



THOMPSON FAMILY

ACUPUNCTURE CLINIC

To support the immune system, it is useful to reduce overall inflammation in the body. Typical inflammatory foods are: wheat, dairy, soy, sugar, alcohol, fatty meats, and oils that oxidize readily or are cooked repeatedly (think fast food fryer for French fries). These are considered inflammatory from the allopathic western sense, and in Chinese medicine. In Chinese medicine these are damp producing foods. Too much dampness in the body makes an environment that is ideal for inflammation and hinders the immune response to viruses and bacteria.

Our goals for enhancing the immune system through food are to eliminate or significantly reduce inflammatory foods, while enhancing the immune system with vitamin A, C, selenium, and zinc.

Ingredients with good sources of vitamin C:

broccoli, cantaloupe, cauliflower, kale, kiwi, orange juice, papaya, red, green or yellow pepper, sweet potato, strawberries, and tomatoes

Foods high in Vitamin A (anti-inflammatory and immune enhancing):

Sweet potato, winter squashes, kale, collard greens, turnip greens, carrot, red bell pepper, Swiss chard, romaine lettuce, spinach (for best absorption romaine and spinach have better absorption raw, the other vegetables have better absorption cooked--- so cook your kale), fruits: mango, cantaloupe, grapefruit, watermelon.

For lacto-ovo vegetarians: eggs, cheddar cheese, feta, goat cheese, Roquefort, camembert, butter, and cream cheese all are high in vitamin A. However it is best to use dairy sparingly or eliminate it based on the theory of Chinese medicine. Dairy is often inflammatory, and can produce an environment that viruses and bacteria love. So tread cautiously. Eggs can also be problematic for individuals. Note that if you eat eggs alone, do you within 0-60 minutes notice phlegm in the back of your throat or slight nasal congestion? If yes, then eggs are causing too much dampness for your body. If no, go ahead and keep them in your diet.

For omnivores: most liver, including liver pate is high in Vitamin A. Not a liver fan? Don't sweat it, salmon, Bluefin tuna, and King mackerel are all high in Vitamin A.

Foods high in Zinc:

Legumes: lentils, chickpeas, beans, oats, rice, and quinoa all are sources of zinc, however they also contain phytates that can hinder absorption of zinc. To overcome phytates: Heating, sprouting, soaking or fermenting plant sources of zinc like legumes can increase this mineral's bioavailability

Cashews, hemp seeds, flax, sesame seeds, pumpkin and squash seeds are all high in zinc without the phytates.

Potatoes, green beans, and kale contain small amounts of zinc. Don't rely on these sources alone for zinc.

If you are an omnivore, red meat and shellfish have the highest levels of zinc.

Foods high in selenium:

Brazil nuts, cashews, eggs, sunflower seeds, shiitake mushrooms, brown rice, lentils, spinach,

Shrimp, beef, chicken, liver, sardines, tuna

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
Breakfast	Pumpkin Chia seed pudding garnished with hemp seeds, and ground flax	Sautéed shiitake mushroom, leek and spinach topped sweet potato hash.	Oatmeal with mango, and raspberry, hemp seeds, flax, and pumpkin seeds	Smoothie +/- sweet potato hash	Sautéed greens with turkey sausage patties, and lemon juice	Chai Oatmeal with chia, poached pears	Raspberry-thyme chia seed pudding
snack	Smoothie	Handful of cashews and 1-2 kiwis	Smoothie	Brazil nuts, cashews, and fresh strawberries	Smoothie	Smoothie	smoothie
lunch	Left overs from dinner the night before	Left overs from dinner the night before	Left overs from dinner the night before	Left overs from dinner the night before	Left overs from dinner the night before	Left overs from dinner the night before	Left overs from dinner the night before
dinner	Swiss Chard Lentil Soup with roasted butternut squash-spinach salad	Roasted root vegetables over ½ cup quinoa, ½ cup cooked chickpeas w/ Pico de Gallo/ avocado slices, ¼ cup pumpkin seeds, and lime	Daal curry over rice or quinoa, garnished with sliced radish, lime wedges, side of roasted broccoli, and steamed greens of your choice	Lemony kale, green tahini roasted cauliflower medley with pan seared shrimp	Roasted Portobello mushroom with chimichurri sauce, side of steamed green beans, and zucchini accordions	Butternut squash vegetable medley soup	Vegetable and chicken stir fry over quinoa or black rice, sprinkle with sesame seeds

Need a non-sugary desert? Make a fruit salad, or chia pudding (google other recipes online that feel more desertlike), or add a little unsweetened cocoa to a smoothie if digestion doesn't like that much raw food, try making roasted

fruit with a pinch of cinnamon over it, such as roasted apples or peaches, or check out Nom Nom Paleo's plantain fritters to curb the sweet tooth.

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
Breakfast	sweet potato hash with greens and shiitake mushrooms or turkey sausage patty	Pumpkin Chia seed pudding	Chai Oatmeal with apples, hemp nuts, chia, and flax seed	Sautéed greens with turkey sausage patties, and lemon juice hash, eggs optional	Raspberry-thyme chia seed pudding	Pumpkin seed granola with oat milk or nut milk	Smoothie +/- or sweet potato hash
snack	smoothie	smoothie	smoothie	smoothie	smoothie	smoothie	smoothie
lunch	Vegetable stir fry over quinoa	Left over carrot ginger soup	Left over Coconut, turmeric cauliflower stew	Left over Thai curry	Left over salmon and vegetables	Left over Thai curry	Leftover broccoli soup, served with Avocado jicama salad from SP booklet
snack	Kale chips	Brussels sprout chips	Kale chips	Brussels sprout chips	Kale chips	Avocado or guacamole lettuce wraps	Kale chips
dinner	Punjabi black eyed peas and spinach	Coconut, turmeric cauliflower stew	Thai curry with broccoli, carrots, peas, beets, over ½ cup quinoa	Broiled salmon with steamed broccoli - cauliflower faux mashed potatoes	Ottolenghi's quick chickpea and Swiss chard dish over rice.	Red lentil daal and aloo gobi over rice	Green chicken with pan seared asparagus or broccoli raab, Cauliflower faux mashed potatoes or baked sweet potato

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
Breakfast	Smoothie + steamed greens and pork-sage sausage	Chai Oatmeal with apples, hemp nuts, chia, and flax seed	Smoothie + sweet potato hash	Smoothie+ steamed greens and pork-sage sausage	Smoothie + sweet potato hash	Smoothie+ steamed greens and pork-sage sausage	Chai Oatmeal with apples, hemp nuts, chia, and flax seed
snack	smoothie	smoothie	smoothie	smoothie	smoothie	smoothie	smoothie
lunch	Left over green chicken with veggies	Modified Salad Niciose	Avocado jicama salad or cabbage/pico de gallo salad	Left over zoodles and sauce	Left over Ginger stir fried vegetables and chicken,	Left over Garlicky green beans, mushrooms, chicken	Left over stir fry

	or salad				served over quinoa	Baked sweet potato	
snack	Kale chips	Brussel sprout chips	Kale chips	Brussel Sprout chips	Kale chips	Avocado or guacamole lettuce wraps	Kale chips
dinner	Chana masala with sautéed kale over rice or quinoa	Fajita Bowl with chicken, cumin, lime, red and yellow peppers, mushrooms, onion, Avocado, cilantro, spinach over quinoa	Broiled salmon, Mashed sweet potatoes , side of steamed collard greens—squeeze of lemon,	Ginger stir fried vegetables and chicken, served over quinoa or cauliflower 'rice'	Lentil lettuce cups with zucchini accordions	Three mushroom soup, side of garlic lemon greens and steamed cauliflower	Pesto brown rice pasta with diced tomatoes, sautéed mushrooms, and side of roasted broccoli

Recipes:

Snacks

Kale chips: <http://nomnompaleo.com/post/2648091289/baked-kale-chips>

Brussel sprout chips: <http://nomnompaleo.com/post/15661311142/brussels-sprouts-chips>

Breakfast:

(Note: to make the meal plan easier, sometimes I'll make 4 servings of one pudding, and simply eat it for breakfast four days in a row.)

Chia breakfast pudding recipes:

Raspberry Thyme or Vanilla Raspberry Chia Pudding Recipe

Ingredients (serves four)

- 2 cups fresh raspberries (or heat up 2 cups frozen in a saucepan)
- 1 banana
- 3 cups – unsweetened coconut milk or hemp milk
- 1 tsp vanilla extract
- 1/2 cup chia seeds (or 2 Tablespoons per mason jar)
- 1.5 tsp ground ginger (optional add try swapping with 1 tsp of ground cardamom.).
- **OR** 2 tsp fresh thyme instead of the ginger and cardamom
- four servings (one for each mason jar) Standard Process Complete (unflavored or vanilla, if using chocolate, you may not want the thyme or cardamom flavors).

- Four servings whole food fiber (one for each mason jar)
- Optional: 2-6 drops liquid stevia

Directions:

If using frozen raspberries, make sure to heat them up before blending. Frozen fruit tends to block the chia seeds' ability to puff up in the breakfast pudding, leaving you with a runny pudding and crunchy seeds --so make sure to heat up frozen fruit.

Blend all ingredients except the chia seeds in a blender. Pour equally into four mason jars. Put 2 Tablespoons of chia seeds into each mason jar, and whisk thoroughly to combine. Put a lid firmly on each mason jar.

Wait 15 minutes and shake each jar thoroughly, then put in the refrigerator overnight.

In the morning, enjoy your breakfast pudding. Serving options: warm up briefly on the stove or in the microwave. Optional: add a little extra coconut or hemp milk.

Blueberry Cardamom Chia Pudding Recipe

Ingredients (serves four)

- 2 cups fresh blueberries (or heat up 2 cups frozen in a saucepan)
- 1 banana
- 3 cups – unsweetened coconut milk or hemp milk
- 1 tsp vanilla extract
- 1/2 cup chia seeds (or 2 Tablespoons per mason jar)
- 1 tsp ground cardamom
- Four servings (one for each mason jar) Standard Process Complete (unflavored or vanilla, chocolate may not taste so great, but go ahead and give it a try if you're feeling adventurous.
- Four servings whole food fiber (one for each mason jar)
- Optional: 2-6 drops liquid stevia

Directions:

If using frozen blueberries, make sure to heat them up before blending. Frozen fruit tends to block the chia seeds' ability to puff up in the breakfast pudding, leaving you with a runny pudding and crunchy seeds --so make sure to heat up frozen fruit.

Blend all ingredients except the chia seeds in a blender. Pour equally into four mason jars. Put 2 Tablespoons of chia seeds into each mason jar, and whisk thoroughly to combine. Put a lid firmly on each mason jar.

Wait 15 minutes and shake each jar thoroughly, then put in the refrigerator overnight.

In the morning, enjoy your breakfast pudding. Serving options: warm up briefly on the stove or in the microwave. Optional: add a little extra coconut or hemp milk.

Pumpkin Chia Pudding Recipe:

Ingredients:

- 3 cups coconut or hemp milk
- 1 cup pumpkin puree
- 4 servings SP Complete Protein Powder (works best with plain)
- 1 banana
- 2 tsp vanilla extract
- 2 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp ground ginger
- ¼ tsp ground cloves
- ½ cup chia seeds

Instructions:

Blend all the ingredients, except the chia seeds until smooth. Divide into 4 pint sized Mason jars. Seal and shake or whisk together, then shake. Place in the refrigerator overnight and the chia seeds will puff up to make a well textured pudding. In the morning, warm up in the microwave or on the stove until just warm. Optional: add a little extra coconut or hemp milk when serving.

Chai Oatmeal Recipe: <https://stickoutyourtongue.org/2018/11/30/turmeric-chai-oatmeal/>

You can substitute fruit easily to make a very different flavor profile each day. Garnish with hemp nuts to add a little more immune boosting minerals as listed on the meal plan grid.

Sweet potato hash: <http://nomnompaleo.com/post/19886925277/sweet-potato-hash-with-fried-eggs> Make it without eggs for this 21 day program. I like to make it with a fresh onion and garlic. Mince the onion and garlic, and sauté (in butter) it for 1 minute before adding the sweet potato, and then follow the recipe.

Sausage patties: <http://stickoutyourtongue.org/2014/02/14/homemade-sage-maple-syrup-breakfast-patties-additive-free/> Swap out the pork for turkey, and 2 minced garlic cloves in lieu of the maple syrup for our immune boosting protocol.

Two recipes for quick and easy greens are in this post: collard, kale, or swiss chard: <http://stickoutyourtongue.org/2013/03/12/springtime-recipes-to-soothe-a-feisty-liver/>

*Great for side with the sausage for breakfast or for side dish with dinner. One has balsamic vinegar. For the 21 day protocol avoid balsamic, but you could make it with a different vinegar, or just stick to the other recipe.

Dinners:

Dinner Night One:

Lentil Swiss Chard Soup

Ingredients

- . 1 cup brown lentils, rinsed
 - . 4 cups water
 - . 4 cups chicken stock or low-sodium broth
 - . Salt
 - . 3 tablespoons olive oil, plus more for serving (optional)
 - . 1 large onion, finely chopped
 - . Pinch of crushed red pepper
 - . 4 garlic cloves, finely chopped
 - . 1/2 cup coarsely chopped cilantro
 - . 2-3 carrots, sliced into circles and then cut into quarters
 - . 1 bunch green Swiss chard (1 1/4 pounds), ribs removed and reserved for another use, leaves coarsely chopped
 - . 1/3 cup fresh lemon juice
 - . Freshly ground pepper
 - .
1. In a medium saucepan, combine the lentils with the water, stock and 1 1/2 teaspoons of salt and bring to a boil. Cover partially and cook over moderately low heat until the lentils are barely tender, about 25 minutes.
 2. Meanwhile, heat the 3 tablespoons of olive oil in a large skillet. Add the onion, carrot, crushed pepper and a pinch of salt and cook over moderately high heat, stirring occasionally, until the onion is lightly browned, 7 to 8 minutes. Add the garlic and cilantro and cook for 1 minute. Gradually add the chard leaves and cook, stirring occasionally, until wilted, about 3 minutes.
 3. Add the chard to the lentils, cover partially, and simmer until thickened, about 15 minutes. Stir in the lemon juice and season with salt and pepper. Ladle the soup into bowls, season with pepper and olive oil and serve.

Butternut Squash Salad:

In this recipe it calls for mescaline greens or arugula, add or substitute spinach and romaine lettuce. You can easily omit the maple syrup in the recipe as well.

<https://stickoutyourtongue.org/2019/10/18/curried-lime-butternut-squash-salad/>

Dinner Night Two:

Roasted root vegetables over 1/2 cup quinoa, 1/2 cup cooked chickpeas w/ Pico de Gallo/ avocado slices, 1/4 cup pumpkin seeds, and lime

Roasted Root Vegetables with pico de gallo:

<http://stickoutyourtongue.org/2014/02/27/versatile-roasted-veggies-three-recipes-to-spice-up-your-roasted-veg/>

Follow this recipe for the root vegetables, add in ½ cup cooked chickpeas and ½ cup cooked quinoa per person. Use either canned or cooked chickpeas/garbanzo beans from dried beans. Garnish with pumpkin seeds, and a squeeze of lime.

Dinner Night Three:

Daal curry over rice or quinoa, garnished with sliced radish, lime wedges, side of roasted broccoli, and steamed greens of your choice

Daal: http://www.simplyrecipes.com/recipes/red_lentil_dal/

Roasted Broccoli florets:

Preheat oven to 400.

Roughly chop broccoli lengthwise, including some stem with each floret. Toss with olive oil. Lay face down on a cookie sheet.

Place in oven for 10 minutes, Allow the edges to sear. Serve.

Lemony Greens

<https://stickoutyourtongue.org/2015/06/24/lemony-summer-greens-a-side-dish/>

Dinner Night Four:

Lemony kale, green tahini roasted cauliflower medley with white beans

1 cauliflower head

2 bunches lacinato kale (dinosaur kale)

2-3 cloves garlic.

2 T olive oil.

1 can cannellini or great northern white beans

1 small onion, diced

½ tsp sweet paprika

Green Tahini:

¼ cup tahini

1/3 cup water

4-5 T lemon juice

1 clove garlic

¾ cup parsley

Optional: pinch of chili pepper

Blend until smooth and creamy in a food processor or blender.

For the main dish:

Steam ½ head of cauliflower chopped into florets in a steamer for 5-10 minutes, until desired tenderness is reached.

While cauliflower is steaming, chop two bunches of kale into 2 inch slices. Slice, lengthwise the garlic. Add the olive oil to the pan on medium heat. When the olive oil shimmers, add the garlic and sauté for 1 minute, then add the diced onion and rosemary sauté for another 3-4 minutes, add the kale and paprika, stir to coat with oil. Put a lid over the kale for 3 minutes, until the kale starts to char on the edges. Remove lid, add the drained beans and stir/sauté for another 2-4 minutes, until kale is fully tender. Remove from heat.

Toss with the cauliflower and green tahini dressing.

Dinner Night Five:

Roasted Portobello mushroom with chimichurri sauce, side of steamed green beans, and zucchini accordions

Roasted Portobello mushrooms with chimichurri sauce

Roast Portobello by cutting out the stem. Cut an x in the top of the mushroom. Brush with olive oil and roast at 400 degrees for 10 minutes on each side.

Drizzle with Chimichurri and serve.

Chimichurri sauce from Epicurious.com

INGREDIENTS

- 1 cup (packed) fresh Italian parsley
- 1/2 cup olive oil
- 1/3 cup red wine vinegar
- 1/4 cup (packed) fresh cilantro
- 2 garlic cloves, peeled
- 3/4 teaspoon dried crushed red pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt

Puree all ingredients in processor. Transfer to bowl. (Can be kept in the fridge for up to 1 week).

Zucchini accordions curtesy of Forest Feast Cookbook.

2-4 Zucchini
8-12 cloves of garlic.

Preheat the oven to 375.

Make thin slices $\frac{3}{4}$ of the way through the zucchini, about $\frac{1}{4}$ inch apart. Thinly slice the garlic cloves. Nestle a sliced garlic clove into each segment of the zucchini. Drizzle with olive oil, salt and pepper. Roast in the oven for 40 minutes.

Dinner Night Six:

Butternut squash vegetable medley soup

It is under Summer Vegetable Soup in this link:

<http://stickoutyourtongue.org/2013/07/24/mid-july-farmers-market-recipes/>

Dinner Night Seven:

Vegetable chicken stir fry over quinoa, sprinkle with sesame seeds, sunflower and/or pumpkin seeds for extra protein

2 T minced ginger
2-3 garlic cloves minced
avocado oil
1 pound skinless chicken breast, cut into 1 inch chunks
vegetables of your choice
rice

Good stir-fry vegetable combinations:

For all stir-fries: heat 2-3 T high heat oil like avocado oil in a wok or skillet. Add the garlic, and ginger first, stir for 1 minute in the oil to infuse the flavors, add chicken and brown on all sides, then add onions, sauté for 5-7 minute, then add the next longest cooking vegetable, sauté for 3-4 more minutes until it begins to get tender, add the next vegetable on the list, ending with tender greens last for a quick 1-2 minute sauté. Serve over quinoa or cauliflower faux rice. Add sauces at end.

Onion, eggplant, carrot, mushroom, green beans with basil, garlic, tamari (make sure to soak chopped eggplant in salt water for 30 minutes before cooking, this will make it extra tender. Sauté in order of vegetables listed.

OR: Onion, 1-3 types of mushrooms, green pepper, zucchini, snow peas garlic, ginger, tamari

OR: onion, carrots, cauliflower, ginger, garlic, tamari, sesame oil, sesame seeds, pak choi or bok choi.

Season with GF tamari, serve over rice.

Cauliflower rice: <http://nomnompaleo.com/post/1626071845/another-simpler-version-of-cauliflower-rice> We've also forgone cooking it, and just used it as a raw base for hot curry. The hot thai curry topping it will sort of cook it.

Dinner Night Eight:

Punjabi Black Eyed peas and spinach over brown rice

<https://pipinpote Curry.com/instant-pot-black-eyed-peas-curry-lobhia/>

ADD 2-4 cups of spinach to this dish right before pressure cooking

Can make on the stove, but will need to look up cooking time for dried black eyed peas, and will probably need to simmer for 30-40 minutes to meld the flavors after first sautéing the onion and spices.

Dinner Night Nine:

Coconut, Cauliflower, ginger Turmeric Stew.

INGREDIENTS

- 2 tablespoons coconut oil
- 1 teaspoon [cumin seeds](#)
- 1 medium onion, finely chopped
- 3 ripe tomatoes, finely chopped
- 1 medium head cauliflower, stemmed and cut into bite-size florets
- 1 jalapeno, stemmed, seeded, chopped
- 1 cup chopped kale
- 2 teaspoons ginger paste
- 1 tablespoon cumin powder
- 1 tablespoon coriander powder
- 1 teaspoon [turmeric](#) powder
- 1 can full-fat, unsweetened coconut milk

- 1 teaspoon sea salt
- 2 tablespoons chopped cilantro

Step 1

In a medium stock pot, heat the coconut oil for 30 seconds on medium heat.

Step 2

Add the cumin seeds and stir until they start to sputter. Then add the onions and cook for another minute, and then, add the tomatoes, stir and cook for a few more minutes until the tomatoes soften.

Step 3

Add the rest of the ingredients and stir together. Cover the pan and simmer for about 15 minutes, stirring every 5 minutes to keep from burning.

Step 4

Ladle the soup into 4 serving bowls and enjoy! Leftover stew can be stored in air-tight container and saved for lunch the next day.

Dinner Night Ten:

Thai Curry: Use quinoa, rice or cauliflower rice for a base:

<http://stickoutyourtongue.org/2014/01/03/red-chicken-vegetable-curry-with-black-rice/>

Dinner Night Eleven:

Broiled salmon: brush salmon filets with olive oil. Sprinkle pepper. Broil for 10-15 minutes. Cut into filet and make sure it is cooked to medium-rare or medium. If you pull it out of the oven, cover with tin foil and let sit for ten minutes, it will continue to cook through. Squeeze with lemon, top with minced chives, and serve with vegetable side dishes.

Dinner Night Twelve:

Ottolenghi's Chickpeas and Swiss Chard dish

Comfort food at its best, especially if served with steamed rice.

Prep **10 min**

Cook **30 min**

Serves **2**

2 carrots, peeled and chopped into 2cm pieces

3 T olive oil, plus extra to serve

Salt and black pepper

1 onion, peeled and finely chopped

1 tsp caraway seeds

1½ tsp ground cumin

1 large bunch Swiss chard leaves, cut into 1cm-thick strips

1 can chickpeas, drained and rinsed

5 T water

1 lemon, cut in half – one half juiced, to get 1 tbsp, the other cut into two wedges, to serve

¼ cup cashew or other non-dairy yoghurt

¼ cup cilantro leaves, roughly chopped

Heat the oven to 390F. In a bowl, toss the carrots with two tablespoons of oil, a quarter-teaspoon of salt and a good grind of pepper. Spread out on an oven tray lined with baking paper, then roast for 20 minutes: they should still be a little crunchy.

Heat the remaining two tablespoons of oil in a large frying pan on a medium flame, then fry the onion, caraway and cumin for 10 minutes, stirring occasionally, until golden brown. Add the chard, cooked carrots, chickpeas, 5 T water, half a teaspoon of salt and a good grind of pepper, and mix through. Cook for five minutes, until the chard is soft and just about all the liquid in the pan has evaporated. Off the heat, stir in the lemon juice, then serve with a generous spoonful of yoghurt, a sprinkling of coriander, a drizzle of oil and a wedge of lemon.

Dinner Night Thirteen:

Red lentil daal and aloo gobi over rice

Daal: http://www.simplyrecipes.com/recipes/red_lentil_dal/

<https://www.cookwithmanali.com/aloo-gobi/>

Dinner Night Fourteen:

Green chicken: <http://nomnompaleo.com/post/7486821187/my-sisters-phenomenal-grilled-green-chicken>

If using asparagus, trim the ends, toss with olive oil, and put in a sauté pan over medium heat. Sauté until brown and crisp, 7-8 minutes.

Dinner Night Fifteen:

Chana Masala with sautéed kale over rice or quinoa. If you do not have an Instant pot, look for an easier chickpea curry recipe that will take less time.

<https://spicecravings.com/instant-pot-chana-masala>

Dinner Night Sixteen:

Fajita Bowl:

3 tsp cumin
2 tsp oregano
1 tsp ground coriander
 $\frac{1}{2}$ -1 tsp chili powder
2 minced garlic cloves
 $\frac{1}{2}$ beet shredded with a cheese grater
2 bell peppers, one red, one yellow sliced
1 can black beans, pinto beans, or garbanzo beans
4 thinly sliced mushrooms
1 medium onion, thinly sliced
1 cup cooked quinoa
1 avocado
1 cup spinach
salsa
cilantro, minced
Optional add meat of your choice

Heat the olive oil over medium heat in an iron skillet. Once oil shimmers, add the chicken and brown until all sides are browned. Add the cumin, oregano, coriander, and chili powder, and stir it in well. Add the garlic and onion, sauté for 5-7 minutes, until onion begins to turn translucent. Add the bell pepper and sauté for another 3 minutes, and then add the mushrooms and shredded beets and sauté for another 3-4 minutes, until all vegetables are soft. Add the beans and sauté until warm. Add the spinach last, and allow to wilt, about one minute.

Serve over $\frac{1}{2}$ cup quinoa, top with cilantro, avocado slices, and salsa or Pico de Gallo. Enjoy. Makes about 3-4 servings.

Dinner Night Seventeen:

Broiled salmon: brush salmon filets with olive oil. Sprinkle pepper. Broil for 10-15 minutes. Cut into filet and make sure it is cooked to medium-rare or medium. If you pull it out of the oven, cover with tin foil and let sit for ten minutes, it will continue to cook through. Squeeze with lemon, top with minced chives, and serve with vegetable side dishes.

Mashed sweet potatoes: make as you would mashed potatoes, use olive oil in place of butter and oat milk in place of milk when mashing.

Serve with sautéed collard greens squeezed with lemon over them.

Dinner Night Eighteen:

Ginger stir fried vegetables with chick peas over quinoa or cauliflower 'rice', can substitute chicken or steak for chick peas

2 T shredded ginger
3 vegetables of your choice.
2-3 T olive oil
1 T GF tamari
1 can Garbanzo beans

Rice or quinoa

In a wok or large skillet, heat the oil to shimmering, then add the ginger and sauté for one minute. Add your vegetables and the GF tamari. Sauté until your desired tenderness is reached. Add the garbanzo beans and stir until warm. Serve over brown rice, quinoa or cauliflower 'rice'.

Dinner Night Nineteen:

Butternut squash and lentil lettuce cups From the Forest Feast Cookbook

Ingredients:

1 red onion, diced
2 garlic cloves, minced
1 small butternut squash
2 T olive oil,
1 head butter lettuce

Dice one red onion, mince 2 garlic cloves, peel and cube one butternut squash, sauté both in olive oil, until both are tender. Mix with two cups cooked lentils, salt and pepper to taste. Spoon mixture into the leaves of butternut lettuce to make lettuce wraps.

Zucchini accordions courtesy of Forest Feast Cookbook.

2-4 Zucchini
8-12 cloves of garlic.

Preheat the oven to 375.

Make thin slices $\frac{3}{4}$ of the way through the zucchini, about $\frac{1}{4}$ inch apart. Thinly slice the garlic cloves. Nestle a sliced garlic clove into each segment of the zucchini. Drizzle with olive oil, salt and pepper. Roast in the oven for 40 minutes.

Dinner Night Twenty:

Three mushroom soup, side of garlic lemon greens and steamed cauliflower
Three Mushroom Soup

<https://stickoutyourtongue.org/2020/03/05/mushroom-thyme-soup-dairy-free-and-immune-boosting/>

Lemony greens side.

<https://stickoutyourtongue.org/2015/06/24/lemony-summer-greens-a-side-dish/>

Dinner Night Twenty-one:

Pesto brown rice pasta with diced tomatoes, sautéed mushrooms, and side of roasted broccoli.

Make your own dairy free pesto:

- 2 cups packed fresh basil (large stems removed)
- $\frac{1}{4}$ cup pine nuts or walnuts (if nut-free, try sunflower seeds!)
- 3 large cloves garlic (peeled)
- 2 Tbsp lemon juice
- 3-4 Tbsp [nutritional yeast](#) (optional)
- $\frac{1}{4}$ tsp sea salt (plus more to taste)
- 3 Tbsp extra virgin olive oil*
- $\frac{1}{3}$ cup peas

Put everything in a blender or food processor and blend until smooth. Add a little water if the sauce is too thick.

Cook your favorite rice pasta, and top with sautéed mushrooms, diced tomatoes and roasted broccoli. Add a dairy free salad of veggies if you need a little more food.