



RESET + RESTORE
Academy

WEEK 6 RECIPES



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Week 5 Menu At a Glance

{ **Breakfast** }

- French Toast Casserole with Eggs, Bacon or Sausage
- Deviled Egg Salad with Buttered Sourdough Toast
- Veggie Frittata with Stewed Fruit

{ **Lunch** }

- Shrimp Scampi with Peppers, Onions and Mushrooms
- 10 Minute Tortilla Pizza
- Tuna Rice Muffins

{ **Dinner** }

- Kimchi Fries
- Swedish Meatballs with Potatoes (your way) or Rice
- Spaghetti with Clam Sauce and Sourdough Bread
- Chicken with White Wine and Leeks with Rice
- Parmesan Crusted Cod

French Toast Casserole

Ingredients

8oz crusty sourdough bread (about 1/2 loaf), cut into cubes

1/2 cup butter

1 cup coconut sugar

6 eggs

2 cups raw or grass milk (or nut milk of choice)

2 tsp vanilla extract

2 tsp cinnamon

maple syrup for drizzling

Instructions

Preheat oven to 425 degrees. Butter a 13x9 inch baking pan and set aside.

In a small sauce pan, melt butter over medium heat.

Once butter has melted, stir in brown sugar until dissolved and mixture is smooth.

Pour mixture into the bottom of a 9x13 pan and spread evenly.

Add bread cubes to the pan, spreading over the top of the brown sugar/butter mixture.

In a medium sized bowl, whisk together the eggs, milk, vanilla, and 1 tsp cinnamon.

Pour egg mixture over the top of bread cubes, insuring that all pieces of bread are saturated. Sprinkle with remaining 1 teaspoon cinnamon and 1 tablespoon brown sugar.

Bake in preheated oven for 25-30 minutes until top is golden brown. Remove oven and drizzle with maple syrup.

Deviled Egg Salad

Ingredients

6 hard boiled eggs
3 slices bacon, crumbled
1/3 cup mayonnaise
1 generous tbs diced red onion
1 tsp dijon or brown mustard
1 tbs green onions or chives
1/4 tsp paprika
salt & pepper to taste

Instructions

.Peel and chop eggs and place them in a large bowl.
Add remaining ingredients to the same bowl.
Stir and combine.
Top with extra bacon and or chives and refrigerate until ready to serve.

Basic Frittata or Crustless Quiche

Ingredients

9-12 eggs, depending on pan size

½-¾ cup heavy cream

Butter

Veggies of choice

Instructions

Preheat oven to 350 degrees F.

Saute veggies in oven safe skillet or pan with butter until tender.

While veggies are cooking, whisk eggs with cream until smooth.

Pour egg mixture over veggies and place in oven and cook for 20-25 minutes or until eggs are set.

Shrimp Scampi with Peppers, Onions & Mushrooms

Ingredients

6 tbs butter
1 pound large raw shrimp peeled and deveined
2 cloves garlic, minced
salt and pepper to taste
1 lemon sliced in half
1 tbs fresh parsley chopped
1 yellow or red bell pepper, core removed and sliced into strips
1 medium red onion, roughly chopped (bite sized pieces)
4-6 button mushrooms, quartered.

Directions

In a sauté pan over medium heat, add half of the butter. Once melted and hot, add peppers and onions. cook, stirring often until caramelized and softened, about 4 minutes. Add mushrooms and cook for another 3 minutes. Season with salt and pepper, remove from pan and set aside.

In same pan, add remainder of butter. Once melted, add shrimp. Season with salt and pepper. Cook for about 2 minutes, then flip shrimp over. Cook for 1 more minute, then add minced garlic, stirring to combine.

Cook for 1 additional minute, or until shrimp have turned pink and begin to curl up slightly.

Remove from heat. Squeeze lemon over shrimp and add fresh parsley. Toss to coat.

Serve on top of the peppers, onions and mushrooms. Drizzle pan juices on top!.

10 Minute Tortilla Pizza

Ingredients

1 brown rice tortilla

2 tbs pizza sauce or marinara

1/2 cup mozzarella

toppings of choice - pepperoni, prosciutto, ground beef, onions, mushrooms, artichokes, olives...

Directions

Preheat oven to 425 degrees F.

Once heated, place tortilla on a cookie sheet and place in oven for about 1 minute. Flip tortilla over and cook for an additional 30-45 seconds. Tortilla should be crisp and slightly browned.

Remove from oven and top with pizza sauce, cheese and topping of choice. Do not overfill!

Return to oven and cook for about 2-3 minutes or until cheese is melted and bubbly.

Cut into 4 pieces and enjoy immediately!.

Tuna Rice Muffins

Ingredients

2 c. cooked rice
1 c. shredded cheddar cheese
1 can (6.5oz) tuna, drained
1/2 medium onion, diced
1 tbsp. Italian parsley, chopped
1 tsp. seasoning salt
2 eggs, beaten
2 tbsp. milk

Lemon Butter Sauce

2 Tbsp. butter, melted
2 tsp. lemon juice
1/4 tsp. seasoning salt
1/8 tsp. Italian parsley , finely chopped

Directions

.Preheat oven to 375°.

In a medium bowl, combine all of the tuna muffin ingredients, mixing until well combined.

Divide the mixture evenly between 6 greased muffin cups. Bake at 375° for 16-18 minutes until lightly golden brown on the top. Finish them under the broiler for a couple minutes if you want a crispier top.

Meanwhile, in a small bowl, combine all of the Lemon Butter Sauce ingredients. Top the cooked tuna muffins with lemon butter sauce and enjoy!

Kimchi Fries

Ingredients

1 lb ground beef
1/2 jar kimchi, roughly chopped
1 onion, roughly chopped
1/2 cup mayonaisse
3 tsp gochujang
1 tsp chili paste
1 bunch cilantro, chopped
1/2-1 cup raw mild cheddar cheese
2 cups diced red potatoes

Directions

Place diced potatoes on a sheet pan and toss in a bit of avocado oil. Season with salt and pepper, then place under broiler for 5-7 minutes. With tongs or a spatula, toss around potatoes so they brown evenly and continue to cook for an additional 5-7 minutes. Sprinkle cheese on top of potatoes the last 2 minutes of cooking.

While potatoes are cooking, add a tablespoon of avocado or coconut oil to a large skillet over medium heat.

Add onions and cook until slightly caramelized and translucent.

Add ground beef and cook until browned completely.

Add kimchi and 2 teaspoons of gochujang paste and mix thoroughly until all ingredients are warm and combined.

.In a medium bowl, combine, mayo, remaining gochujang paste and chili paste.

Place potatoes on plate, top with ground beef/kimchi mixture and drizzle with spicy mayo. Finish with a sprinkle of cilantro!

Swedish Meatballs

Ingredients

2 lbs grass fed/finished ground beef
3/4 cup plain pork rinds, crushed
2 tsp nutmeg
2 tsp allspice
2 tbs salt
1 tbs pepper
1 bunch parsley finely chopped
1 tbs stone ground mustard for the gravy
1 cup grassfed beef broth
1-2 tbs tapioca starch or einkorn flour

Directions

Preheat oven to 350 degrees

In a large skillet with a couple tbs of ghee, heated to medium high

.Mix meat, spices, pork rinds and $\frac{3}{4}$ of the parsley in a mixing bowl. Forming golf sized balls, browned the balls evenly on all sides and transferred to baking dish.

Pop browned meatballs in the oven for about 10-15 minutes while making the gravy.

For the gravy, de-glaze the pan with 1 cup beef broth, breaking up the little bits left from browning the meatballs. Slowly mix in the tapioca starch or flour to thicken the sauce to desired consistency. Add the mustard and stir until fully combined.

Salt and pepper to taste

.Once meatballs are finished in oven, transfer to a serving platter, spoon the gravy on top and finish with remaining $\frac{1}{4}$ parsley.

Perfect with ligonberry or fig jam!

Spaghetti with Clam Sauce

Ingredients

1 pkg brown rice or cassava noodles
6 bottles clam juice
6 cans chopped or minced clams
Lemon
1 bunch fresh Italian parsley, chopped
1 garlic clove
1 bunch scallions, sliced
2 tbs butter
avocado oil
½ cup dry white wine

Directions

Cook noodles according to package directions or until al dente - don't overcook!

Heat 2 tablespoons butter and 2 tbs avocado oil on medium low heat in deep pan. Add garlic and sliced scallions and lightly saute until soft.

Add clam juice and white wine and simmer for 15-20 minutes.
juice from

Add clams and turn off heat. Squeeze juice of one lemon over top and sprinkle with parsley.

Serve sauce over noodles (don't overdo noodles; this is more of a soup than a pasta dish).

Chicken with White Wine & Leeks

Ingredients

Four 8 oz boneless chicken breasts, pounded to even thickness
salt and pepper to taste
1 tablespoon avocado oil
3 leeks sliced
1 cup dry white wine
 $\frac{3}{4}$ cup chicken stock
1 cup roughly chopped arugula
1 cup roughly chopped spinach
Juice of one lemon
1 tbs butter

Directions

i. Season the chicken breasts with salt and pepper.

In a large skillet, heat the avocado oil over medium high heat. Add the chicken breasts and sauté until done, about 4 to 5 minute on each side.

Remove the chicken breasts to a plate and set aside; tent them with foil to keep them warm.

Do not wipe out the skillet! Add the leeks to the skillet and sauté over medium high heat for 8 minutes, stirring frequently, until slightly tender. Add the white wine and stir to scrape up all the little flavorful bits that may be stuck to the bottom of the skillet. Simmer for about 2 minutes until the wine reduces by half.

Add in the broth, and return to a simmer, stirring occasionally for another 4 minutes until the mixture reduces slightly, by about a third.

Add the arugula and spinach, stir until they start to wilt, and then add the lemon juice and butter, and stir until the butter is melted and the arugula and spinach are wilted.

Slice the chicken breasts or leaves them whole - your choice!. Transfer them to individual plates and spoon the vegetables and sauce over the chicken breasts. with the sauce spooned over on a serving platter.

Serve with white rice or pasta or choice!

Parmesan Crusted Cod

Ingredients

3/4 cup panko bread crumbs

1/4 cup freshly grated parmesan cheese

1 1/2 tsp lemon zest

1/2 tsp garlic powder

2 tbsp chopped Italian parsley

salt and pepper to taste

2 tbs avocado oil

Directions

i. Preheat oven to 425 degrees F.

Line a baking sheet with parchment paper.

In a medium bowl, combine the panko, parmesan cheese, lemon zest, garlic powder, parsley, salt and pepper. Add the avocado oil and toss to combine. Arrange the cod fillets on the baking sheet and season all over with salt and pepper.

Divide the panko topping among the fillets, pressing lightly so that it adheres.

Place in the oven and bake for 10-12 minutes or until the topping is lightly browned and the fish is mostly opaque (just cooked through), with a trace of translucence in the center (cut into a piece to check). Cooking time will depend on the thickness of the fillets.

Serve with roasted asparagus or carrots.