olive, sesame or coconut)

The following ingredients can be precut and stored in lemon juice or frozen:

1 organic apple-cored and sliced

1 organic pear-cored and sliced

1 Banana (Optional)

2 Tablespoons fresh lemon juice

Mix vegetables until mixed. Add rest of ingredients. Mix well. This will make 3-4 pint jars.

Variety is best! Use this as a base recipe and trade out the greens /fruit. Be creative but stay away from the melons.

Tips

*Coconut oil will harden and be chunky if added to a cold smoothie, so add before the frozen ingredients.

*Bananas can be frozen for easy use by peeling, breaking in half and packaging in Ziploc bags.

*Apples and Pears can be pre-cut and stored fresh for a day or 2, or frozen in portion sizes, if coated with lemon juice.

*The oil makes the smoothie healthier, creamier and more satisfying.

*Avocado acts like the oil, and can also be frozen with lemon.

*Do not store smoothie for more than a day, the fresh ingredients deteriorate.

Roasted Root Vegetables x 2



Freezer Package Ingredients:

1 # beets scrubbed, peeled, chopped
1 large sweet potato peeled, chopped
1 large carrot, peeled and chopped
6 cloves garlic chopped or whole
3 T EVOO (Extra Virgin Olive Oil)

1 butternut squash peeled, seeded, chopped
1 large parsnip, peeled and chopped
1/2 onion chopped
3 T fresh Thyme leaves or 1 tsp dried thyme

Preheat oven to 425

Spread vegetables out evenly in an oiled baking dish. Sprinkle with sea salt and pepper. Bake for ~45 minutes, stirring once halfway through baking, until vegetables are tender and starting to turn golden. Serves 2-4

Stir Fry Vegetables x 2



Freezer Package Ingredients:

1/2 c broccoli chopped coarsely
1 medium onion, sliced thinly
1 red bell pepper, stem and seeds removed ; chopped coarsely
4-6 oz mushrooms quartered

2 carrots sliced thinly at an angle
1/2 c bok choy leaf and stem, chopped

Other Ingredients:

1 c quinoa, pre-cooked
2 T coconut oil
2 T balsamic vinegar
Sea salt and pepper

Melt coconut oil in pan, add all vegetables and cook over med high heat for 3-5 minutes until vegetables are slightly softened. Add vinegar and seasonings to taste. Serve immediately on top of quinoa. Serves 4

Roasted Cauliflower and Brussels Sprouts

Freezer Package Ingredients:

- 1 med cauliflower cut into 1 inch florets
- 2 c Brussels sprouts, ends trimmed , halved
- 1 ½ t fresh rosemary chopped (or ½ t dried rosemary)
- 3 cloves garlic, peeled, smashed & chopped

Other Ingredients:

- 4 T olive oil

Preheat oven to 450. In a large bowl, combine all ingredients, tossing them well with oil. Spread vegetables in a single layer in a large baking pan or sheet. Roast until vegetables are crisp-tender and beginning to brown at the edges, about 20 minutes. Serves 4-6.

Spinach Vegetable Soup



Freezer Package Ingredients:

- 1 small onion, chopped
- 1 medium sweet potato, peeled and chopped
- 4 oz fresh baby spinach,(Can substitute Kale or Swiss Chard)
- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 clove garlic, peeled, smashed/chopped

Other Ingredients:

- 1 T olive oil
- 4 c meat or vegetable broth (pre-made, or bought organic)

Sauté vegetables in oil for 5 minutes, a bit longer if frozen. Do not brown. Add broth and bring to a boil. Cook for ~ 10 minutes. Reduce heat. Season soup with salt and pepper to taste.

Serves 2-4

Lots-A-Veggies Meatloaf



1 pound ground turkey or ground beef

1 T olive oil

1 medium onion, chopped

1 medium bell pepper, seeds removed, finely chopped

1/2 c shredded zucchini

1/4 c fresh parsley, chopped

1 garlic clove, chopped

2 eggs using flaxseed or chia seed egg replacer

(Mix 2 T chia seeds or flaxseed (ground up in coffee grinder) with 6 T water. Let soak for 10-15 minutes until gel like.=2 eggs)

1/4 cup tomato paste

1/2 c coconut flour

1 Tbsp fresh thyme, minced or 1 tsp dried

Sea salt and pepper

Organic Ketchup (for glaze if desired)

Mix well and freeze in loaf pan or muffin tins; use parchment paper lining for easy removal.

Recipe

Preheat oven to 350 degrees. Lightly grease loaf or muffin pans. Glaze the meat loaf or muffins with organic ketchup if desired. Bake meat for 45 minutes to 1 1/2 hours until lightly browned and cooked through. (Cook muffin size less) Check doneness with a meat thermometer. Remove from oven and let sit for ~5 minutes. Slice and serve. Serves 4.



Moroccan Lentil Soup



Freezer Package Ingredients:

- 1 $\frac{3}{4}$ c red lentils
- 2 c chopped onions
- 2 c chopped carrots
- 3 c chopped cauliflower
- 4 cloves garlic minced
- 1 can (28 oz) diced tomatoes
- 2 T tomato paste
- 2 T lemon juice
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- $\frac{1}{4}$ tsp ground cinnamon
- $\frac{1}{4}$ tsp ground pepper

Other Ingredients:

- 6 cups meat or vegetable broth
- 2 cups water
- 4 c fresh spinach (10 oz bag or equivalent frozen)
- $\frac{1}{2}$ c fresh cilantro
- dash of olive oil

Add broth, water and freezer package to a large pot. Cook, stirring occasionally to separate frozen chunks for 45-55 minutes, add spinach the last 15 minutes, stir in a little olive oil for flavor at end of cooking, garnish with cilantro. The cilantro can be added to freezer package instead, for convenience.