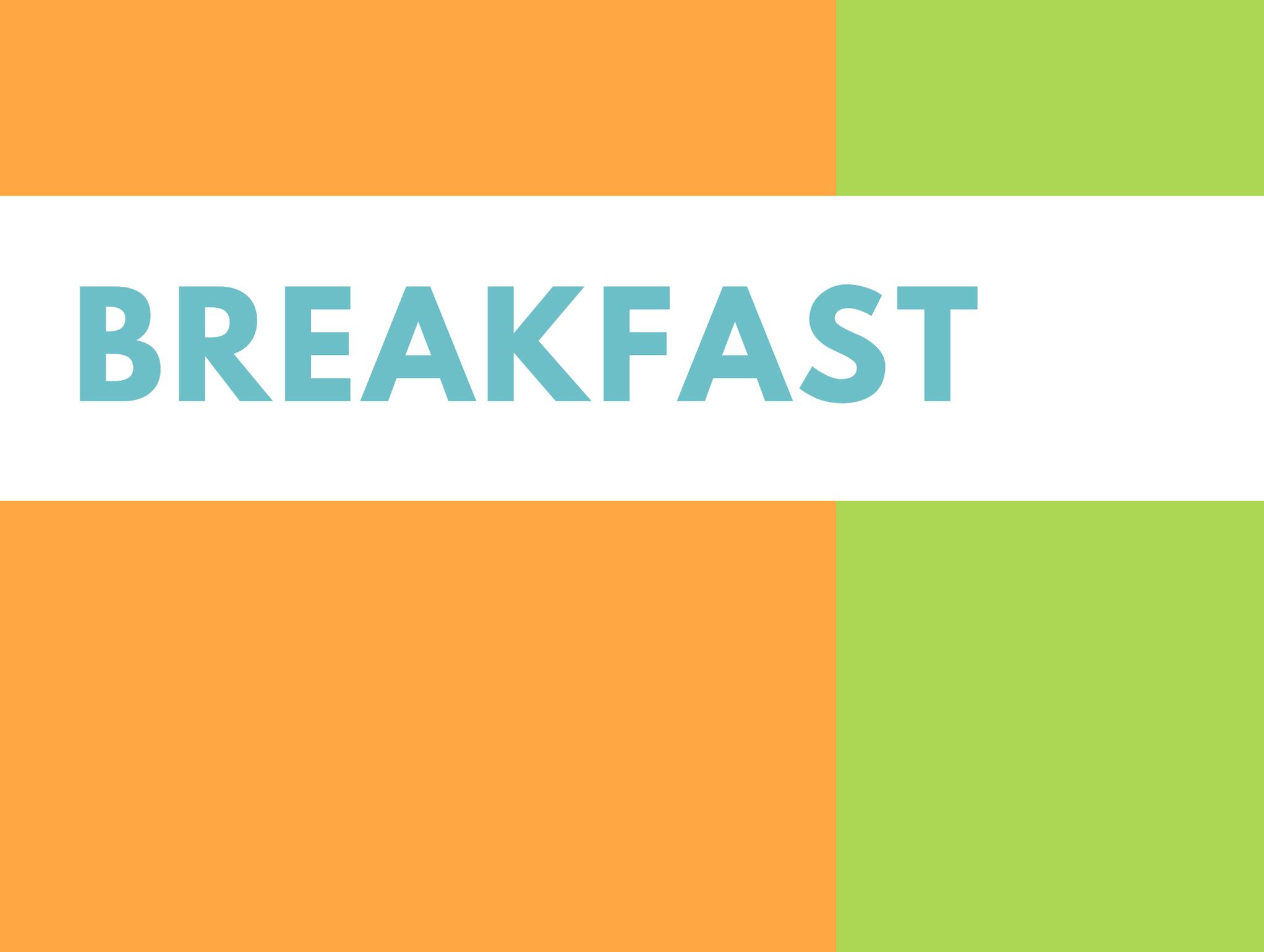




PRIVATE PHYSICIANS MEDICAL ASSOCIATES

STEPHANIE LAPINSKI, LE, CNC

HEALTHY RECIPES

The image features a white horizontal band in the center, flanked by orange and green background sections. The word "BREAKFAST" is written in a bold, teal, sans-serif font across the white band.

BREAKFAST

VEGETABLE SMOOTHIE

- 1 cup of leafy greens (spinach, kale, swiss chard)
- 1 celery stalk
- ½ avocado
- 1/2 green banana fresh or frozen 5 strawberries fresh or frozen or ¼ cup of blueberries
- 1 cup of water

Can add:

Whey protein, bone broth protein or hemp protein (unflavored, chocolate or vanilla) or collagen sweetened with stevia

¼ cup of ice

1-2 tablespoons of lemon juice

Mint sprigs



YOGURT

- Sheep, goat or A2 cow milk yogurt
- ¼ cup of walnuts, pecans or pistachios
- ¼ cup of blueberries or seasonal fruit
- Stevia as desired or ½ teaspoon of raw honey
- Coconut flakes as desired



EGG MUFFINS

- 2 tablespoons of coconut oil, ghee or olive oil
- ½-1 pound turkey sausage or 5 slices of turkey bacon
- ½ cup of spinach
- ½ cup of diced mushrooms
- 6 pastured eggs
- ½ cup chopped onion
- 1 clove garlic, peeled and chopped
- ½ teaspoon of basil
- ½ teaspoon of rosemary
- ½ teaspoon sea salt, preferably iodized
- ½ teaspoon cracked black pepper

Directions: Heat the oven to 350°F. Line a standard size 12-cup muffin tin with paper liners or brush with coconut oil. Cook sausage or bacon in skillet over medium heat until cooked. Set aside. Chop the spinach, garlic, and onions. Place the spinach, eggs, oil, garlic, seasonings, onion, salt, and pepper in a high-speed blender/food processor or whisk all ingredients in a bowl. Transfer to a large bowl and stir in the sausage or chopped bacon until well mixed. Spoon the egg mixture into the muffin tins to just beneath the rim. Bake for 30-35 minutes, until the tops start to brown. Remove from the oven and let cool before removing individual muffins from the liner.



LUNCH

WARM SALMON & ASPARAGUS SALAD WITH PESTO

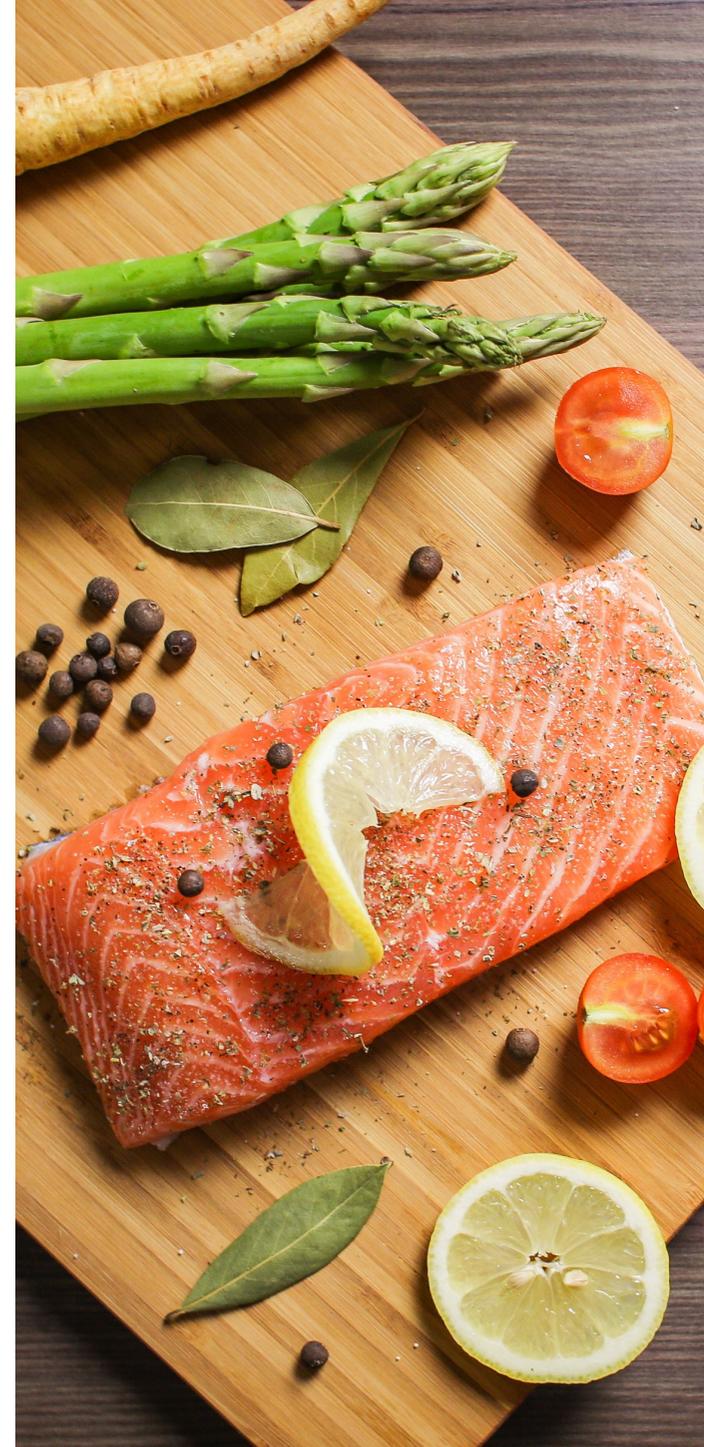
- 3-4 ounce portions of wild caught salmon
- 2 tablespoons fresh pesto or store bought
- 1 bunch asparagus, wood ends trimmed off
- 4 cups of mesclun greens or arugula
- Extra virgin olive oil
- Parmigiana-Reggiano cheese

Pesto

- 2 bunches of basil, wash and leaves pulled from hard stalks
- ¼ cup of pine nuts
- ½ cup of extra virgin olive oil
- 1 clove of garlic
- Sea salt for seasoning

To make pesto, place basil, pine nuts, and garlic in a food processor and process on medium. Drizzle olive oil while motor is running. Season with sea salt to liking. Set aside pesto in a bowl. Preheat the oven to 450 degrees F. Season salmon with olive oil and sea salt and pepper. Place salmon, skin side down, on a non-stick baking sheet. Bake until salmon is cooked through, about 12 to 15 minutes. Brush asparagus with olive oil, sea salt and pepper – to your liking. Grill or pan cook asparagus until tender.

Prepare the salad. Place the greens in a bowl, toss with olive oil, lemon juice and grated parmigiana-reggiano cheese and salmon. Drizzle pesto over top of salmon.



EGG ROLL IN A BOWL

- 2 tablespoons coconut oil
- 2 tablespoons sesame seed oil
- 1 large cabbage, sliced
- 1 large onion, sliced
- 1 cup chopped carrots, about 3-4 medium
- 1 inch ginger, grated
- 3 cloves garlic, grated or diced
- 1/4 cup coconut aminos
- 1 1/2 pounds ground chicken or shrimp
- Siracha

Add the coconut and sesame seed oil to a large skillet and heat over medium heat. Add the ginger, garlic, cabbage, onion, and carrots and cook until tender. Add coconut aminos and cook for 5 more minutes. Add the chicken or shrimp cook until fully cooked through. Stir regularly to evenly distribute. Add Siracha to liking.



SALMON SEAWEED WRAP

- 3-4 ounce salmon fillets, skin and bones removed
- 2 sheets nori seaweed
- 2 teaspoons plus 2 tablespoons coconut aminos, divided
- 1 tablespoon extra virgin olive oil or avocado oil
- 8 ounces shiitake mushrooms, stemmed, cut into $\frac{3}{4}$ -inch slices
- 2 stalks of asparagus, remove ends
- 1 garlic clove, finely chopped
- 1 bunch spinach, romaine or arugula chopped into small pieces

In a skillet over medium- high heat, sear salmon for about 1-2 minutes on each side just until the outside is seared, but the inside is rare. Remove from heat and cut into 4 long slices. Cut asparagus into 2 pieces. Add garlic, shiitakes and asparagus; season with salt and pepper. Cook, stirring just a few times until lightly browned and soft, about 5 minutes. Add coconut amino acids and stir until vegetables are coated. Spread out the nori seaweed add garlic, shiitakes, asparagus and green. Place salmon on top of vegetables and add a layer of vegetables on top of salmon. Roll and eat. Can add Siracha or coconut aminos for more flavor.



DINNER

CHICKEN UNDER A BRICK

- 1 whole pasture fed chicken breast, breastbone removed, chicken flattened
- 1 lemon, thinly sliced
- 6 garlic cloves, peeled
- 2 tablespoons of extra virgin olive oil
- 1 teaspoon of paprika
- 8 sprigs of fresh thyme or 1 tablespoon of thyme
- 10 sprigs of fresh oregano or 1 tablespoon of oregano
- ¼ teaspoon of cracked black peppercorns
- ¼ teaspoon sea salt
- 1 brick wrapped in tin foil
- Juice of 1 lemon
- Parmigiana-Reggiano cheese

Preheat oven to 400 degrees. Arrange the lemon and garlic on the bottom of a shallow roasting pan. Place the chicken, rib side down, in the pan; brush with oil, sprinkle with salt, pepper, paprika and thyme and oregano. Place the brick on top of the chicken and roast for 20 minutes. Remove brick and roast uncovered for an additional 25 minutes of until nicely browned. Remove and allow to rest for 5 to 10 minutes. Slice chicken into ½ inch and arrange on a bed of greens. Drizzle with olive oil, grated parmesan cheese, and squeeze lemon juice over everything.



CHILI

- 1 pound ground beef or turkey (grass fed/pasture raised) cooked
- 2 (14) ounce cans of San Marzano peeled tomatoes
- 1 (14) ounce can of tomato sauce
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 carrots, chopped
- 3 garlic cloves, peeled
- 1 large onion, chopped
- 2 teaspoons sea salt (real salt)
- 3 tablespoons organic smoked paprika
- 1 tablespoon organic cumin
- 1 teaspoon of ground black pepper
- 2 tablespoons siracha
- 2 tablespoons of non dutch cocoa powder
- 1 teaspoon Ground Black Pepper
- Can garnish with: 2-4 avocado slices Cilantro Sour Cream

1. Combine everything together in your crock pot or pressure cooker and cook on low for 8+ hours.
2. Garnish with cheese, sour cream, avocado, chopped raw onion, etc as desired.



THAI COCONUT SOUP

- 4 cups chicken broth
- 1 lemongrass stalk, cut into 1-inch pieces and crushed
- 4 fresh kaffir lime leaves, torn in 1/2
- 1 (3-inch) piece fresh ginger, thinly sliced
- 1 large carrot peeled and shredded
- 1 pound, boneless, skinless pasture fed chicken, cut into thin strips or shrimp
- 1 cup of mushrooms sliced
- 4 small green Thai chiles, sliced very thin
- 4 tablespoons fish sauce
- 1 (13-ounce) can coconut milk
- 1/4 cup freshly squeezed lime juice
- 1/4 cup fresh chopped cilantro leaves or basil
- Salt and freshly ground black pepper

In a soup pot, combine and bring to a boil the chicken broth, lemon grass, lime leaves and ginger. Lower heat, cover and simmer for 10 minutes to infuse the broth with flavor.

Strain the infused broth, discard the aromatics and return the broth to the pot. Add chicken, mushrooms, chilis, fish sauce, coconut milk, and lime juice and simmer for another 10 minutes until the chicken is cooked through. Season the soup with salt and pepper. Ladle into serving bowls and top each bowl with some cilantro or basil leaves.



STEAMED WHITE FISH WITH FENNEL, PARSLEY AND CAPERS

- 3-4 ounce portions of whitefish
- 1 fennel bulb, thinly sliced
- ¼ cup Italian parsley, chopped
- 1 tablespoon of capers, rinsed
- ¼ lemon, juiced
- ½ teaspoon sea salt
- ¼ medium white onion, sliced
- 2 tablespoons extra virgin olive oil
- Additional olive oil and chopped parsley (garnish)

Put onion, fennel, and lemon juice in a medium saucepan and cover with one inch of water. Bring to boil and simmer for 5 minutes. Remove from heat and put in the 2 portions of fish, seasoned with sea salt. Sprinkle with capers and parsley and cover the pan. Simmer for about 8 to 10 minutes, until fish is almost flaky. Place the vegetables in the bottom of the a shallow bowl and the fish on top, drizzle with olive oil and sprinkle with fresh parsley.



BUILD YOUR OWN PIZZA

- 1 Against the Grain pesto pizza crust from Mother's, Sprouts or Whole Foods (frozen section)
- 1-2 garlic cloves
- Goat cheese and/or parmigiana reggiano
- 1 can of sliced black olives
- ½ cup of mushrooms sliced
- 5 slices of prosciutto
- Fresh Basil

Heat oven to 350 degrees. Unwrap pizza from plastic. Pizza can be frozen. Sprinkle cheese of choice over pizza. Chop garlic and sprinkle all over pizza. Place slices of prosciutto over pizza. Add olives to your liking. Slice mushrooms and place on pizza. Place pizza in oven. Set timer for 30 minutes. 3 minutes prior to being done remove pizza from oven. Place basil on top of pizza and put the pizza back in the oven for 3 minutes.



DESSERT

LEMON COCONUT PUDDING

- 2 cups coconut meat
- ½ tsp. lemon extract
- 1 tsp. vanilla
- ½ tsp. almond extract
- 1½ Tbsp. lemon juice
- 2 tablespoons of Swerve sweetener
- 1 pinch sea salt
- 1 cup water, in increments
- 1 cup ice cubes

In a high-speed blender, blend all ingredients, except ice, until smooth. Taste and adjust sweet balance. Add the ice and blend again until cool and creamy. Serve in small ramekin dishes. Garnish with lemon zest.



CHOCOLATE CHIP MACADAMIA NUT BUTTER COOKIES

- 1 cup raw macadamia nuts
- 1-2 tablespoon ghee or macadamia nut oil
- 1/3 cup – 1/2 cup Swerve sweetener, desired sweetness
- 1 tablespoon of molasses
- 1/2 cup almond meal
- 1 large egg
- 1 tablespoon vanilla extract
- 1/4 teaspoon Himalayan salt
- 1/3 cup Lilly's chocolate chips with stevia
- Can add: Coconut flakes or chopped walnuts

Preheat oven to 350F and line a large baking sheet with parchment paper or oil with coconut oil. In a food processor or high-powered blender, grind nuts until they resemble coarse meal. Add ghee or oil until smooth. Transfer to a bowl and add Swerve sugar, molasses, egg, vanilla and salt. Stir until dough comes together. Stir in chocolate chips. Shape by hand into 1 inch balls and then flatten with the palm of your hand to about 1/4 inch thick. Bake 12-15 minutes, until just golden brown around the edges and beginning to set on top. Remove and let cool completely before serving. Store in an airtight container when completely cooled.



CHOCOLATE AVOCADO ICE CREAM

- 15 ounce can coconut milk or coconut cream
- 1/3-1/2 cup Swerve sweetener
- 2 tablespoons (non-alkalized) unsweetened cocoa powder
- 2 tablespoons pure vanilla extract
- 2 Haas avocados, peeled and pits removed
- 1/2 cup Lilly's chocolate chips with stevia

Put coconut milk, swerve sweetener, vanilla extract, avocado, and cocoa powder in blender. Blend until smooth. Stir in the chocolate chips until well dispersed. Spoon or pour into an ice cream maker. It will be the consistency of soft-serve ice cream. Serve immediately. You can also freeze to a firmer consistency and serve later.

