



RESET + RESTORE
Academy

WEEK 5 RECIPES



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Week 5 Menu At a Glance

{ **Breakfast** }

- Breakfast sandwich with Stewed Fruit
- Eggs Your Way with Buttered Toast
- Plain Greek or Goat Yogurt with 1/2 Cup Cooked Fruit and Buttered Toast

{ **Lunch** }

- Leftover Roast Chicken with Sauteed Mushrooms and Squash
- Halloumi or Buffalo Mozzarella with Roasted Bell Peppers, Onions and Sliced Potatoes
- Creamy Mushroom Soup

{ **Dinner** }

- Italian Meatballs with Cassava or Brown Rice Noodles
- Chicken with Artichokes
- One Pan Pork Chops with Apples & Onions
- Salisbury Steak with Parsnip Puree
- Buttered White Fish with Roasted Asparagus

Basic Breakfast Sandwich

Ingredients

2 slices of sprouted and/or sourdough bread (or gluten free bread of choice)

1 fried egg

2 slices of bacon

1 tbs organic cream cheese or dairy free cream cheese

Step 1

Toast bread slices and set aside.

While bread is toasting, heat medium pan over medium heat.

Add 2 strips of bacon and cook until desired doneness.

Remove from pan and set aside.

In the same pan, crack egg in pan, cover with lid and cook on medium heat for 1-2 minutes or until white is opaque, but yolk is still runny.

Salt and pepper to taste.

Slather ½ tbs of cream cheese on each piece of bread.

Top with egg and bacon.

Cut in half and enjoy!

Pair with ½ cup stewed fruit of choice.

Stewed Fruit

Ingredients

1/2 cup fruit of choice, preferably berries, tropical, apples or pears- fresh or frozen

1 tbs coconut oil

1 tsp gelatin

Instructions

Heat oil in small pan over medium low heat.

Add fruit and sprinkle with gelatin. Mix well until coated with oil and gelatin has combined.

Warm until fruit is heated through and sugars have released, creating a syrup.

Enjoy immediately.

Halloumi or Buffalo Mozzarella Grilled Salad

Ingredients

1 yellow bell pepper, sliced into strips with core and seeds removed.

1 yellow or white onion, Sliced into strips

1 large red potato (about $\frac{3}{4}$ cup), thinly sliced. Keep the peel on

avocado oil

olive oil

salt and pepper

dried basil (optional)

Directions

On a sheet pan, place sliced potatoes and drizzle with avocado oil, salt and pepper.

Place under oven broiler and cook for 2-3 minutes or until potatoes begin to brown.

Remove from oven, turn potatoes over and add peppers and onions to the pan (it doesn't have to be a pretty arrangement). Season with salt and pepper.

Return to oven and cook for 2-3 minutes, Toss veggies around and continue to cook for an additional 2-3 minutes or until all veggies are soft and edges are nicely golden brown.

While veggies are in the oven, heat a medium skillet over medium high heat. Add 1 tsp avocado oil.

Place slice halloumi or mozzarella in the pan and cook for about 1 minute on each side, or until cheese is softened slightly and edges are browned. Remove veggies from oven and arrange half on a plate. Top with sliced cheese, drizzle with olive oil, another sprinkling of salt and pepper and a bit of dried basil (optional).

This recipe makes 2 servings

Creamy Mushroom Soup

Ingredients

1 tbs butter
1 large white onion
8 oz sliced white button mushrooms
8 oz sliced baby portobello mushrooms
1 teaspoon dried thyme leaves
1 1/2 cup chicken broth, room temp or warm 1 tbs tapioca flour
or einkorn flour
1 cup grass fed heavy cream or macadamia nut milk
1 dried bay leaf
2-3 tbs worcestershire sauce
salt and pepper to taste
1/3 cup shredded Parmesan cheese (optional but recommended)

Directions

Dice the onion on a cutting board.

In a large saucepan, over medium heat, add the butter and diced onions and cook about 5 - 7 minutes.

Add the mushrooms and cook 5 minutes uncovered, stirring occasionally.

Sprinkle in the thyme and bay leaf and continue to cook, about 10 minutes.

Pour in the salt, black pepper, and worcestershire sauce.

In a bowl, stir the flour into the chicken broth and then stir into the mushrooms.

Remove the bay leaf.

With an immersion blender, lightly blend the soup to break up about half of the mushrooms, so the texture is creamy but there are still visible bite sized pieces of mushrooms too.

Add the cream and stir to combine. Continue cooking for about 5 minutes, stirring occasionally.

Sprinkle in the Parmesan cheese and freshly ground black pepper to taste. Serve and enjoy!

Italian Meatballs in Marinara Sauce

Ingredients

1/2 cup fresh sourdough bread crumbs or gluten free panko crumbs
2 eggs
½ cup grated parmesan cheese
1 tbs salt
1 tsp ground black pepper
2 lbs ground beef
1 cup roughly chopped flat leaf (Italian) parsley

Directions

Put the breadcrumbs in a large bowl and add the eggs and meat, cheese, salt, pepper and parsley to the bowl and mix until combined.

Using your hands or a large wooden spoon. Use a ¼-cup measuring cup to portion the mixture and roll into balls until well formed, but not packed too tightly.

Pour enough avocado oil into a medium pot to coat the bottom and place over medium-high heat. When the pan is hot, add as many meatballs as will fit in the pan without crowding. They should sizzle as soon as they hit the pan or the pan isn't hot enough. Brown the meatballs on all sides. When browned on all sides, remove from pan and set aside. Repeat the frying with the remaining meatballs, adding more oil as needed. Return all meatballs to the pot.

Cover with marinara sauce and allow meatballs to simmer for about 15 minutes.

Serve with brown rice or cassava spaghetti noodles.

Salisbury Steak

Ingredients

2 lbs of ground beef
1 tsp pepper
1 tbs salt
1 cup thinly sliced onion
2 Tablespoons of einkorn flour or almond flour
1 Tablespoon Worcestershire sauce
2 1/2 cup beef bone broth

Directions

Mix the ground beef, salt and pepper.

Divide meat into 6 portions and form into steaks.

In a large skillet, cook patties over medium heat about 3 minutes per side. Remove patties from the skillet. Then add onions and cook until golden brown and caramelized.

Add in the flour to coat the onions and cook 2 minutes.

Slowly add Worcestershire sauce and the bone broth; stirring until smooth and there are no flour clumps.

Reduce heat to low, add patties back in the gravy and simmer for about 15 minutes.

Serve with parsnip potato mash.

Buttered White Fish

I n g r e d i e n t s

For Cod in Skillet:

1 1/2 lbs cod {fresh or frozen}

6 tbsp unsalted butter sliced

Seasoning:

1 tsp garlic powder

1 tsp salt

1 tsp ground pepper

1 tsp paprika

Few lemon slices

Herbs: parsley or cilantro

D i r e c t i o n s

Stir together ingredients for seasoning in a small bowl.

Cut cod into smaller pieces, if desired.

Season all sides of the cod with the seasoning.

Heat 2 tbsp butter in a wide skillet over medium-high heat.

Once butter melts, add cod to skillet.

Cook 2 minutes. Turn heat down to medium.

Turn cod over, top with remaining butter and cook another 3-4 minutes.

Butter will completely melt and fish will cook through.

Remove from heat.

Drizzle cod with fresh lemon juice. Serve immediately. Enjoy friends.

Serve with wild rice and veggie of choice!

Basic Roasted Veggies Revised

Ingredients

Veggies of choice, cut into bite-sized pieces

Olive oil

Salt + Pepper

Directions

Preheat oven to broil setting

Place veggies on sheet pan, drizzle with olive , salt and pepper and toss to coat.

Broil until blackened to desired level.

Pork Chops with Apples & Onions

Ingredients

2 tbs butter or ghee
8 boneless pork chops
Salt & Pepper
1 teaspoon ground cinnamon
2 medium apples, skin on, core removed and thinly sliced
1 medium red onion, sliced
1 cup chicken broth
2 tbs apple cider vinegar
2 teaspoons Dijon mustard
1 tablespoon butter
1 tsp chopped dried sage
1 dried rosemary

Directions

Warm butter or ghee in a large skillet over medium-high heat.

Sprinkle both sides of the pork chops with salt, pepper, and cinnamon, then add them to the hot skillet.

Cook the pork chops for 3-4 minutes, until browned on the bottom, then flip and continue to cook for about 4-5 minutes, until they reach 145 degrees in the middle.

Remove pork chops to a plate, tent with foil, and set aside.

While the pork chops are cooking, core and thinly slice the apples, chop the onion into small wedges,

Whisk the chicken broth, apple cider vinegar and mustard together in a bowl. After removing pork chops, add the butter to the skillet, then add the apples, onions, sage, and rosemary. Sauté for 2-3 minutes, then pour in the broth mixture.

Use a wooden spoon to gently scrape the bottom of the pan and release any brown bits. Let the sauce simmer for 2-3 minutes, stirring occasionally, then return pork chops to the pan, nestling them in between the apples. Spoon the sauce over the chops and serve immediately.

Serve with a baked potato!.

Chicken with Artichokes

Ingredients

6 tbsp butter or ghee
6 boneless skinless chicken breasts (pounded to equal thickness)
salt pepper
4 shallots, thinly sliced
3 (15 ounce) cans artichoke hearts (drained and roughly chopped)
4 ounces fresh baby spinach
1/2 cup chicken broth (or water)
1/2 cup heavy cream
1/2 cup Parmesan cheese (shredded)
1 cup mozzarella cheese (shredded)
Fresh parsley (to garnish)

Directions

Place chicken breasts on a large plate and season with salt and pepper to coat the entire surface of each chicken breast. Heat a large skillet over medium-high heat. Add 3 tbs butter or ghee and swirl to coat the pan.

Work in batches, if needed (it took me two rounds to cook the 6 chicken breasts), cook the chicken until golden, approximately 4-5 minutes per side.. Remove chicken from the skillet and set aside.

Return the skillet to medium heat. Add the rest of the butter and shallots and sauté until golden brown. Add the artichoke hearts, fresh spinach, and chicken broth. Mix well to combine. Cook until the spinach has just wilted. Add the heavy cream and bring just to a simmer. Stir in the mozzarella cheese.

Finally, return the chicken back to the skillet. Reduce heat to medium low and allow the chicken to simmer and finish cooking for an additional 5 minutes..

Sprinkle with the shredded Parmesan cheese and additional salt and pepper, to taste. Garnish with fresh chopped parsley.