

VANILLA CHIA BOWL WITH BERRIES, CACAO & COCONUT

By Kat Turner



10 minutes + Overnight Prep

Ingredients (4 servings)

1 cup of unsweetened almond milk
½ cup of coconut milk
1 pitted medjool dates
1 teaspoon of vanilla
1/8th teaspoon sea salt
¼ cup of chia seeds
¼ cup fresh berries of choice
2 teaspoons of cacao nibs
2 teaspoons of shredded coconut



Make this pudding before you go to sleep & wake up on the right side of the bed! Chia is basically a miracle seed chock-full of omega 3, protein, calcium, fiber & minerals. You could basically live on it... but that would get pretty boring.

Combine the almond milk, coconut milk, dates, vanilla, & sea salt into a blender, process on high until the dates are totally liquefied, pour this into a bowl & whisk in your chia seeds until they are well-integrated into the milk.

Pour your chia pudding into a glass mason jar or other storage container, place into the fridge to set overnight.

In the morning, spoon out about ½ cup into your bowl & top with berries, cacao nibs, & shredded coconut.

Pudding will keep in the fridge for 5 days.

A stylized signature for Sam Castwood. The name 'Sam' is written in a cursive font with a red semi-circle above the 'a'. 'Castwood' is written in a more fluid, cursive script.

ARUGULA SALAD WITH ROAST PORTOBELLO, APPLE & TEMPEH BACON

By Kat Turner



40 mins (if mushrooms haven't been made)



Ingredients (1 serving)

4 large portobello mushrooms caps, stems removed
1 tablespoon of olive oil
1 tablespoon of any favorite vinegar
1 teaspoon of salt
A handful of fresh herbs such as thyme, sage or rosemary

2 slices of tempeh bacon (found in most grocery store in the vegetarian section)
1 teaspoon of olive oil
2 cups of arugula
½ of your favorite apple, sliced or diced
1 tablespoon of pepitas
1 tablespoon of goat cheese

Save yourself some time & roast the portobello mushrooms the night before if you can. The additional mushrooms will be used for the "Poached Egg Portobello Stack" & the "Mushroom & Black Bean Lettuce cups" later in the week.

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ARUGULA SALAD WITH ROAST PORTOBELLO, APPLE & TEMPEH BACON

By Kat Turner



Continued...

Balsamic Dressing:

2 tablespoons of good balsamic vinegar

2 teaspoons of olive oil

2 teaspoons of dijon mustard

1 small garlic clove, minced & smashed

Pinch of sea salt & freshly cracked pepper

Preheat your oven to 425 degrees

In a large bowl toss the mushrooms with the oil, vinegar & salt.

Lay your herbs down on a parchment lined sheet pan & top with the mushrooms, gills up.

Roast for 20 minutes, then flip the mushrooms over & continue to roast an additional 15 minutes.

Meanwhile, cook your tempeh bacon in the olive oil until it begins to brown & slightly crisp, then remove from the pan & roughly chop.

Whisk all ingredients for the dressing together.

Remove one mushroom & slice or chop then toss with the arugula, tempeh bacon, apples, pepitas, goat cheese & dressing.

The remaining mushrooms can be refrigerated for up to 6 days.

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EASY GRASS-FED BEEF BOLOGNESE OVER ZUCCHINI NOODLES

By Kat Turner



1 hour



Ingredients

(sauce makes 4 servings)

1 lb ground grass-fed beef
1 tablespoon olive oil
1 teaspoon sea salt
1 onion, finely diced
2 carrots, peeled & grated
1 bell pepper, color of your choice, diced
3 cloves of garlic finely minced

½ cup of red wine (optional, if omitting a nice addition is 1 tablespoon of red wine vinegar)
1 25 oz jar of low sodium marinara sauce
1 cup of water or chicken stock
Sea salt to taste
½ cup fresh finely chopped mint
*garnish: chili flake and parmesan
1 large or 2 small zucchinis

Grass-fed beef is the only way to go if you're a meat eater, it's lower in calories & saturated fat, contains more healthy omega-3 fats, more vitamins A & E, higher levels of antioxidants & up to seven times the beta-carotene. Not to mention it's got an unparalleled beefy earthy flavor.

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EASY GRASS-FED BEEF BOLOGNESE OVER ZUCCHINI NOODLES

By Kat Turner



Continued.....

In a large heavy-bottomed pot, brown the ground beef in the olive oil over medium high heat, breaking up evenly as it cooks, about 8 minutes. You'll want a nice deep brown on at least some of the beef. This will give a rich "umami" flavor.

To the beef add the salt, onion, carrot, pepper & garlic, continue cooking until the onions begin to lightly brown. Add in the wine & let it reduce, evaporate until nearly dry. Now add the marinara sauce & the water or stock, drop the heat to medium low.

Continue to cook & slightly reduce until thick & fragrant, about 30 minutes.

During this time prepare your zucchini noodles. This is most easily done using a "spiralizer" (Benriner is a great brand, purchase online), a kitchen gadget I can't live without (I'm not a gadget kind of gal). If you don't have a

spiralizer, no problem! Just carefully slice 1 large zucchini per person the long way into 1/8" planks, then again slicing the long way, create "noodles" from the planks. Pile the noodles into each bowl raw.

Finish the bolognese with sea salt to taste & fresh chopped mint; spoon about 2/3 cup onto your noodles, garnish with chili flakes & shaved parmesan.

Save a serving of bolognese to make stuffed tomatoes & freeze the remaining servings flat in quart sized freezer bags.

A signature in black cursive script that reads "Sam Castwood". Above the letter "a" in "Sam" is a small red semi-circle.

CHICKEN SALAD IN ENDIVE By Kat Turner



15 mins



Ingredients (1 serving)

- 1 teaspoon of mayonnaise
- 2 teaspoons of plain greek yogurt
- 1 teaspoon of dijon mustard
- Pinch of freshly cracked pepper
- Pinch of sea salt

- ¼ cup of leftover roasted chopped chicken
- 1 tablespoon of finely chopped celery
- 1 tablespoon finely diced green apple
- 1 teaspoon of finely minced green onion
- 1 teaspoon of fresh herbs such as parsley, mint, cilantro, basil or tarragon

This is the perfect chicken salad to serve over greens for lunch, or in an endive leaf or a wrap for a snack. Yogurt lightens up the dressing & adds in a tangy flavor & valuable probiotics..

In a small mixing bowl whisk together the mayonnaise, yogurt, Dijon mustard, pepper, & sea salt. To this add your chicken, celery, green apple & green onion & herbs.

Fill 2-3 endive leaves & top with spicy sprouts & pomegranate seeds if available.

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BASIC BONE BROTH

By Kat Turner



24+ hrs



Ingredients

(makes about 1 ½ gallons)

2 pounds of beef shin, shank, marrow, &/or knuckle bones from a healthy source

1 chicken carcass leftover from roasting

½ lb of chicken feet if available

2 onions, chopped

3 carrots, chopped

3 stalks of celery, chopped

1 head of garlic sliced in half through the middle

¼ cup of Apple Cider Vinegar

1 tablespoon of sea salt

1 teaspoon of peppercorns

2 bay leaves

Enough filtered water to cover the contents of the pot

1 bunch of parsley, tiny pinch of pink salt

Bone broth is a comforting, nutrient dense addition to your diet; drink 8 ounces per day to benefit from this collagen & mineral-rich elixir.

Preheat the oven to 450 degrees

Place the beef bones onto a parchment-lined sheet pan & roast for 30 minutes.

Remove from the oven & place the bones & all remaining ingredients except the parsley into your biggest stockpot. Add enough filtered water to cover the bones & vegetables & bring up to a boil, then reduce to a low simmer & let this cook for 24 hours. Yes, you read that correctly... 24 hours (this is how all the amazing collagen gets leached out). If you're uncomfortable leaving the broth on the stovetop while you leave the house you can also place the entire pot into the oven, mostly covered at 300 degrees. Toss in the parsley for the last few hours of cooking time. After 24 hours turn off the heat & let the stock cool for 1 hour before straining. Strain through a mesh sieve, discard the solids & let cool to room temperature before transferring to storage ware & refrigerating. In the morning skim off any fat & freeze any extra portions that you don't intend on using within 5 days.

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EASY GREEN JUICE By Kat Turner



15 mins



Ingredients (1 serving)

1 cup of sliced Persian or English cucumber

1 cup of filtered water

½ of your favorite apple, chopped (core, seeds, skin & all)

½" piece of ginger

Small handful of mint leaves

Small handful of baby spinach

Juice of ½ a lemon

2 ice cubes

You don't need a fancy juicer for this recipe! With a decent blender or a Nutribullet you can enjoy the benefits of refreshing alkalizing green juice too.

Place all ingredients into your blender & process on high for 1 minute. Strain this mixture through a mesh sieve & enjoy!

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