



Lithe Wellness Solutions

CANDIDA CLEANSE MEAL PLAN
MONTH ONE



Welcome to month one of Lithe Wellness Solutions Candida Cleanse Meals to Eat & Enjoy. The Candida Cleanse does not offer a lot of food based variety for the first month. When you find a meal that you like, feel free to enjoy it as frequently as you would like. Substitute ingredients that you don't like for ingredients that you do, making certain to follow the Foods to Avoid list, provided by Kelley Suggs during your appointment. This diet, combined with your supplements, will give you great success. Don't forget to make room to rest on this journey as healing takes much energy.

After your follow up visit with Kelley, when you can add fruit and ferments back into your diet, please go to www.LitheWellnessSolutions.com and click on the Cook Book section to grab the Candida Cleanse Month 2 meal plan. In this first month, consume bone broth as much as possible, up to one cup per day. Bone broth is the first recipe in the Recipe Section. When you are choosing your foods, always choose the highest quality food that fits your budget. Choose pasture raised or free range, organic and raw whenever possible.

For this first month, the meal options are listed out first. The meals that have a included have a number in the title to help you find the corresponding recipe, listed in the recipe section. Enjoy!

Don't forget about the healing power of teas. Helpful teas (this is not a complete list) to enjoy are:

Chaga

Chamomile, especially if you have diarrhea

Lemon Balm

Hibiscus

Elderflower

Raspberry Leaf

Stinging Nettle

Peppermint

Fenugreek

Cinnamon

Dandelion Root

Echinacea

Ginger



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Breakfast Options

2-3 eggs, breakfast sausage and sautéed spinach, kale or any other green.

Smoothie: 1 Cup of Coconut water, 1 handful of greens, 1 carrot, 1 stick of celery, 1 teaspoon of Moringa, 1 teaspoon Hemp Hearts, 1 tablespoon coconut oil

2-3 Eggs, scrambled and topped with feta cheese, served with tomatoes and avocado slices

Chelsey's Chia Seed Pudding¹

Emeril's Frittata²

Pumpkin Fritters³



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Lunch

Leftovers from Dinner-you spend all this time cooking, you might as well use them up. Better yet, cook intentionally to make lunches! Cook extra proteins (chicken, beef, fish, etc) and pair them up with raw veggies and fruits. Cook extra-large batches of soups and chilis. Place leftovers in Mason jars or glass containers for single servings and easy reheating.

Salads-Enjoy a bowl full of greens, veggies and your favorite nuts, seeds, beans or leftover protein from dinner. Top it off with your favorite dressing (read the label for added sugar) or use the Ranch dressing recipe³ included in this packet.

Summer sausage and seasonal veggies, plus an equal parts mix of cottage cheese, avocado and sunflower seeds (mix together ½ cup of each).

Canned or packaged Tuna in Oil with mayo, salt and pepper. Fresh, seasonal veggies like carrots, peppers or pea pods and Ranch Dressing³.

Salami and cream cheese roll ups, carrots and almond or cashew butter, and olives

Bentilla 100% Lentil pasta with canned tomatoes or a no sugar added marinara sauce. Melt cheese over the top if desired.

Hardboiled eggs with sea salt, cucumber slices with cream cheese and dill, carrots and almond butter



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Dinner

Cincinnati Style Chili⁴

Shepard's pie⁵

Chicken, Sesame buttered broccoli⁶

White Chicken Chili⁷

Lentil pasta with Broccoli Rabe and Sausage⁸

Beef Roast with Seasonal Veggies⁹

Split Pea Soup with carrots¹⁰

Beef Borginoun¹¹

Philly Cheesesteak Stuffed Green Peppers¹²



Hamburgers, mashed potatoes and fresh veggies

Cowboy Dinner¹³

Slow Cooker Chicken Marsala, served with salad or cut veggies¹⁴

Enchilada Stew¹⁵

Salmon with Pesto and baked sweet potatoes¹⁶

Slow cooker Smoked Paprika Chicken¹⁷

Slow Cooker Chicken with Green Beans and Cherve¹⁸

Don't forget about your favorite grilled protein (fish, beef, buffalo, wild game, pork, etc), mashed potatoes with butter and sautéed veggies.

Dump Soups-fill your soup pot with broth, onion powder, garlic and other favorite seasonings. Then add leftover proteins and veggies from the previous weeks meals. Simmer on low for 30 minutes and enjoy.



Snacks

Cut seasonal veggies and Ranch Dressing

Carrots and Almond Butter

Beef sticks (check the ingredient list for sugar)

Beef Jerky (check the ingredient list for sugar)

Sunflower seeds mixed with almonds and cashews

Raw sprouted pepitas (pumpkin seeds)

Seasonal veggies dipped in hummus

String cheese and salami

Deviled Eggs

Cucumbers with cream cheese and dill

Olives and feta

Bruenschwager/Liverwurst and cheese

String cheese and a slice of turkey

Your Favorite Candida Friendly Snacks:



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Recipes

Bone Broth

Ingredients:

- Bones of 1 chicken *or* turkey, *or* soup pack of beef bones, *or* venison or other wild game,
- Leftover trimmings from carrots, onions, celery and garlic
- 2 tablespoons of acidic medium such as vinegar, whey or lemon juice
- Enough water to cover
- 1 tablespoon of salt
- ½ teaspoon of pepper
- Spices and herbs to flavor it to satisfy your taste buds. Good combinations include 2-3 sprigs fresh or 2 teaspoons dried parsley, thyme and dill and two cloves of garlic.

Directions:

1. Place all ingredients in the slow cooker, cover with water and cook on low for 24-48 hours. Add additional water if necessary.
2. Cook until you can sink the nail of your thumb into a bone. The strain out all of the solid pieces and throw them away.
3. Use within a week or freeze in 2 cup increments.

Benefits: powerhouse of nutrition, easy to digest, full of gelatin, vitamins and minerals, no chemicals, no MSG (very difficult for a person to work through when their immune system is already working really, really hard).



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1. Chelsey's Chia Pudding

Serves 3

1 can full fat coconut milk

4 Tbsp chia seeds

2 Tbsp cocoa powder

4-6 Tbsp Maple Syrup (use Stevia equivalent)

½ tsp vanilla extract

Directions

1. Mix the coconut milk and the cocoa powder until it dissolves.

Add the chia, vanilla, sweetener and mix well.

Put in the freezer for 10 minutes.

Eat and enjoy!

Serves 3



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2. Emeril's Vegetable Frittata

Serves 4-6

8 large eggs
3 tablespoons heavy cream, chicken broth or water
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
3/4 cup grated fontina or Gouda, optional
1 1/2 tablespoons unsalted butter
1 small or 1/2 medium zucchini, about 5 ounces
1 1/2 cups thinly sliced crimini mushrooms
1/2 cup thinly sliced yellow bell pepper
1/2 cup thinly sliced red bell pepper
1/4 cup minced green onions (green tops only)
1 1/2 teaspoons minced garlic
1/2 teaspoon chopped fresh thyme leaves
2 tablespoons chopped fresh parsley leaves
1 tablespoon chopped green onions, for garnish

Directions

1. Preheat the broiler and place the top rack 4 to 5 inches from the broiler element. In a large bowl, whisk together the eggs, cream, 1/4 teaspoon of the salt, and 1/8 teaspoon pepper until the eggs are frothy. Add 1/2 cup of the cheese and whisk. Set aside.
2. In a 10-inch cast iron skillet, melt the butter over medium-high heat. Add the zucchini, and mushrooms, and cook, stirring, until the vegetables are soft and lightly browned, 2 to 3 minutes. Add the peppers and green onions, and cook, stirring occasionally, for 2 minutes. Add the garlic, thyme, 1/4 teaspoon of the salt, and pinch of the pepper and cook, stirring, until the garlic is fragrant, 30 seconds to 1 minute. Stir in 1 tablespoon of parsley and with the pan over medium heat, pour the egg mixture over the vegetables. Cook, lifting with a rubber spatula to let the eggs flow underneath, until the edges are set but the middle still is loose, 3 to 4 minutes.
3. Remove from the heat and sprinkle the remaining 1/4 cup cheese over the top. Place under the broiler until the eggs are slightly puffed and the cheese is bubbly and golden brown, 2 to 3 minutes, watching carefully to prevent from overcooking.
4. Remove from the oven and carefully slide the frittata out onto a large serving platter.



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3. Pumpkin Fritters

These fritters are super easy to prepare and are packed full of nourishing ingredients, including a generous carbohydrate portion to keep the energy levels up for a busy day.

Ingredients

2 Cups Raw, Grated Pumpkin (can't find pumpkin? Sub sweet potato)

2 Eggs

1 Tablespoon Coconut Flour

Salt & Pepper, to taste

Coconut Oil, for frying

Pinch of Nutmeg and Cloves, optional

1. In a large bowl combine the grated pumpkin, eggs, coconut flour and salt & pepper.
2. Heat the coconut oil in a large frying pan.
3. When the coconut oil is hot, carefully drop tablespoons of the fritter batter, flattening slightly.
4. Cook for a few minutes until browned and set, then flip and cook the other side.
5. Once both sides are golden and the pumpkin is cooked through remove from the frying pan to a plate to cool.



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4. Cincinnati Style Chili

Serves 4-6

This chili does really well in the freezer, and it tastes better the longer it sits, so you can double or triple the recipe for freezing. It is also possible to make chili in the slow cooker, just brown your meat before adding it into the crock. Don't skimp on the cocoa powder...it is delicious!

Ingredients

- 1 medium onion, chopped
- 1 tablespoon garlic powder
- 1 pound of ground beef or venison
- 1 tablespoon of chili powder
- 1 ½ tablespoons of unsweetened cocoa powder
- 1 teaspoon of Oregano
- 2 cups of Kidney beans
- 2 cups Cannellini beans
- 1 cup diced tomatoes and their liquid
- 1 cup salsa
- 1 tablespoon tomato paste
- 1 cup water

Directions

1. Brown the ground beef or venison.
2. Add tomatoes, salsa and water. Mix in seasonings and tomato paste. Add the beans and heat through.
3. Simmer for 30 minutes or longer. Serve with sour cream, Colby Jack and cubed avocados.



5. Shephard's Pie

Consider making two of these at a time and freezing the second one for later use. This is delish!

Ingredients

2 pounds potatoes, such as russet, peeled and cubed
2 tablespoons sour cream or softened cream cheese
1/2 cup milk or broth
Salt and freshly ground black pepper
1 tablespoon fat of choice, butter, lard or coconut oil
1 1/2 pounds ground beef or ground lamb
1 carrot, peeled and chopped
1 onion, chopped
2 tablespoons butter
2 tablespoons arrowroot powder
1 cup beef stock or broth
2 teaspoons Worcestershire
1/2 cup frozen peas
½ cup of green beans
1 teaspoon smoked paprika
2 tablespoons chopped fresh parsley leaves
Salt and pepper to taste

Directions

1. Boil potatoes in salted water until tender, about 12 minutes. Drain potatoes and pour them into a bowl. Combine with sour cream and milk. Salt and pepper to taste. Mash until smooth.
2. While potatoes boil, preheat a large skillet over medium high heat. Add fat to hot pan with beef or lamb. Season meat with salt and pepper. Brown and crumble meat for 3 or 4 minutes.
3. Add chopped carrot and onion to the meat. Cook veggies with meat 5 minutes, stirring frequently.
4. In a second small skillet over medium heat whisk in broth, Worcestershire sauce and arrowroot powder. Whisk and thicken gravy 1 minute.
5. Add gravy to meat and vegetables. Stir in peas.
6. Preheat broiler to high. Fill a small rectangular casserole with meat and vegetable mixture.
7. Spoon potatoes over meat evenly. Top potatoes with paprika and broil 6 to 8 inches from the heat until potatoes are evenly browned.
8. Top casserole dish with chopped parsley and serve.



6. Grilled Chicken with Sesame Buttered Broccoli

Sesame Buttered Broccoli

Serves 4

Ingredients

- 1-1 ½ lbs broccoli, cut into florets and stems
- 2 tablespoons butter (melted) or olive oil
- 2 tablespoons tamari
- 1 teaspoon sesame seeds, toasted
- ½ teaspoon sesame oil

Directions

1. Steam broccoli or other veggies to desired tenderness.
2. Mix butter/olive oil, tamari, sesame oil and seeds together.
3. Pour over steamed veggies and toss well



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7. White Chicken Chili

Serves 4-6

Ingredients

- 2 (14.5-ounce) cans white beans, rinsed and drained
- 4 cups homemade chicken broth, divided
- 1 tablespoon vegetable oil
- 1 large yellow onion, diced
- 1 jalapeño pepper, seeded and minced (see note)
- 2 medium poblano peppers, seeded and diced (see note)
- 4 garlic cloves, minced
- 1 tablespoon ground cumin
- 1-1/2 teaspoons ground coriander
- 1 teaspoon ancho chili powder
- Salt
- 4 cups of cooked chicken, chopped or shredded
- 1/4 cup fresh chopped cilantro
- 1 tablespoon fresh lime juice, from one lime, plus more to taste

Optional For Serving

- Sour cream
- Lime wedges
-

Directions

1. In a food processor, blend 1/2 of the beans (1 can) with 1 cup of the chicken broth. Set aside both the puréed beans and the remaining whole beans.
2. Add the vegetable oil to a large pot or Dutch oven and heat it over medium heat. Add the onion, jalapeño pepper and poblano peppers and sauté until soft, about 4 minutes. Add the garlic and sauté for one minute more. Add the cumin, coriander and ancho chili powder and continue to cook, stirring frequently, for 1 minute more to toast the spices. Add the chicken stock, puréed beans and 1/2 teaspoon of salt; bring to a boil. Reduce the heat to low and simmer, uncovered, for 20 minutes.
3. Stir in the shredded rotisserie chicken, reserved whole beans, corn, cilantro and lime juice; bring back to a simmer and cook until everything is heated through, about 5 minutes. Taste and adjust seasoning with more salt and lime juice, if necessary. (The broth will be somewhat soupy -- that's how it is supposed to be. It thickens the longer it sits; see note below.) Serve the chili in individual bowls with a dollop of sour cream, crushed tortilla chips, and lime wedges.
4. Note: The seeds in the peppers hold all of the heat. I don't use them to keep the chili mild and family-friendly, but if you like a spicy chili, save them and stir some in at the end.
5. **Note: The chili thickens as it sits. If you make it ahead of time, you will probably need to add more broth or water to thin it out.**



8. Lentil Pasta with Broccoli Rabe and Sausage

Serves 4

Ingredients

2 pounds of Broccoli Rabe, cut into ½ inch pieces^

8 ounces of 100% lentil pasta*

6 ounces of pre cooked sausages, cut into ¼” pieces

2 tablespoons red wine or white wine

1 garlic clove

1 tablespoon of butter or lard

Directions

1. Bring a large pot of salted water to a boil. Add broccoli rabe and cook until bright green (1 minute). Transfer to a colander. Return water to a boil and add pasta. Cook according to package directions.
2. Heat large skillet over medium high, cook sausage, turning until well browned (or about 4 minutes). Add broccoli rabe, butter, wine and garlic. Cook until broccoli rabe is tender (2-3 minutes).
3. Add pasta and season with salt and pepper. Toss and serve.

^Sub bok Choy, if Broccoli Rabe is too hard to find

*Link to lentil pasta: https://www.amazon.com/Bentilia-Green-lentil-Elbow-Macaroni/dp/B01BH82ZR4/ref=sr_1_sc_2_a_it?ie=UTF8&qid=1492286944&sr=8-2-spell&keywords=bentilia%2Blentil%2Bpasta&th=1



9. Beef Roast with Seasonal Veggies

Serves 6-8

Ingredients

- 3-4 pound roast
- 1 medium onion, sliced
- 6 cloves garlic, minced
- 1 cup chicken or beef stock
- ½ cup balsamic vinegar
- 2 tablespoons tamari
- 6 parsnips, washed
- 4-6 sweet potatoes, depending on the size, peeled or washed
- pinch or two of red pepper flakes (optional)
- generous pinch of sea salt and pepper, to taste
- parsley

Directions

1. Wash/scrub sweet potatoes and parsnips (peeling is optional and not necessary).
2. Place your whole roast, and washed sweet potatoes and parsnips in the slow cooker.
3. Mix minced garlic, stock, balsamic vinegar, tamari, salt, pepper, and optional red pepper flakes. Then pour over the top of the roast and veggies. Add additional salt and pepper to the top of the roast.
4. Cover and cook on low for 8 hours. You know it is done when the top is browned and the meat shreds very easily with a fork.
5. Remove the roast and veggies from the slow cooker.
6. Blend remaining juices and onion/garlic in the slow cooker with an immersion or stick blender for your gravy until you reach desired consistency.

Serve gravy with roast beef and veggies.



10. Spit Pea Soup with Carrots

Ingredients

- 2 Tablespoons fat of choice (butter, lard, coconut oil, etc)
- 1 whole Onion, Chopped
- 1 cup Carrots, Chopped
- 3 cloves Garlic, Minced (use Less To Taste)
- 1 package Split Peas (1 Pound Bag, Rinsed And Picked Over)
- 1 pound Pasture RAISED Ham Hocks (2 Or 3 Hocks - Or Substitute Ham Bone)
- 36 ounces Chicken Broth
- 1 teaspoon of smoked paprika
- 3 whole Bay Leaves

Directions

1. In a large dutch oven or soup pot, heat fat of choice until hot. Add onions, carrots, and garlic. Cook, stirring occasionally, until onions begin to turn translucent, about 5 minutes.
2. Add split peas, ham hocks, broth, and bay leaves. Add enough water to cover ham hocks. Bring to a boil, then turn heat to medium and simmer about 45 minutes, or until peas are almost soft, adding water as needed.
3. Remove ham hocks, allow to cool. When cool enough to handle, remove meat from ham hocks and return to pan.
4. Check seasoning, add salt & pepper as needed. Return to a boil, then reduce heat to medium and simmer for an additional 30-45 minutes, peas are broken down. Remove bay leaves.

Optional (but highly recommended to make this a weeknight meal) step: After browning the onions, carrots and garlic, put everything in your slow cooker and cook on low for 7-8 hours or Instant Pot for 20 minutes. Prep the veggies ahead of time, if you would like. Even better, get the Cheater Recipe from [31 Real Fast Food Recipes](#) and save even more time.

Check once again for seasoning, adjust as needed.

Storing: This soup freezes well. You may need to add a little water to bring it to the proper consistency.



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11. Beef Bourguignon

Serves 4-6

Ingredients

2 ½ pounds chuck beef, cut into 1 inch cubes or stew meet or leftover roast
1 pound carrots, sliced
1 yellow onion, diced
2 cloves garlic, minced
1 cup dry red wine
2 cups beef broth
1 tablespoon tomato paste
1 teaspoon fresh thyme/1/2 teaspoon dried
3 tablespoons butter
1 pound of mushrooms, quartered or sliced
Salt and pepper to taste

Optional: Serve over Horseradish Mashed Potatoes

Directions

1. Dry the beef cubes with paper towels and then sprinkle them with salt and pepper. In batches in single layers, sear the beef in the hot oil for 3 to 5 minutes, turning to brown on all sides. Remove the seared cubes to the plate with the bacon and continue searing until all the beef is browned. Set aside.

2. Melt the butter and toss the carrots, and onions, and mushrooms 1 tablespoon of salt and 2 teaspoons of pepper in the fat in the pan and cook for 10 to 15 minutes, stirring occasionally, until the onions are lightly browned. Add the garlic and cook for 1 more minute. Add the wine. Put the meat back into the pot with the juices, or add it for the first time if you are using leftovers. Add the beef broth to cover the meat. Add the tomato paste and thyme. Bring to a simmer, cover the pot with a tight-fitting lid and place it in the oven for about 1 1/4 hours or until the meat and vegetables are very tender when pierced with a fork, or place in a slow cooker.

If desired, serve over Horseradish Mashed Potatoes (see next recipe).



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Horseradish Mashed Potatoes

Ingredients

4 pounds potatoes

2 bay leaves

salt and freshly ground black pepper

2 cups sour cream

1 stick unsalted butter

3 tablespoons horseradish, or 1 cup

coarsely grated fresh horseradish or Bubbies Fermented Horseradish

Directions

Put the potatoes into a large pot, add the bay leaves, 2 tablespoons salt, and cover with cold water.

Bring to a boil over medium-high heat and cook until the potatoes are tender, about 20 minutes.

Remove the bay leaves and drain the water from the potatoes. Mash potatoes in a large mixing bowl.

Add the sour cream, butter, horseradish and season well with salt and pepper.



12. Philly Cheesesteak Stuffed Green Peppers

Serves 4

Make great use of leftovers by using up roast from recipe number 9, or as the recipe suggests, use a high quality lunch meat, such as Applegate farms.

Ingredients

8 oz thinly sliced Roast Beef or left over roast, cut into bite sized pieces
8 Slices Smoked Mozzarella
2 large green Bell Peppers
1 medium sweet onion
6 oz sliced mushrooms
2 tablespoons of butter
2 tablespoons of olive oil
1 tablespoon of garlic, minced
Salt and Pepper to taste

Directions

1. Preheat the oven to 400.
2. Slice the peppers in half lengthwise and remove the ribs and seeds.
3. Slice the onions and mushrooms. Sauté over heat with the butter, olive oil, garlic and a little salt and pepper. Sauté until the onions become opaque and then add the mushrooms (Otherwise, do this step in the slow cooker and put all of your ingredients in, cook it on low for 6 hours or so!).
4. Slice the roast beef into thin strips and add to the onion and mushroom mixture. Allow to cook for 2-5 minutes.
5. Line the inside of the pepper with a slice of provolone
6. Fill each pepper with the meat and mushroom mixture and top it off with another slice of provolone.
7. Bake for 15-20 minutes or until the cheese is golden brown.



13. Cowboy Dinner

Serves 4

Ingredients

1/3 pound of pasture raised sausage
2 medium sweet potatoes, diced
3 tablespoons of butter (or coconut oil or pasture raised lard), divided
5 eggs
1 avocado, diced
handful cilantro
shredded cheese, optional
salt and pepper to taste

Directions

1. Preheat your oven to 400°F.
2. In an oven safe skillet, like cast iron, crumble and brown the bacon over medium heat (or if you are using cheater bacon, take it out of the freezer and crumble it up). Once it's brown, use a slotted spoon to remove the bacon. If you are using frozen bacon, add in 2 tablespoons of butter, coconut oil or lard.
3. Dice the sweet potatoes and cook them in the bacon grease or butter. Try to reserve as much of the grease as possible adding additional butter or coconut oil if necessary.
4. Toss the sweet potatoes into the grease and let them get crispy and cooked through. Add the bacon back into the pan and mix it with the sweet potatoes.
5. Using a spoon, create a few open places (one for each egg) in the sweet potatoes so that the eggs will come in contact with the bottom of the skillet. Crack your eggs into the open spots. Place the skillet in the oven. Bake the skillet long enough for the eggs to set, about 5 minutes.
6. Turn the oven to broil and move the skillet under the broiler for one to two minutes.
7. Remove the pan from the oven and sprinkle with avocado, cilantro, and optional cheese.
8. Serve by scooping out an egg, along with the bacon, sweet potatoes and toppings with a large spoon.



14. Slow Cooker Chicken Marsala, served with salad or cut veggies

Serves 6-8

Ingredients

2 cloves garlic, finely chopped

1 tablespoon butter or lard or coconut oil or bacon grease (pasture raised bacon grease is awesome here!)

1 3-4 pound chicken, cut into pieces or 8 pieces of your favorite chicken parts

½ teaspoon salt

½ teaspoon pepper

2 cups sliced mushrooms, or 2 jars mushrooms

1 cup sweet Marsala wine or homemade chicken broth

3 tablespoons chopped fresh parsley

Directions

1. Using a slow cooker, place garlic and fat of choice in the bottom. Sprinkle chicken with salt and pepper; place in cooker over garlic. Place mushrooms over chicken; pour wine over all.
2. Cover; cook on Low heat setting 5 to 6 hours.
3. Remove chicken from cooker.
4. To serve, spoon mushroom mixture over chicken breasts; sprinkle with parsley.



15. Enchilada Stew

Ingredients

Serves 4-5

4 cups of chicken bone broth

1 tablespoon butter or pasture raised lard

1 cup finely diced yellow onion (*1 small onion*)

1 cup diced yellow or red bell pepper (*1 small pepper*)

1 medium zucchini, diced

1-2 teaspoons minced jalapeño pepper

3 garlic cloves, minced

1/2 teaspoon sea salt

2 cups shredded cooked or roast chicken or leftover chicken

1 1/2 cups soaked and cooked black beans

1 1/2 cups mild enchilada sauce (see the next recipe!)

Optional: Fresh cilantro and lime wedges and shredded cheese

Directions

1. In a large skillet over medium-high heat, add olive oil and onion. Sauté until onion begins to soften (about 3-4 minutes). Then add the bell pepper, zucchini, jalapeño and garlic. Continue to sauté until the onion is translucent and lightly golden brown.
2. Next, add the salt, chicken, black beans and enchilada sauce. Mix together until thoroughly combined. Cover the skillet and allow the mixture to gently simmer about 5-10 minutes, until the zucchini reaches desired level of tenderness. Remove from heat and keep covered.
4. To serve, evenly divide the enchilada stew among 4-5 bowls. Garnish with a sprinkling of fresh chopped cilantro and lime wedges, if desired. Absolutely delicious! Enjoy!

Note: This enchilada stew freezes really well! Make a double batch (think baseball season, garden and summer sun on the way, and feel good skipping fast food because you can just pull dinner from the freezer!). Or put a couple of servings away in mason jars for easy lunches.



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Enchilada Sauce

Ingredients

- 2 tbsp melted butter or pasture raised bacon grease
- 1/2 cup finely chopped yellow onion
- 3 cloves garlic, minced
- 3 tbsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/2 tsp sea salt
- 2 cups homemade chicken broth
- 3/4 cup tomato paste

Directions

1. In a medium saucepan, heat oil over medium heat. Add onion and sauté until translucent (4-5 minutes). Then add garlic and stir until fragrant (about 1 minute).
2. Add chili powder, cumin, oregano and salt. Stir, cooking for about 30 seconds.
3. Add chicken stock and tomato paste, or for a thinner sauce, see recipe variation below. Continuing to stir to combine. Bring sauce to a gentle boil, then reduce heat to low and allow to gently simmer covered for 15 minutes.
4. Adjust the seasonings, adding more salt to taste and additional chili powder to increase heat, if desired.
5. Use in Enchilada Stew!

Note: This sauce tastes best the next day, after the flavors have had a chance to meld. So I recommend making it the night before you plan to use it, or why not make a big batch to save time on future recipes. To store for future use, allow sauce to cool and then add to mason jars or freezer-safe containers. Sauce can be refrigerated for up to one week or frozen for several months.



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16. Salmon with Pesto and Baked Sweet Potatoes

Pesto

Ingredients

- 1/2 cup soaked and dried raw pine nuts
- 1 bunch parsley, large stems removed
- 1/2 bunch mint, stems removed
- 1/2 cup extra-virgin olive oil
- Fresh lemon juice, to taste
- Sea salt and fresh ground pepper, to taste

How to Prepare the Pesto:

1. In a food processor, process parsley, mint, pine nuts, and olive oil until smooth.
2. Season with sea salt, pepper, lemon juice.
3. Store bought pesto is perfectly acceptable. 😊

For the Salmon:

- 1 1/2 pound wild caught salmon (6 ounce filet per person)
- 3 T. butter
- Sea salt and fresh ground pepper to taste

How to Prepare the Salmon:

1. Generously salt and pepper the skinless side of the salmon.
2. Heat skillet on medium high. Add 3 T. butter. When butter is melted and starting to foam, place salmon filets in pan, skin side up.
3. Cook for 5 minutes, then flip. Cook 3-5 minutes to desired doneness.
4. Remove salmon from pan. Spoon pesto over salmon and serve.

Baked Sweet Potatoes

- 4 large sweet potatoes
- 16 T. of butter or coconut oil
- Sea salt to taste

How to Prepare

1. Preheat oven to 400F.
2. Wash potatoes and puncture several times with a fork. Place the potatoes in a glass or ceramic baking dish, and bake for about 1 hour. (The potatoes are fully cooked when they are soft when you gently squeeze them. Use an oven mitt – they're hot!). You can also cook them in the slow cooker on low for 6-8 hours or in the Instant Pot.



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3. Remove potatoes from oven. Using a clean towel to hold the hot potatoes, carefully slit open the potato lengthwise taking care to avoid burning yourself on the steam. 4. Use a fork to slightly mash the potato and add 4 T. of butter or coconut oil to each potato. Serve with sea salt on the side.



17. Slow Cooker Paprika Chicken

Serves 4-6

Ingredients

- 1 whole chicken, insides removed and washed and patted dry
- 1 tablespoon of smoked paprika – more or less to taste
- 1 teaspoon of onion powder
- 1 Lemon
- 2 cloves of garlic, crushed
- 1 1/2 teaspoons of salt
- 1 teaspoon of pepper
- 2 tablespoons melted coconut oil or butter
- Optional: ½ can of beer or cider
- 6 carrots, washed (peeling is optional)
- 2 handfuls of frozen green beans

Directions

1. Wash the lemon and squeeze the juice. Mix the paprika, onion powder, salt and pepper, lemon juice and melted coconut oil or butter. Then cut a hole in the skin near the cavity opening, or use an existing one and using your fingers, spread the butter and seasonings between the skin and the meat, on both the breast side and the backbone side. Rub any remaining spices on skin. Place the squeezed lemon in the cavity.
2. Place the chicken, green beans and carrots in the crock. Cook in slow cooker on high for 4 to 4 1/2 hours or low for 7-8 hours. Chicken should be cooked to 165 degrees on a meat thermometer, but you will know it is done because the meat will fall off of the bone. Slice the chicken and serve it with the green beans and carrots.
3. Save the leftover chicken for another dinner on the list and then make broth with the bones.



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18. Slow Cooker Chicken with Green Beans, Goat Cheese and Pine Nuts

Ingredients

1 whole chicken 3-5 pounds, insides removed and washed and patted dry
1 tablespoon of paprika – more or less to taste
3 Tablespoons of steak seasoning – more or less to taste
Salt and Pepper

Directions

1. Season chicken, inside and out. Cook in slow cooker on high for 4 to 4 1/2 hours. Chicken should be cooked until it reaches 165 degrees on a meat thermometer.

Green Beans, Goat Cheese and Pine Nuts

Ingredients:

2tablespoons olive oil, butter or coconut oil for sautéing
1 lb. frozen green beans
2-3 cloves garlic, minced
½ teaspoon of Sea salt and freshly ground pepper (to taste)
1-2 oz. pine nuts (soaked 7 hours or overnight)
2 oz. goat cheese (chevre), optional

Instructions:

1. Heat a large heavy skillet over medium low heat. Drizzle in some olive oil. Add the green beans and cook covered, stirring every couple minutes, until they are almost all tender and some are lightly browned.
2. Add the garlic and cook a couple minutes longer. Sprinkle with salt and pepper. Add the goat cheese and pine nuts and stir gently to distribute, cooking a couple minutes longer to lightly toast the nuts.