

Ingredients

Meatballs

- 1 Tbsp. olive oil
 - 1 lb. ground turkey
 - 2 scallions, finely minced
 - 1 clove garlic, finely minced
 - 1 Tbsp. fresh cilantro, finely minced
 - 1 egg yolk, lightly beaten
 - 1 tsp. sesame oil
 - 1 tsp. ginger, freshly grated
 - 1/2 tsp. salt
 - 1/2 tsp. pepper
 - 3 Tbsp. kimchi, minced
- ### Sauce & Garnish
- 2 Tbsp. coconut aminos
 - 2 Tbsp. sesame oil
 - 1/2 cucumbers, cut into 24 slices
 - 4 radishes, cut into 24 slices
 - 1 Tbsp. sesame seeds
 - 2 Tbsp. cilantro, finely minced

Directions

1. Preheat oven to 400 degrees F (205 degrees C). Brush a rimmed baking sheet with a tablespoon of oil, set aside.
2. In large bowl, mix together ground turkey, finely minced scallions, garlic and fresh cilantro, lightly beaten egg yolk, sesame oil, fresh grated or powdered ginger, salt, pepper and minced kimchi. With wet hands, form meat mixture into 24 meatballs. Place meatballs on oiled baking sheet, about an inch apart and bake 20 minutes. Remove meatballs from oven, cool slightly.
3. In a small bowl, whisk together coconut aminos and sesame oil, set aside.
4. To assemble appetizer, place a radish slice on top of a cucumber slice, then top with a meatball, repeat to make 24 appetizers. Drizzle coconut amino/sesame oil mixture over the meatballs. Garnish appetizers with sesame seeds and finely minced cilantro.

Kimchi Meatballs

Amy Holmwood approved!



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* Recipe by <https://www.thecandidadiet.com/kimchi-meatballs/>

Ingredients

1 teaspoon olive oil
(10 oz) fresh shiitake or regular mushrooms, stems removed and thinly sliced, see shopping tips
3 cloves (about 1 tablespoon) fresh garlic, chopped
1 tablespoon ginger (from a jar or freshly grated), see shopping tips
1 (48 oz) container Organic sodium free chicken broth
3 tablespoons rice vinegar
2 tablespoons reduced-sodium soy sauce (no msg)
¼ teaspoon red pepper flakes
1 (12 oz) package broccoli slaw or shredded cabbage
½ cups cooked organic skinless chicken, diced
2 cups Chinese pea pods, sliced into large pieces
½ cup green scallions, sliced
2 tablespoons lemon juice
Cilantro garnish

Directions

1. In a large nonstick pot or pan, heat the olive oil. Add mushrooms, garlic, ginger and cook over medium heat for about 4 minutes. Stir often. Mix in broth, vinegar, soy sauce and red pepper flakes. Bring to a boil. Stir in broccoli slaw or cabbage and chicken. Return to a boil; reduce heat and simmer, uncovered, for 5 minutes.
 2. Stir in pea pods, green onions and lemon juice. Continue to cook uncovered 5 more minutes.
 3. Ladle 2 cups into each bowl. Garnish with cilantro.
- Makes 4 main course servings (each serving, 2 cups)

Shopping Tips

Most supermarkets sell bags of shiitake mushrooms and shredded broccoli or cabbage. I bought them at Trader Joe's. If you can't find these, any type of mushroom will work fine for this recipe and shredding veggies fresh is always best. Ginger (in a jar) is a terrific product and can be found in the produce section of the supermarket.

Easy Chicken Soup

Amy Holmwood approved!



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* Recipe by [iquitsugar.com](https://www.iquitsugar.com), Catherine Phipps

Ingredients

1 Tbsp. coconut oil
¼ yellow onion, thinly sliced
½ red pepper, cut into matchstick strips
½ yellow pepper, cut into matchstick strips
2-3 Tbsp. red curry paste
2 boneless, skinless chicken breasts, thinly sliced
2 cups coconut milk
¼ cup basil leaves
Cooked quinoa

Recipe Notes:

Thai Kitchen brand red curry paste is gluten free, dairy free, vegan and its ingredients are Candida Diet friendly.

Slice chicken breasts while partially frozen to get paper thin slices.

Directions

1. Heat oil in a large skillet over medium heat. Add onion, red and yellow peppers and sauté, stirring frequently, until vegetables begin to soften, about 5 minutes.
2. Add curry paste to vegetables and cook, stirring to incorporate, for about 1 minute. Add sliced chicken, sauté in mixture for another minute.
3. Add coconut milk, bring mixture to a boil. Lower heat and simmer until vegetables are tender and chicken is cooked through, about 10 minutes.
4. Add basil leaves, reserving a few for a garnish. Serve with cooked quinoa and cucumber salad.

Thai Red Curry Chicken

Amy Holmwood approved!



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* Recipe by <https://www.thecandidadiet.com/thai-red-curry-chicken/>

Ingredients

¼ cup green chilies, roasted, peeled, seeded and chopped
1 cup avocado, cubed
1 cup chicken, grilled or roasted, cubed
4 green onions, thinly sliced
6 eggs
2/3 cup milk, almond or coconut
1 Tbsp. coconut flour
1 tsp. salt
¼ tsp. pepper
Cilantro for garnish
Yogurt (optional)

Directions

1. Preheat oven to 325 degrees F (163 degrees C). Brush an 8 inch baking dish with oil, such as coconut or olive.
2. Scatter diced green chilies evenly in the bottom of the baking dish, then add in layers cubed avocado, cubed chicken and thinly sliced green onions, set aside.
3. In a large bowl, add eggs, milk, coconut flour, salt and pepper, whisk until frothy.
4. Slowly pour egg mixture into baking dish over green chilies, avocado, chicken and green onions.
5. Bake for 30 to 40 minutes or until the edges are set but the soufflé still jiggles a little in the center.
6. Cool for 20 minutes before serving. Garnish with cilantro, yogurt optional.

Southwestern Soufflé

Amy Holmwood approved!



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* Recipe by: <https://www.thecandidadiet.com/southwestern-souffle/>

Ingredients

1 onion, cut into 8 wedges
1 fennel bulb, trimmed, halved and cut into ½ inch slices
1 yellow pepper, cut into ½ inch thick strips
1 rutabaga, peeled, halved and cut into ½ inch slices
1 chicken, cut into 8 pieces
2 Tbsp. seasoning mix (see below)
2 Tbsp. olive oil
1 lemon, cut into ¼ inch slices
6 cloves garlic, peeled and thinly sliced
½ cup black olives (packed in water)
1 bunch fresh thyme sprigs
1 cup homemade broth, chicken or vegetable

SEASONING MIX

1 Tbsp. paprika	½ tsp. black pepper
1 tsp. garlic powder	1 tsp. dried rosemary
1 tsp. onion powder	1 tsp. dried oregano
1 ½ tsp. salt	½ tsp. cayenne

Directions

1. Preheat oven to 325 degrees F (163 degrees C). Brush an 8 inch baking dish with oil, such as coconut or olive.
2. Scatter diced green chilies evenly in the bottom of the baking dish, then add in layers cubed avocado, cubed chicken and thinly sliced green onions, set aside.
3. In a large bowl, add eggs, milk, coconut flour, salt and pepper, whisk until frothy.
4. Slowly pour egg mixture into baking dish over green chilies, avocado, chicken and green onions.
5. Bake for 30 to 40 minutes or until the edges are set but the soufflé still jiggles a little in the center.
6. Cool for 20 minutes before serving. Garnish with cilantro, yogurt optional.

Roasted Chicken with Vegetables

Amy Holmwood approved!



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* Recipe by: <https://www.thecandidadiet.com/roasted-chicken-with-vegetables/>

Ingredients

- 1 pound boneless, skinless chicken breast
- 2 tablespoons coconut oil
- 1 medium onion, finely chopped (about 1 cup)
- 2 heads broccoli, sliced into 3-inch spears (about 4 cups)
- 2 medium carrots, sliced (about 1 cup)
- 2 heads baby bok choy, sliced cross-wise into 1-inch strips (about 1 ½ cups)
- 4 ounces shiitake mushrooms, stemmed and thinly sliced (about 1 cup)
- 1 small zucchini, sliced (about 1 cup)
- ½ teaspoon celtic sea salt
- 1 ½ cups water
- 2 tablespoons arrowroot powder
- 2 tablespoons toasted sesame oil
- 2 tablespoons ume plum vinegar

Directions

1. Rinse the chicken and pat dry. Cut into 1-inch cubes and transfer to a plate.
2. Heat the coconut oil in a very large frying pan over medium heat
3. Saute the onion for 8 to 10 minutes, until soft and translucent
4. Add the broccoli, carrots, and chicken and saute for 10 minutes until almost tender
5. Add the bok choy, mushrooms, zucchini, and salt and saute for 5 minutes
6. Add 1 cup of the water, cover the skillet, and cook for about 10 minutes, until the vegetables are wilted
7. In a small bowl, dissolve the arrowroot powder in the remaining ½ cup of water, stirring until thoroughly combined
8. Add the arrowroot mixture to the vegetables and cook for 2 to 3 minutes, stirring constantly, until the sauce thickens and becomes glossy
9. Stir in the sesame oil, and vinegar, then serve

Asian Stir Fry

Amy Holmwood approved!



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Ingredients

1 pound skinless salmon filet
1 tablespoon fresh ginger,
peeled and minced
¼ cup fresh scallions, finely
chopped
¼ cup fresh cilantro, minced
2 large eggs
1 tablespoon freshly
squeezed lime juice
½ cup blanched almond flour
(not almond meal)
1 teaspoon celtic sea salt
¼ cup wasabi powder
1 tablespoon water
coconut oil for frying

Directions

1. Rinse salmon, pat dry, and cut into ¼ inch cubes
2. In a large bowl, combine salmon, ginger, scallions, cilantro, eggs, lime juice, almond flour, and salt
3. In a small bowl, combine wasabi powder and water to form a paste
4. Mix wasabi paste into salmon mixture
5. Form batter into 2-inch patties with your hands
6. Heat oil in a large skillet over medium high heat
7. Sauté patties in batches until golden brown, 6 to 8 minutes per side
8. Serve

Salmon Wasabi Burgers

Amy Holmwood approved!



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* Recipe by <https://elanaspantry.com/salmon-wasabi-burgers/>

Ingredients

For the sauce:

- 1 cup fresh squeezed orange juice (from about 2 large oranges)
- Peel from 1/2 orange, sliced into very thin strips
- 2 tbsp low-sodium soy sauce*
- 3 cloves garlic
- 1 tbsp grated fresh ginger
- 2 tsp red pepper flakes
- 4 tsp corn starch**

For the Orange Peel Chicken:

- 2 tsp Chosen Foods spicy sesame oil***
- 2 boneless skinless chicken breast, cut into 1-inch cubes
- Pinch salt
- Pinch freshly cracked black pepper
- 2 medium carrots, thinly sliced
- 1 cup snow peas
- 1/2 cup frozen edamame, thawed

For serving:

- Sliced green onions
- Cooked brown rice, cauliflower rice or quinoa

Directions

1. In a medium bowl, whisk together sauce ingredients. Set aside.
2. Heat a large nonstick skillet over medium heat. Add oil. Season chicken with salt and pepper and add to skillet, stirring occasionally so that all sides get browned. Continue cooking until chicken is cooked through, 5-8 minutes. Remove from chicken from skillet and set aside.
3. Add carrots, snow peas and edamame to skillet and cook, stirring, until carrots are softened, about 5 minutes. Add chicken back to the skillet and pour in sauce. Cook until sauce is thickened, about 5 more minutes. Sprinkle with green onions before serving.
4. Serve with cooked brown rice, quinoa, or cauliflower rice.

Orange Peel Chicken

Amy Holmwood approved!



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* Recipe by <https://livelytable.com/healthy-orange-peel-chicken/>

Ingredients

1 tablespoon olive oil
1 tablespoon butter
1 yellow onion, diced
2 stalks celery, diced
1 green bell pepper, seeded and diced
2 cloves garlic, minced
2 teaspoons paprika
½ teaspoon dried oregano
½ teaspoon dried thyme
¼ teaspoon cayenne pepper
¼ teaspoon crushed red pepper flakes
1 cup white rice
2 cups vegetable broth
1 pound shrimp, peeled and deveined
1 tablespoon lemon juice

Directions

1. In a medium pot, heat oil and butter over medium heat.
2. Add onion, celery and bell pepper. Sauté for 4 - 5 minutes until softened.
3. Add garlic, paprika, oregano, thyme, cayenne pepper and crushed red pepper flakes. Cook for another minute until fragrant.
4. Stir in rice and broth. Season generously with salt and pepper.
5. Increase heat to high and bring mixture to a boil. Reduce heat to low, cover and cook for about 10 minutes or until most of the liquid is absorbed and the rice is almost cooked through.
6. Stir in the shrimp. Cover and cook for about 5 minutes until shrimp is pink and opaque. Stir in the lemon juice and serve.

Cajun Shrimp and Rice

Amy Holmwood approved!



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* Recipe by <http://www.everydayeasyeats.com/cajun-shrimp-and-rice-recipe/>

Ingredients

2 pounds russet potatoes, cleaned
4 medium carrots, peeled
1 large sweet onion
1 1/2 cups peas, cooked
6 cloves garlic, separated (4 grated, 2 whole)
2 teaspoons grated ginger
2 teaspoons garam masala
1 teaspoon ground turmeric
1/2 teaspoon chili powder
1/2 teaspoon ground coriander
2 cups basmati rice
1 1/2 cups fresh cilantro, roughly chopped stems and leaves
2 - 4 tablespoons fresh lemon juice
2 small jalapeños, seeds removed
3 tablespoons canola oil (approximately)
Salt and pepper, for seasoning

Directions

1. Preheat the oven to 425 degrees Fahrenheit and line two large pans with parchment paper
2. Prepare the vegetables by cutting the potatoes into 1 inch cubes, slice each carrot in half lengthwise then cut 1/2 inch half moons and cut the onion in half then quarter each half so there are 8 large chunks
3. Toss the vegetables in 2 tablespoons of canola oil and season well with salt and pepper
4. Roast for approximately 20 minutes until all the vegetables are tender
5. While the vegetables are roasting, add a drizzle of canola oil to a small skillet over medium heat. Once hot, add 4 grated cloves of garlic and ginger. Cook until softened and fragrant, about 1 minute
6. Add the garam masala, turmeric, chili powder and coriander to the pan and cook, stirring often until the spices are fragrant, about 1 minute. Set aside
7. Cook the rice according to the directions and set aside
8. When the vegetables are done, add them to a large bowl along with the peas. Add the spices and carefully stir until the spices are evenly distributed. Taste and season with salt and pepper, if needed
9. To make the cilantro sauce, add the remaining two cloves of garlic, 1 cup of cilantro, 2 tablespoons of lemon juice and jalapeños to a food processor. Pulse until finely chopped. If it is too thick for your tastes, add more lemon juice. Taste and season with salt and pepper.

Vegetable Samosa Bowl

Amy Holmwood approved!



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* Recipe by <http://www.kristinkitchen.com/blog/2017/2/26/vegetable-samosa-bowl>

Ingredients

1 tablespoon olive oil
2 tablespoons butter
3 cloves garlic, minced
1 pound jumbo shrimp, shelled and deveined
¼ cup white wine
½ teaspoon crushed red pepper flakes
2 tablespoons lemon juice
2 tablespoons chopped fresh parsley

Directions

1. Heat olive oil and butter in a large skillet over medium heat. When the butter is melted, add the garlic and sauté for 1 minute until fragrant.
2. Add the shrimp, wine, red pepper flakes and a pinch each of salt and pepper. Cook, stirring, for about 3 minutes or until shrimp is pink and opaque.
3. Remove from heat. Add the lemon juice and parsley and toss to combine. Serve with on its own, with linguine or zucchini noodles.

Shrimp Scampi

Amy Holmwood approved!



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* Recipe by <http://www.everydayeasyeats.com/shrimp-scampi-recipe/>

Ingredients

1½ pounds brisket, flank rib, shoulder roast or stew meat
3 cups chicken stock
1 large onion, chopped
8 cloves garlic, peeled and sliced
8 ounces mushrooms, sliced
8 carrots, sliced ½-inch thick
1 tablespoon garlic powder
1 tablespoon onion powder
½ teaspoon celtic sea salt

Directions

1. Place stock, onion, garlic, mushrooms, and carrots in crockpot
2. Sprinkle with garlic powder, onion powder, and salt
3. Place meat in center
4. Turn crockpot on to low and cook for 6-8 hours
5. Serve

Beef Brisket

Amy Holmwood approved!



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* Recipe by <https://elanaspantry.com/beef-brisket/>

Ingredients

2 lbs. boneless skinless chicken breasts, cut into small pieces

3 tablespoons spicy seasoning mix*

a few tablespoons of olive oil

3 sweet potatoes, peeled and diced

5-6 cups broccoli florets (broccolini FTW)

coarse sea salt and freshly cracked pepper

avocado / hummus / lemon juice / chives / olive oil for serving

Directions

1. Preheat the oven to 425 degrees. Toss the chicken pieces with the spices and a quick stream of olive oil. Stir to combine; store in the fridge for about 30 minutes while you prep other ingredients.

2. Arrange the vegetables on their own sheet pans (preferably ones with edges to catch drips, etc.). Drizzle with olive oil and sprinkle generously with salt. Arrange the chicken on a separate sheet pan.

3. Bake all ingredients for 12-15 minutes. Remove the broccoli and chicken. Stir sweet potatoes and roast another 15 minutes or so.

4. Done! Divide your servings out into containers and be happy you have meal starters ready for the week!

Spicy Chicken and Sweet Potato Bowl

Amy Holmwood approved!



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* Recipe by <http://pinchofyum.com/spicy-chicken-sweet-potato-meal-prep-magic>