

EPISODE 1 Recipes

ANCIENT GRAIN BOWLS 3 WAYS

The key to the grain bowls is meal prep! Try roasting some veggies on the weekend and preparing a couple cups of a grain, that way you can have options for quick and delicious meals throughout the week.

Prepped items:

Grains Options

Farro

Quinoa

Brown Rice

Wheat Berries

Roasted Veggies Options – Parchment lined cookie sheet, drizzle EVOO, Avocado or coconut oil over veggies, season with S&P. Bake at 400 to your desired doneness, check often and turn. For best results roast separately – for example sweet potatoes take much longer than asparagus.

Bell Peppers

Broccoli

Cauliflower

Asparagus

Broccoli

Asparagus

Sweet Potatoes

Raw veggie, greens & herb options

Spinach

Kale

Arugula

Avocado

Carrots – grated

Radishes – thinly sliced

Zucchini – spiralized

Red onions – chopped

Scallions

Cilantro

Protein

Black beans

Egg

Cooked Chicken or whatever meat you like

Others

Prepared salsas of your liking

Seeds or nuts like pumpkin, peanuts, pinenuts, walnuts, almonds, etc

Ancient Grain Breakfast Bowl Idea

Grain of choice

Greens of choice

Black beans

Sweet potatoes

Roasted peppers (or any roasted veggies you like)

Avocado

Red onion

Cilantro

Salsa or Pico of choice

Top with Egg (poached or fried) and maybe a little hot sauce

Avocado Grain Bowl Idea

Grain of choice

Greens of choice

Avocado

Any roasted veggies at all

Roasted sweet potatoes

Zucchini noodles (aka zoodles)

Radishes

Scallions

Protein of choice – chicken, salmon, shrimp, tofu, white beans, steak, etc

Cilantro

Pumpkin seeds

Avocado Citrus Dressing

½ ripe avocado

1 large lime juiced

3 T fresh orange juice

1 T cilantro

3 T olive oil

2 t honey

1-2 t hot sauce

¼ t cumin

1/8 t chili powder

Healthy pinch of sea salt & freshly ground pepper

Thai Grain Bowl Idea

Grain of Choice
Greens of choice
Broccoli (and or whatever roasted veggies you have)
Red onion
Carrots, grated
Cilantro
Scallions
Avocado
Peanuts

Thai Dressing

1 lime zest
1 t sesame seeds
1 T Tamari (Gluten Free Soy Sauce)
1T Sesame Oil
1 T Rice Vinegar
2 cloves garlic minced
1" piece of ginger minced or grated (frozen) with a micro plane grater.

Combine all and pour over salad.



Roasted Carrot Harissa Dip

1.5 lbs of carrots, roughly chopped

3 T EVOO

1 can of white beans

6 roasted garlic cloves

¼ cup EVOO

1 T Harissa Sauce

2 t smoked paprika

2 t sea salt

2 t apple cider vinegar

Juice of ½ lemon

- 1) Heat oven to 400 degrees.
- 2) Toss the chopped carrots with 3 T of EVOO and roast for 25-30 minutes or until soft and golden
- 3) Combine all ingredients in food processor or blender and blend away until smooth.
- 4) Serve with an assortment of raw and roasted veggies and GF crackers
- 5) Keeps for 2 weeks covered



Kristin's La Paloma

2 oz of the best tequila you have

¼ cup fresh squeeze grapefruit juice

½ cup Bai Sparkling Antioxidant Infusion Pink Grapefruit Sparkling Water

Squeeze of lime juice

Fresh mint

Crushed ice

