

## MON



**BREAKFAST**  
2 Immunity Boosting Bone Broth



**LUNCH**  
2 Immunity Boosting Bone Broth



**DINNER**  
Roasted Garlic & Asparagus Soup

## TUE



**BREAKFAST**  
2 Immunity Boosting Bone Broth



**LUNCH**  
2 Immunity Boosting Bone Broth



**DINNER**  
Pressure Cooker Squash Bowl

## WED



**BREAKFAST**  
2 Immunity Boosting Bone Broth



**LUNCH**  
2 Immunity Boosting Bone Broth



**DINNER**  
Cream of Celery Soup

## THU



**BREAKFAST**  
2 Immunity Boosting Bone Broth



**LUNCH**  
2 Immunity Boosting Bone Broth



**DINNER**  
Pressure Cooker Carrot Ginger Soup

## FRI



**BREAKFAST**  
2 Immunity Boosting Bone Broth



**LUNCH**  
2 Immunity Boosting Bone Broth



**DINNER**  
Creamy Broccoli Soup

## SAT



**BREAKFAST**  
2 Immunity Boosting Bone Broth



**LUNCH**  
2 Immunity Boosting Bone Broth



**DINNER**  
Creamy Carrot Soup

## SUN



**BREAKFAST**  
2 Immunity Boosting Bone Broth



**LUNCH**  
Immunity Boosting Bone Broth



**DINNER**  
Creamy Roasted Garlic & Kale Soup with Cauliflower



## FRUITS

- 1 1/3 Apple
- 1/2 Lemon

## BREAKFAST

- 2 tsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1/3 tsp Cinnamon
- 1/2 tsp Cumin
- 2 tsps Italian Seasoning
- 2 2/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

## VEGETABLES

- 2 cups Asparagus
- 1 1/2 cups Baby Spinach
- 2 cups Broccoli
- 14 Carrot
- 2/3 head Cauliflower
- 20 stalks Celery
- 2/3 Delicata Squash
- 34 1/2 Garlic
- 1 1/2 tsps Ginger
- 4 cups Kale Leaves
- 7 cups Parsley
- 1/2 Sweet Onion
- 1 tsp Thyme
- 1/2 White Onion
- 8 1/2 Yellow Onion
- 1/2 Yellow Potato

## BOXED & CANNED

- 1 1/2 cups Organic Chicken Broth
- 1 1/8 cups Organic Coconut Milk
- 7 2/3 cups Organic Vegetable Broth

## BAKING

- 1 tbsp Arrowroot Powder
- 1/8 oz Gelatin
- 2 tbsps Nutritional Yeast
- 2 tbsps Unsweetened Coconut Flakes

## BREAD, FISH, MEAT & CHEESE

- 7 Whole Chicken Carcass

## CONDIMENTS & OILS

- 1/2 cup Apple Cider Vinegar
- 1/2 tsp Avocado Oil
- 2 1/2 tbsps Extra Virgin Olive Oil

## COLD

- 1/2 cup Unsweetened Almond Milk

## OTHER

- 42 1/3 cups Water



# Immunity Boosting Bone Broth

8 SERVINGS 12 HOURS



## INGREDIENTS

2 Whole Chicken Carcass (about 2 lbs of bones)  
2 Carrot (peeled and chopped)  
2 Yellow Onion (diced)  
4 stalks Celery (chopped)  
6 Garlic (cloves, halved)  
2 tbsps Apple Cider Vinegar  
2 tsps Sea Salt  
2 cups Parsley (chopped)  
12 cups Water

## DIRECTIONS

- 01 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 02 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.



# Roasted Garlic & Asparagus Soup

2 SERVINGS 50 MINUTES



## INGREDIENTS

2 cups Asparagus (trimmed, cut in half)  
5 Garlic (cloves, peeled and cut in half)  
1/4 Yellow Onion (cut into thick slices)  
1/8 head Cauliflower (cut into florets)  
1 1/2 tsps Extra Virgin Olive Oil  
1/4 tsp Sea Salt (divided)  
1 1/4 cups Organic Vegetable Broth  
1 cup Baby Spinach

## DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Toss the asparagus, garlic, onion and cauliflower with the olive oil and arrange in an even layer on the baking sheet. Season the vegetables with half of the salt then bake for 35 to 40 minutes or until the vegetables have caramelized and the garlic is fork-tender. Flip everything halfway through to prevent burning.
- 03 When the vegetables are just about done, heat the vegetable broth in a pot on the stove to a simmer. Add the spinach to the broth and stir to allow it to wilt.
- 04 To make the soup, transfer the warmed broth and spinach, the roasted vegetables and the remaining salt to a blender. Blend until smooth and creamy, allowing space for the heat to escape. If the soup is too thick, add more broth until your desired consistency is reached.
- 05 Divide between bowls and enjoy!



# Pressure Cooker Squash Bowl

2 SERVINGS 40 MINUTES



## INGREDIENTS

2/3 Delicata Squash (washed, whole)  
1 1/3 Apple (cored, cubed)  
1/3 cup Water  
1/3 tsp Cinnamon  
1/8 oz Gelatin  
2 tsps Maple Syrup  
2 tbsps Unsweetened Coconut Flakes  
(optional, for topping)

## DIRECTIONS

- 01 Add the delicata squash, apple, water and cinnamon to the pressure cooker. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 8 minutes on high pressure. Once finished, let the pressure release naturally.
- 02 Carefully remove the lid, and remove the squash. Let it cool slightly, then cut it in half, and remove the seeds. Add the squash and all of the contents from the pressure cooker to a blender along with the gelatin and maple syrup. Blend on high until smooth.
- 03 Pour into a bowl and top with coconut flakes, if using. Serve and enjoy!



# Cream of Celery Soup

2 SERVINGS 25 MINUTES



## INGREDIENTS

- 1 1/2 cups Organic Vegetable Broth (divided)
- 1/2 White Onion (diced)
- 1/2 Yellow Potato (medium, diced)
- 6 stalks Celery (diced, leaves reserved)
- 1/4 tsp Sea Salt

## DIRECTIONS

- 01 In a large pot over medium heat, add a small splash of the vegetable broth. Sauté the onions until soft and brown, stirring frequently and adding more broth as needed to prevent the onions from sticking to the pot.
- 02 Add the potato, diced celery stalk, remaining broth and sea salt. Bring to a simmer and cook for 10 minutes or until the potatoes and celery are tender.
- 03 Use a handheld blender to purée to your desired consistency. Divide into bowls or containers. Top with celery leaves and enjoy!



# Pressure Cooker Carrot Ginger Soup

2 SERVINGS 25 MINUTES



## INGREDIENTS

1 1/2 cups Organic Vegetable Broth  
1/2 Yellow Onion (chopped)  
1/2 Garlic (clove, minced)  
1 1/2 tsps Ginger (fresh, minced)  
3 Carrot (chopped)  
1 tsp Thyme (fresh, chopped)  
2/3 cup Organic Coconut Milk (full fat, from a can)

## DIRECTIONS

- 01 Turn the pressure cooker to sauté mode. Add a splash of vegetable broth along with the onion and cook for 3 to 4 minutes. Add the garlic and ginger and sauté for 1 minute more.
- 02 Turn the sauté mode off and add the carrots, thyme and rest of the broth. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually.
- 03 Carefully remove the lid, and purée the soup using an immersion blender or a blender. Add the coconut milk and stir to combine. Serve and enjoy!



# Creamy Broccoli Soup

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1/2 tsp Avocado Oil
- 1/4 Yellow Onion (chopped)
- 1 Garlic (cloves, minced)
- 1 tbsp Arrowroot Powder
- 1 1/2 cups Organic Chicken Broth
- 1/2 cup Organic Coconut Milk (full fat, from a can)
- 2 cups Broccoli (florets, roughly chopped)
- 2 tbsps Nutritional Yeast
- 1/8 tsp Sea Salt

## DIRECTIONS

- 01 In a large pot or dutch oven over medium heat, add the avocado oil and then the onion. Cook for 3 to 4 minutes or until the onion becomes translucent. Add the garlic and cook for one minute. Add the arrowroot powder and chicken broth and whisk until no clumps remain.
- 02 Bring to a boil over medium heat, and then reduce to a simmer. Add the coconut milk, broccoli, nutritional yeast and salt and stir to combine. Cook for 10 minutes or until the broccoli is cooked through.
- 03 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Serve and enjoy!





# Creamy Carrot Soup

2 SERVINGS 50 MINUTES



## INGREDIENTS

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 4 **Carrot** (chopped into 1 inch rounds)
- 1/2 **Sweet Onion** (chopped)
- 1 **Garlic** (cloves, minced)
- 1/2 **tsp** Cumin
- 1/2 **tsp** Turmeric
- Sea Salt & Black Pepper (to taste)
- 1 1/2 **cups** Organic Vegetable Broth
- 1/2 **cup** Unsweetened Almond Milk
- 1/2 **Lemon** (cut into wedges)
- 1/2 **cup** Baby Spinach (chopped)

## DIRECTIONS

- 01** In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sautee for about 10 minutes or until veggies start to brown.
- 02** Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
- 03** After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending (**DANGER!**). Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper if desired.
- 04** Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge. Serve with an organic piece of bread for dipping and/or a mixed greens salad.



# Creamy Roasted Garlic & Kale Soup with Cauliflower

2 SERVINGS 1 HOUR 15 MINUTES



## INGREDIENTS

6 Garlic (cloves, peeled and trimmed)  
1/2 Yellow Onion (large, roughly chopped)  
1/2 head Cauliflower (sliced into florets)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
2 tsps Italian Seasoning  
1/2 tsp Sea Salt  
4 cups Kale Leaves (packed)  
2 cups Organic Vegetable Broth (divided)

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 03 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 04 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 05 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

